



Viva Tysons!

JANUARY-FEBRUARY 2010

Welcome 2010!

- Local Guide to Gyms, Trainers, and Yoga Studios
- Valentine's Ideas
- Can Color Change Your Mood?
- Local Manufacturer Thrives in Vienna
- Resolution Fading? - Stick With It!

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Happy New Year! When we saw the painting of our beloved caboose in Vienna by Joan Marie Giampa of Red Caboose Gallery, it seemed so appropriate for our first issue of the new decade. Something about the excitement of the numbers 2-0-1-0, the sentimental and timeless look of the American Caboose, and the peace and softness of the falling snow seemed to send a message of hope, a longing for yesterday, and the thrill of what's to come in the years ahead.

As our "Home Town" communities strive to maintain their respective friendly small town attitudes, we are reminded everyday by the traffic interruptions of the city being built in the heart of our neighborhoods. Every day from our offices along route 7 we try to envision the look of tomorrow while trying to remember what was there just yesterday. What was there before Konami on Leesburg Pike, and before Border's . . . before Santini's in Oakton, and Woo Lae Oak in Vienna? Remember Southern States Cooperative? We used to buy our grass seed there . . . (remember buying grass seed?)

The new dynamics of today's living . . . advertising on our cell phones, face book and twitter messaging, on-line retailing, restaurants offering whole meals to go . . . wow! There is also a fascinating new dynamic . . . the magnificent diversity of our area's many new retailers and restaurateurs. With so many of our area residents being foreign born, the food, services and perspectives now available to us and our children make for a more enlightened community, more equipped to handle the new challenging world all around us. Anybody can feel at home here in Tysons!

Our hope for a strong economic turnaround remains in our hearts and we intend to continue doing what we can to help our private, family owned operators succeed. To assist in that effort, with each issue, we are adding 800 or so addresses of "New Mover Home Owners" to insure our advertisers reach and connect with our new residents. Our Winter Celebration issue is filled with helpful tips on maintaining good health, local gym's and trainers, The 1st Stage Theater (the only professional theater company in the area), the wonderful new Open Kitchen concept, Metro updates and ideas for Valentine's Day. And of course, we found great tidbits on wine, people, and stories of interest. Please enjoy! And Stay Well.

Two handwritten signatures in black ink. The first signature is 'Johnny Hanna' and the second is 'Dennis Alloy'.

Johnny Hanna and Dennis Alloy, Publishers



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

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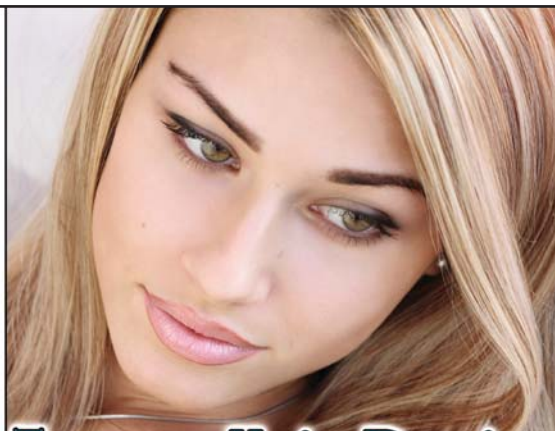
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2010 WINTER EDITION

January - February

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A LOCAL GUIDE TO HEALTH CLUBS, TRAINERS, & YOGA

We highlight a broad sampling of the places you can sweat, stretch, bulk up, fine tune, and most of all, get healthy.



NEW CONCEPT

Restaurant, classroom, shared kitchen. The new Open Kitchen in Falls Church is a place for everyone who enjoys food.



FABULOUS FIND

First Stage is the only professional theatre you'll find in the area.

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FRONT COVER PAINTING:
Snowy Day at the Caboose,
2009, Acrylic, 32" x 43",
Joan Marie Giampa,
Owner of
Red Caboose Gallery
www.joanmariegiampa.com

NOW THRU JANUARY 15

Sony Reader Experience Center

Tysons Corner Center

For a limited time, visit the Sony Reader Experience Centers staffed with professionals trained in all things Reader. Experience the Sony Reader collection and learn firsthand why the Reader is the ultimate reading device.

JANUARY 15-16

Capitol Steps

Alden Theatre, Mclean

8 pm \$20 non-residents \$16 residents

JANUARY 22-23, 29-31

FEBRUARY 5-6

Vienna Theatre Company presents

COLDER THAN HERE

Vienna Community Center

\$10/\$8 students & Seniors

JANUARY 24

TAP KIDS

McLean Community Center - 3 pm \$20/\$16 residents

Eight of the nation's most talented young tap dancers take to the stage in this rousing, joyous celebration of American youth culture.

JANUARY 29

Aspen Ensemble

The Barns at Wolftrap 8 pm

From the famed Aspen Music Festival comes the acclaimed Aspen Ensemble, a mixed quintet of flute, piano, and strings.

FEBRUARY 5

Yu Wei -Chinese Dance Collection

McLean Community Center - 8 pm \$28/\$10 residents

Experience Chinese culture through exhilarating dance and stunning film. Just in time for Chinese New Year!

FEBRUARY 12

Philadanco

Alden Theatre, 1234 Ingleside Dr, Mclean

Philadelphia Dance Company shows off their mix of contemporary and traditional dance. \$40 301-277-1710

FEBRUARY 12

Berlin Philharmonic Quintet

The Barns at Wolftrap 8 pm

"Pure-toned instrumental textures, smoothly blended ensemble, and sterling musicianship." (Chicago Tribune) Including wind quintets by Schuller, Hindemith, and Ligeti.

FEBRUARY 14

All You Need Is Love

Jammin Java in Vienna 7pm \$10 advance/\$13 door

Songwriters Circle - tribute to The Beatles & love songs

FEBRUARY 19

John Eaton

McLean Community Center - 8 pm \$28/\$10 residents

Jazz treasure John Eaton celebrates the immeasurable contributions of Duke Ellington and Fats Waller. Part of our Black History Month celebration.

FEBRUARY 20

Annapolis Bluegrass

Free concert at the Vienna Community Center, 1 pm

FEBRUARY 26

Mid-Atlantic Band Battle Finals

Jammin Java in Vienna 8pm \$10

Standing Room Only! Limited Seating. See this second annula battle with the best of 24 bands that started.

FEBRUARY 26-28

Antique Show and Sale

Vienna Community Center. Admission \$4.50

MARCH 27

Big Bad Voodoo Daddy

McLean Community Center - 8 pm \$38/\$33 residents

Swing into spring with Big Bad Voodoo Daddy's signature retro hep-cat cool.

RECURRING EVENTS

Mondays

Sweatshop Social! A weekly D.I.Y. Night

7 - 10 pm. The Soundry, 316 Dominion Road, Vienna

Support the Handmade Movement! Our weekly Sweatshop Social is a night for Indie crafters/DIYers to get out of the house and socialize with other creative types while working on current and new projects. Learn from others, share tips and even dip into the "Bucket of Possibilities" (BOP) for inspiration. \$5 703-698-0088

Tuesdays

Open Mic Night

8 pm. The Soundry, 316 Dominion Road, Vienna

Every Tuesday night we host our popular all ages Open Mic. The mic opens at 8pm for ALL kinds of music, including bands. Our stage has a drum kit and PA. 703-698-0088

Wednesdays

Kid Krusaders Kids Club & Mr. Knick Knack

Tysons Corner Center - 11-11:45 am

Join Mr. Knick Knack for the new and improved Tysons Corner Center Kids Club, the Kid Krusaders, on a NEW DAY - Wednesdays! Sing, dance and hop along with Mr. Knick Knack's original musical adventures every Wednesday in the Kids Play Area on Level 3.

Jazz & Blues Jelly!

7-10 pm. The Soundry, 316 Dominion Road, Vienna

A Jazz & Blues Jam that takes every Wednesday. If you are a jazz or blues musician craving the company of kindred musicians, join the group in this casual night of collaboration in our gallery space which has a stage, drum kit and PA. Love jazz & blues? Stop in and listen to some fine local jazz. 703-698-0088

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

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.

Bluegrass Jam Session

8 pm. The Soundry, 316 Dominion Road, Vienna

Join us every other Sunday for a fantastic afternoon of blue grass fun. Open to all levels and audience members. Cost: FREE The Soundry has a full cafe on site and free wi-fi! 703-698-0088

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

MAPLEWOOD GRILL PIANO BAR

132 Branch Road, SE Vienna

7 – 10 pm. The Maplewood Grill is proud to present Reinhardt Liebig, consummate pianist, performing on Wednesdays, Fridays and Saturdays. His repertoire includes a variety of popular, blues, jazz and classical standards.

7 – 10 pm. The Maplewood Grill is proud to present New Orleans' own Terry Lee Ryan, pianist and vocalist, performing on Mondays and Thursdays, 7 pm-10 pm. He plays blues, popular standards and especially N'awlins style funky piano music.

TYSONS TREKKERS

Tysons Corner Center invites you to join the Tysons Trekkers Mall Walking Club, a free walking program at Tysons Corner Center. The mall provides a comfortable and convenient environment to help you walk your way to fitness and maintain a healthy lifestyle. Participants are encouraged to walk at their own pace and keep a daily log of their mileage. Program hours are Monday through Saturday, 6am - 10am and Sundays, 6am - 11am. Tysons Trekkers receive a free T-shirt and special

discounts from many of the mall's stores and restaurants. Additionally, a registered nurse from Fairfax Hospital provides free blood pressure screening every other Saturday morning. To obtain a registration form or for more information, call Guest Services at (703) 847-7300. Please consult your physician before participating.

FIRST STAGE THEATRE

By the Bog of Cats

February 5 – 28, 2010

Fridays 8pm, Saturdays 2 & 8 pm, Sundays 2 & 7 pm

By Marina Carr Director: Mark Krikstan

Heart-rending tragedy and uproarious comedy living in tandem. In this loose retelling of Euripides' Medea, Marina Carr blends the mythic with the modern, populating her play with misfits, witches, and ghosts. Set in rural Ireland, this heart-rending tragedy and uproarious comedy live in tandem on the same breath. 1524 Spring Hill Rd, Mclean (703) 854-1856 www.1ststagespringhill.org

VIENNA ART CENTER

The Vienna Arts Society is hosting an introduction to the new year with an introduction to our artists that won prizes at our 40th Annual Treasury of Art Show this past November. Prize winners- first through third place, honorable mention awardees, the peoples choice, the George Dumas Award and the Artist of the year will have an exhibit of more of their work to get to know them a bit more. The exhibit runs January 4th through February 1st. Events are free to the public. 115 Pleasant St NW 703-319-3971 www.viennaartsociety.org

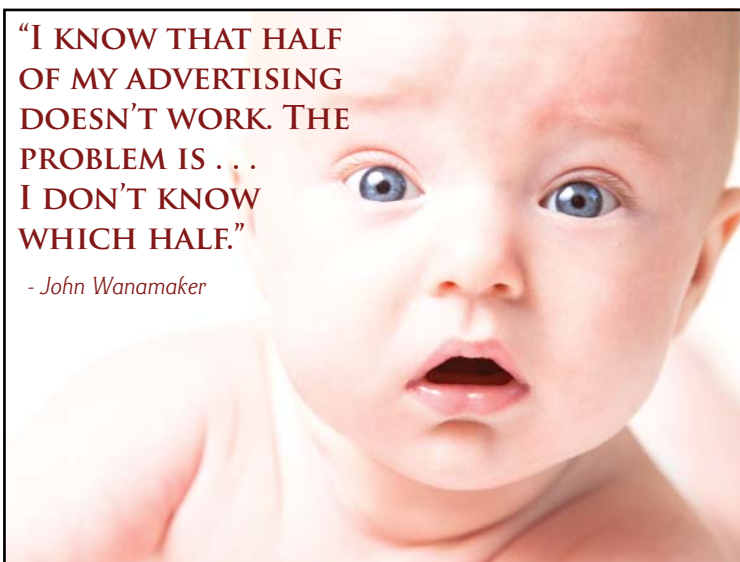
Find links to all these selected events and many more by visiting the events link on your local web portal:



Post your local community event for free!

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- John Wanamaker



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

info@vivatysons.com



ROTARY CLUB OF TYSONS CORNERS

FIREFIGHTERS' CHARITIES WIN BIG

Captain Willie Bailey of the Fairfax County Fire Department accepted a check for \$2,000 from the Rotary Club of Tysons' Corner at the annual Holiday Party at the Tower Club on December 17. Rotarians presenting the check were: David Danner, Ingrid Parris-Hicklin, Isabel Kelly, Santa Claus (Club President, Brian Mansir) and Denise Dixon-Basil. Captain Bailey heads up a group of firefighters, who this year have distributed thousands of school back packs, coats and toys to needy children in Fairfax County. In addition to the check presented to Captain Bailey, the Rotary Club of Tysons' Corner helped with the distribution as well.

In addition to the check for the Fairfax County Fire Department, \$12,000 was also distributed to Alternative House (new

computer), Pimmet Hills Senior Center (outings for members), Chesterbrook Residences (books for the library), the McLean Orchestra, Lewinsville Senior Center, Stroke Comeback (9 week group session), Alzheimer's Family Day Care Center and Tibetan Children (computers for internet access to e-books).

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



WHAT IS ROTARY?

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

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

COMING UP ACES!!!

Sunday, November 8 rocked at the Fairview Marriott as 5 Northern Virginia Rotary Clubs sponsored their 12th Annual Rotary Monte Carlo Night. Good food, silent and live auctions, dancing to The Loudoun Jazz Ensemble and "gambling" at Blackjack, Roulette, Craps and Poker. Burt Heacock, Chairman of the event, called this "the best ever Monte Carlo night these clubs have sponsored."

Five Rotary Clubs joined together to host the event – Tysons Corner, McLean, Herndon, Burke and Dunn Loring. The idea is to have fun raising money for the various local charities helped by the clubs. Rotary's motto is "Service Above Self" and to that end the Rotary Clubs assist the youth and elderly of the county. They also sponsor community events, such as Fairfax County's Arts in the Park.

Over 400 Rotarians and their guests attended the black-tie optional event Sunday night. It was the place to meet and greet. Guests included Rotary District Governor Elect for 2011-12 Jon Allen; Assistant District Governor, Tom "Obie" O'Bryon; John Foust, Dranesville Supervisor; and BrigGeneral and Mrs. Gero Schachthoefer of the German Armed Forces Command USA and Canada.



Ed Beck deals some Texas Hold'em to David Danner, Will Soza & guests.



The Loudoun Jazz Ensemble has guests swinging to "In the Mood."



Rick Kaplar and Suzan Hixson look over one of the silent auction items

Shake off those winter blues with rootin' tootin' cowboy fun!

The Vienna Tysons Regional Chamber of Commerce

presents their

Seventeenth Annual Casino Night & Taste of the Town

Saturday, February 27th, 2010

Westwood Country Club

At this popular event, everyone is a winner! Enjoy samples from the finest eateries in Vienna/Tysons area with a cash bar, they'll be a live auction, and you can also test your luck at the variety of casino games (with some local celebrity dealers!) Redeem your bags of winnings for raffle tickets for a chance to win fabulous prizes including trips, jewelry, gift certificates and more!

Prices have changed.

Please Call the Chamber for Ticket Pricing!

Take advantage of a great marketing opportunity! Donate an item or gift-certificate (tax-deductible) for our live auction, silent auction or raffle. Donors will be announced during the event and recognized in the program, on signage at the event, and in our newsletter. Don't miss this opportunity to introduce yourself and your business to our 300+ attendees!

See all the information at www.vtrcc.org or call 703-281-1333.

Fairfax County Emergency Telephone Numbers

Police, Fire and Ambulance (Emergency): 911, TTY 911

Police, Fire and Ambulance (Non-Emerg): 703.691.2131

TTY 703.204.2264

Poison Control: 202.625..3333

Flooding: 703.691.2131

Sewer Line Breaks or Emergencies: 703.323.1211

Humane Society of Fairfax County: 703.385.7387

Animal Shelter of Fairfax County: 703.830.1100

Power Outage: 888.667.3000

Information Telephone Numbers

For General County Information: 703.324.3185

For General Court Information: 703.691.7320

For General School Information: 703.246.2502

If you are unable to find a listing for the office you wish to reach, Dial 703.324.3185 between 8 a.m. and 4:30 p.m. Monday through Friday. For 24-hour recorded information, call 703.324.INFO (4636)

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Thursday: Ladies' Night
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Saturday: Piano Sing-Along with
Michael Terence & Dancing
Sunday: Russian Balalaika

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Will a Dictionary Attack Find Your Password?

As a personal objection to the whole password problem, many people use a word that's very easy to remember. The most common words used, according to security experts reporting in INC. magazine, are "password" and "password1." Some people use a common date.

These are no match for a dictionary attack. Automated password-cracking tools can check more than a million password variations in 28 hours.

Passwords composed of random strings of upper and lower case letters, numbers and punctuation can usually withstand an attack, but they are hard to remember.

Some tactics that will create a difficult-to-break password that is easy to remember include:

- * Two words connected by a number can withstand many attacks.
- * Take the first letter of each word in a phrase and add a number or symbol and a capital letter. For "Mary had a little lamb": Mhall#72.
- * Try strengthening an abbreviation by swapping a symbol or a number for each a or e in the abbreviation.

Watch TV on Game Systems

Microsoft's Xbox and Sony's PlayStation 3 were designed to play games, but they are evolving into multi-media devices. Both companies offer owners video-watching services. Microsoft has movies through Netflix, and Sony through its own service. Microsoft offers a premium service to stream music from Last.fm, and download HD movies from its Zune store.



"I'm so proud of him! He just deleted his first 'Nigerian Money Scam' e-mail."

iPhone App Unlocks Car Door, Starts the Car

A new iPhone application will enable users to lock, unlock and remotely start their cars with the phone rather than the car's key fob. The application includes a receiver that is installed in the car.

In order to use the app, the car just has to have electric windows and locks. It doesn't require previous installation of a remote start feature. One big advantage: If you lock yourself out of the car with the keys inside, or if you lose your keys, you can still get into the car and start it.

The Viper SmartStart is the latest example of automotive electronics functions migrating into Apple iPhone and other smartphones. www.viper.com/SmartStart

Retailers Love Smartphones

When the numbers are added up, ABI Research predicts that North American sales made via smartphones will come to about \$544 million for 2009.

The fastest-growing cellphone activity is shopping directly from a handset. Retailers from Amazon to CVS to Sears have recently launched "m-commerce" sites or software applications that allow shoppers to browse many products and buy from their iPhones and BlackBerrys.

Some iPhone apps offer even more. An example: At a Barnes & Noble store, people can use an iPhone to snap a picture of a book, which brings up reviews on the handset's screen. The stores say they have seen a huge increase in reservations on books for purchase in physical stores, as well as buying from the iPhone app.

Market researcher Gartner says now that retailers are getting the applications right, shop-by-phone customers can pick up their purchases in the store.

Or they can have them delivered to their home or their hotel without logging on to a computer or having to deal with salespeople.

Microsoft Opens Its First Store

Scottsdale, Arizona is the location of Microsoft's first store. Hoping to take a bite out of Apple, their spacious floor plan showcases everything from laptops running Windows 7 to mobile phones running Microsoft software to Xbox 360 game consoles.

