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Dennis, is it March already? Please ... enough of the snow! Since the Saturday before Christmas our merchants and service providers have been hit with the crippling effects of cold weather, snow like we haven't seen in decades, and a shaky economy ... as if January and February aren't bad enough without these burdens. Please, bring on the Spring. Please ...

Our hope for an economic recovery lingers with every day that passes . . . waiting for a piece of good news that will lift the spirit. Around here, it's get through today and look towards tomorrow.

Our new logo and look is a reflection of our efforts towards a brighter tomorrow. Our own Meadowlark Park in Vienna with it's soon to blossom buds, stories of the new developments going up around the Tysons area (awesome), and the progress of our Silver Line remind us of better days to come.

In this issue we explore the many services available to our best friends, a review of our parks and playgrounds, more updates on the metro and we highlight the efforts to develop new transit oriented projects around the area. It's exciting!

The Vienna Inn is 50! It's nice to see our landmark still vibrant and serving our residents with great food and good cheer. We feature some special people, events to consider, area news and exciting new dining choices. And, as always, we bring you up to date on our area's current real estate status, nutrition, health and fitness, and decorating.

Our many thanks to all of our writers and readers who contribute to our efforts to give the Tysons area an enjoyable read and hope you will continue to support our independents who work hard every day to bring us the best. And, of course... a special welcome to the "new movers" into our area and a reminder that our advertisers are very special people out to win your support and patronage.... the old fashioned way- one satisfied customer at a time.

We leave you with a quote from Calvin Coolidge - are we there yet?

Economy is the method by which we prepare today to afford the improvements of tomorrow . . . Calvin Coolidge

Stay Well...

Johnny Hanna and Dennis Alloy, Publishers

"We Know the Neighborhood"

Vienna Com

To receive our value-packed e-mails sign up at www.viennavirginia.com
For Advertising information, including our interactive web merchant and services listing directory, please call 703-585-3354 or e-mail us at calamitymedia@aol.com.

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Literally! Kaiten style sushi is available in Tysons Corner Center



Front Cover Photo: Spring at Meadowlark Gardens taken by Emery C. Walters

2010 Spring Edition

March - April



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MARCH 16

St. Paddy's Day Pre-Party with Grada

Jammin Java 8pm

Gráda is one of Ireland's most successful touring bands Their sound is deeply rooted in the Irish tradition, but also layered with jazzy tones, rhythmic grooves and Americana influences that, in the words of the Irish Times, "come together as if they were lifelong bedfellows."

MARCH 17

Happy St. Patty's Day!!

Check out Ireland's Four Provinces in Falls Church for a true Irish Experience. Don't forget the Old Brogue in Great Falls as well.

MARCH 23

Collective Change - Haiti Benefit Concert

Jammin Java 7 pm

Proceeds to go to Red Cross.

MARCH 24

Tapas and Tango

Open Kitchen 7115 Leesburg Pike

6:30-9:30 pm Live Music, Flamenco and Tango with a twist of jazz by master classical guitarist Boris Arratia. Passed Finger Foods and Wine and Sangria Specials. \$15/\$20 at door. 703-334-1504

MARCH 26

Family Flashlight Egg Hunt

Vienna Community Center

Enjoy a family evening searching for eggs and prizes, in the dark! Please bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny, beginning at 7:00 p.m. The egg hunt will begin at dark.

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.

MARCH 27

Old Fashioned Egg Roll and Easter Fun

Freeman House, 131 Church Street, Vienna

Join Historic Vienna, Inc. for an Old Fashion Egg Roll from 10:30 a.m. - 11:30 a.m

MARCH 28

Bill Emerson and Sweet Dixie Band

Jammin Java 2 pm

Beginning in 1957, Bill Emerson established himself as a banjo virtuoso and history maker alike! A founding member of the famed bluegrass ensemble "The Country Gentlemen", and called the "banjo legend" by the Washington Post.

APRIL 2

Bill Kirchen and Too Much Fun

Jammin Java 8 pm

Bill Kirchen's Honky-Tonk Holiday Show features seasonal songs from Rock 'n' Roll, Blues, Rhythm and Blues, and Country.

APRIL 2-4

Weekend Cooking Class Getaway

Briar Patch B & B in Middleburg

Join Chef Bernard from Open Kitchen for a ccoking class. Help prepare (and then consume!) a 4-5 course meal. Discussion, notes, and recipes provided. 703-327-5911

APRIL 3

Jonathan Edwards

The Barns at Wolf Trap

This singer/songwriter is best known for his first smash hit "Sunshine" and the 2008 Media Artists' documentary, chronicling his career.

APRIL 10

Mclean Spring Community Garage Sale

1451 Dolley Madison Blvd. 9 am - 1 pm

Vendors set up shop in the garage's parking spaces! You bring your entire set up including tables. You are allowed to drive in to drop your items off and then you must move your car to a parking lot we have secured in the neighborhood. Deadline to apply is April 8.

APRIL 11

Cantus

Alden Theatre, Mclean Community Center 3 pm \$32/\$27 residents You won't believe the incredible sounds of this unexpected all-male vocal ensemble. Prepare to be blown away by the range of styles they conquer, from chant to barbershop to pop and everything in between.

APRIL 15

Neil Innes (Monte Python, Rutles)

Jammin Java 8 pm

APRIL 23,24, 30 & MAY 1,7,8

Theatrical Production

Vienna Community Center

Details about the Spring show and audition info will be posted on the Community Center Web Site soon.

APRIL 20

Sara Watkins (of Nickel Creek)

Jammin Java 8 pm

You could say that Sara Watkins' solo debut has been a lifetime in the making. The 27-year-old singer-songwriter and fiddle player spent nearly two decades-all of her teenage and young adult life-as one-third of Nickel Creek, the Grammy Award-winning acoustic trio that used contemporary bluegrass as a starting point for its no-genre-barred sound.

APRIL 29

David Knopfler (of Dire Straits)

Jammin Java 8 pm

Founder of rock group Dire Straits, David has subsequently faithfully pursued his own musical vision, writing and producing his own compositions on ten solo CDs to date.

MAY 15

Mclean Day

Lewinsville Park 11 am- 5 pm

MAY 22

Fitness on the Green

Vienna Town Green

Come to the Town Green in Vienna to participate in fitness and wellness activities. We will turn the park into an outdoor fitness center! There will be fitness and wellness instructors leading classes and special activities. We welcome everyone to come in their workout attire and get ready to sweat. What a great way to start off the spring!

MAY 26

Time for Three

Alden Theatre, Mclean Comm Ctr 8 pm

\$32/\$10 residents. Whether it's bluegrass or The Beatles or Bach with a twang, Tf3 brings their love for music, sense of humor and incredible chops to everything they play and infuses audiences with joy.

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.