Microsoft opened a second store in a mall in Mission Viejo, California. If these first two stores prove to be successful, the company plans to slowly develop more retail outlets.

Things should be made as simple as possible, but not any simpler. -Albert Einstein

Standardizing Phone Chargers

At last, it appears that cellphone chargers will be standardized by 2012. Users applaud the move because it can be a big problem if they pick up the wrong charger and their phone goes dead.

Seventeen wireless handset manufacturers have agreed to make interchangeable chargers that will work for the majority of new cellphones, according to USA Today.

New Hydrogen Fuel Cell Car Takes Small Step into the Future

Flex fuel vehicles have been on the road for more than a decade and some hybrid vehicles are in their third generation. But now, automotive engineers believe that the hydrogen fuel cell is the best bet as an alternative power source for cars of the future.

By far the most-environmentally clean fuel to date, the fuel cell has only water vapor as a by-product of combustion.

Several auto manufacturers have fuel cell vehicles in research and development. Honda became the first to place one on the road, testing it in smoggy southern California.

The FCX Clarity, a four-door sedan, uses compressed hydrogen from a re-enforced fuel tank at the rear of the car. It supplies hydrogen to the "V Flow fuel tank stack" located beneath the driving compartment.

The V Flow fuel stack then produces the electricity, which powers a motor that drives the front wheels. Meanwhile, a lithium-ion battery stores the extra electricity produced. A PDU or power drive unit is used to govern the electrical flow.

The most significant concern of hydrogen's use is its volatility and its safe use. Mass storage for vehicle fueling, its safe transfer from storage to the vehicle, and a question of its eruption in high-impact crashes are problems still under study.

Honda is testing FCX Clarity in southern California and Japan with high income customers who have other vehicles. The car will travel about 270 miles on a fillup of hydrogen, but since there are no stations outside of California, you can't go on a long trip. The pioneer Clarity owners won't save much on fuel for now, since gas costs less than hydrogen. But that can change.

For more information on fuel cells, visit Honda's fuel cell pages, The California Fuel Cell Partnership at www.fuelcellpartnership.org and the U.S. Department of Energy's Web site.

Computers in the future may have only 1,000 vacuum tubes and perhaps only weigh 1 1/2 tons. – Popular Mechanics, 1949

Laplink Offers an Easier Way to Upgrade to Windows 7

Upgrading a PC to use the new Windows 7 operating systems takes so much time and skill that few people will be able to do it, says Business Week's Stephen Wildstrom. Buying a new computer doesn't make PC users' work much easier. They still have to find and reinstall all of their applications.

Now, Laplink's PCmover simplifies these tasks. For a mere \$20, one version helps you upgrade from Windows XP to Windows 7 on an existing computer. A \$40 version of PCmover Home handles either an upgrade or a transfer to a new computer. The \$60 Professional edition offers more control.

PCmover can migrate your PC across a network, Laplink USB cable, Windows Easy Transfer Cable or any type of removable media that can be read by both PCs. If your computer has multiple users, PCmover gives you the option to migrate some or all of the users at once. The security information about file ownership and access control is preserved for each user. If you are currently using any Adobe professional programs, they should be deactivated before moving and reactivated after the move is complete.

Even the most basic PC user should be able to handle this, but if you are unsure, don't be afraid to find a local "geek" company to help you out. It may save you in the long run.

Hardware: the parts of a computer that can be kicked. –Jeff Pesis



"I think I'm going to watch this in Grog's cave. His cave drawings are in HD."

MADE IN THE USA?

You bet! Right here in Vienna.

Local swimwear manufacturer thrives in our community

Think about where we live. A sprawling affluent suburb supporting a dense white collar employment center surrounding hugely successful shopping malls creating a gridlock of congestion as our busy population gets through our daily routines. High priced housing, flashy retail storefronts, and the concrete and glass of our corporate giants pepper the landscape where we live. Not quite the typical environment you would expect to find a manufacturing business.

Where are our clothes made? China, Mexico, Vietnam, and others come to mind. What about Vienna? Virginia that is. The "Made in the USA" label can be found just down the road in downtown Vienna. Within an unassuming warehouse on Mill Street, there is a swimwear manufacturer producing some of the finest products sold in some of the most exclusive stores in the country. Not just assembled or shipped from here, but completely designed, cut, and sewn by skilled workers locally. We hear about jobs being shipped overseas, that this country doesn't make anything anymore, and we can't do it for what we have to pay our workforce. Well, it can be done and it is happening here. Believe it. Karla Colletto Swimwear is quite a company.



Sewing Room at Karla Colletto in Vienna.

Karla Colletto and her sister Lisa Colletto Rovin have created a fashionable swimwear company from their own talents, their hard work, and their passion for creating the finest swimwear product available. It has grown successfully for nearly three decades. Karla is a New England educated fashion designer who cut her teeth in bridal gowns and sportswear. Lisa is her "apparel-savvy" partner whose knowledge in operations and merchandising was founded on seven years as an apprentice in Baltimore learning the clothing and swimwear business. Their talents complimented each other and these combined strengths allowed them to succeed in the swimwear business before swimwear was considered fashionable.

The company has been manufacturing stylish women's swimwear for nearly thirty years. It started back in 1981 when the company was located in Falls Church making customized clothing and swimwear for those with special needs, such as women with mastectomies, unique body features, any other difficult sizing. From Falls Church they moved to Merrifield. And for the past eleven years they have been in Vienna and haven't looked back. Lisa has lived in Vienna since 1978, Karla moved to the area to start the company in 1981. Living and working in the same town has its obvious advantages. With no need to commute, the convenience of enjoying that extra personal time while still being able to focus on your company is invaluable. Especially in a town like Vienna.

There really isn't any other reason or motivation to be here. There are obviously cheaper places to operate further away. There is no help or incentive from local government to locate here. One would think that there would be some sort of public enticement, but there isn't. Lisa doesn't mind that and she has never looked for it. When asked if finding skilled help in an area with so few manufacturing jobs is difficult, Lisa quickly says no. Just looking at her staff of seamstresses quietly focused on their pieces is impressive.

There are plenty of people qualified to work. Some are more trained than others, but Lisa finds that it is better to train a competent employee at her company first, rather than to try to retrain someone who learned elsewhere.

Currently there are about 30 employees working here, down from a high of about 50. Due to the bad economy? No. In fact, the company is growing.

They have been able to reduce labor costs, not by outsourcing, but

by getting more efficient. Streamlining their production methods and incorporating state of the art equipment has helped them keep their best employees more productive. Computerized cutting tables and more efficient sewing machines maintain quality and reduces errors. Keeping their high standards is goal number one. Along with high style design, quality assembly of the finest materials is the foundation of the company's good reputation. Once designed, the unique and original fabrics are cut, and then assembled, put together by their skilled sewers in less than two hours. Tens of thousands of pieces are manufactured each year.

Technology is not only used to streamline their manufacturing; the company uses advanced combinations of fabrics to get the look and feel their customers want. Karla Colletto sells to high end retailers such as Bergdorf Goodman and Neiman Marcus as well as numerous upscale boutiques. The discerning end users of these swim suits expect the dress-maker quality that Karla Colletto provides. Swim suits is probably not the correct word to use. Fashionable swimwear would be more appropriate. Their designs and materials are unique to the industry. The finest Italian microfibers



Seamstress producing swimwear at Karla Colletto in Vienna.

in original, rich colors and patterns with added Lycra for support where it is needed make their lines stand out. Their suits are designed to flatter, to feel good, and look great, all while wearing something pretty revealing. Their products have been showcased in various magazines including Sports Illustrated, Fitness, Oprah Magazine, Glamour, The New York Times and Vogue.

Lisa says there is basically no competition to her product. Perhaps some designers in Europe would disagree, but that doesn't seem to phase her. Most swim wear lines sold by U.S. retailers are to the masses and made overseas. That is not the company's focus. The Karla Colletto product is so labor intensive, quality controlled, and materially advanced, they are able to sell to their niche higher end market where they obviously thrive and succeed.

Next time you hear someone talking down about the American manufacturing industry, tell them it is still alive and well in your home town. The finest quality swimwear manufactured just down the road. And by the way, if you're thinking of getting a deal from the source, you're out of luck. You won't be able to purchase from the warehouse, only at the retailers.

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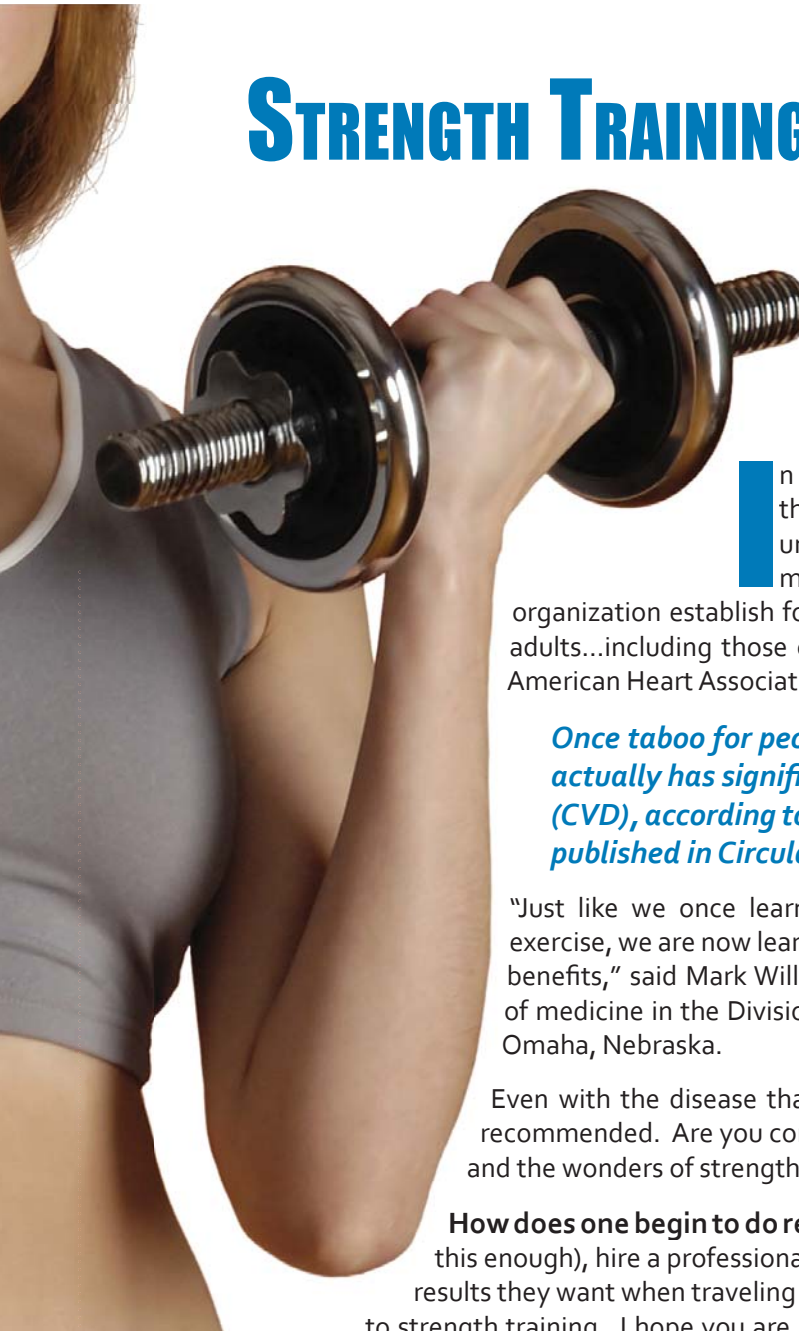
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In recent years, the American College of Sports Medicine, the CDC, and the American Heart Association have begun to understand the crucial role of strength training in attaining and maintaining optimal health. Hence, the guidelines that these organization establish for exercise now include strength (or resistance) training for all adults...including those over the age of 65! Here is a recent statement made by the American Heart Association for those with heart disease:

Once taboo for people with heart problems, resistance weight training actually has significant benefits for people with cardiovascular disease (CVD), according to an American Heart Association scientific statement published in Circulation: Journal of the American Heart Association.

"Just like we once learned that people with heart disease benefited from aerobic exercise, we are now learning that guided, moderate weight training also has significant benefits," said Mark Williams, Ph.D., the statement writing group chair and professor of medicine in the Division of Cardiology at Creighton University School of Medicine in Omaha, Nebraska.

Even with the disease that kills more Americans than any other, resistance training is recommended. Are you convinced yet? Read further to understand the "how", the "why" and the wonders of strength training!

How does one begin to do resistance training? Please, please, please (I cannot emphasize this enough), hire a professional. I have seen so many people injure themselves or not get the results they want when traveling in this realm without the assistance of a pro. There is a science to strength training. I hope you are not one of many who believe they can just go to the gym and

A trainer's job is to assess your fitness level, set up a program for you and keep you motivated. He or she will push you past your comfort level-*something difficult to do on your own*. A trainer also provides guidance on reaching your goals, education about strength training and injury avoidance, cardio and basic nutrition, a reason to regularly show up at the gym, accountability, and a way to track your progress. *So are you ready?*

figure it out – this ignorance will, more often than not, lead to difficulties including ineffectiveness and even injury. Technique, programming, variety, safety, and results are all components a professional can offer you. It is also important to be familiar with the type of equipment you are using because each one offers something unique. Cables, free weights (dumbbells), Nautilus, Cybex, Free Motion, and Hammer – to name a few – have varying demands that they place on the body. Do you know their differences? Invest in your health...without it, all the material things in your life will be meaningless.

Here are a few guidelines for hiring a qualified professional:

- Certifications to look for include: NASM, ACSM, NSCA, RESISTANCE TRAINING SPECIALIST (through Tom Purvis), and ACE are well recognized and viable certifications. If the professional does not know these initials and what they mean – WALK AWAY!
 - Two or more years of training experience.
 - Observe the trainer – is he/she fully engaged with their clients or are they looking around and not paying attention?
- You want someone who is truly committed to their profession and to you!

Now for the "why"- here are just some of the benefits of resistance training:

1. Increased: muscle mass, bone density, muscle strength & endurance
2. Reduced low back pain (assuming your posture and technique are proper)
3. Reduces risk of cardiovascular disease
4. Improves mobility
5. Reduced body fat; improved body composition
6. Reduced arthritic pain; joint stability
7. Improved posture

You do not have to spend hours in the gym to receive these benefits. You can get a thorough and effective workout done in 30-40 minutes, 2x per week. This is not much time considering that you have 168 hours in a week to do whatever else you need to do. I hope I have convinced at least some of you to venture into the world of resistance training. An extra bonus to strength training is that you will feel more confident and capable...I promise!!!

(If you have health and fitness topics you are interested in (or questions), please feel free to suggest them via email at cpavell@fitnesspluswellness.com)

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Is your New Year's Resolution **FADING?** **STICK TO YOUR GUNS!**

How many times have you made the same New Year's resolutions to lose weight and get into shape? And how many times have you watched your resolve and commitment evaporate by the end of January?

This year consider a new plan of action. Ask yourself some hard questions:

- 1. First and foremost ask yourself what you really want to accomplish and is it realistic.** Yes it is possible to lose 100 lbs, lower your cholesterol, and find serenity all in one year but will that make you look like Angelina Jolie or Brad Pitt? Are you willing to work hard even though in the end you will still be just "you?"
- 2. What are you willing to do to achieve your goals?** In the beginning you may think you will jump through any hoop to get what you want, but is your action plan sustainable?
- 3. Are you willing to be patient?** Can you accept a pound a week weight loss and wait ten months to lose forty pounds? Can you start thinking "health" instead of "weight?"

Resolutions are the just the beginning. They give you an idea of what you want. But to arrive at your destination it takes more than an idea. It takes ACTION. Your action plan is the road map and following the map is the key to success.

#1 Soul Search:

Soul searching is important because in order to be successful you have to buy into your new belief system. You have to believe that the program or "structure" you set up is going to work. You have to believe that your program will allow you to successfully change the habits that have not worked for you in the past.

Are you prepared to have what you want? Are you really ready to lose weight? Will you be able to let go of using your weight as an excuse for not doing things? You need to ask yourself the hard questions and listen to your inner voice.

#2 Make a Sustainable Plan:

Once you make the decision about what you want to accomplish, you have to explore the reality of making it happen. Remember we are not after perfection but rather sustainability. You don't have to get it right all the time; you just have to do enough to see results. The key is to keep on going even when

The key is patience. You have to lose weight the same way you will maintain weight, otherwise you will be at a loss when the "diet" is over.

you blow it and have a bad day or week. Remember, once you stop you are out of the game, and when you are out of the game there can be no progress. So getting back to the plan as soon as possible is paramount.

Let's start with exercise. We know unequivocally that physical activity is one of the most important keys to long term weight maintenance. That means you have to find something that you like to do or are willing to do at least four to five times a week. (The idea is to put into place enough healthy habits so you do not have to revisit the weight loss again.) Choose from yoga, weight training, walking, running, spinning, classes at a gym, Pilates, or even the big game in tennis. The possibilities are endless. Find a good gym or health club with lots of options and/or enlist the help of a personal trainer. Exercise builds endorphins, fights depression, speeds up your metabolism, and is the key to longevity.

Next find a registered dietitian/nutritionist who can help you design a healthy eating plan. Remember it takes time to change life-long food habits. My most successful weight loss and weight maintenance clients are those that no longer approach weight loss as a diet. Together we create a sustainable program where there is no demarcation between being on or off a diet. You are learning new strategies and constantly adjusting what works for you. You begin to find balance. Food is your friend and has the power to keep you full, healthy, and satisfied.

#3 Have Patience:

One of the first things my clients want to know is how many pounds they will lose a week. They cannot get the weight off fast enough! The key is patience. You have to lose weight the same way you will maintain weight otherwise you will be at a loss (no pun intended) when the "diet" is over. Focus on the behaviors instead of the weight. When you lose weight slowly you decrease the chances of revisiting the weight gain and making the same old resolutions next year.

If you stick to your guns now and enlist the help of a registered dietitian/nutritionist and exercise professional your chances of success are guaranteed.



*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**.*



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Take your pulse after resting, not talking much and not smoking for 20 minutes. It could be higher on stressful days,, when you are very tired, or when you are coming down with a cold or sinus congestion.

Check your pulse by placing a finger under your wrist. Count the number of beats for 15 seconds and multiply by four. Or count the beats for a full minute. Drugstore blood pressure machines calculate your pulse rate and blood pressure at the same time.

Regular exercise can lower a heart rate and relaxation strategies can help too. Breathing exercises, meditation and peaceful music can also lower it.

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- Fill shaker half-way with ice and add Vodka, St. Germain and White Wine, I use a chardonnay from Macon like St. Veran or Pouilly Fuisse. Italian Pinot Grigio should work too.
- Juice and Strain fresh Clementine add to shaker, seal & shake vigorously.
- Dump the ice and water from Martini glass and strain shaker into glass.
- Garnish with rose petals (remove bitter white part)



HISTORIC

The New Arts Alliance of Vienna (AAV) sincerely wishes you the new year greetings for a healthy and prosperous 2010. AAV will promote an engaging arts experience and awareness as part of the fabric of our Vienna, VA community. You will find friendly folks and warm hospitality at each of our arts-related venues ranging from Fine Art and framing, art classes, studio rental and performance. There is something for every taste and age. We want to help make your visit to

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Participants sign a large card/poster included with the USO care packages.