Open Mic Comedy Night

8-midnight, The Soundry, 316 Dominion Rd Vienna

The Soundry welcomes new and veteran comics to our unique venue. The Soundry supports all art forms and is a great space to test new material, network and build a fan base before tackling the big bad world. We look forward to laughing with you! Hosted by a very, very funny man: Mike Eltringham

THURSDAYS

Vynal VIbrations

7-10 pm The Soundry, 316 Dominion Rd Vienna

Take Your Old Records off the Shelf and bring them to The Soundry! Thursday night is record night--you bring them and we play them for an old school listening party. Sharing music, coffee and good times!

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 April 16 - June 11 (not Apr 30 & May 7)

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

SATURDAYS & SUNDAYS

Falls Walk - Great Falls National Park

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

Late Night Street Hockey

10 pm. The Soundry, 316 Dominion Road, Vienna

Bring your stick and join a team or be a "jeer-leader" from the sidelines for these intense, smack-talking weekly matches.

MAPLEWOOD GRILL PIANO BAR

132 Branch Road, SE Vienna

7 – 10 pm. The Maplewood Grill is proud to present Reinhardt Liebig, consumate 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'awlings 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

Fridays 8pm, Saturdays 2 & 8 pm, Sundays 2 & 7 pm 1524 Spring Hill Rd, Mclean (703) 854-1856 www.1ststagespringhill.org

THE LAST FIVE YEARS May 7 - 23, 2010 Words and Music by Jason Robert Brown

This contemporary song cycle ingeniously chronicles the five-year life of a marriage, from meeting to break-up -- and from break-up to meeting, depending on who's telling the story. Beautiful, arresting, sincere and intimate, the music and lyrics capture some of the most heart-breaking and universally felt moments of modern romance. Bring a date ... and a tissue.

RED CABOOSE GALLERY

138 Church Street NE, Vienna 703-349-7178 www.JoanMarieGiampa.com

Mar 6 - Apr 4 "Ryan McCoy, Intersections of Meaning."

In his newest work McCoy structures his memories and experiences to create what he calls Intersections of meaning and association. He uses materials from his life that have memories attached to them resulting in deeply personal works that suggest the vulnerability of life and the fleeting passage of time.

MOVIES IN THE PARK

Come to Glyndon Park in Vienna to watch your favorite family movies. We will turn the park into an outdoor movie theatre! All movies will be rated G. We welcome everyone to bring lawn chairs or blankets or just sit in the grass and enjoy their favorite movie with the whole family. What a great way to start off the weekend! Show dates and times are as follows:

May 28-8:00 pm, June 25, July 23, Aug 27-8:45 pm or at dusk, whichever comes first . No rain dates. Parents and families members are required to stay with their children. Call 703-255-7842 for movie information after noon on Wednesday, before the show date, and for weather information on the day of the show.

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



he Rotary Club of Tysons Corner and the RCTC Foundation have responded quickly to support disaster relief efforts in Haiti following the massive earthquake that shook Portau-Prince on Jan. 12.

Thanks to a timely financial contribution of just over \$5,000, three "shelter boxes" and five "aqua boxes" should already be on their way to the ravaged island.

A shelter box is a 49-gallon vinyl container that holds a large tent, sleeping mats, and a variety of emergency survival supplies (roughly similar to camping gear). The box can be configured with different contents depending on the situation.

The Club's International Service Director, Meredith Woodruff, reports that each of the shelter boxes will be outfitted to support 10 persons for one year. One shelter box costs \$1,000.

An aqua box is a water purification system. Each of the "Aqua30" models the Tysons Corner Rotarians are sending contains 30 sets of filters and can purify 33,000 liters of water. One aqua box costs about \$400.

The RCTC Foundation held a special board meeting on Jan. 21 to approve the contribution. The Foundation is the philanthropic arm of the Club and disburses funds for charitable purposes. Foundation President Brian Mansir and Club President Ronnie Chantker agreed on the need for a swift and meaningful response from Tysons Corner.

Meredith Woodruff was in touch with the U.S. State Department



Tysons Corner Rotary Responds to Haiti Crisis

in Washington and The Rotary Foundation in Illinois immediately after the quake, and determined that shelter and aqua boxes would be the most useful way of supporting relief efforts.

More information about the boxes is available at shelterboxUSA. com and aquabox.org.

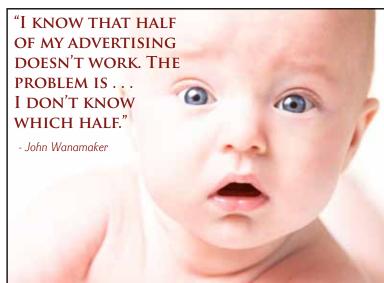
The Rotary Club of Tysons Corner (www.http://tysonsrotary.org) is a a service club of professional men and women serving the community in and around Tysons Corner, VA. The Club was chartered on April 12, 1983, and has been making an impact in the area for more than 25 years. Members are business professionals, 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.



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

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

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

Just a call to our advertising department brings us to your door step to answer any questions and explore the opportunity. Remember . . . we're in the neighborhood.

Call us at 703.442.9410- Ask for the "other half" info@vivatysons.com

ViVa Vienna! (May 29-31) Sponsorships and Booths are Available!

The Rotary Club of Vienna is looking for 2010 Sponsors for ViVa! Vienna! (May 29 - 31). Sponsors receive recognition in marketing materials, event signage and booth space. Visit the website www.vivaviennava.org or contact Kurt Frogale 703-851-1547 or Larry Warren 703-973-6217.

The Rotary Club of Vienna has vendor booths available for ViVa! Vienna! (May 30 - 31). The fee for a 10' X 10' booth is \$250 and is ideal to sell crafts, retail products and merchandise. Register online at www.vivaviennava.org or call 703-255-4742.



The Greater McLean Chamber of Commerce

enhances the local business community by giving professionals an opportunity to get connected. Founded nearly fifty years ago, originally as a Business and Professionals Association, we have evolved into a substanial organization ranked as one of the top 20 Chambers in the Metropolitan Region.

For more information about us and upcoming events, please contact us at 703-356-5424 or visit www. mcleanchamber. org.

GMCC UPCOMING EVENTS...

- 3/16/10-Business Mixer at TopGolf 5:00-8:00 PM
- 3/17/10-Speed Networking Breakfast with Vienna/ Tysons Chamber of Commerce at Clyde's of Tysons 7:30-9:00 AM
- 3/25/10-General Counsel, P.C. Business Academy. Subject: Bookkeeping and Accounting for Business Owners. 11:30 AM-1:00 PM
 - 4/1/10 Business Bank Power Networking Luncheon
 - 4/8/10 Fashion Show and Tea Fundraiser "Celebrating the Women of McLean" at the home of Marilyn Jerome Foust. Designer fashions and cosmetics presented by Lord & Taylor. 11:30 – 2 PM
 - 4/22/10 April's Free Business Mixer is being hosted by BREAKAWAY Fitness & Sport

• 6/14/10-Annual Golf Tournament at Hidden Creek Country Club

GREATER
MCLEAN
CHAMBER

COMMERCE

Technology Scores at Casinos, iPad: The Multimedia Apple **Brings in Younger Players**

Video game drama was in the spotlight at the recent Global Gaming Expo, the slot machine trade show held recently in Las Vegas. At the International Game Technology booth, visitors inspected a game based on the Sex and the City TV show, narrated by the voice of star Chris "Mr. Big" Noth. New games by WMS have been nine years in development.