LOCAL MERCHANTS SEND HOLIDAY GREETINGS TO TROOPS SERVING IN AFGHANISTAN

BY DAVID SKIBIAK

Time apart from family during the holidays can bring feelings of longing and loneliness, especially for service members stationed overseas. Multiple deployments are increasingly common for many military families, and there is a need to help improve the quality of life for soldiers serving in Iraq and Afghanistan. While the courage and sacrifice of military families may often go unnoticed, the difficult circumstances they face have compelled some people who are not directly involved with the armed services to get involved. Such is the case of a group of Vienna merchants who put together care packages for the troops in Afghanistan.

For the second year in a row Linda Robertson of Jud Tile, Ltd., has organized and delivered a little Christmas cheer to the troops in Afghanistan collecting contributions for care packages to be shipped overseas through the USO. Coordination of the project was affectively done by her, when she began making plans and soliciting help in September.

"You have to do what you can to boost their morale," says Linda, "Most people are willing to do almost anything if they think it would help even in some small way."

Knowing that many people would want to be involved, Linda actively pursued avenues that are so often overlooked. Working with local businesses that have known Linda and Jud for some or all of their forty years in business in Vienna, she collected contributions in the form of "little" things



Linda Robertson

that make all the difference in the world to the soldiers, that most of us take for granted. Tooth brushes, tooth paste, snacks, magazines, coloring books and crayons for Afghan children and other "little things" that carry an enormous message to the troops. The response was very positive as she figured it would be, and, she was able to put together fifty 12" x9" x6" 'shoe boxes' for the troops. One of Linda's willing and most helpful partners, Dave Byron at Vienna Rexall, said on one occasion, "One gentleman overheard Linda talking about the project and told her he was a veteran and gave her fifty dollars on the spot." Byron added, "Linda is good people!"

Businesses, like coalitions, have essential mutual interests, namely, the success of its people, and, both need quality leadership and participation to succeed. Other local businesses which contributed included Vienna Glass, Sita Tile, Atlas Tile, DS Grafx.com and the Borgotti family of Vienna Rexall.

"We have already been involved in Afghanistan for nine years now and no one really knows the "human cost" of the war except the families." said Robertson, "But this is my way of telling them, 'I appreciate everything you've done but if it were up to me, you'd be on the first plane home!'" Often, we take things for granted, but the pride Americans feel for the military is not one of them.

If you would like to be involved with next year's care packages, call Linda at 703-255-5571 or visit www.USO.org



12 Years of Purple Fun

There are more than 40,000 Red Hat Society chapters worldwide. Members are women age 55 and older who enjoy humor and amusement. In some chapters, members wear odd purple clothing with red hats. Others are composed of members who dress stylishly in their purple outfits and big hats.

It all began when Sue Ellen Cooper, society founder, bought a dated, ornate red hat at a thrift store. She decided to give a similar hat to her friends, along with a copy of a poem by Jenny Joseph (as shown in the purple box above). It was 1998 when Cooper and friends, who by that time all had purple outfits and red hats, met for a tea party. But the group was too big. Cooper encouraged them and others to start their own Red Hat chapters. That's how the movement began.

Aside from the Queen Mother and a helper, members have no duties to perform. Usually, there are no dues to pay and they don't have to sign up. They simply show up, unprepared except for their outfits, and have lunch, dinner, an outing, or see an arranged program. That means busy women can just attend and enjoy.

Vienna has its own chapter of wonderful Red Hat ladies. Named the "Totally Eccentric Adventurous Red Hat Ladies", the chapter currently has 82 members and was started in 2001. It is a mixture of married, divorced, widowed and single women. Their oldest member is 84. So what is it that they have in common? Well besides being women, they like to enjoy life, do things together, attend local events, get involved, and be social. Sounds like a plan.

Shirley Jackson is the Queen Mother and eagerly boasts about the Red Hat ladies and the wonderful things they do. A calendar produced in 2005 raised \$30,000.00 to the Fairfax County Women's Shelter and for purchasing sleeping bags for the homeless. Just what you would expect when this group puts their collective minds toward something.

At least once a month there is some sort of event: a movie, a lunch, an event someone reads about in the paper. Shirley finds her ladies very flexible and always ready to have fun and try something new. They will even travel together. Last Fall there was a trip to Cape Cod and a cruise up North last Summer. Sometimes it is just plain old fashioned fun. A breakfast has been held at the Waterford for the last 5 years and all the ladies come in pj's and bathrobes. They have given a play and have done a whimsical fashion show, and been on TV. They love to try new places and if something new comes to town, be sure they are the first to sign up and enjoy. Their 2010 planning meeting will be held at the end of January. They'll surely find some new things to try. This area is always full of interesting and free events for them. You'll of course see them strutting their red and purple community events like the Vienna Halloween Parade. What a great way to pass your spare time away.

So why did Shirley get involved? "I got involved because it sounded like such a great idea. Wearing red hats as big as I can make and purple clothes make my day. I myself own 45 hats and a few just for a certain special occasion like Christmas, horse show, Halloween and many more fun events." Being a Red Hatter Shirley has met people all over the USA. When she visits family in Texas, there are 2 chapters she belongs to there. "I went to England in 2004 and planned the first Red Hat Convention they had ever held with the ladies in Bristol. What a wonderful bunch of Red Hat ladies they were."

Does it stay exciting for Shirley? Of course. "Just putting on my Red Hat and helping ladies that most of the time would not go out alone, but come and join in fun events with the group and seeing them smile. No one ever seems to leave our chapter . . . We are so lucky."

So when you see those big red hats and purple dresses, you'll now know what it's all about. A huge red hat thank you to Shirley Jackson for filling us in about the "Totally Eccentric Adventurous Red Hat Ladies".

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
*And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.*
I shall sit down on the pavement when I'm tired,
And gobble up samples in shops, and press alarm bells,
*And run my stick along the public railings,
And make up for the sobriety of my youth.*
But maybe I ought to practice a little now,
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.



Queen Mother
Shirley Jackson
of Vienna

Ask the Expert

Q & A ON \$8,000 OR \$6,500 HOME BUYER TAX CREDITS

We've had many questions about the legislation signed on November 6. It provides a \$6,500 tax credit for some homeowners who buy another home. The law also extends the \$8,000 tax credit for first-time home buyers. Some of the things prospective buyers are asking us:



Q: How do I qualify for the \$6,500 credit?

A: It's available for home buyers who sign a binding contract on a new or existing home by April 30, 2010 and settle by July 1. The deadline also applies to the first-time home buyer credit. You have to have lived in your present home for five consecutive years out of the last eight, and the new home has to be your primary residence. You don't have to sell your present home. You can use it as a second home or a rental and still claim the credit.

Q: Does the home I buy have to be more expensive than the one I own?

A: No. You can use it to downsize, which makes it attractive to seniors who want to sell their family homes.

Q: I'm a homeowner and would like to build a new house. Can I get the credit?

A: Yes, but your builder will have to move pretty fast. You can claim the credit as long as you have a binding contract in place by April 30 and close by July 1. But for a new home, the closing date is the day you move in.

Q: We have a rental home we would like to sell to our son, who never owned a home. Can he get the \$8,000 credit?

A: No. The purchase can't be from a related party such as a parent, grandparent, child or grandchild.

Q: I bought a home on April 10, 2008 and claimed the \$7,500 buyer's credit, which must be repaid over 15 years. Did the new law change that rule?

A: No. The \$7,500 credit still has to be repaid. The \$8,000 credit only applies to homes bought after December 31, 2008.

Q: I sold my home this year and have been renting. Do I qualify for the \$6,500 expanded credit?

A: Yes, as long as you meet all of the other requirements.

Q: What year do I take the credit and what if I owe no tax?

A: For qualifying purchases in 2010, taxpayers have the option of claiming the credit on either their 2009 or 2010 return. For those who made a qualifying purchase in 2009, you can claim the credit on either your 2008 or 2009 return. Remember, this is a credit and will be fully refundable to you even if no tax is owed, reduce your tax bill, or you will be refunded the balance if your taxes owed are less than the credit.

Some Fairfax County Economic Facts

In the first two months of the third quarter 2009, 7,217 jobs were added to the payrolls of Fairfax County. As a result of these new jobs, the average monthly unemployment rate fell from 4.9% during the second quarter to 4.7% for July and August. This steady job creation may help to maintain demand for home purchases. Favorable mortgage rates should support this trend. This demand has tipped the scale from a buyers' market toward a sellers' market in the last half of 2009.

- Fairfax County's population is just over one million (1,015,302 in 2008)
- Over 65 seniors account for 10% of population and those under 18 account for just over 24%
- Median household income is about \$105,000 (2007)
- Residents living below the poverty line: 4.9% (2007)



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FAIRFAX COUNTY HOUSING SALES DATA

3RD QUARTER 2009

Zip Code	Avg Price	Price Change	Total # Homes Sold	% Change in Homes Sold	Avg Days on Market	% of Asking Price
20120	\$337,400	-14.06%	189	-4.06%	51	98.30%
20121	\$275,300	-8.14%	120	-23.57%	56	98.50%
20124	\$554,900	-3.06%	60	114.29%	57	95.40%
20151	\$354,900	-2.02%	77	-6.10%	56	98.00%
20170	\$344,900	23.44%	171	-42.23%	47	97.40%
20171	\$478,600	-1.40%	158	18.80%	39	97.70%
20190	\$371,000	7.57%	90	12.50%	38	96.20%
20191	\$355,800	8.57%	164	15.49%	40	97.40%
20194	\$481,800	-8.02%	68	51.11%	34	96.90%
22003	\$358,400	3.26%	213	-8.97%	53	97.60%
22015	\$363,700	-6.77%	169	-17.96%	43	97.90%
22027	\$616,300	-3.70%	4	33.33%	23	95.30%
22031	\$464,500	2.65%	84	25.37%	44	96.80%
22032	\$444,900	4.09%	114	29.55%	37	97.20%
22033	\$415,200	0.07%	169	35.20%	45	97.90%
22039	\$754,200	0.51%	41	-10.87%	56	95.00%
22041	\$329,000	-0.63%	80	5.26%	48	98.00%
22042	\$322,500	-14.34%	161	36.44%	50	98.90%
22043	\$505,800	3.18%	86	14.67%	41	96.10%
22044	\$350,400	-15.63%	45	25.00%	46	95.00%
22060	\$398,000	7.02%	5	150.00%	115	93.20%
22066	\$1,077,800	-6.08%	63	23.53%	97	89.70%
22079	\$361,700	-3.26%	149	-3.25%	45	97.20%
22101	\$929,300	-13.51%	138	27.78%	55	93.10%
22102	\$729,800	-20.53%	78	2.63%	70	92.40%
22124	\$630,900	-8.05%	73	-3.95%	48	95.60%
22150	\$328,800	-8.51%	84	-33.33%	64	99.40%
22151	\$360,200	-1.37%	80	-26.61%	55	98.40%
22152	\$346,000	-4.58%	122	14.02%	47	98.30%
22153	\$397,700	4.88%	125	-8.09%	53	96.50%
22180	\$578,800	2.90%	91	7.06%	56	95.90%
22181	\$650,500	16.20%	70	7.69%	50	94.90%
22182	\$723,100	-1.05%	87	12.99%	63	95.50%
22303	\$284,800	-3.82%	80	48.15%	71	96.30%
22306	\$335,200	-3.37%	84	-11.58%	71	96.80%
22307	\$451,400	9.17%	55	44.74%	59	95.20%
22308	\$702,100	3.36%	61	48.78%	42	96.30%
22309	\$249,500	-11.30%	167	5.03%	69	96.80%
22310	\$347,600	-6.51%	123	-18.00%	41	97.30%
22312	\$391,300	6.22%	65	16.07%	55	95.30%
22315	\$417,700	2.86%	139	29.91%	35	96.80%
OTHER	\$475,600	-0.94%	160	17.65%	44	96.70%



Policy Director Buys a Home as Interest Rates Go Down

Home prices have hit bottom in most areas of the country, but they're not like a rubber ball. Sellers can't expect much of a bounce.

At the Center for Economic Policy Research, in Washington D.C., analysts are predicting that the pricing arrow is pointing up, but not very far. There are still too many foreclosed homes on the market.

So, what did the center's co-director do? He bought a house. He doesn't expect its value to rise much in the foreseeable future. But the home had features he loved. The price was affordable, and the loan's interest rate was below 5 percent.

This set of circumstances encouraged him to take the plunge and acquire a place his family could call home for many years to come.

Today's reasonable prices can make a good case for buying rather than renting, say advisors quoted in USA Today. While many first-timers are leery of making a long-term contract, here is a way you could determine if the move is a wise one.

- Divide the price of a home you are considering by the annual rent for a comparable place. If the number falls below 15, buying starts to look like a good idea.
- Consider whether you will stay in the home long enough to make the purchase worthwhile. Closing costs are high. If you intend to sell the house and buy another in two or three years, you could take a loss.
- Analysts say it's reasonable to buy a home only if you plan to stay in it for five to seven years.

Compiled Data from the Chart on the Left

	2nd Qtr - 2009	3rd Qtr - 2009
Average Price:	\$423,500	\$438,400
# Homes on the Market:*	6,413	6,203
# Homes Sold:**	1,787	4,362
# New Homes Built:***	218	140
Avg Days on Market:	115	50

*Available as of 9/30/09 **May not add to total of zip codes
***During the first two months of the quarter

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A restaurant, a classroom, a shared space . . .

OPEN KITCHEN

An interesting new concept now open in Falls Church

Every once in a while, a new idea, a new concept, a new venture comes to fruition. A vision for a space that encompasses every aspect of your passion. A creation of a place where anyone with a connection to food can come to have a meal, learn a skill, share a kitchen, get inspired, enjoy an experience. Not just a restaurant or a school or a caterer, but a culinary space. A space where you want to be. The people that connect here are excited and enthusiastic about being here, whether they are staff, members, or customers. Eat, cook, entertain: this is the mantra of the new Open Kitchen in Falls Church.

Open Kitchen is the culmination of the aspirations of a few committed people who shared the same vision to fulfill their needs and feed their passions. Owner Hue-Chan Karels was a corporate consultant needing space to legally bake her cookies to sell to the public. Executive Chef Bernard Henry left his position as an international corporate executive to pursue his dream of cooking. David and Holly Camalier needed to jump the hurdle of finding a commercial kitchen to continue their culinary enterprise for their clients. The journey toward Open Kitchen started about nearly two years ago. A targeted survey was made about the concept of a timeshare commercial kitchen. Chef Bernard was part of the survey. Not only could he become a client, he would soon become a great addition to help pursue the concept. The cooking class element and the bistro concept were soon added to the idea. As the founders' culinary paths converged, they shared their experiences, realized their common needs, and finally end up bringing the concept of Open Kitchen to reality in a new building on the west end of Falls Church.

So what exactly is this concept? Take all the characteristics of a casual neighborhood bistro, a shareable commercial kitchen, a capable staff ready to share their knowledge, and roll them up into an innovative, creative and useful space. The mission is to have this space as part of the community of people that love food. Whether you enjoy a fine meal prepared in view, aspire to learn a new technique or recipe, or need the use of a commercial facility, Open Kitchen becomes the place for any or all of the above.

The term "foodie" is becoming passé. Open Kitchen caters to something more than that. It is an open space, open to the community. It is a place for shared interests between customer and chef, a shared communication to connect all those with a common interest in food. A "two way street" between the kitchen and the customer. For example, a customer brought in a gluten free, dairy free, tomato free lasagna. Who would have thought? The recipe was shared and the staff loved it. She is now paid for

preparing the dish. Again, a two way street. The staff inspired her. It is exciting to see a dream realized in a place that is a realized dream as well.

It is a taxing yet enjoyable business. They run lean and operate seamlessly. The owners want to disprove that you can't do everything and do it well. The business is moving along and despite the economy, the trend is up. As Hue-Chan said to me, "we are driving on multiple avenues at the same time, seeing what is great, what needs to be re-looked at. Though the vision remains the same, it constantly evolves as we go along." A success, but still a true work in progress, bringing good friends, family, community and food together. Any regrets? It is obviously hard work, so why do it? To sum up the experience: instant gratification. In his old well paid job, Chef Bernard would oversee a large construction project over five to six years. Here, when you cook, you hear the feed-back right away, you see the reaction, you feel good.

The front seating area is inviting and casual, and the adjacent kitchen, separated by a counter with seats, is visible and draws your interest. It is the kind of place you would feel comfortable hanging out among family and friends. The design exposes you to the sights, sounds and aromas of the preparations happening just a few feet from you. The wonderful mosaics that decorate the counter and walls were made by Hue-Chan's Father, Dr. Dat Luu. There is a new outdoor patio, and the bistro is also available for private events. There are displays of items for sale in one corner (anything you find in Open Kitchen is available to take home). This is a developing "marketplace" part of the concept. You will see a prominent television mounted from the ceiling. Along with



the obvious choices like Food Network, there are professionally produced videos of dish preparations within Open Kitchen.

Their bistro menu tends to be healthier and internationally oriented. Current lunch offerings include an herb crusted tuna burger, a Greek Salad pita sandwich, a panko and scallion crusted cod, small plates of Peking duck rolls, steamed mussels, and chimichurri meatballs. Dinner selections include marinated flank steak, Moroccan chicken, along with many of the lunch choices. Of course the menu items are more numerous, and change with the seasons. An assortment of delectable desserts and a notable wine list complete your meal. The staff is well trained and attentive. They have tasted everything, from the charcuterie to the wine to the entrees. They are very aware and love to share their thoughts. Ingredients are obviously an important part of every dish. Freshness and quality is the norm and they prefer to buy organic and local when possible. Collaborations with local food purveyors and growers is all part of their concept.

There is a definite connection between the front and back of the house. View the meals being prepared, ask questions, listen to the staff explain, share a story or other food experience. A place for community to connect – staff, customer, client. When the space becomes a focal point for community, connections get made, relationships develop, experiences are shared. Once again, their vision comes to light.

The availability of a shared commercial kitchen is usually a rarity. This is a valuable resource open to chefs to "time share" a kitchen and share their experiences with others. It promotes aspirations within the food community. Instead of chefs going alone, Open Kitchen becomes a place to get help developing recipes as a "consulting service". A place to take a dream to the next level. There are two commercial kitchens available for those who want to expand an ongoing business or take a shot at your dream startup. They are there to help you make it happen.

As the Open Kitchen concept is all about community, it doesn't stay within their four walls. To improve the quality of life for the community, Open Kitchen has created a "Cooking for a Cause" program to benefit local social causes through fund-raising events. This is a "win-win" for customers and causes as good food and wine helps provide needed support for good charities. They have also provided services to DC Central Kitchen by helping with their culinary job training programs. This all plays a role in the food community concept.

While sitting in the dining area talking to the owners while enjoying a coffee, a Moroccan woman came to the table with a box of homemade Moroccan cookies. She uses the kitchen to fine tune her recipes for larger production. The cookies were to die for, delicious, unique, and authentic. She shared, we talked, everyone enjoyed. Those few minutes summed up the Open Kitchen experience. That openness to enjoy, to share, to thrive and aspire among those with some common connection with food is what Open Kitchen is striving for and so far, is doing very well.

Stop by for a bite, a coffee or a glass of wine, you may just find your new place to hangout and share the energy. Check their web site for lunch, dinner and special holiday menus, along with schedules for hands-on cooking classes and information about shared kitchens and other services.

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www.openkitchen-dcmetro.com 703-942-8148

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Winter Wines to Warm the Heart . . . Not Break the Budget

By Tomme Casmay/Classic Wines of Great Falls

Well, the cold of winter is upon us, and what better way to pass the time during those long winter nights than nestled in front of a warm fireplace. Whether you are alone or with friends or loved ones, enjoying a glass or two or a whole bottle of your favorite wine makes this simple occasion feel even better (especially if you've chosen the whole bottle option). There is something wistful, even magical, about sipping on a glass of deep, rich cabernet sauvignon or chardonnay, as the flames dance over the glowing embers in the fireplace. It doesn't matter whether it's a \$15.00 bottle or a \$50.00 bottle, as long as it's a well made wine, it will enhance your fire watching experience immensely.

So, what is the ideal fireplace wine pairing? Well, it depends whether you are eating while you are fire ponderin', snackin' or just a sippin'. Many people don't change the wine they drink with the changing of the seasons, and that is perfectly fine. A person's choice of wine is a very individual thing. There is no right or wrong in what a person likes. I myself have certain wines that I will drink all year long, depending on the occasion. However, like the birds migrating north in the summer and south in the winter, most people's seasonal wine choices also migrate a bit.

Indeed, seasonal changes in weather do dictate changes in what and how we eat, which in turn dictate changes in the wines that accompany those meals. For example, during the summer months, meals tend to be lighter in style, with many cold dishes that suit the warmer weather. Hence, most people tend to drink lighter wines in summer because of the heat and the more casual cuisine. In the winter, the opposite is true. Meals are more structured--less on-the-fly, if you will--and the dishes enjoyed are generally warmer and heavier to suit the colder weather.

So, what are the wines by their nature that just cry out FIREPLACE, yet are also reasonably priced? We could of course travel the world and find suitable reds and whites from any of the great wine making countries to fill the bill. But,

just for brevity sake, let's limit ourselves this time to some recommendations from America. If you are in the mood for a red to help you enjoy the dancing flames, you might consider a hearty Cabernet Sauvignon or Bordeaux style blend from California, a full bodied Merlot from Washington, a smooth Petite Verdot from right here in Virginia, or one of the Cotes Du Rhone style blends from the West Coast. Following are a few suggestions all of which are priced under \$20.00 per bottle. (Retail prices quoted are from Classic Wines of Great Falls):

Hayman & Hill Meritage 2006 (Monterey, CA) (\$17.99) A Bordeaux style blend from California with 34% Cabernet Sauvignon, 31% Malbec, 16% Merlot, 14% Petit Verdot, and 5% Cabernet Franc. A very rich red with black cherry and mocha flavors and a pleasant touch of spice.

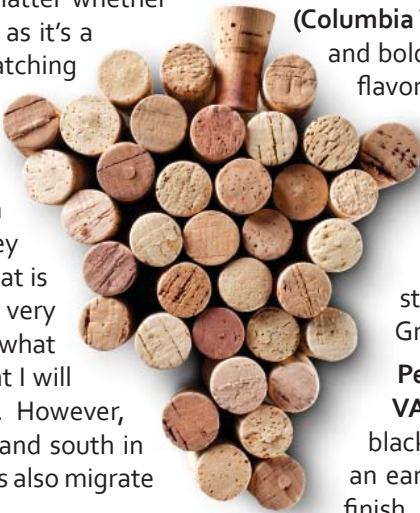
Chateau St. Michelle Indian Wells Merlot 2007 (Columbia Valley, WA) (\$19.99) A fruit-forward, ripe and boldly flavored merlot with jammy blackberry flavors and a scent of vanilla.

Morgan Cotes du Crow's 2007 (Monterey, CA) (\$18.99) A medium to full bodied wine with aromas and flavors of blueberry and pomegranate with a touch of mint. A Cotes Du Rhone style wine made with 55% Syrah and 45% Grenache.

Pearmund Petit Verdot 2007 (Fauquier, VA) (\$19.99) A full bodied wine offering blackberry aromas with rich plum flavors. It is an earthy, rustic and warm wine with a smooth finish.

If you prefer a white wine as your flame companion, think to wines with some body and richness, rather than lighter style aperitif wines. Chardonnays with some oak aging are more weighty and viscous than unoaked styles. That, of course, doesn't mean you want a wine that tastes like an oak 2x4. The key is balanced oak treatment that marries the complexity of the wood with fruit freshness and a lively finishing acidity. Other good fireplace whites include Viognier and Pinot Gris. Following are some special whites you might consider:

Davis Bynun Chardonnay 2006 (Russian River Valley, CA) (\$19.99) Full bodied with crisp finishing acidity and bright, refreshing flavors of pear and tropical fruit. Aged 11 months in 100% French oak barrels.



MacMurray Pinot Gris 2007 (Sonoma Coast, CA) (\$19.99)

Full of bright peach and rich honeydew melon flavors. The wine finishes with a note of mild citrus and spice.

White Hall Viognier 2008 (Charlottesville, VA) (\$15.99)

Many consider Viognier Virginia's best white grape. This wine has an opulent bouquet of ripe peaches and apricots with notes of orange and spice on the palate. The finish is long with a hint of vanilla.

Any of these fine, reasonably priced table wines is sure to make your fireside experience this winter immensely more enjoyable. In addition, for those of you who are inclined toward heavier fare, one can never go wrong with a nice, rich Port to take the chill out of your bones. Whatever you chose, please remember one thing...Good wines are intended to be enjoyed, not adored. Drinking a special wine makes any occasion special and memorable all by itself. Happy fire watching this winter!

CLASSIC WINES OF GREAT FALLS

Classic Wines of Great Falls—a fine wine, beer and cigar shop—has been serving Great Falls, Reston, Herndon and the McLean areas since 1992. Located in the center of Great Falls, next to the fire station, the shop offers over 800 hand-selected wines, 200 imported and domestic beers, a walk-in cigar humidor and a great gourmet section specializing in cheeses, olive oils and Virginia peanuts. We are open 7 days a week and wines are available for tasting every day. If you are tired of snobbish, pretentious wine shops, then let us share with you our passion for wine in a friendly, informal atmosphere. Wine is our passion, and our customers are our friends. Please visit us soon. www.classicwinesgreatfalls.com



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New Year . . . New Colors for Your Home!

by Denise Willard



With the start of a new year many homeowners look to update their homes to provide a fresh start. This year all signs indicate that homeowners will be even more zealous about making these changes sooner rather than later in 2010 as they seek ways to overcome the economic negativity that has been overshadowing their lives for the past year. Changing the colors inside your home is one of the least expensive ways to bring about this type of impactful transformation in a timely and inexpensive manner. Colors make you feel emotions, so why not make color choices based on the emotions you are trying to evoke in your home?

RED. Red stimulates the body and mind. It is the color of fire, excitement and alertness—thus increasing your metabolism and blood pressure. Because red stimulates appetite, food tastes better when surrounded by red. So it is a great color for dining rooms. Red can make a person feel passionate and excited. But beware—too much red can evoke anger and lead to anxiety. Therefore, in rooms where you are trying to create a peaceful, serene atmosphere—use small doses of red in earth tones like brick or terra cotta shades.

BLUE. Blue acts like red's opposite. It decreases the pulse rate, lowers body temperature, and reduces appetite. Blue is found in the sky, water and ice, and thus causes the body to produce calming chemicals, so it is great to use in rooms where relaxation is desired. Blue creates a more centered, spiritual and inspiring vibe. Blue hues suppress appetite as "blue foods" are rare in nature and are a sign of poison/toxicity to the body. Therefore, blue should not be used in eating areas in the home. People are also more productive in blue rooms, so if you need a little kick in the pants, try blue for your home office or your home gym. It is also a great choice for bedrooms.

ORANGE. Orange is similar to red, but it is a color that evokes the warmth of the sun versus the fiery heat of Red. It is a warm, welcoming and autumnal color. It encourages conversation & appetite, and relieves feelings of self-pity, lack of self-worth & unwillingness to forgive. Orange opens your emotions & is an antidepressant. Because of these effects orange is the best option for eating areas, creative spaces and those areas where you want to elevate someone's mood.

YELLOW. Yellow has been proven to stimulate the brain. This stimulation can make you more alert and decisive. It helps memory and promotes clear thinking, and decision-making. It is also the harshest color on the eyes, causing tempers to flair and babies to cry more frequently. Use golden-yellow tones to counteract these negative effects. With a golden-yellow kitchen, you just might not need that extra cup of coffee in the morning! Yellow evokes feelings of happiness, optimism, clarity, intellect and wisdom. As such, yellow is ideal for sunrooms, family rooms and real estate staging.

GREEN. Green is often used in decorating for its calming and refreshing effect. It helps to balance and soothe our emotions—hence the use of "green rooms" in television. Unlike yellow, green is the easiest color on the eye, promoting a sense of well-being & balance. It relaxes our muscles and helps us breathe deeper and slower. Green promotes growth, fertility, nurturing and healing—and is growing in popularity with the advent of the "green interiors movement." But beware! Green can also cause laziness so be careful where you use it. Green is ideal for reading rooms, libraries and bedrooms.

PURPLE. Purple is a mysterious color, indicative of rebalancing your life. It is found in sunsets, darkness and shadows, and is the combination of two complete opposites - red and blue. Purple can be invigorating or calming, depending on how much red or blue is in the shade. Purple promotes good judgment, meditation and spirituality. Use purple in meditation rooms or other areas in your home where you want to feel creative, spiritual or imaginative because it balances the mind.

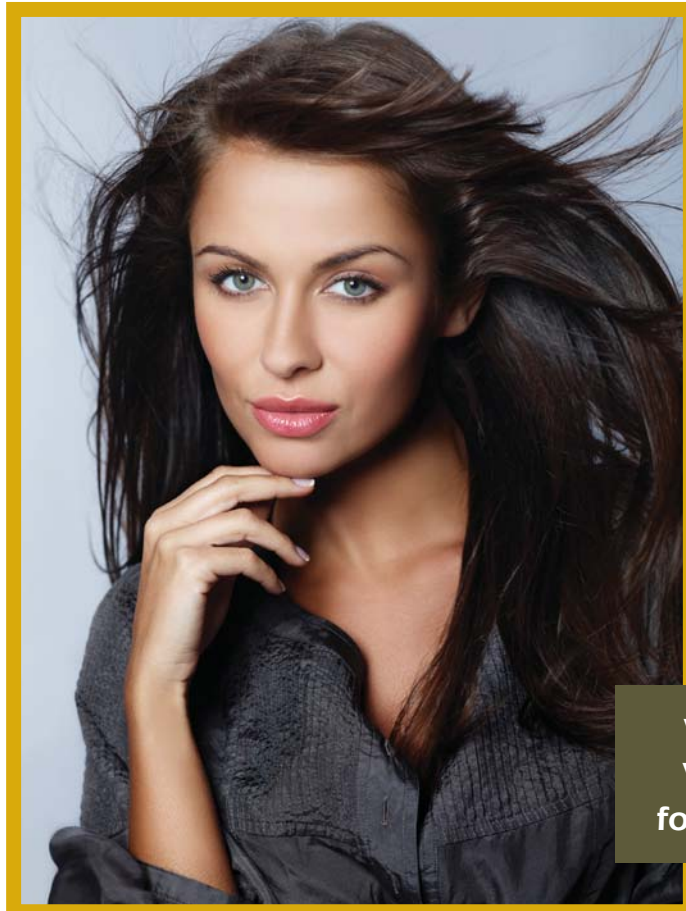
Need help finding the right shade for your home? A professional designer can help. A designer can help you pare down the options to develop your custom color palette, tailored specifically to your personality and needs. Make your home feel right in 2010!



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, and The Washington Post.
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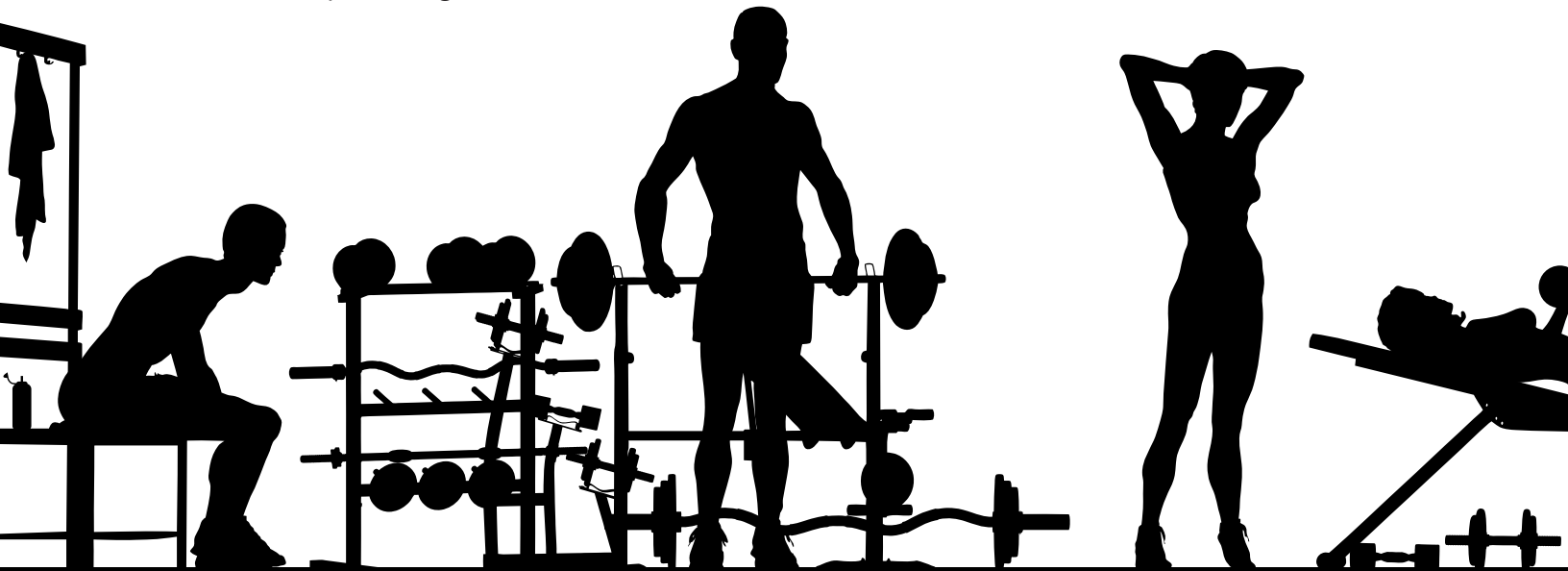
A Local Guide to GYMS, Studios, AND TRAINERS

This is the time of year people promise to watch what they eat, exercise more, and get healthier. This is also the time of year people fail to stick to those resolutions. Why? Because it takes motivation, a plan of action, and some help for you stay the course. Whether it is the push of a personal trainer, the barking of a boot camp instructor, the motivation from a group exercise class, the energy of yoga or Pilates studio, or just the peer pressure of your workout partner, you need someone and somewhere to guide you toward your goals.

We've taken a look around and have highlighted several local establishments we thought were worth mentioning. Some large, some small, some interesting, some basic. This list is very far from exhaustive, as some gym and training studios fell through the cracks, yoga studios pop up often in our area, and there are definitely personal trainers that may be just too personal to find. Whether you are a true coach potato, a gym rat, or somewhere in between, we hope this sampling of local options helps get you get started or at least find something new. Give them call see what they're about and make up your own mind. It really doesn't matter where you go, who you choose, or what system you follow, the whole idea is to get started. Make the move to get fit and healthy, stay fit and healthy, or get fitter and healthier. In any case, keep your New Year's resolution, or start a new one now. You'll definitely look and feel better.

We have broken out the list into four categories, although there can be significant overlaps in what each group offers. The Health clubs are more all inclusive, offer many choices in a larger facility with more amenities. Though they offer personal training, the list of personal training studios are smaller, more intimate, and focused most often on one on one training with a trainer. The personal trainers listed are all about "personal", though they may have a studio. Get them to your home or their home and get it done together. You may also find them teaching at the larger clubs. The last list is the yoga and Pilates studios. There are such differences in types of yoga, philosophies, class types, instructor personalities etc that you really need to do your own research about what you're looking for. We offer a good place to start.

Please remember no one paid to be mentioned here (some may be surprised to be listed). We just took a look around the area along with a few respected referrals. Our apologies in advance if we missed someone that you thought should have been here.