Bally Technologies showed its Dual Vision games for couples. They sit on a love seat and share the same pool of funds but are able to play their own games on separate screens.

The traditional casino slot machine is being replaced with sophisticated machines that incorporate big video monitors, 3D graphics, and group competition, all borrowed from the gaming industry.

The games are a move by casinos to reach beyond its core customers, aged 55 and up, to a younger demographic. They want to bring gamblers back to casinos, which experienced a 6 percent decline in sales for 2009.

In the WMS Industries' "Lord of the Rings" game, players follow a map through Middle-Earth and score points and bonus rounds. Lightning bolts flash while speakers under the seat produce thunderous sounds. Players can store their scores. There's one difference from an arcade game: This machine can pay out tens of thousands of dollars.

While payouts on the machines are still based on chance, game skills help the player win more often.

MGM Mirage recently introduced its first fully networked slot machine floor at its new Aria Resort & Casino in Las Vegas. Floor managers can adjust the game remotely for such tasks as increasing minimum bets during busy times. Previously, this was done by technicians with screwdrivers or by expensive upgrades to the machines, according to Business Week.

The Nevada State Gaming Control Board advises that there are security requirements at every level and monitoring of all game-altering transactions.



" A grade of 85 or higher will get you favorable mention on my blog."

Tablet Makes Its Debut

Apple's new iPad tablet computer is scheduled to be on store shelves in June or July. It was unveiled in late January in San Francisco. Steve Jobs described the iPad as "so much more intimate than a laptop and so much more capable than a smart phone."

With a 9.7-inch touch screen, it's a half-inch thick and weighs only 1.5 pounds. It has 10 hours of battery life and can sleep for days without using much of it.

The iPad will let you read e-books, newspapers and magazines, watch movies and television, access iTunes, play games, search the Internet, post on social networking sites, and email.

Third-party applications, which are popular on the iPhone, will extend the tablet's functionality. iPhone users say they can immediately get used to the iPad. It has a familiar feel.

Models that support only Wi-Fi for getting online cost \$499 for 16 gigabytes. After that, prices rise with the number of gigabytes. For models that also have AT&T's 3G net work, prices are \$729 and \$829. You also pay \$14.99 or \$29.99 a month for a data plan.

Apple's entry could perk up the U.S. market for tablets. Sales declined in both 2008 and 2009. Other hardware manufacturers are rushing to make devices similar to the Apple in order to compete with it.

One criticism came out early: no support for Flash. This Adobe product is used on about one third of all web pages in some way to support video. Like the iPhone and other many other smart phones, flash is not supported on the iPad. Did Steve Jobs miss something? He even went to a Flash enabled site during his demonstration and it didn't work. A faux pas? No way. That was intentional to show that Flash won't be supported and developers better take a look at what is out there to replace it, ie the new HTML 5.0 that will support the masive amounts of video that is now taken on by Flash. No third party plug-in will bully Apple into making their product reliant on someone else, that is definitly clear.

There has also been a lot of talk about the name. MAD TV did a humorous skit about a product named the ipad in reference to the feminine hygene product. There have been numerous jabs toward Apple about there not being a female on the naming team. Most likely, this will all pass as the product will undoubtedly be successful. But still . . . haha!

We live in a society exquisitely dependent on science and technology, in which hardly anyone knows anything about science and technology. -Carl Sagan

FLO: A Handheld Portable TV

If you really want to watch your favorite television shows no matter where you are, now you can do it with a portable television set that fits into your pocket. It weighs 5 ounces.

The FLO TV Personal is a stand-alone digital TV that will keep you entertained on the go. You could keep track of "March Madness" basketball in the back seat of a car, on the train, or sitting at your desk. FLO adds channels during special events like the big games, but it doesn't pick up local television channels. It costs \$250, plus \$14 a month for programming.

'Smartbooks' Enter at the Consumer Electronics Show

The 2010 Consumer Electronics show was a big event for a new breed of ultra-small laptops that act like smart phones. They are designed to be always on and connected to the Internet via 3G cellular networks, always ready to call up a Web page or post a Twitter update.

They are called "smartbooks" mainly to distinguish them from low-end portables called netbooks, which have been hot sellers in the last two years.

Even better, smartbooks carry lower prices than netbooks, which can be found for as little as \$250. Most smartbooks will have built-in cellular connections, so they are more likely to be sold at subsidized prices by cellular carriers along with data plans. Backers say that although the price is lower than that of a netbook, they could be more profitable for makers because of savings on chips and operating systems.

TVs get Thinner and Thinner

For several years, the size of the television screen has drawn most interest at the annual Consumer Electronics Show. This year, the competition was not over width, but thickness, or in this case, thinness.

A new television set by Samsung appears to be the front-runner. The company showed a high-definition set that was slightly skinnier than a lead pencil. Other manufactures are developing slim TVs that wirelessly receive content from a set-top box located elsewhere.

At the same show, Korea's LG unveiled a high-def television set that is 0.92 inches thick, thinner than any set now on the market. Scheduled to hit the market place later this summer, the LG is also 3D enabled. (see next article about 3D networks) New technologies like LED screens are not only enabling the thinnest of screens, but they use a fraction of the energy current flat screens use both while on and in standby modes.

"If GM had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1000 MPG" - Bill Gates

ESPN and Others to Launch 3D Networks

On June 11, ESPN 3D will televise a World Cup Soccer match. It will be the first broadcast and the start of the first all three-dimensional television network to the home.

ESPN 3D will showcase at least 85 live sporting events during its first year. Among other events will be the Summer X Games (extreme sports), NBA games, college basketball and college football.

Quoted in USA TODAY, the network says that they don't know if the new venture will be successful, but it is committed to running it through June 2011. ESPN executives feel sure that sports fans will like it.

The success of 3-D movies such as Avatar is behind the development of this and a number of other projects for home viewing. The electronics industry is gearing up to create the television sets to make it all possible.

The 3-D capable television sets are more expensive, however, and to date, people just don't own them. About 1 per cent of flat screen televisions that will be sold in the U.S. will be 3-D enabled. In short, right now there is no audience.

Still, ESPN is betting sports programming is the one area where fans might upgrade their TVs quickly.

To receive the 3-D broadcasts, fans will have to wear 3-D glasses to get the full effect. It is possible, however, that set-top boxes will make viewing possible. Because there will be no reruns in the beginning, the screen will be dark between 3-D broadcasts.

Direct TV is planning to launch two 3-D channels, but has given no dates for when they will be available.

Joining together, Discovery, Sony and Imax are reportedly planning a variety of 3-D programs that will air 24/7.



"Say you want to smack a smug iPhone user in the back of the head without the legal ramifications. Is there an app for that?"