Health Clubs

Anytime Fitness

Located in a new building on Vienna's historic Church Street, Anytime Fitness has expanded into an additional 1,200 square feet to provide more cardio equipment, and group exercise space. This club offers state of the art equipment, LCD TV's on the cardio equipment, one-on-one personal training, full service shower rooms, lockers, and group exercise classes, including yoga, Pilates, core training and more. Anytime means anytime. Access to the gym is 24/7 for members which works well with all of our crazy schedules. You also get access to over 1000 other club locations. At Anytime Fitness, you'll feel welcome, not intimidated and their expert staff will guide you along the way. **111 Church Street NW Suite 204A Vienna 703-255-5035 www.viennafitness24.com**

Evolution Fitness

Evolution Health & Fitness offers a complete line of cardiovascular, strength and free weight equipment. Enjoy a comfortable, friendly, community-oriented environment that is friendly and not overcrowded. Evolution specializes in Personal Training. Their personal trainers are industry leaders excelling in carefully supervised, one-on-one exercise sessions designed to specifically meet the goals you want to achieve. For those who prefer a more economical personal training program, they also offer ActivTrax, a new program which produces a customized exercise routine for you each time you visit the club. Group exercise classes, massage therapy, heart enhancement programs. Nutrition & weight management, Youth training programs, and Corporate Health Promotion Programs are all offered as well. Memberships are month to month, annual and they are discounted based on your personal training commitment. Student rates are available. **216 Dominion Road NE, Vienna 703-255-9707 www.evolutionhealthclub.com**

Elite Fitness Concepts

Since 1998, Elite Fitness Concepts has been dedicated to providing personalized health, fitness, post-rehab and medical fitness programs in a comfortable, non-competitive setting for all ages and abilities. EFC's facility incorporates massage and exercise studios, locker room and showers, and a full array of cardio, strength and rehab equipment. EFC's professional team of certified personal trainers and instructors offer clients comprehensive programs customized to meet their fitness needs. Their expanded studios offer innovative group fitness classes as well as personalized wellness programs. EFC also provides off-site youth camps designed to enhance speed and conditioning, as well as give instruction on injury prevention and rehabilitation for the young athlete. **10123 Colvin Run Road, Great Falls 703-759-7820 www.elitefitnessconcepts.com**

Fitness First

Located at International Drive and Route 7, Fitness First is just a block from the mall. Join here and your low monthly membership gets you membership to all their clubs. Fitness First offers state of the art equipment, top-notch staff, and all group exercise classes are included with membership. All their classes are taught by professional instructors in a spacious group exercise studio. Don't see a class offered at a time that fits your schedule? No problem. Your membership allows you to attend classes at any of their other 17 clubs in the DC metro area. Get setup with a personal training program there and you'll get in the best shape of your life. **8150 Leesburg Pike, Tysons Corner 703-847-2300 www.fitnessfirstclubs.com**

Gold's Gym

Conveniently located in the center of Tysons, this popular full service gym fills the parking lot at the Pike Seven Plaza Shopping Center during prime workout times. Part of the chain that started in Venice Beach over 40 years ago, this gym offers everything you need to keep you fit and feel good. Cardio and resistance equipment, free weights, group exercise classes, personal training along with a full locker room showers and a sauna/steam room. Get a your fitness routine designed by one of their personal trainers to meet your goals. Check out their web site for a free one day pass to check it out. **8371 Leesburg Pike, Vienna 703-893-4653 www.goldsgym.com**

Equinox

It's not fitness. It's life. Equinox's mantra sums up what going to a gym is all about: a lifestyle that keeps us healthy, gives us energy and makes us look and feel good. The Tysons Corner Equinox is the only one you'll find in this part of the country. The premier gym is based in New York City and has other locations in a few other major metropolitan areas. Not only does this club provide pretty much everything you would need to keep you fit, it does it in style. The atmosphere, design, finishes and quality of the facility is geared to keeping your workout serious, yet in an attractive and comfortable setting. There is no question that this is a high end club and for those who are looking for that, they do it well. **8065 Leesburg Pike, in Fairfax Square in Tysons Corner 703-790-6193 www.equinox.com**





Sport&Health Clubs

Two locations in Tysons Corner on Greensboro Drive and Old Meadow Road for all your health and fitness needs. The Greensboro Drive location recently renovated and is celebrating it's Grand Re-opening. The club doubled the cardio conditioning and strength training areas with 100 new pieces of equipment with personal viewing screens and Cardio Entertainment for your enjoyment. There are 4 new group exercise studios including a fully equipped Pilates studio, a Mind/Body studio, virtual cycling studio and a Main Group Exercise studio with all your favorite classes. The Old Meadow location called the Regency, is home to all your indoor and outdoor tennis needs, featuring the Jack Schore tennis program with lessons, leagues, socials and more for all ages. This club also features the latest in fitness, swimming, group exercise classes, Pilates and more. **Call 703.442.9150 for the club at 8250 Greensboro Drive. Or 703.556.6550 for the club at 1800 Old Meadow Road.**
www.sportandhealth.com.



Personal Trainers

BottomLine Fitness-Rebecca Donley

Rebecca Donley is a certified personal trainer with over 15 years experience. She also is a Post-Rehab Specialist. Being a former professional boxer, she knows what hard work entails and is eager to motivate her clients to achieve their goals. Training in a similar style to her boxing backgrounds yields incredible results. She is a Master Trainer for Body Bar, BOSU, and Cardio-Boxing. Her slogan is, "There is nothing you can eat that I can't burn off. Let's get to work!" **Rebecca Elliott Donley**
571-258-7422 theblondehurricane@hotmail.com



Angel Negron

Angel Negron is one of only a handful of certified Israeli Krav Maga instructors in the area. He was certified by 40 year Israeli veteran Grandmaster Haim Gidon. Angel's main focus is not just physical, but also mental resilience. Angel loves teaching kids, and adults alike. His intuitive, passionate, and straightforward approach to teaching, will build your confidence, and give you a sense of security. Learning how to protect yourself is usually thought about after the fact. Be proactive, and be ready for anything. A true love is teaching kids .He has helped kids with low self esteem and motivates them to achieve goals they thought were not possible! Private and group classes are available in the Tysons and DC metro area. **Angel@IsraeliKravMaryland.com**
703-371-6702



Rush Fitness-Ron West

Beyond being a well known fitness expert and personal trainer, in the group exercise circles, Ron West may be one of the most sought after instructors of the health club circuit. He has taught intense aerobic classes at most of the big name clubs. Call him the "Master of Motivation". Since 2004 he has been transforming lives. RUSH Fitness stands for "Rigorous (referring to his style of workout) and the Ultimate in Strength-training for your Health." From intense aerobic kick boxing classes

to his ultimate boot camp, his workouts are intense and designed to burn calories and get you into shape. His goal is to make you happy by integrating healthy eating habits and consistent exercise routines into your life.
703-220-6668 ron@rushfitnessllc.com

Storm Fitness-Jessica Storm

Training available in the privacy of your own home (they'll bring the equipment) and at the Storm Fitness studio located in Reston. Facility for personal and group training. Storm Fitness was founded by owner Jessica Storm in 2003 who envisioned a company dedicated to education of proper exercise techniques and healthy living. The personal training company takes great pride in its ability to incorporate a variety of different disciplines such as strength training, cardio, Pilates, boxing, circuit training, sports conditioning and stretching to create a fun and unique experience unparalleled to anything else in the industry. The result is a happy, healthy and well-conditioned client with a strong body that is toned, flexible and balanced. **703-869-8376** www.stormfitness.com

Taylor Fit

Tara Taylor is a personal trainer and C.H.E.K. certified holistic lifestyle coach that takes a different approach to help you reach your fitness goals. Tara not only focuses on the physical aspect of getting into shape, but she can create a plan to also look at your nutrition, as well as the stresses in your life that may be preventing you from reaching your goals to feel better about yourself. Ever wonder why you workout day after day and don't see the results you think you deserve? Tara can take a look at many contributing factors in your environment and nutrition and help you to finally see changes in your body that reflect your effort. Tara also offers a variety of boot camps in Tysons Corner in a comfortable and challenging environment with progressions for all fitness levels. www.taylorfit.net

Personal Training Studios

Fitness Together

Not only do you have a trainer to help every step of the way, but you also have your very own private training room. No more rushing from one exercise to another as equipment becomes available. At Fitness Together, the entire room of equipment is for you. Their programs offer a safe, effective way to help women and men achieve their fitness goals in a friendly, non-threatening atmosphere. With a Fitness Together personal trainer, results come quickly because you maximize exercise time, follow an eating plan, set goals, and have the accountability one often needs to stay with it. Rob Graveline, owner of Fitness Together—Dunn Loring, has 18 years of industry experience a Master's degree in Exercise Physiology from the University of Virginia. Co-owner Meredith Minix has 15 years experience as a personal trainer and group exercise instructor and holds a bachelor's degree in Recreation and Leisure with an emphasis in Sports Fitness and Management from Shepherd University in West Virginia. Clients can feel confident that they are working with a professional of the highest caliber. **2235 Cedar Lane (at Gallows), Vienna (703) 289-9909 www.ftdunnloring.com**

Healthy Investment

The goal at Healthy Investments is to get you more energy and get you feeling better about your body. Doing it on your own is never easy, so providing the help of a professional personal trainer is what Healthy Investment is all about. Healthy Investment is a small personal training studio in the heart of Vienna that opened in 1998. They offer private personal training to clients looking for an exercise program tailored to their specific needs and goals. Some clients are looking for weight loss others for better balance, increased strength or stamina, a decrease in medications, more flexibility, and less discomfort from tightness or muscle imbalance. Trainers at HI not only work with you on your goals, but will guide you through changes that will last, and the daily routines of stretching and moving that will make you feel better every day. Healthy Investment has no membership or initiation fees, and there is no minimum number of sessions you must purchase. All trainers at HI are certified or hold relevant degrees and have decades of experience. "Invest in yourself - invest in a healthy life!" **340 Mill Street NE, Vienna 703 938-8390 www.HealthyInvestmentVienna.com**

STS Health and Fitness

This studio is a unique private health and fitness facility located in the center of McLean. STS, "Your Health Club Alternative," has created a comfortable, supportive environment for the finest in personal training. The STS studio is made for personal training with 2 small studios

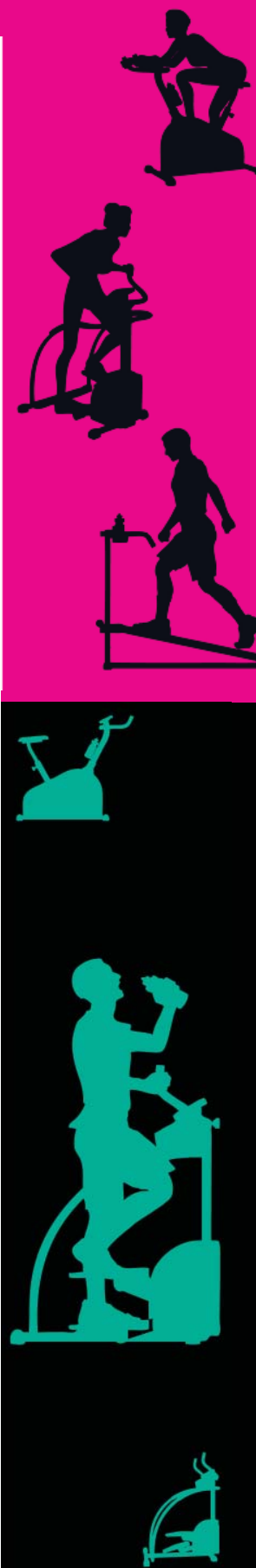
and several private rooms. There is no one working out in an "open gym," and no one waiting for equipment; just you and your personal trainer in a private room, or perhaps with another trainer and client in a studio. Every personal trainer at STS is nationally certified by either the American College of Sports Medicine, the National Athletic Trainers Association, the National Strength and Conditioning Association, and/or the American Council on Exercise and nearly all of them have a decade or more years experience. Owner Linda and James Rudd will discuss your fitness goals, time availabilities, and match you with a trainer whose talents and personality suit you and your goals. **6848 Elm St., McLean 703-442-0748 www.stsfit.com**

BREAKAWAY Fitness

"Join us and Breakaway from everyday." Founded in 2001, Breakaway Fitness provides a safe and effective learning environment for health and fitness to all types of people whether a beginner or a self-motivated individual, a senior or a teenager, they can provide you with the tools needed for a successful exercise prescription. They will develop a personal training program catered to you. Work with a certified trainer as often as you want or sign up for their coach program where you meet with your coach once a week to receive your tailored exercise program for the week. Perfect for enthusiasts and athletes. Daily cycling classes are also offered. Want to be introduced to truly "functional fitness"? Try their Breakaway Sport and Breakaway Crossfit programs to get yourself in complete muscular balance by training body movements, not body parts. Learn new exercises or train for an upcoming race. If you lack the motivation, Breakaway is there to help you through those times of "not feeling like it". **8405 Greensboro Dr. Suite P1-10, Mclean 703-226-1425 www.breakawaysportcf.com**

Studio B Fitness

Get toned. Build muscle. Lose fat. No matter what your fitness goals, the trainers at Studio B can help you achieve them. In a large, comfortable, state-of-the-art gym that's all yours while you work out. One-on-One Training, Located in Tysons Corner. No need to wait for machines, or even wonder where to begin! You get the full attention of a professional trainer at your disposal while you work out. Their 2,200 square foot two level studio and a personally matched trainer are waiting for you. There is simply no better way to get in shape than working out with an experienced, certified trainer, one who knows you and knows the way to get you into the best shape of your life. Make your appointment now! **www.studiobfitness.com**





YOGA AND PILATES STUDIOS



The Pilates Room

Janine Donlon began her Apprenticeship Style training 13 years ago in Singapore & Hong Kong. She is certified in Matwork, Reformer, Cadillac, and the Wunda Chair by Polestar, Powerhouse, and most recent the Gyrotonic Expansion system. Her experience specializes in Pilates for Osteoporosis, Pregnancy, Sport Specific & Pilates with Injuries. She established The Pilates Room in McLean Va in 2002 and since then has been a platform for numerous Pilates instructors to come and gain experience with teaching the Technique in a Format of Group Apparatus Classes. The variety and style of classes offered at The Pilates Room is unlike most places. All major Pieces of Apparatus are offered in a group environment - the reformer, tower and chair, so the variety is endless. Very intimate, very personalized, and always changing to keep the mind fresh and the body challenged. All classes are by appointment only.

1489 Chain Bridge Road Ste 100-102, McLean 703 749 1661 www.pilatesmclean.com

Church Street Pilates

Church Street Pilates is dedicated to Joseph Pilate's vision of a sound body and mind and a comprehensive and systematic method by which to accomplish that "attainment". They are committed to providing only the highest quality instruction in a truly client-centered environment to ensure that their students benefit fully from the Pilates method of body conditioning. Program Director and Senior Instructor David DiCarlo holds certifications from Core Dynamics, Power Pilates and the American College of Sports Medicine. The 1,200 sq ft studio offers students the full circuit of classically and historically rendered contrology apparatus designed by Joseph Pilates in a spacious open area for studying mat work. With three levels of

mat classes, two levels of apparatus work, and in depth private and duet sessions, Church Street Pilates provides everything you need to attain your goals through the Pilates Method of Body Conditioning. **144 Church St Ste 103, Vienna (703) 242-0703 www.churchstreetpilates.com**

Dream Yoga Studio and Wellness Center

This is an independently owned and operated Kripalu Affiliate Studio providing a supportive environment for folks of all ages and abilities. The Studio is owned and directed by Professionally Certified Yoga Instructor Luann Fulbright. The center is dedicated to promoting the art and science of yoga to produce thriving and health in individuals and society. Their diverse offerings include Prenatal Yoga, Mindfulness Meditation, the ancient rites of rejuvenation known as The Five Tibetans, Restorative Yoga, Laughter Yoga, Vinyasa Power Yoga, and Partner Yoga. There is yoga for children, tweens and teens; and for you and your child together. **1485 Chain Bridge Road, Suite 104, McLean 703-448-YOGA www.dreamyogastudio.com**

Beloved Yoga

Yoga will change you, physically, mentally and spiritually. Any and all of these changes are possible as you open your heart to this practice and come to recognize who you are. At Beloved Yoga, they teach yoga from the heart. Moving from the mind-centered pace of our daily life to a flowing practice on your mats. This brings us back in touch with our hearts and those things which we regard with love. Bring an open mind and heart to Beloved Yoga and experience yoga that embraces intensity, stillness, grounding and peace. Beginners to advanced, kids to seniors. Reston location as well. **1137 Walker Road #4, Great Falls 703-860-YOGA www.belovedyoga.com**

Dancing Mind Yoga

DC area's only Baptiste Power Vinyasa Affiliate yoga studio and one of only 55 affiliates worldwide. Yoga is practiced in a warm room kept at 90-95°F. Heat is healing and a huge part of the process is detoxification. Practicing in a

In the opening chapter of his 1945 publication "Return to Life through Contrology", Joseph Hubertus Pilates summarizes Physical Fitness as "the attainment and maintenance of a uniformly developed body with sound mind fully capable of naturally, easily, and satisfactorily performing our many varied tasks with spontaneous zest and pleasure".

warm room is also safer as muscles and joints become suppler. The heat may seem intense at first, but after a couple of classes, you may never want to practice in a cool room again. At Dancing Mind you will learn how to breathe; you will sweat, build strength and stamina, increase endurance, release tension, and create more flexibility in the entire body – and more important: the mind. Their studio is a safe, non-competitive, fun and empowering space for all our students and celebrate the diversity of our community. **929 W. Broad St. Falls Church 703-237-YOGA www.dancingmindyoga.com**

Bikram Yoga Falls Church

This is the hottest yoga place in town, and we mean hot literally. Classes are held in the 105 degree studio. Hot yoga is more formally and more precisely called "Bikram Yoga". Each pose is meant to be performed to the best of one's ability and then held still. Stillness is a primary principle of hatha yoga asana and something that the Bikram method emphasizes. The sequence has no continuous movement as with vinyasa or sun salutations. This again insures anybody can do it: any age, size, shape, condition, or background. The certified instructor doesn't do the exercises with you, but focuses on your good alignment and therefore motivation. Bikram Yoga delivers total health by balancing and improving each system in the body in order to prevent illness, injury, and limit the effects of aging. What are you waiting for? **1073 West Broad Street 703-536-YOGA www.fallschurchyoga.com**

Dahn Yoga

While most yoga focuses on the physical and be complicated, Dahn Yoga® is a unique type of yoga that features simple exercises for the conditioning of the body and mind, starting with the core, that is suitable for people of all body types and ages. Each center based on the same principles of attaining physical benefits that lead to emotional and mental well being. Dahn is based in the principles of Oriental Medicine, the benefits of yoga include the release of tired,

stagnant and toxic energy, while increasing the circulation of fresh, oxygenated blood to internal organs and throughout the entire body. www.dahnyoga.com

**McLean: 6631 Old Dominion Drive. 703-442-3246
Vienna: 218 Maple Ave West 703-242-9373**

McLean Power Yoga

Cassandra Walsh holds her classes at James School of Dance 6723 Whittier Avenue in McLean. At McLean Power Yoga, we teach Power Vinyasa Yoga, a high energy practice where asanas (yoga poses) and breath flow together with strength, balance, and grace. Music is beautifully blended with the flow to help reinvigorate and relax. Our classes will help strengthen and tone your body while providing added emotional and mental clarity. You will find the class challenging yet calming at the same time. New to Yoga? Has it been awhile? No worries. All levels are welcome. Our classes are designed to challenge the experienced and teach the new. Private lessons and yoga parties at your home can be scheduled. **www.mcleanpoweryoga.com**

East Meets West Yoga

East Meets West offers Hatha Yoga, to enjoy learning about themselves through yoga, and Kundalini Yoga, often times called the yoga of awareness. The primary goal is to awaken kundalini energy, the psychoenergetic force that leads to spiritual elevation, and kick-starts the process of transformation. They also offer Mindfulness-Based Stress Reduction (MBSR): MBSR is an intensive course designed to transform your relationship to stress, improve your health, and increase your enjoyment of life. In the privacy of the Studio, owner Dawn Curtiscan work individually, giving lots of personal attention, and that is what she loves to do. In private lessons it is all about you and your needs. Yoga classes seven days a week, weekend workshops, and other special events. **144 Church Street, Vienna 703-281-2431 www.eastmeetswestcenter.com**

The whole system of Yoga is built on three main structures: exercise, breathing, and meditation. There are over a hundred different schools of Yoga each with its own philosophy. Ultimately, it is all about consistent practice to produce a clear, bright mind and a strong, capable body.



The Credit Management Minute...

Improving Your Personal Balance Sheet in 2010

Over the last 3 years families have seen an enormous amount of volatility and change in their personal finances. Wild swings in the stock market and global economy have left many individual's disillusioned and unsure of what steps to take moving forward. In times like these it is of utmost importance to have a financial plan in place. A comprehensive financial plan will not only make you feel more confident about your financial future but it will give you more control and help prepare you for those "what if" scenario's that play out in all of our minds. So where does one begin in putting a plan in place to get back on track?

Begin to think of yourself as the CEO of your family. As CEO you should have clearly defined financial goals along with time frames to achieve each one of them. These goals will vary greatly from person to person but some common questions you should ask would be: How much cash reserve is needed? How quickly do you want

to be debt free? When would you like to retire? How much risk am I taking in my current portfolio? Think carefully as to what is financially important to you and the people you most care about. Without answers to these questions it will be very difficult for you to run your finances in the most efficient way.

Many companies over the past several months have been deleveraging to improve their balance sheets and increase profitability. This is exactly what families need to be doing. The best way to measure your financial health is to track your net worth. Net worth is calculated by simply subtracting all of your liabilities from all of your assets. Knowing this number is the first step in understanding your personal balance



sheet and will also provide a baseline to monitor your progress.

The next step is to perform an in depth analysis of your cash flow. Chances are there are hundreds of dollars that can be saved every month by simply watching where your money goes. Take a closer look at what you are getting for the money you spend. Shop around and look for better offers on things like Insurance, health care, loan rates, and membership fees. Look at the amount of money that could be saved by not eating out as much, changing spending habits, or by being more tax efficient. You will be surprised at how quickly little changes can add up to more money in your pocket.

Once you have a handle on your net worth and cash flow the next step is to decide the most efficient way to use the excess cash available every month. This can be a tricky balancing act for most families. Should you focus on saving more money or on paying down debt? The answer will vary depending on your situation and the financial goals that you have set. If you are one of the many American's with high interest credit cards than chances are that is where you should focus your attention in the short term.

Set a financial goal, have a game plan to achieve that goal and then track your progress every month. Implement these simple steps and You will be amazed how quickly your personal balance sheet improves in 2010. If you are unsure of how to get started than seek the advice of a professional. A financial advisor could work with you to determine the most efficient way to get you and your family heading in the right direction.

For more information about getting your questions answered and attaining your financial goals, contact

Charles Gibbons Ameriprise Financial - 703-760-7822

"When I was young I used to think that money was the most important thing in life. Now that I am old, I know it is." -Oscar Wilde

"Whoever said money can't buy happiness simply didn't know where to go shopping." -Bo Derek.

Why New Tires May Cost a Bundle

The price of new tires for your car might put you into sticker shock. Some, such as those for the Chevrolet Camaro, cost about \$500 each.

Tire makers have pushed to equip new cars with higher-profit specialty tires that can run at higher speeds but don't last as long.

Dozens of cars on the market now have large-diameter, 20-inch wheels, formerly used only on sports cars. It's a trend that has spread to ordinary cars. The Camaro, the Nissan Murano, some jeep models and many others have similarly huge wheels and high-speed tires.

Car dealers recommend that replacement tires be similar to those that come with the car. Drivers are reluctant to settle for a speed rating of 112 miles per hour instead of 130 mph because they think the high-speed tire might be safer. They don't realize that the high-speed tires wear out faster.

All tires sold in the U.S. have to meet the same federal safety standards, and all will stand up to typical use. In an emergency, though, high-end tires with superior traction could help the driver remain in control.

According to the Rubber Manufacturers Association, 13 percent of cars sold in 2007 had the softer, 149-mph V-rated tires, and the percentage is higher now. They wear out faster than "hard compound" tires.

Softer tires do help heavy vehicles handle better. The typical car, truck or SUV weighs 10 percent more than one did a decade ago.

Tires may cost less at tire shops than at the auto dealership, but many dealerships realize they need to stay competitive as customer retention is prized in a tough economy.

Credit Life Insurance on a Loan

Credit life insurance is supposed to protect your family in case you die, or become disabled. It guarantees the lender will be paid under these circumstances. Benefits are limited to certain circumstances sometimes after other sources of insurance are first used.

The cost per thousand dollars, however, is far higher than what you would pay for term life insurance. Most financial advisors say don't take credit life.

Prepaying a Funeral

There are advantages to prepaying a funeral: Your loved ones won't be burdened with decisions. Your wishes will be carried out. Money paid into a funeral trust is exempt from assets allowed to qualify for Medicaid-covered nursing home care. And the money is safe if you are sued for some reason.

There are disadvantages: Your investment will be lost if the funeral home goes out of business. There is no guarantee that the quality of the casket or services will be what you paid for.

The choice of a funeral home is the most important part of a decision to prepay. Check on its status with the National Funeral Directors Association at www.nfda.org or call 800-228-6332.

Consolidating Debt

If you have several large credit card balances and your interest rate has risen significantly, there's nothing wrong with doing a balance transfer to a new credit card that offers zero percent interest for a year. Keep track of when the year is up because the

rate could skyrocket after that. Ideally, you should be able to pay off the debt within the year.

Change your spending habits so other credit card debt doesn't rise.

Consolidating debt with a debt reduction company rarely has good results. Sometimes people end up owing more than before. For a large debt, financial advisors recommend seeking credit counseling. Bite the bullet and do it.

Taking out a home equity loan is not the answer, according to the nonprofit Cambridge Credit Counseling Corp. in Agawam, Massachusetts.



*"Every morning I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work."
-Robert Orben.*

A 2010 Sports Doubleheader:

The Olympics and the World Cup

The Super Bowl will soon be over. Time to think about what else is available to stroke that sports fan in you. OK, there might be the Daytona 500 and March Madness (and maybe if the Nationals could turn somethig around . . .), but there are a couple big treats in 2010: The Olympic Winter Games in Vancouver that runs from February 12-28 and the FIFA World Cup in South Africa four months later in June.

The 2010 Winter Olympics (21st Winter Olympiad)

This Olympics feature 86 events spanning fifteen sports in three categories (ice sports, alpine skiing/snowboarding, Nordic Events) around Vancouver and at the Whistler ski area, a two-hour drive north. According to the U.S. Olympic Committee (USOC), ticket sales have been great, as you would expect with the Games right across the U.S. and Canadian border. The USOC says Americans received the largest allotment of tickets ever for the United States in a nonhosted Winter Games, but they wanted more.

This is the third Olympics for Canada (1976, 1988) and the first Winter Olympics being held in a National Hockey League market since the league allowed its players to play in the 1998 Olympics in Japan. Hockey will be played on the smaller sized NHL rink in Vancouver that will be able to seat 35,000. 97 nations have qualified athletes competing this year.

86 events would seem enough to cover everything, but one sport that did not receive inclusion was women's ski jumping. The Olympic committee is getting a lot of flak and several anti-discriminating law suites have been filed. A new sport that is now included is skicross, a skiing competition analagous to motorbikes in motorcross events. There are natural and man made obstacles that skiers will need to navigate through in a timed event. This has been a controversial addition, so look for the commentators to take a hard look at how it works. It should be fun to watch.

NBC continues its excellent coverage of the Olympics on network and MSNBC. There is not too much of a time difference this time around compared to Beijing Summer Olympics so we may not need to watch at all hours of the night.



FIFA World Cup Soccer

The second big event of 2010 is the FIFA World Cup in South Africa. Hundreds of soccer teams worldwide compete for an opportunity to play in the World Cup.

The FIFA is dealing with the case of a win by France over Ireland in which the winning goal was improperly called.

One problem is that a soccer field is 77,625 square-foot field is covered by only four officials, meaning each has 19,406 square feet to monitor. Each official runs about 12 miles per game. *In the United States, the National Football League has a 57,600 square-foot field, which is covered by seven officials. Each view 8,229 square feet. In the National Hockey League, the 17,000 square-foot rink is judged by four officials who each watch over 4,250 square feet. In boxing, one official referees fighters in a 324 square-foot ring.* The FIFA is in favor of adding more officials, but is against video replay.

The 19th edition of the World Cup kicks off on June 11 in Johannesburg, South Africa. It will be winter there, but winters are generally mild, but temperatures can still dip to about 28 degrees at night. Players say they like the cool temperatures.

The US team has qualified for the 2010 cup competition. They are in Group C with Algeria (June 23), Slovenia (June 18), and our opponent across the pond, England who we play on June 12 as our first match. We wish them luck.

ABC Sports and ESPN will cover The World Cup in its entirety.



DC Active Singles™

Share the experience!

There's a new singles group in town. And it's about time. I don't know about you, but we're tired of online dating. We're bored of bars and mixers, and we don't like paying the exorbitant prices charged by some of the big social groups. We want to get out, have fun, and meet other great people who want to get off the sofa and away from the computer. And we know you do too! If you can meet someone special while doing what you love – all the better.

DC Active Singles is a membership activities club for ages 30+ in the DC metro area. They host 15-20 events each month, and take care of everything. You just show up! Recent activities have included hikes, craft workshops, theatre events, bowling, ice skating, holiday meals, and social events, with many more already planned.

Unlike similar groups, there is no joining fee. Membership costs only \$14.99/month with a one-year commitment, or \$19.99/month for a six month option. And membership has a host of perks including discounted admission to all events, discounts and special offers from local merchants, access to a members-only website with additional content and information, and a weekly newsletter.

And even better? The customer service. Owner Liz Friedman takes pride in the quality of her events, and makes it her business to get to know each member. "I want to provide a comfortable, safe environment for people to meet each other while doing the things they love to do," said Friedman. "I find that people are much more relaxed and real in those situations, and it's much easier for natural bonds and connections to form. Our members are tired of the bar scene. They enjoy being active and outdoors, and trying new things. They want to cultivate great friendships and maybe meet that special someone. DC Active Singles provides an environment where the activity is the focus, and the emphasis is on fun. Everything else naturally follows."

We agree.

Who will you connect with?

Check out: <http://DCActiveSingles.com> to learn about upcoming events. Email DCActiveSingles@gmail.com or call 703-395-5259 with questions.

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Tucked in the corner of an industrial building on Spring Hill Road you'll find 1st Stage, the only professional theatre of its kind in Fairfax County.



In the Summer of 2008, an industrial space was secured in Tysons Corner and construction began on a live theatre venue found

nowhere else in Fairfax County. 1st Stage was to be a professional theatre company born from the passions of a few committed local artists. Their vision was to provide needed opportunities to local young, emerging, professional artists, while bringing great live theatre to a community that was lacking a unique venue as 1st Stage.

1st Stage takes its roots from the community: Mark Krikstan, the artistic director at 1st Stage, is a retired drama teacher from Marshall High School. Deb Crierie is a

former art teacher at Marshall, Jane Margulies Kalbfeld is a local singing teacher and acting coach, and whose husband Brad Kalbfeld was happy to give the VIP tour and history of the theatre. Other founding members are Lucas Beck, Nathaniel Krause, Alex Mandell, Peter Van Valkenburg and David Winkler. Speaking to Brad and Mark, the excitement for bringing this theatre to fruition is contagious. Their passion is live theatre and to have it thrive locally. Just three months after construction started, they put on their first performance, *The Suicide*, a little-known, darkly comic play by Russian playwright Nikolai Erdmann.

It is these local roots where the idea developed into their vision. The drama program at Marshall is nationally recognized. The question was, where do the talented students go when their education is complete? Pursuing a career in New York, Los Angeles, or Chicago can be a pipe dream. Why not provide a home locally to nurture and showcase their talent, build their resume and establish professional credits, all while providing the live theatre the area was desperately missing.

Wolf Trap and George Mason University have the only other professional theatres in Fairfax County. The Tysons area is an affluent and educated market. A professional theatre company was culturally needed both to serve the community as well as the local talent. If the graduates from our schools want to stay engaged with their dramatic endeavours, and stay in the area, why not give them a place to flourish? Young artists need a place to grow and develop, to launch and develop their career. What could be better than a live stage, with coaching and training resources to help their talents mature? All of this is here for them on a real stage, in front of a live audience. Sixteen actors made their professional debut here during the first season with positive reviews. This is the vision of 1st Stage.

The facility was mostly built by volunteers and donated professional help. They constructed the theatre, a classroom, a gallery, a lobby area along with the dressing room, changing room and more. The theatre seats just over a hundred in tiered and comfortable seats, each with excellent site lines to the stage that is home to a custom set, hand built for each production.

It is a true labor of love. No one is paid but the actors. 1st Stage is a 501c-3 non-profit. It's revenues from ticket sales, concessions, class fees, and of course generous donations are what makes it work. Without the support of their board of directors, their volunteers, and the community, it just couldn't happen. Fund raising events help, but there is rent and utilities, and set costs, and maintenance, and printing, and costumes, and makeup, and on and on and on.

The operation is managed efficiently to best make use of the time and space they have. Productions usually run from Fall to Spring with five to six different plays each season. Performances are on Friday, Saturday and Sundays. When there are no performances or rehearsals, there



David Winkler and Bette Cassatt in the 1st Stage production of *The Prisoner of Zenda*. Photo courtesy 1st Stage.

“Our theatre works like a teaching hospital. Young actors – students, interns, residents – at various stages in their development as professionals are given an opportunity to be surrounded, taught, influenced, protected by some very seasoned professionals.

And the beautiful thing is no one dies in the midst of surgery... unless of course the play calls for it... which is always a rather nice touch.”

— Mark Krikstan, Artistic Director

are coaching and training classes available. The concession area becomes a classroom helping high schoolers ace college drama program auditions, fine tune talents, and more. There is a gallery area that displays the talents of local painters and sculptors (all for sale to support the theatre of course). There are also plans to expand the theatre's concessions with an ABC license.

The current season goes through the Spring. *The Prisoner of Zenda* just finished in January. *By the Bog of Cats* by Marina Carr and *Humble Boy* by Charlotte Jones are the next two productions. Tickets are \$25 (\$15 for students). 1st Stage hopes you will consider trying out something new and refreshing, and help support fine theatre in your community.

1st Stage has been well accepted and is growing. As new actors fuel their pipeline of talent, it brings new additions to their audience. They seem to have pulled off what the many homeless theatre companies around the country have dreamed about. As this theatre is located in what is designated to be the Tysons Arts District, in the area soon redeveloped with the Metro Rail and high density buildings, it will hopefully become the foundation of an even more diverse cultured and artistic community in the Tysons Area.

Theatre by the Square Foot

**YOU CAN SUPPORT THE PROFESIONAL
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A view from the top... *and a dance with Ava*



It was in Wilson NC, during the Great Depression, and during his senior year that Charlie heard the "Buzz". There was a beauty enrolled at the local Atlantic Christian College (Now Barton College), so he decided to go by and see for himself. It was May Day and he spotted a group of girls walking and since he knew one of them, he was introduced to the new freshman, Ava Gardner. "For the only time in my life", said Charlie, "I was tongued tied."



Charles Nackos

"She was beautiful. Dark curly hair, hazel eyes and a cleft in her chin. And she was wearing a red plaid blouse...I remember it like it was yesterday. The next time I saw her was at a school dance at the Cherry Hotel. I waited in a long line until it was my turn to "cut-in", and for only a few steps before I was tapped on the shoulder. So it went for the rest of the dances . . . a few steps and back in line again."

"Surprisingly, the other girls took no offense and were not jealous, because Ava was so nice and friendly and took no advantage with her gift. One of the songs we danced to that year was "Begin the Beguine" by Artie Shaw." Ironically, Ava married the same Artie Shaw after her first marriage with husband Mickey Rooney ended.

The rest of the school year was typical of summer in NC during the depression years. "We did what we could without spending money . . . we had none." During the remaining time in college, Ava entered a Tobacco Festival Beauty Contest with several Eastern North Carolina beauties, including his life-long friend Helen Tunstall (now Helen Adams). After college, she went off to New York City to visit her sister and brother-in-law, a professional photographer. He sent her pictures to Hollywood. MGM responded by sending her a contract.



High school photos of Helen and Ava

That was 1941. With the bombing of Pearl Harbor, our world changed. While many young men enlisted right away, Charlie was in college and he was fortunate enough to graduate. "The day I received my civil engineering degree, I also received my draft notice . . . great timing."

With the war nearing the end, he never had the chance to serve overseas, but served two years in the Army and reached the rank of Staff Sergeant. With the war over and a call from the University of Maryland, Charlie joined his college roommate in the Engineering department. "I laid out the new football stadium in 1948." A vagabond career as a construction engineer took him to Columbus, Ohio; Leonardtown, MD; Wilmington DE, Wilson, NC, here and there and back to Falls Church, VA. "Worked in the Savannah River Plant in Akin, SC where they built the Hydrogen Bomb, and with the corps of engineers in Goldsboro NC."

Finally settling in Vienna, VA in 1958, he opened his own company "The Atkinson Tile Company." Area residents all know Charlie. He has been a regular at the Vienna Inn since 1958, served with the Optimist Club, Moose Club, and is a proud member of the American Legion. You can find him almost every night at Bazin's on Church. And when you do, ask him about those "dances with Ava." Be ready for some fun conversation and fond memories which still linger. Charlie was born in 1923 . . . That's a view from the top.



Charlie with life long friend Helen

A heart that loves
is always young.
~Greek Proverb

True love stories
never have endings.
~Richard Bach

Trip over love, you can
get up. Fall in love
and you fall forever.
~Author Unknown

There is no remedy for love
but to love more.
~Thoreau

kisses are a better fate
than wisdom.
~e.e. cummings

Love is an
irresistible
desire to be
irresistibly
desired.
~Robert Frost

Valentine's Day Gift Ideas

Here we offer a few local suggestions
to help you make this Valentine's Day
something special.

Love is a game
that two can play
and both win.
~Eva Gabor

We loved with a love
that was more
than love.
~Edgar Allan Poe

Take away love
and our earth
is a tomb.
~Robert Browning

Love is the greatest
refreshment in life.
~Pablo Picasso

All you need
is love.
~John Lennon

Better to have loved and lost,
than to have never loved
at all.
~St. Augustine

Love is a smoke made
with the fume of sighs.
~William Shakespeare

I don't understand why Cupid was
chosen to represent Valentine's
Day. When I think about romance,
the last thing on my mind is a short,
chubby toddler coming at me with
a weapon. ~Author Unknown

Sexy

FUN

Exciting

Sunday is the special day this year, so why not think brunch instead of dinner. Make it a lazy morning and head out for a delightful and delicious late morning meal with your Valentine. There are several local places to choose from, but you may want to try the Brioche Texas Toast at Clyde's (www.clydes.com), the Bananas Foster French Toast at Bazin's (www.bazinsonchurch.com), a Bloody Mary with your Eggs Benedict at Cafe Deluxe (www.cafedeluxe.com) or, if you are really hungry, the fabulous omelette bar at J. Gilberts (www.jgilberts.com).