Something a little different to do... A Touch of TuscanyLess than an Hour from Tysons Corner.

ho knew that Route 66 could lead you to a touch of Tuscany? Don't laugh! Get on Route 66 west for a drive into Virginia wine country. In less than an hour you come to Exit 23, which

is the exit for Paris and Delaplane both up Route 17. About a mile or so brings you to Goose Creek (as well as the CSX railroad tracks). Cross Goose Creek and turn left right away onto Three Fox Lane. You've arrived at Three Fox Vineyards which may be in Delaplane, but is all about Tuscany, its wines, and life style!

The owners of Three Fox Vineyards like to use the term "La Dolce" Vita" to express what they want visitors to experience. They see it as a place to throw away your cares and enjoy life, family and friends; a peaceful 50 acre island set on rolling hills in the heart of Virginia's hunt country. The views, the friendly people, and the

wines take your heart away to north-central Italy, to Tuscany or the Piemonte.

Once on the property you just wind your way up a tree lined drive, past three stone foxes and cresting the first hill there is the vineyard. Continuing on a short bit brings you to the cozy, not oversized tasting room. There you can sample anywhere from 9 to 12 different wines (depending on the time of year), both whites and reds. The tasting fee is only \$5 and you can keep the logo glass as a souvenir.



Five different varieties grow on the estate: Sangiovese, Nebbiolo, Pinot Grigio, Cabernet Franc, Merlot and Viognier. All of these, except the last one, are either native Italian varieties or are grown and used for wine making in Italy. They grow the Viognier simply because it makes a great white wine. The Sangiovese is Northern Virginia's first plantings of this, the main red wine grape of Tuscany.

There is plenty of space to spread out and enjoy wine and food. Looking north from the tasting room and across an expansive picnic meadow one sees Crooked Run with hammocks set up along its banks. Out the front door is a vista of rolling hills and vineyard. On top of the first hill is the much coveted "table in the sky". In the vineyard are two grass bocce courts. Adjoining the tasting room are a tented, al fresco terazza, an old world brick patio, and beautiful flower gardens. Behind the tasting room is a barrel table garden with a Roman-style fountain. The folks at Three Fox encourage you to bring your own picnic to enjoy with their wine. They also have light fare to make up an impromptu picnic! Everything at Three Fox evokes the small, warm, friendly European tradition of wine making, wine tasting, and living.

We asked the owners, Holli and John Todhunter, about their vision, what makes them tick. They said it was to give an experience of warmth and caring for those who come to spend time with them. It was their passion of crafting hand-made wines in the old world tradition. They have owned the vineyard for the past nine years. John's knowledge originally came form helping a wine maker friend in Santa Barbara as a Biochemistry grad student. He made wine at home off and on. John and Holli attended seminar courses on vineyard management at Linden Vineyards in Virginia. John also took a winery course at Virginia Tech. Several trips to vineyards and wineries in Italy taught them a great deal about the business and how their friends there operate.

Loving the outdoors, country life and agriculture in general gives Holli and John an easy reason to be in the wine business. Though many may think that owning a vineyard is just sitting back enjoying a glass like you may see in a high production TV commercial, it is a great deal of work. A farm is a farm, and just because you're growing grapes doesn't make it any easier. They employ 7 to 8 extra help during the intensive times of harvesting and bottling. During the winter they bottle wine, move the reds around barrel to barrel to clear sediments, prune vines, train the younger vines, and of course, open to the public Thursday through Monday each week.

They currently produce about 3,200 cases a year and hope to level off at 5,000. Their best seller varies by time of year. Generally the Calabrese Pinot Grigio and Gatto Bianco are the best selling whites and the Piemontese Nebbiolo and the Alouette Cabernet Franc are the best selling reds. Please note that the best sellers don't exceed the "normal sellers" by all that much as all of their wines have their fans. The range of \$20 - \$29 per bottle is pretty typical for Virginia vineyards, with multi-bottle discounts and extra discounts for their Vintner's Circle members (our vine sponsorship club).

Their Nebbiolo could be considered their special wine as it is distinct as there are very few producers of nebbiolo in Virginia. Several of their reds have recently scored very high in the Wine Enthusiast (87 for Alouette Cab Franc, 85 for Piemontese Nebbiolo, 85 for Signor Sangiovese Reserve and 84 for Volpe Sangiovese). They also produce an interesting "port alternative" called Rosso Dolce which is a big hit. It is 100% Chambourcin and is made up like a port but then not fortified. It is designed to go with anything chocolate and some people have said it's like a Black Forest Cake in a glass.

For their production, they do purchase some grapes from other local sources. They use about 70% their own grapes in their products. The only grapes purchased are Chardonnay, Chambourcin, and Vidal.

The economy hasn't really slowed them down. People are still not ready to drink bad wine . . .so far. Rather than credit, most purchases are now by cash or debit cards.

Winter is coming to an end. As we have had our fair share of cabin fever, maybe it's time to skip town for the day and do something a little different. Enjoy the outdoors as it gets warmer, have a taste of fine local wine, and take a break from the everyday. We all deserve it.

Check out the details on hours and directions: www.threefoxvineyards.com

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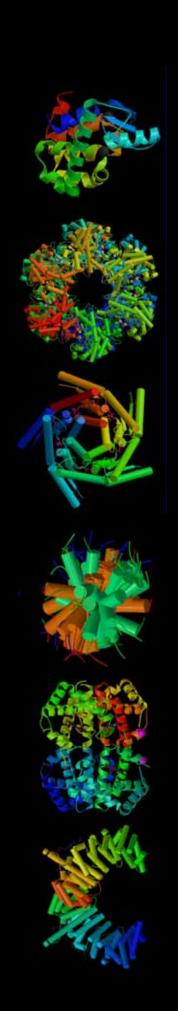


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Protein: What it is, Where it is, and How Much Do We Need For Health & Fitness?

t this time of year you can barely watch one television program without seeing an advertisement for a spectacular diet or a "magical" weight loss machine. We hear about carbohydrates and fats often...what type to eat or not to eat. Where carbohydrates are a primary source for energy, protein is a primary source for our structure. Protein is needed daily as it is the only nutrient that serves to repair and build the body. So what exactly are they? How much do we need? Where can you find the best sources?

Amino acids, also known as the "building blocks" of protein, link into long strands that coil and fold to make a wide variety of different proteins. The structure of proteins enables them to perform many vital functions. Each type of protein has a distinctive sequence of amino acids and so it has great specificity in its function. A single human cell may contain thousands of different proteins. You can see a few artistic renderings of protein chains on the left.

Here is some good trivia for your next cocktail party conversation: The essential amino acids are arginine (required for the young, but not for adults), histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. There are 20 amino acids required by the human body including the 9 essential amino acids (10 for kids) – "essential" meaning we must get them from our food. Our bodies cannot synthesize or produce them from other molecules. Without these essential nutrients, the body cannot make the proteins it needs to do its work. What is meant by "work"? Hormones (insulin), enzymes (facilitate chemical reactions), and hemoglobin (carries oxygen in our blood) are a few examples of proteins that perform specific jobs for our bodies. Proteins also build structures – tendons, ligaments, fibers of muscle, fingernails, and filaments of hair. So, does protein supply us with energy? It can, but our bodies would rather use carbohydrates (which sit right in the muscle ready to go) or fat (which can supply us with 70,000 calories of energy). We only want to use protein as a last resort for energy...so in

times of need our body can pull it from our structure to convert it to usable energy.

From a fitness perspective, certain types of athletes need more protein than others. Training can wear out muscle tissue which then needs to be rebuilt. The average person who exercises for health will be fine with an intake of o.8 grams per kilogram of body weight (divide body weight by 2.2 to get your wight in kilograms) per day...or about 10% of caloric intake, with an upper limit of 15% (World Health Organization). Athletes may need 1.2 – 1.6 g/kg of body weight to meet their protein needs. Strength athletes will generally need more than endurance athletes. Is there a risk with too much protein? First, there are no benefits with too much, and you may also pose a risk to your heart, kidneys, and bones. But what if you are trying to build more muscle? Body builders, as well as athletes and exercisers, do require more protein, but eating vast amounts of protein won't help. In one study, body builders that more than doubled their RDA of protein (as mentioned) didn't show any significant change in indexes of lean body mass. Basically, the daily requirement for protein increases with high intensity workouts and training, but taking it too far won't help. The DRI Committee (Dietary Reference Intake) recommends no more than 35% of calories should come from protein.

So where is the best place to get it? Here are a few protein rich foods:

2 OZ	18 g	Roast Beef	2 OZ	16 g
2 OZ	14 g	Lentils/Legumes	1/2 C	9 g
1/4 C	7 9	Egg	1 lg	6 g
2 tbs.	8 g	Pasta	1 C	7 9
1/2 C	6 g	Couscous	1 C	6 g
	2 OZ 1/4 C 2 tbs.	2 oz 14 g 1/4 c 7 g 2 tbs. 8 g	2 oz 14 g Lentils/Legumes 1/4 c 7 g Egg 2 tbs. 8 g Pasta	2 oz 14 g Lentils/Legumes 1/2 c 1/4 c 7 g Egg 1 lg 2 tbs. 8 g Pasta 1 c

"Complete proteins" mean the protein has ample amounts of all the essential amino acids. Complete proteins are easily found in all animal products (meat, cheese, eggs, etc). Want to stay away from the beef? Vegetarian choices like legumes, nuts, and whole grains may not have complete proteins, but combining healthy incomplete proteins can fulfill the need. "Complimentary" protein combinations like the peanut butter on whole wheat, or the bowl of rice and beans, hummus and pita, or a pasta salad with a few toasted nuts make the perfect non-meat complete protein.

Since most animal protein sources contain needed vitamin B12, if you are a vegetarian/vegan you may need a B12 supplement. Deficiencies in B12 may show up as megaloblastic anemia, fatique, weakness, constipation, weight loss, and possible neurological changes (just to name a few). Please be mindful.

As you look at your diet and your fitness needs, don't just look at the carbs and fats. Protein is a valuable macro nutrient; it supports growth, maintenance, and repair of tissue. Without it, our bodies would not be able to perform its many wondrous functions!

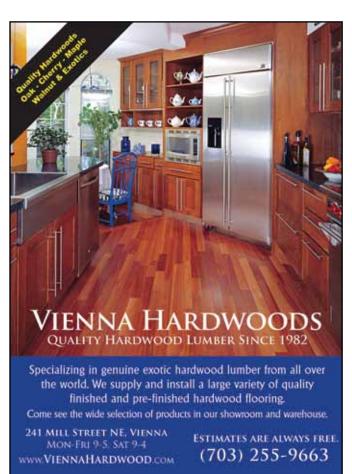
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Lighten Up and Spring into Healthy Eating

h Spring...
my favorite time of year. The daffodils start poking through the ground; the crocus greet us with their bright yellows, pinks, and purples; and the birds, glad to be back home, dart around the yard chirping "hello." Spring is a happy time of year; a time of renewal.

With renewal comes energy. The sun is higher in the sky and the days are getting longer. Let's harness this new power and use it to shake off the winter blues. As the days get longer and warmer, we often start to crave lighter food. Perhaps we instinctually know that bright leafy greens are now in season. Put away those heavy coats and ease up on the starchy, wintery foods. Now is a great time to lighten up and spring into healthy eating.

What better way to usher in Spring than to ready your garden plot and dream of all the wonderful produce that will soon be coming? If you don't plan on having a garden this summer, you might consider ordering produce from one of the nearby farms. These growers usually have a local drop off point where you can pick up your weekly veggies. Some even carry hormone free dairy and poultry products and grass fed beef.

The best part of committing to weekly deliveries is that you are at the mercy of what is in season and what the farmers have decided to grow. You might ask, "What's good about having no choice?" The answer, "What a wonderful opportunity to try many of the vegetables you swore you would never eat!" Plus eating seasonally keeps you in harmony with nature and is good for the environment; less fuel is wasted on transportation.

Cool weather veggies like turnips, parsnips, beets, radish, salsify, Brussels sprouts, cabbage, kale, collards and arugula are not only tasty but are also high in phytochemicals and antioxidants that prevent disease.

Here are some local farms that deliver fresh produce, herbs and flowers to your home or to nearby pickup points:

Great Country Farms

540-554-2073 www.greatcountryfarms.com

Potomac Vegetable Farms

703-759-2119

www.potomacvegetablefarms.com

Bull Run Mountain Vegetable Farm

703-754-4005

www.bullrunfarm.com

Graceland Farm

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www.virginiagreengrocer.com

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www.mapleavenuemarket.com

SPRING CLEANING GOES FOR YOUR PANTRY AND KITCHEN TOO!

This is also a good time to clean the pantry and toss out food whose expiration dates have passed. Throw away foods that are seasonal (sprinkles, leftover frosting, half used bags of nuts) and won't be fresh next year when you bake those holiday cookies.

Cooking oils go rancid over time so if the bottle of oil in the pantry has been opened and stored for almost six months, throw it out. Buy small bottles of oil (cold pressed) and keep them refrigerated to avoid rancidity. Oxidation (rancidity) causes free radicals which are not good for the body.

Take a look at your pots and pans. If they are looking dull and stained, put on some good music and get scrubbing. Bar Keepers Friend is an amazing cleanser. You'll be surprised how sexy sparkling pots and pans can be!

TAKE INVENTORY OF YOUR KITCHEN TOOLS:

- Are your knives sharp?
- Do you have a good grater and micro plane?
- Are there slotted stainless spoons for stir frying?
- Is the cutting board big enough?
- What is the condition of your dish towels?
- Are your small appliances working?
- Have you checked to see if your oven thermometer is accurate?
- Are your non stick pans flaking?

If you do notice flaking on your nonstick pans, throw them out. With all the press of late on the dangers of plastics and other chemicals, it is safer to use stainless steel pans with no coating.

Finally, clean out the refrigerator. Throw away open bottles and jars that haven't been used in ages. Clean the bins with hot soapy water. Change that burned out bulb so you can see what is in there. Defrost the freezer and again check dates on products. If foods are older than three months, toss them.