What's hotter or more romantic: Tango, Rhumba or some sexy Salsa? Don't sit this one out. The two of you can now get comfortable on the dance floor and have a blast together. Learn how easy it can be with a dance lesson at Arthur Murray Dance Center right here in Tysons. Get close, have some fun together, and take home something you can use forever.
www.arthurmurraydc.com

Sexy and sweet, what a combination. Pick out a special intimate gift from the lingerie experts "dedicated to the Art of Romance" at Trousseau on Maple Avenue in Vienna. Their delightful staff are there to make it easy for you. Add some of their exclusive truffles from Moonstruck Chocolatier and you are sure to impress her. 306 Maple Avenue 703.255.3300 www.trousseautd.com

Whatever your plans are, a nice bottle of wine for the two of you can make any evening more special. We're not talking about breaking the bank on some pretentious label, but a fine wine for a special Valentine's celebration of your love. Check out Church Street Cellars and ask Mark to make a suggestion, you can't go wrong. Enjoy. 111 Church Street, Vienna www.churchstcellars.com

"The most romantic dinner in Fairfax County." What could be more intimate and romantic than a fine dining experience at Cafe Renaissance in Vienna. Their attentive staff and exquisite cuisine are sure to make your Valentine's evening together memorable. 163 Glyndon Street, Vienna 703-938-3311 www.caferenaisance.com

"Our passion is to help you discover and enhance yours" is the mission of **Night Dreams**. This unique store caters to playful adults. Find men's and women's lingerie and adult play things. Don't be embarrassed. Their professional and courteous staff are there to provide a comfortable and supportive experience in addressing your interests. 8373 Leesburg Pike (703) 556-8839 www.nightdreams.com

Memorable

Relaxing Intimate

YUMMY

Special

HOT

Not into the totally "mushy" romantic dinner, but still want a fun time and a delicious dining experience with your honey? Try a participatory cooking class where you enjoy the fruits of your education. Good food, a little wine, and lots of fun. Open Kitchen in Falls Church is a unique place to experience a memorable culinary adventure together. 7115 Leesburg Pike, Falls Church www.openkitchen-dcmetro.com

Relieve your stress and add to your total well being. You and your special love can be pampered with a therapeutic massage at Canary Orchid Retreat. This therapeutic massage clinic is dedicated to your relaxation and enjoyment as you are to your Valentine. Don't have the time on this special day, gift certificates are available. Located at 7115 Leesburg Pike, Suite 209, Falls Church. www.canaryorchidretreat.com

Stuck for a last minute meaningful gift? Vitalia Medspa offers instant gift certificates for spa services directly from their web site. Have a customized gift certificate mailed or emailed to your love hassle free, and she'll think you made a huge effort! In Tysons Station, 7506 Leesburg Pike, Falls Church www.vitaliamedspava.com

Wouldn't a one of a kind piece of jewelry make her smile? We don't mean going over board with diamonds, but with a customized piece handmade piece that can fit your budget. "A Single Wire" is a new jewelry design company owned by Fernanda Zanette. She designs and hand makes jewelry using precious and semi-precious stones and a Silver that is purer than Sterling call Argentium Silver. The advantage is Argentium is easier to clean and it's tarnish resistant. Nothing is merely put together like costume jewelry. Everything from claps, chains, pendants, earrings and bracelets are all hand made by Fernanda. Therefore, every piece is unique and one of a kind. 703.344.1027 www.asinglewire.com

Celebrate and treat your special someone to a romantic evening to remember this Valentine's Day. Why not go all out with a romantic weekend at the Ritz Carlton here in Tysons? From February 10 through the 15th their Valentine's Day Romance Package starts at \$279 per night. The package includes overnight deluxe guest room accommodations, bottle of champagne, chocolate covered strawberries, rose-petal turndown, American breakfast for two and overnight valet parking. 1700 Tysons Boulevard, McLean (703) 506-4300 www.ritzcarlton.com

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Romantic

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Who Reads Viva Tysons?

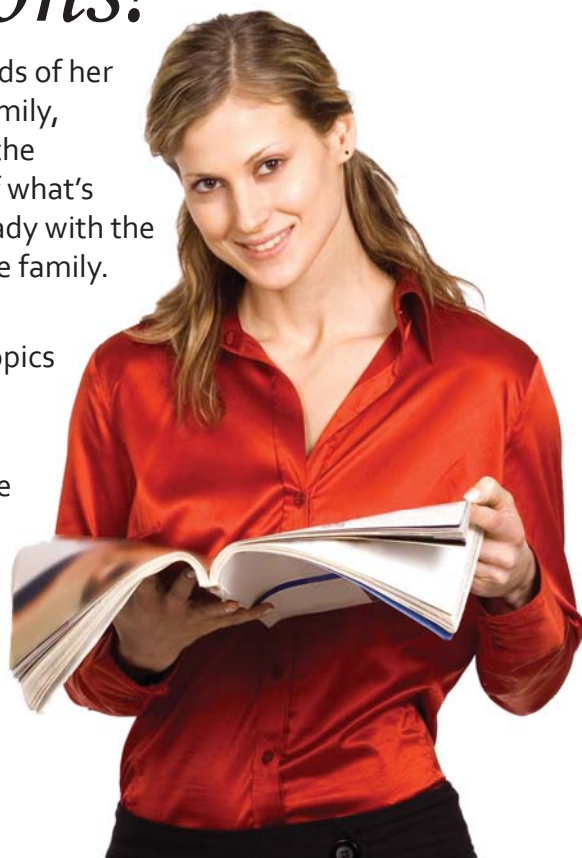
She's a Mom. She works. And she works hard at balancing the needs of her family and office. She exercises, shops, makes selections for the family, home, and kids. She's a partner in the family's finances and wants the best for everyone who depends on her. She wants to stay on top of what's happening 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" holding it all together.

For advertising or subscription information, contact us at
info@vivatyson.com or 703-442-9410



A Quick and Simple Wine Primer

Courtesy of Hedi Ben-Abdallah, Idylwood Grill & Wine Bar

The Three Stooges Of Wine: Still, Bubbly, and Fortified

They are all fun, entertaining and complement each other; start with the bubbly, continue with the still and end with the fortified... and you have yourself a complete dinner.

Within the world of wine there are different types or styles of wine including

Still Wine: When people think wine they are thinking about still wine, it is referred to as still wine due to the wine making process. During fermentation the yeasts consume the sugar and turn it into alcohol, a byproduct of this process is carbon dioxide. If the carbon dioxide is allowed to escape the wine is referred to as still. It includes all red, white and rose wines.

Sparkling Wine: Sparkling or bubbly wine is wine that contains carbon dioxide. In sparkling wines, the CO₂ is retained, dissolving within the wine which is kept under pressure. People often refer to sparkling wine as Champagne, in reality this is the region in France that produces the famous sparkling wine (wineries outside Champagne, can't call their wine Champagne). Other sparkling wines include Spanish Cava, Italian Prosecco, French Cremant...

Fortified Wines: The term fortified indicates that the wine's alcoholic strength has been boosted by the addition of spirit, usually a grape based spirit, like brandy. Fortified wines can be sweet or dry, depending on whether the spirit is added during or after fermentation of the base wine. The family of sweet fortified wines include Port, Madeira, and Sherry (others typically not sweet are Marsala, Vermouth, and the "old-school" Thunderbird). About half way through fermentation (with an alcohol level around 5%) a measure of spirit is added to the tank. This immediately raises the alcohol level to about 20%. Yeast cannot survive in alcohol levels much above 13/14%, so the fermentation stops and all the unfermented sugar is left in the wine. The resulting wine is both strong and sweet. It is normally transferred to oak barrels at that point for aging.

Wintertime Comfort Food: Boeuf à la Bourguignone

Courtesy of Chef Bernard Henry at Open Kitchen, Falls Church

Ingredients: 6 servings

4 lbs. beef chuck, cut into large pieces
2 med carrots, peeled and diced
1 med yellow onion, peeled and diced
4 med leeks, washed, whites chopped
1 bouquet garni:
(1 bay leaf, 2 peeled garlic cloves, 5 black peppercorns, and 1 sprig each fresh parsley and thyme, tied in a bundle)
2 btls red wine, (preferably red Burgundy)
Salt and Pepper

3 tbsp peanut or vegetable oil
2 tbsp flour or more if needed
1 calf's foot, split – *optional* -
Half baguette, cut into 12 ¼" slices
1 clove garlic peeled
¼ lb slab bacon, julienned
¼ lb. white mushrooms, trimmed & sliced
A couple dozen Pearl Onions
Chopped fresh parsley

Method:

1. Combine beef, carrots, onions, leeks, bouquet garni, and wine in a large bowl. Cover and marinate in refrigerator overnight.
2. Drain beef and vegetables, reserving marinade and bouquet garni. Set vegetables aside. Season beef with salt and pepper.
3. Heat oil in a casserole over medium-high heat. Brown beef, turning occasionally, 7-10 minutes. Remove beef, add vegetables and brown stirring, 3-4 minutes. Return beef, sprinkle with flour, and cook stirring, 1-2 minutes. Add marinade, bouquet garni, and calf's foot. Bring to a boil, skim foam, then, reduce heat to low. Cover; simmer until tender, about 2 ½ hours.
4. For croutons, preheat oven to 350F. Toast bread in a single layer on a cookie sheet until golden, about 10 minutes. Rub with garlic; set aside. Cook bacon in a skillet over medium heat until crisp, 5-8 minutes. Remove, increase heat to medium high, add mushrooms and cook for 5 minutes. Cook pearl onions in boiling water for 2-3 minutes and plunge them in iced-cold water. Set aside.
5. Remove beef from pot; set aside. Discard calf's foot and bouquet garni. Reduce sauce over medium-high heat until thick, about 10 minutes. Skim, press sauce through strainer. Season with salt and pepper and add beef, garnish with parsley, bacon, mushrooms, pearl onions and croutons.
6. Serve with boiled potatoes or buttered noodles.



Like the rest of the region, the Dulles Corridor Metrorail Project had to dig out from the epic blizzard of December, 2009 -- literally. Project emergency snow removal crews reported to work the next day to begin clearing snow and preparing work areas to make them safe for workers and visitors. Not only did the project team clear Dulles Metro's construction sites along the entire 11.7-mile alignment, but crews were busy clearing roads in Tysons Corner, mainly along Route 123 and Route 7.

As discussed last issue, tunneling operations began on the outbound tunnel on October 12. On December 14, another significant milestone was met when tunneling operations started for the inbound tunnel. At the time of this publication, the outbound tunnel was approximately 180 feet along.

Motorists in Tysons Corner -- and especially along Leesburg Pike (Route 7) -- have adjusted well to the construction areas and lane shifts in the area. The next major traffic event to expect will be a significant lane shift on eastbound Route 7 between Gosnell Road and Chain Bridge Road (Route 123) that will occur during or before March 2010. Crews have already begun work in front of the Koons GM dealership and Wendy's restaurant, cutting and grading the road, and building retaining walls. Service roads have started to close permanently there, so the three main traffic lanes can shift to make room for station construction in the median.

The retaining walls (easily seen in front of TJ Maxx) will support the widening of Route 7 in the old service road space. The retaining walls are necessary since the level of Route 7 is so much higher than the parking lots between the shopping centers and the road. Ultimately, the newly designed roadway will be four lanes, a wide sidewalk, and access to the properties adjacent to Route 7 will be directly onto Route 7 (no service road). Also, don't get used to the cross overs along Route 7 between 123 and the Toll Road, they'll soon be permanently gone.



Also in the first quarter of 2010, foundation work on the Tysons East station near Capital One will start to become visible, and columns for the aerial track leading into the station will begin to appear.

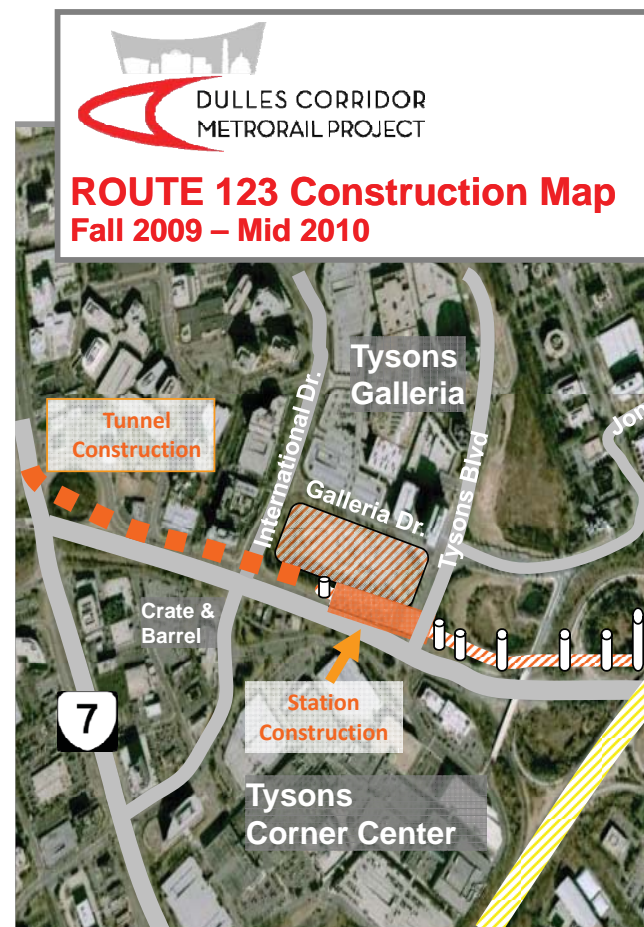
Along the Dulles Connector Road (Route 267), significant work continues on new bridges, abutments and pier construction. This will support at-grade and aerial track work that will split off the Orange Line and travel up the Dulles Connector Road before entering Tysons Corner via Route 123. Caissons are now visible that will be supporting the elevated track from the Orange Line, up the connector road, to 123, over the Beltway, to the tunnel to Route 7.

More visible signs have been added to alert both the public and project contractors about the numerous construction entrances and exits here. Please be alert and use extreme caution when traveling through this work area.

You should see more activity in the median of the Dulles International Airport Access Highway (DIAAH) and the Dulles Toll Road as we enter the spring. During the first quarter of 2010, bridge construction will begin at Difficult Run and Hunter Mill Road, along with continuing progress on the new bridge over the Washington & Old Dominion (W&OD) Trail near Reston.

Metro Construction & Traffic Update

Photos, Map and Construction Information Provided by Dulles Corridor Metrorail Project. Thank you Jessica Labukas and Marcia McAllister. More information at www.dullesmetro.com.



Help Reduce Traffic: FREE MIDDAY SHUTTLE BEGINS IN TYSONS

Those who work or live in the core of Tysons Corner can now go to a favorite eatery, run errands or shop in the middle of the day without getting into their cars or spending any money. The Dulles Corridor Metrorail Project is funding the new Tysons Connector shuttle bus service that will provide free rides to and from office buildings, condos and apartments, Tysons Corner Center and Tysons Galleria.

The service is operated by the Fairfax Connector bus system, using easily recognizable buses wrapped in orange, blue and white. The services will have two routes serving different areas. Tysons Connector 1 serves the Tysons-West*Park Transit Station on Jones Branch Drive, Spring Hill Road, Tysons Corner Center and Greensboro and International Drives.

Tysons Connector 2 serves the Tysons-West*Park Transit Station, Tysons Boulevard, Tysons Galleria, Tysons Corner Center, Park Run Drive (Harris Teeter), International and Jones Branch Drives.

The service is being provided to ease congestion during lunchtime, the "third rush hour" of every working day in Tysons Corner.

Hours of operation are from 10 a.m. to 2:30 p.m. weekdays. Visit www.fairfaxconnector.com or call 703-339-7200 for more info.

VDOT INSTALLS DISPLAYS AT TYSONS CORNER CENTER

Shoppers at Tysons Corner Center can check out how traffic is moving before leaving the mall thanks to real-time travel information now displayed on screens near mall exits. The Virginia Department of Transportation (VDOT) installed the screens to arm travelers with the latest traffic and transit information while construction is under way on the Beltway HOT (high occupancy toll) Lanes and rail to Dulles.

Five 50-inch plasma television screens are now strategically placed throughout the shopping center. Information regarding bus routes and schedules is included in the revolving messages.

REMEMBER NEW TOLL RATES FOR 2010

As of January 1, two axel vehicles will pay \$1.00 at the main toll plaza and 75 cents at the exit ramps along the Dulles Toll Road.

These rates will to support the Dulles Corridor Metrorail Project and Dulles Toll Road improvements. The Airports Authority has no jurisdiction over the Greenway, so those tolls are not effected by the approved increases.



EVER NEED "TO GO" WHEN ON THE METRO?

It has always been a point of inconvenience and frustration when there are so few restroom options available. We have always heard about those legends of hidden bathrooms in certain Metro stations, but have never really seen. Well you may be in luck with the new Silver Line design. Virginia building codes now require public access to restrooms for all new construction; Metro included.

Three of the new stations of Phase I of the Silver Line, Tysons Center 123, Tysons Center 7 and Wiehle Avenue in Reston, have been designed with bathrooms outside the fare gates. These stations have little extra room inside the gates due to their location and their pedestrian bridges design. Will there be an issue about access to non-paying customers? Only time will tell. Opinions vary, but most who shared a comment expressed concerns about cleanliness, homeless squatters, and safety, but greatly welcomed the idea much more than questioning it.

Bathrooms in the other stations will be available only to paying customers inside the gates. Metro Employees will have their own designated bathrooms.

There will be two men's and two women's restrooms at each station. The 8 foot by 8 foot bathrooms will be pretty tight, so no extras like baby changing tables will be available.



A sibling of Bethesda's Assaggi Mozzarella Bar, **Assaggi Osteria** opened in Mclean at 6641 Old Dominion in Mclean. This upscale Italian restaurant offers a variety of seafood, salads, meats and homemade pasta. Chef Domenico Cornacchia has been around the international block and was executive chef and partner at Cafe Milano in Georgetown. Buon Appetito! .