Check out your cookbooks. If you haven't bought a new one in years, you would be amazed at all the fabulous ones on the market. Put them in the bathroom (!) and by your bed. Looking at cookbooks will ignite your senses and get you ready for all the fresh produce that is about to come your way. Sometimes lightening up your diet and springing into healthy eating starts before the food ever arrives in the kitchen.



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.

BALANCE PROBLEMS MAY BENEFIT FROM TAI CHI

In some patients suffering from dizziness and balance disorders, tai chi exercise works when medications don't, according to one study. It is estimated that about half of Americans experience balance difficulties with everyday tasks and have fear of falling. Tai chi is characterized by coordination and relaxation of the joints rather than muscular tension. It has been used for centuries to promote health and well-being.

A study by the New York Eye and Ear Infirmary and colleagues showed that after an eight-week course of tai chi, 45 minutes per week, patients who suffered from imbalance, dizziness and vertigo showed marked improvement as measured on the Activities-Specific Balance Confidence Scale.

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The American Heart Association recommends cutting back on sugar: No more than 5 to 9 teaspoons a day.

The heavier you are, the more work your heart has to do. That's one reason why the American Heart Association is looking for the causes of weight gain and obesity.

At this time, they are focusing on sugar. It is one of the main culprits in the rising obesity rates in the United States. The association wants everyone to cut way back on added sugar in their diets.

For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men. That's five to nine teaspoons.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970. One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970.



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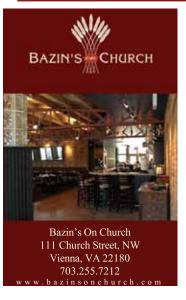


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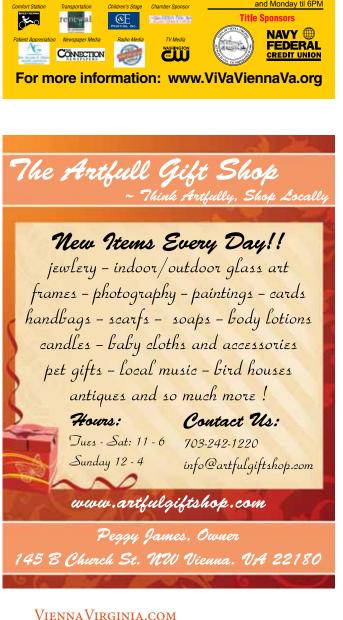
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CHURCH STREET MERCHANT NEWS . . .

One business moved, one business was bought, one business is just starting . . .

as Bakery and Grocery has pulled up its roots and moved across the road to 137 Church Street. Previously on the alley next to Bikes @ Vienna, they have moved into a free standing building at 137 Church with better visibility, better access, and of course a brand new interior design.

What a difference! Beautifully lit, pristine glass display cases, clean wire shelving, finished hardwood floors . . . it is a welcoming, modern, comfortable atmosphere. Their wide and interesting selection of Persian and Middle Eastern specialties are extensive. Browse the

aisles to find among more standard imported grocery items, new and interesting delicacies. Imported canned goods, teas, candies, vegetables, nuts and dried fruits, a meat counter with lamb, beef and chicken selections, a frozen case filled with specialties from the homeland. A deli case is filled with prepared foods like hummus and babaghanoush. And the baked goods! The bakery cases are filled pastry, cookies, baklava, zlabiya, awamaat and more. (Don't know what that is? Stop in and ask for a taste!)

Fresh Iranian Tandori bread that is slapped against the side of the oven to bake is available to order (it only takes about two minutes!) Stacks of these flat breads can be seen leaving the store. It doesn't get any fresher than this. They sell about three hundred loaves a day Wednesday through Sunday.



Yas Grocery.

Hot fresh bread coming out of the oven!

Maryam Tabriz has owned and operated Yas for the past six years. After coming to this country form Iran nine years ago, she got a job to learn the grocery and bakery business. As a typical "foodie", her passion was to have a food business. She and her husband Behroz Jamly bought Yas Bakery, a bakery operating for the past 25 years, and they added the grocery and delicacy component. It was an established business with a regular clientele. Her husband still keeps his regular job as a computer engineer.

They employee about fifteen people that operate the different aspects of the business, the bakery, the butcher, the grocery, and the retail counter that offers Middle Eastern CD's and DVD's as well as cooking accessories. As in most food businesses, it's seven days a week and the work never stops. Most of her clients are from Middle Eastern backgrounds looking for quality traditional foods that may be hard to find in the typical mega-mart, though she is drawing more Americans who understand what delights await them inside the store.

Plan on stopping by and check it out, you'll probably end up with at least a box of sweets to bring home to the family, if not more.

he Artful Gift Shop was recently purchased by Peggy James and re-opened on January 1. After surviving in the corporate finance world for twenty years, she took a year or so off and made the plunge into entrepreneurship and bought a business she had a passion for, art. The small shop in the basement of 145 Church has a vast variety of art pieces perfect for a gift, decorate your home, or to wear. Most of the art is on consignment form local artists. Genres range form photography, paintings, jewelry, mosaics, hand painted signs, scarves, antiques and other furnishings and more. The store has a been given a little face lift with a less cluttered look. The displayed pieces are now easier to see and there is more floor space to browse through.

She is still figuring things out. Owning a business is a dream come true, though a lot of work, she enjoys being the boss although right now, she's the only employee. Stop by and say hi, you are sure to find something that catches your eye, most usually do.



ike Burgess is bringing a brand new concept to the Metro area and will be locating it on Church Street. The Pure Pasty Company is taking space next to Bikes@Vienna. Currently in the design and permitting process, the new facility will house the production area and retail counter for the sale of Pasties. So what exactly is a Pasty? First, for all the dirty old men reading this, it has nothing to do with breasts. Pronounced like "past" history with a Y, they are a traditional food of Cornwall in Great Britain. Similar to a Spanish Empanada or Saltena, or a Jamaican meat pie, but bigger like a calzone, it is a short crust pastry dough folded over savory ingredients, usually meat, potatoes and rutabaga. There will be six to eight different varieties produced in the shop. You would be hard pressed to find anything like it in this area. They are popular in Michigan where many Cornish settled in the late 1800's. Now it is time for DC to enjoy them. The goal is to distribute to kiosks around the area. It is an easy to eat delicious meal. We'll be giving you more details in our next issue as he progresses.



I've found it!!!! My perfect luncheon place. The Maple Ave Restaurant at 147 Maple Ave W in Vienna offers small plates (think tapas) and large plate entrees. Meeting one friend??? An opportunity to sample four different small plate offerings. Two friends????? Even better. Last visit...I deferred to my friend (A Maple Ave Restaurant newbie)..."pick 4 dishes...there is nothing on the menu I won't eat". And I wasn't being gracious...I meant it! OK...maybe I did a little steering. The shrimp and grits are a must have. I now consider myself a S&G snob since my daughter attends the College of Charleston. Upon arrival in Charleston, I grab my "Super Senior" and run to one of the many fine low country restaurants and sample some of the finest shrimp and grits known to man. And the Maple Ave Restaurant is as good if not better than its southern counterparts. Fried okra? Amazing. My only previous encounter with okra has been in gumbo. I'm thankful for the reintroduction...I could eat it like popcorn. Crispy and perfectly seasoned. Organic beet salad? Yummy. I'm intrigued with the menu offerings...maybe the the macaroni and cheese could have been a bit cheesier..maybe not. I find it difficult to criticize this ambitious and innovative restaurant. Only once was I able to venture into dessert land (due to an already distended stomach). While in this wonderful "land" I met up with a chocolate filled dumpling nestled alongside vanilla bean ice cream. Caution... have quick access to your napkin as the warm chocolate explodes in your mouth and in my case down my chin. A wonderful experience I hope to revisit...just need to show a little restraint earlier on.

Unfortunately the restaurant lacks ambiance. But I'm in love and when in love we tend to overlook flaws. They're young...just starting out. They occupy the original Anitas on Maple Ave. A starter home...I expect that with continued success they will move to larger "digs". (Alright...that's the realtor in me). For now expect to sit in a classroom type environment. DO NOT SHARE INTIMATE SECRETS...your fellow diner is just inches away!!! The waitstaff is youthful and solicitous. It's fun...it's grassroots. I haven't tried dinner yet only because ambiance is more important to me in the evening hours. After a long day I prefer soft lighting to hide the obvious strain of the day on my over 50 face.

On my last visit I asked about their possible expansion. Yes!!!! Soon they will be adding a martini bar and serving smaller plate samplers in the back. OMG...great food and MARTINIS????? Oh yea...my only concern??? Negotiating my way out of their very tiny parking lot. Don't worry...I'll figure it out!!!!

Welcome in Spring with this Refreshing Cocktail!

A GRAPE CHILL

courtesy of premier bartender AJ Touart at Clyde's of Tysons

2 ½ oz Grape Vodka ½ oz Cointreau ½ oz Sour Mix ½ oz Sprite Squeeze two lemon wedges

Shake vigorously with ice and strain into a sugarrimmed martini glass. Garnish with a lemon wedge. Ahhhhhhh IMPRESS YOUR GUESTS WITH THIS EASY DESSERT!

Stir Fry Mixed Berries with Vanilla Ice Cream

Compliments of Julie & Patrick Bazin from Bazin's on Church

1/2 pint of raspberry
1/2 pint of blackberry
1/2 pint blueberry
1cup sliced strawberry
1/2 cup of simple syrup
(equal parts sugar & water)
2 tbs butter
Valilla Ice Cream

- 1. Add simple syrup to sauce pan and bring to a boil
- Lower heat and add all the mixed berries. Cook for 2-3 minutes until tender but most of berries are still intact.
- 3. Add butter and mix together.
- 4. Pour over vanilla ice cream or your favorite ice cream (Vanilla is best).



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What's New in Home Decorating?

by Denise Willard

2010 is bringing in new home decorating and interior design trends, while carrying over some of the old. For home environments stuck in the doldrums, easy and affordable updates can create a cozy spring haven.

We explore three of the top home decorating trends this spring.

EXOTIC INFUSION

"We're expecting people to stay closer to home this year, so we're seeing a lot of decor inspired by travel to near and faraway places," says Nancy Bohnett, academic director of Interior Design for The Art Institute of Las Vegas. Imagine the exotic places you'd like to visit and be inspired by their native styles.

Yanic Simard, principal designer at the Toronto Interior Design Group, says the trend this year is one that blends elements from Africa, the Middle East and Eastern Europe to combine for a culturally chic look. Simard recommends starting with a neutral color like grey on the walls, which creates a perfect base for bringing in vibrant colors and bold patterns from around the world. And there's no need to stick to just one particular international influence, he says: "You can have [an] African furniture piece mixed with Chinese silk brocade pillows and an Egyptian mother of pearl storage box. That's the beauty of it."

In keeping with this international trend, exotic carpets, such as the faded Kilim are very on-trend whereas last year we were seeing really graphic carpets with bold high-contrast colors. Now the trend is more home-spun and handmade.

Wallpaper has made a comeback and is strong this season with designs inspired by Islamic architecture and infused in vibrant hues like orange, purple and teal. The patterned paper is even being used to decorate ceilings. When you wallpaper a ceiling, it's less of an investment and easier to change down the road.

For those seeking to add a punch with colorful patterns or bold hues, they may consider heeding the call of the wild. Animal prints are back for 2010, but are being used more in small doses, like a zebra-print ottoman or throw pillows worked into a monochromatic scheme. And, velvet reminiscent of far-away kingdoms is emerging as the fabric of the moment, from a covered sectional in one featured look to another with crushed velvet cushions.

Infusing exotic elements into your home has never been easier to implement thanks to the Internet. You don't have to travel far and wide to get the look you desire. You can select items from far and remote locations with the simple click of your mouse.

Eco-Chic Is On the Rise

Increasingly consumers are becoming aware of green alternatives in home decorating. From bamboo kitchen cabinets, recycled countertops and cork or reclaimed wood flooring to eco-friendly furniture and fabrics, homeowners are starting to request more and more environment friendly materials as they modify and upgrade their homes this spring. Popular choices include bamboo, cork and reclaimed wood flooring, no-VOC paint, eco-friendly fabrics, thermal window treatments and energy efficient lighting and appliances.

As we move forward into late 2010 on into next year, we will see this trend expand into new construction



where even more products can be cost-effectively incorporated into a whole green eco-system in newly constructed homes. This future trend will be more farreaching than the current one of retrofitting existing homes with green alternatives.

Nature-Inspired Color Schemes

Soft hues, intricate patterns and fresh scents bring the feeling of spring indoors. As the weather continues to warm and nature starts to awake from its winter slumber, the world around us embraces spring. This time of renewal is also the perfect time to update home decor with the fresh feeling associated with the change in season.

> Home decorthat takes cues from nature and the serenity of the spring season is inspiring designers across the country. This involves an abundance of flowers and greenery, soft color palettes and a feeling of peaceful tranquility throughout the home.

Soft colors are key for spring decorating and you can find inspiration right outside your door. Blossoming flowers present shades of lavender, pink and tangerine. Sky blue coordinates well with the green shades of fresh grass and budding leaves. Warm yellows and browns are inspired by the sun and add a sense of peacefulness

Taking your cue from nature doesn't necessarily mean using only neutral or subdued tones. Get inspired by the proud peacock and add bright, rich jewel tones. We saw this trend emerge around the holidays in 2009 and it continues on into 2010 with teal, royal blue and celadon being key components in color selection. Dress up a basic wall with a piece of art in shimmering blues and greens and highlight a special piece of furniture or high ceilings with a tall vase filled with iewel toned colorful fronds.



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. info@decorbydenise.com 703-714-7343

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The SHORT SALE ...