... **TGI Fridays** moved to the mall quite a while ago from their old "toilet bowl" building location. Now under construction in that location, a new restaurant, **ISHQ**, featuring Indian cuisine as well as other Continental offerings. There will be a large banquet facility there as well that we hear can seat 200. Open in April or May, or so they expect . . . **China Castle** on Old Courthouse Road near 123 is now open and offering healthier choices: no MSG, many vegetarian entrees, and steamed vegetable and meat dishes for those watching their fat and salt . . . **Posh** has opened in their exquisite new showroom space in Vienna next to **Apple Federal Credit Union** on Maple Avenue. This interior design center has taken it to the next level form their old digs on Mill Street . . . Don't forget the tolls went up on the

Dulles Toll Road. Now a dollar at the main plaza and 75 cents at the exits. Look for them to double by 2012. Just some more wonderful congestion for all the back road alternatives . . . **The Carpet Yard** has been in Mclean for decades. They have moved into a brand new space at 1311 Chain Bridge Road. That was the former space of the **Treasure Trove**, whose sales benefit Inova Fairfax Hospital's Children's Center, who moved a couple doors down. Mclean's **Evo Bistro** has opened their expanded space with more kitchen prep areas, additional seating and a private dining/wine tasting room to accomodate up to eight people seated. The expansion was the old Carpet Yard's space. Talk about musical tenants! . . . Two different Mediterranean/Middle Eastern/Persian markets have opened on Tyco Road in '09. **Sauson & Kameron Market** at 8501 Tyco Road opened last March. Feel the sensory overload as you find a huge variety of items. Not just a grocery with baked

goods, produce, nuts, but a large variety of CD's and DVD's, hookas, books, cooking items and more. Across the street at 8486 Tyco Road, **Shiraz Wholesale Market** opened about five months ago. They have transformed this warehouse into a grocery and market taken to a new level. A butcher, a bakery, fresh produce, along with prepared sandwiches, salads, kabobs and other freshly made foods. A fine selection of Persian sweets will round out our adventure. As owner Frank Shahoarast says, "everything under one roof." And a delicious roof it is . . . The old **Degage** furniture building in Mclean is still without tenant, but just next door, **The Preppy Pink Pony** (1355 Chain Bridge Road) has opened. This new bright and colorful gift shop carries a variety of cool gifts, clothing, accessories, jewelry, stationary, even some stuff for the ladies to buy their man. A great store to browse around in . . . **Stahl**

Exotic Animal Vetinerary Services has moved from their Center Street location in Vienna to Rust Road in Fairfax. It was always interesting to see the cool animals brought in while waiting for class to end next door at **Paul Green's School of Rock** . . . **HR Block** next to **Natta Thai** in Vienna is under construction. Look for a new and modern renovated office to open in early 2010 . . . The old **7-11** next to **Jiffy Lube** in Vienna has a new tenant. Another bank, **HSBC** has taken half the space. Maybe we should change the town's

What We Hear Around Tysons

name from Vienna to Geneva. Somebody please tell me why there are so many banks on Maple Avenue. . . speaking of banks, **Main Street Bank** is expanding into Mclean at 6832 Old Dominion. They currently have offices in Fairfax and Herndon . . . The big grey closed **Shell** gas station at 256 Maple Avenue East is now gone to make way for a new retail center. Look for a new 4,600 square foot building with 23 parking spaces. The front doors will open onto the sidewalk. This is a pretty modern buiding relative to Vienna standards, how did that happen? No tenants as of yet. . . The other closed station just to the west was a **BP** station. The owners and potential buyers are in dispute on how much it is really worth. No plans unveiled as to the future of this property. This might take awhile . . . Everyone is wondering about **The Wolftrap Motel**. Mixed use, condos, retail, a town center concept, who knows? The economy is not really allowing any firm ideas to

come to fruition, so don't hold your breath, we'll keep you up to date . . . even so, the economy hasn't stopped John Sekas of Sekas Homes from proposing a mixed use development for the **Marco Polo Restaurant** site on Maple Avenue. It would include retail, condos and offices with structures up to 50 feet in height. It would be a U-shaped structure with an open pedestrian courtyard. He's asking for reduced parking requirements and the characteristics would be much like historic Church Street but with larger setbacks from the street. It does depend on acquiring the adjacent **Bank of America** to make it work. There are many developers waiting to see how the town reacts to such a proposal, as this project may be the ice breaker for some real development of the larger properties along Maple Avenue. Let's just hope the council doesn't mess it up. We'll keep you up to date . . . **Northrop Grumman** is moving their HQ from California to DC. Tysons Corner is on the short list. We'll see . . . SAIC's headquarters is now officially in Tysons (as if it wasn't pretty much here anyway). It means about 300 new jobs plus all that comes with it. Now they're asking Fairfax County to extend the Metro Station density bonus not just to their main building next to a future station, but to all their properties close to it--even those nearly a mile away. I guess it doesn't hurt to ask . . . a long time Vienna salon is moving to **Savia Building** on Church Street in Vienna as well as new coffee shop. A Madison HS staffer is opening it and it will have a proprietary brewing process that is supposed to be amazing. Look out **Starbucks** . . . **The Canary Orchid Retreat**, a therapeutic massage center that is dedicated to your total relaxation and enjoyment has moved into their new facility at West Metro Plaza 7115 Leesburg Pike, Suite 209, Falls Church (at Shreve Road). Don't have an hour to kill, how about a quick chair massage for that tense neck . . . After 20 years, Laurie and Jack are stepping down, or should we say up to retirement. Tim Groszkowski, manager of **Great Harvest Bread** in Herndon for 8 1/2 years, and is ready to step up to the plate and take the mantle of ownership of both the Herndon and Vienna stores. Congratulations to all . . . **AudioSync**, a new audiology and hearing center newly opened at 1320 Old Chain Bridge Road in McLean offering a new line of hearing solutions. Maybe they'll help us hear a little more about what's going on around town.

Did we miss something? There is plenty of news about what is happening in the merchant community, but we can't keep track of it all. Please email us at comments@vivatyson.com and let us know. Anything is fair game, it just has to be local. By the way . . . no one pays for a mention here. It is all decided by the staff.

Wow! It's 2010. SOME MEMORABLE FACTS . . .

200 years ago, 1810

- King Kamehameha became ruler of the Hawaiian islands.
- The U.S. assumed control over west Florida, which became parts of Louisiana, Alabama and Mississippi.
- The third U.S. Census found the population to be 7,239,881. It was a 36.4 percent increase since 1800.
- Between 1810 and 1830, 2 million people left the eastern States for the West.
- There were 366 newspapers in the U.S.

150 years ago, 1860

- The first rider for the Pony Express left St. Joseph, Mo. It took him 11 days to reach Sacramento, Calif.
- Milton Bradley became a manufacturer of board games.
- The first steam-powered flour mill opened in Pittsburgh, Pennsylvania.
- U.S. population 31,443,321. There were 33 states in the Union.
- New York City became the largest Irish city in the world with 203,740 Irish-born out of a total population of 805,651.
- Baseball's ritual for relieving spectator fatigue--the "7th-inning stretch"--was commonly adopted.
- South Carolina, voting 169-0, seceded from the Union.

100 years ago, 1910

- An estimated 1.8 million children were employed full time.
- The high school graduation rate was about 10 percent.
- U.S. population: 93,402,151, of which 1,041,570 were immigrants.
- There were 46 states in the Union.
- "Down by the Old Mill Stream" by Tell Taylor was a popular song.
- An obscure British music-hall performer with a French kick toured the U.S. with a pantomime troupe, and appeared in a vaudeville act billed as "Karno's Wow Wows." His name: Charlie Chaplin.

75 years ago, 1935

- Amelia Earhart became the first pilot to fly solo from Hawaii to California.
- President Franklin Roosevelt approved the Social Security Act and the Works Progress Administration.
- In Richmond, Virginia, canned beer was sold for the first time.
- "Red Sails in the Sunset" was recorded by Bing Crosby and Guy Lombardo.
- The Wagner Act, guaranteeing the worker's right to collective bargaining, became law.
- George Gershwin's Porgy and Bess opened in New York.
- U.S. population: 127 million.

50 years ago, 1960

- John F. Kennedy was elected president of the U.S. at age 43.
- Hawaii became the 50th state.
- Entrepreneur Del Webb opened Sun City, a 30,000-acre town for people over 52 outside Phoenix, and sold 272 homes in this "retirement village" the 1st weekend it opened.
- U.S. population: 179,323,175.
- "The Pill" contraceptive came onto the market for the first time.

Estimated 2010 U.S. population: 307 million.

Turn the next page for all the answers.



"The Groundhog tests have come back. I'm afraid you only have six weeks to live."

WOMEN'S BEST ANSWERS TO MEN

Man : "I know how to please a woman."

Woman : "Then please leave me alone."

Man : "Haven't I seen you someplace before?"

Woman : "Yeah, that's why I don't go there anymore."

Man : "Is this seat empty?"

Woman : "Yes, and this one will be too if you sit down."

Man : "So, wanna go back to my place?"

Woman : "I don't know. Will two people fit under a rock?"

Man : "Your place or mine?"

Woman : "Both. You go to yours and I'll go to mine."

Man : "I'd like to call you. What's your number?"

Woman : "It's in the phone book."

Man : "But I don't know your name."

Woman : "That's in the phone book too."

Man : "So what do you do for a living?"

Woman : "I'm a female impersonator."

Man : "Haven't we met before?"

Woman : "Yes, I'm was the therapist at Losers Anonymous."

Man : "I want to give myself to you."

Woman : "Sorry, I don't accept cheap gifts."

Man : "I can tell that you want me."

Woman : "Ohhhh. You're so right. I want you ... to leave."

Man : "Hey Cutie, how 'bout you and I go out?"

Woman : "Sorry, I don't date outside my species."

Man : "May I see you pretty soon?"

Woman : "Why? Don't you think I'm pretty now?"

Man : "Your body is like a temple."

Woman : "Sorry, there are no services today."

Man : "I'd go through anything for you."

Woman : "Good! Let's start with your bank account."

Man : "I would go to the end of the world for you."

Woman : "Yes, but would you stay there?"

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.

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

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning his head or body, or moving in any way other than the eyes.

Where can you place an apple so that all but one person can see it?

Star Date Crossword

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

Across

1. Mother board
4. An upward stroke
9. Principal ethnic group of China
10. Liable
11. Nucleotide
12. Ground around trees

Down

13. Iranian city
15. Bone
16. Water nymph
18. Atomic number 33
20. Scientific instrument used by psychologists
23. Civilian dress
25. Wilder's "___ Town"

26. Indonesian city
27. Common imaging test
28. Ape
29. Monetary unit

Down

1. Abbreviation for Charles
2. Lane
3. Loosen
4. Elevating
5. Antidepressant
6. Hiss
7. Not fooled
8. Measure of weight
14. Component of wicker furniture
17. Condemns
18. Bullets, for example
19. Wooer
21. Undiluted
22. Emerald Isle
24. Licenses drugs: Abbr.

January Birthdays

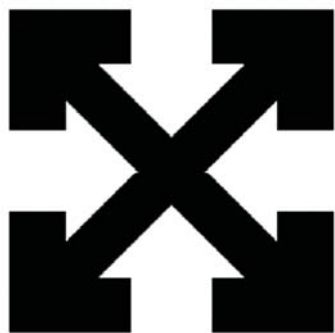
T A L D A Y K Z T E R G G
 E L A D N O M K Y B G R O
 T D E V A R G D E R N U L
 R R C V K J R L A N A B D
 A I A I E A U N Q L M D W
 G N N F H S T D I I K N A
 O G N S H F O M D R C A T
 B D O I T R B O D P A S E
 D R N C M A C A R T H U R
 U S E A U N P E A N K A O
 N I O G L K S L T C E L M
 A N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

Alda	Caruso	Gretzky	MacArthur	Salinger
Aldrin	Costner	Hackman	Milland	Sandburg
Ali	Denver	Hardy	Milne	Selleck
Belushi	Dunaway	Judd	Mondale	Sinatra
Benetar	Fillmore	Keaton	Nicklaus	Stapleton
Bogart	Franklin	King	Presley	
Cage	Goldwater	Kitt	Redgrave	
Cannon	Grant	Limbaugh	Roosevelt	

Using only one straight line,
can you turn this into nine fifty?

10 10 10

Brain Pain! Do the white arrows exist?



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What vehicle is spelled the same backwards and forwards?

What relationship to you is your father's only
brother's wife's only brother-in-law?

*SOMETIMES CORNY AND SILLY
IS STILL FUNNY . . .*

What clothing does a house wear? *Address*

Have you heard about the restaurant on the moon?
Great food but no atmosphere.

What did the sock say to the foot? *You're putting me on!*

Why was the belt arrested? *For holding up the pants.*

What did the beach say when the tide came in? *Long time no sea.*

What did the chocolate bar say to the lollipop? *Hello sucker!*

How does a king open a door? *With a monarchy.*

Why are potatoes good detectives?

Because they keep their eyes peeled.

Why are Teddy Bears never hungry?

Because they are always stuffed.

What is the cannibals favorite game? *Swallow the leader.*

What is as big as an elephant, but weighs nothing at all?
The shadow of an elephant.

What does a cat have that no other animal has? *Kittens.*

Why is six afraid of seven? *Because 7,8,9*

If a fire hydrant has H₂O inside,
what does it have on the outside? *K9P*

Why did the woman wear a helmet at the dinner table?
She was on a crash diet.

Why did the clock in the cafeteria always run slow?
Everyday at lunch it went back four seconds.

What do you call a zipper on a banana? *A fruit fly.*

What goes hahaha, plop? *Someone laughing their head off.*

Why do birds fly south? *Because it is too far to walk.*

Which word in the dictionary is spelled incorrectly? *Incorrectly.*

What has 3 heads, is ugly, and smells bad?

My mistake, you don't have three heads.

If you are American outside of the bathroom, what are you
when you are inside the bathroom? *European.*

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restaurants, local events, maps,
classifieds, community links.

W	O	E	E	O	S																					
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Twenty in a Room:
Put the apple on
one person's head

10 TO 10
(as in ten to ten, 9:50)

The vehicle: racecar
Who is it? Your Father.

2010 HOROSCOPE

JANUARY

ARIES: The new year could bring a new you. You may become a fountain of ideas both at work and at home. You've had ideas before, but now you have the power to let your ideas be known and to promote them.

TAURUS: Now you are thinking about improvements in your home, furnishings, appliances or some remodeling. Consider which would be a sound financial investment in addition to personal satisfaction.

GEMINI: Stop and think about it: Are your possessive tendencies getting in the way of a relationship? Or have they prompted you to hold on to a task at work that you should be passing on to others?

CANCER: If you think your boss hasn't noticed you, think again. Bosses are busy and don't always have time to say those magic words, "good job." But in the near future, you will detect a positive attitude.

LEO: Your new financial plan may not be easy to follow, but if you persevere, your situation will improve dramatically and in a shorter time than you realize. Control spending to keep it that way.

VIRGO: The stars predict travel in your future. Just when it will occur is unclear. Maybe it's a spring vacation that will attract you, or it might even be a summer trip. Take those travel brochures out of the drawer.

LIBRA: It's a good bet that you will be placing one pretty soon, be it a bet on the Super Bowl, at the casino or in a card game. Just make sure you could afford to lose. Wagers should be just for the fun of it.

SCORPIO: You have the new year off to a good start in other areas, but the status of your health is another matter entirely. You may think your ducks are all in a row, but the most important one isn't there.

SAGITTARIUS: It's love, Baby, it's love. Hang on tight to that important part of your life. Don't look to the right or the left, but travel the straight line. Those who don't will not do as well as you will.

CAPRICORN: Sometimes just hanging in there is the best you can do. Though some facets of your life are in disarray, keep looking to the future. The light at the end of the tunnel is something you create for yourself.

AQUARIUS: No need for a New Year's resolution, you already know what changes you should make. Select just one and work on that. You have the capability for change. Use it now.

PISCES: Your instincts serve you well, whether you are evaluating an investment or dealing with another person. If a situation doesn't feel right to you, stay out of it and look elsewhere.



FEBRUARY

ARIES: Maintain your strong sense of direction and everything else will fall into place. You could be stunned by what comes up, but stay the course. Don't be concerned about people who don't understand you.

TAURUS: Keep the communication flowing. Your verbal talents and easy relationships with others will encourage them to support you and your ideas. Keep on keeping on.

GEMINI: Singles discover that pretty faces surround them. Remember that you're looking for more than pretty or handsome. It's the character underneath that counts. Look for warmth, honesty and ethics.

CANCER: At work, you know how to finish a project without getting involved with something else. Use that same attitude when calculating your financial plans. Want to put big purchase aside for a few months?

LEO: It's time to concentrate more on family and spiritual issues. Set aside blocks of time to spend with your partner or children. Have some fun together, which is good for both you and them.

VIRGO: The full moon on February 28 puts you into a romantic mood. It's a Sunday, so you have a full day to find interesting things to do with that special someone

LIBRA: "Lucky Libra" is what you could be called. But you know your good luck was the result of dedication. It could have been in any one of the areas of your life, but don't slack off now.

SCORPIO: Oh, Scorpio! You know you've got a health problem right now or one that's chasing you. Take yourself in hand. Get a healthier lifestyle and see a doctor for advice.

SAGITTARIUS: Those itchy feet are cropping up again, egging you on to call your travel agent. For you, it's OK. Just think carefully about when and where to go and who could afford to go with you.

CAPRICORN: A recent disappointment at work has actually made you stronger. Before very long, your sense of purpose will bring new successes. Find a way to relax and recharge at home.

AQUARIUS: Being too careful can be dangerous. It makes you notice all the things in your path you could stumble over. A can-do attitude will make you realize you could handle them. Take a chance.

PISCES: Have you been feeling a little crabby lately? One good way to turn yourself around is through anonymous giving to good causes. Another is to make a point of spreading goodwill. You need to start now.

Not All Dog Treats are Created Equal

Courtesy of Dr. Jane Bicks for MyHealthyPaws.com

For years, holistic practitioners have worked to educate consumers about how even the slightest changes in environment, stress and diet can cause significant changes in health. As a holistic vet myself, I believe that nothing should be overlooked when it comes to ensuring the wellness of our beloved buddies.

Since we know that food is the foundation for a healthy life, most people select the best food to provide the many essential nutritional components our dogs can't do without. But to make sure they receive the nutrition required to help boost healthy functioning, additional nourishment from health treats can be just what the doctor ordered.

To that end, treats should be selected based upon their nutritional merits rather than on cost, flavor or glitzy packaging.

Your pet's treats should add the healthy components that are known to support hardy immune systems, strong muscles and optimal health. The nutrients required for superior support of these systems can be found in vitamins, minerals and antioxidants, as well as in foods like cranberries, apples, tomatoes, rice bran, whole grains and many others. Unsurprisingly, these wholesome foods appear in the ingredient panels of some of the premium treats I've been fortunate enough to formulate for Trilogy, offered through MyHealthyPaws.com.

If your dog could decide which treats they'd want, I feel confident that they would choose all of those offered by MyHealthyPaws.com, including Antioxidant Health Bars (Oatmeal & Apple Recipe), Gourmet Dental Treats (Honey Peanut Butter Recipe), Wholesome Hearts Low-Fat Treats and Tasty Rewards Nutritional Training Treats.

I feel very strongly that every treat you give your pet should have a health benefit so that at the end of the day, your pet truly is a reflection of his or her food, treats and love.

Thank you for all that you do to make the world a better place for companion animals.

For More Information and to see the video the Truth About Pet Food, Please Visit: www.MyHealthyPaws.com or call 888-773-9969.

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"Buddy" from Vienna -thanks to Johnny



Tashi and Bobo are brother and sister and share everything (food bowl, litter box and sleeping areas). They are from a Russian Blue litter and couldn't be sweeter! - Submitted by Jim & Jeanette Erb



"Fluffy" - from Mark Abdalla



"Dozer" says cheese for the camera!
- sent from Shannon Pfannenstien

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We know that our readers know the best places to eat. We want you to tell the rest of our readers about your favorite finds. Send us your restaurant review. If we print it, you get a \$50 gift certificate to that restaurant! So what's the catch? Just the catch of the day! Creative, sincere, and well written reviews will get to the top of the stack, so put some thought into it. Who knows? Maybe you'll get a regular column! Send your review to comments@vivatyson.com, put **REVIEW** in the subject line and try keep it under 500 words.

Deadline is February 21st at midnight. Bon appetite!
Hopefully your next meal there will be on us!

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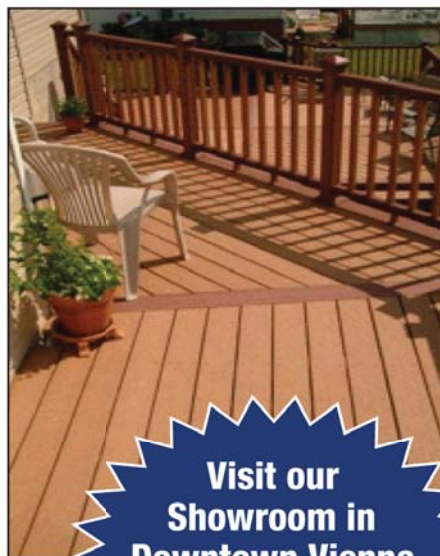
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