... get out from under and get to rebuilding.

y now everyone knows that the real estate market is suffering from at least 20% reduction from its high. During that period many buyers were signing up for loans that deferred higher payments to the future. Adjustable rate loans, negative amortization loans and others form the same ilk, along with job lost are now having a negative effect on homeowners. This leaves many homeowners with unaffordable house payments or a home that is valued less than its purchase price. What do you do?

Obviously, if you must sell your home and cannot afford to "bring money to the table" or cannot keep up your mortgage, you are looking at a scenario that you may not want to face. If you are one of these homeowners you may be tempted to walk away, but sticking your head in the sand, never works. For instance, you may still owe the bank or others for liens on the property even after it has been foreclosed and/or repossessed by the bank. Fortunately, there are other options that allow both the bank and the seller to come out ahead.

In lieu of foreclosure another option is a "Short Sale." Just what is a Short Sale? A "Short Sale" is when a lender agrees and accepts less than the total amount of the debt to release the property's deed of trust or mortgage to allow it to sell. A Short Sale can be a Win-Win for everyone. Now be careful, many think, and I have seen it that you will automatically be released of the debt and will end up owing nothing. That is not always the case. However, there are many good reasons to consider a short sale over a foreclosure, especially if there is more than one mortgage or deed of trust.

A short sale done right can save the lender money (legal expense of a judicial foreclosure), bring in a higher value for the seller and the market by having the home sell at a higher value.

Most of all, the seller, as noted in the short sale vs. foreclosure matrix, comes out a winner. First, you may be able to negotiate a lower payment or even no payment under certain conditions until the home sells. Of course, you will need to maintain the property, pay the utilities and other related home expenses. But for that, you get control of the sale, not the bank, and you can stay in your home until settlement. You are also spared the social and financial stigma of being foreclosed on. Your credit is much less harmed and those with security clearances can save them. See matrix.

The buyer can benefit by getting a great value, since the buyer has to be flexible in things like settlement and also gets the opportunity to buy

a home that might not otherwise be able to be sold. The market also benefits because values are consistent with other homes and the house is maintained for the potential buyer and neighborhood.

If a short sale is something you may need to consider there are things to think about.

As you can see from above a short sale effects credit less than a foreclosure. You may be able to buy another home after only two years. Now let's get into how this works: if and only if you get someone who knows what they are doing, you can be released from the loan. It is not always the case. Many lenders, especially the 2nd trust holders will try to keep you on the hook for the remaining balance. But under a short sale, since you have the power of control of the sale, you are empowered to require a release of liability. Your power is only as strong as the banks' interest in foreclosure. This is why a negotiator is key. Today like anytime there are people that try to take advantage of a short sale process for their own capital gain. This is something you need to watch out for and stay away from...

Some buyers will come in offering to buy your home but have an end-game. This investor will only buy if he can find a buyer willing to offer him more money. This action is more commonly referred to as "flipping." If he does not find someone then the investor will just walk away. The investor will then try and take on the bank's negotiator, this is like letting the fox watch the hen house. These folks are trying to make a profit off of other's misfortunes.

The goal is to sell your home, get out from under liability and get started on rebuilding.

- Line and the second	Homeowner Consequence			
Issue	Foreclosure	Successful Short Sale		
Future Fannie Mae Loan – Primary Residence (effective May 21, 2008)	A homeowner who loses a home to Foreclosure is ineligible for a Fannie Mae backed mortgage for a period of 5 years .	A homeowner who successfully negotiates and closes a short sale will be eligible for a Fannie Mae backed mortgage after only 2 years.		
Future Fannie Mae Loan – Non Primary (effective May 21, 2008)	An Investor who allows a property to go to Foreclosure is ineligible for a Fannie Mae backed investment mortgage for a period of 7 years .	An investor who successfully negotiates and closes a short sale will be eligible for a Fannie Mae backed investment mortgage after only 2 years.		
Future Loan with any Mortgage Company	On any future 1003 application, a prospective borrower will have to answer YES to question C in Section VIII of the standard 1003 that asks "Have you had property foreclosed upon or given title or deed in lieu thereof in the last 7 years?" this will affect future rates.	There is no similar declaration or question regarding a short sale.		
Credit Score	Score may be lowered anywhere from 250 to over 300 points. Typically will affect score for over 3 years.	Only late payments on mortgage will show and after sale mortgage will be reported as paid or negotiated. This will lower the score as little as 50 points if all other payments are being made. A short sale's affect can be a brief as 12 to 18 months.		
Credit History	Foreclosure will remain as a public record on a person's credit history for 10 years or more.	Short sale is not reported on a credit history . There is no specific reporting item for 'short sale'.		
Security Clearances	Foreclosure is the most challenging issue against a security clearance outside of a conviction of a serious misdemeanor or felony. If a client has a foreclosure and is a police officer, in the military, in the CIA, Security, or any other position that requires a security clearance in almost all cases clearance will be revoked and position will be terminated.	A Short Sale on its own does not challenge most security clearances.		
Current Employment	Employers have the right and are actively checking the credit regularly of all employees who are in sensitive positions. A foreclosure in many cases is ground for immediate reassignment or termination.	A short sale is not reported on a credit report and is therefore not a challenge to employment .		
Future Employment	Many employers are requiring credit checks on all job applicants. A foreclosure is one of the most detrimental credit items an applicant can have and in most cases will challenge employment.	A short sale is not reported on a credit report and is therefore not a challenge to employment .		
Deficiency Judgment	In 100% of foreclosures (except in those states where there is no deficiency) the bank has the right to pursue a deficiency judgment.	In some successful short sales it is possible to convince the lender to give up the right to pursuit a deficiency judgment against the homeowner.		
Deficiency Judgment (amount)	In a foreclosure the home will have to go through an REO process if it does not sell at auction. In most cases this will result in a lower sales price and longer time to sale in a declining market. This will result in a higher possible deficiency judgment.	In a properly managed short sale the home is sold at a price that should be close to market value and in almost all cases will be better than an REO sale resulting in a lower deficiency .		

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The home, backing to parkland which may be enjoyed from the mahogany deck, is ready for its new owners immediately. For those that want a total custom home, we have the best sites in McLean, Great Falls, Oakton & Vienna with construction starting from \$1.3million.







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Ask the Expert

Our adjustable rate mortgage will soon be up for renewal. We are wondering if taking a new, 15-year mortgage is a good idea. What do you think?

If you have enough equity in your home to qualify for a fixed-rate mortgage, the 15-year plan is definitely recommended. Many borrowers attracted to the 15-year have already owned their homes for several years. They would prefer to shorten the mortgage term rather than extend it for 20 or 30 years. It's a good idea, but the main question you must ask yourself is whether you can afford the higher monthly payment now and for 15 years to come. Of course, interest rates on the 15-year are lower, so that helps.



Recently, interest rates on a 15-year mortgage averaged 4.46 percent, according to HSH Associates, which tracks the rates. That's significantly better than rates of 5 percent to 5.25 percent which were being charged for the 30-year.

Here's an example that will give you an idea of the difference in payments. Because rates change slightly all the time, we'll consider a \$100,000 mortgage at 4.5 percent for 15 years. Your payment would be \$765 a month. Over the life of the mortgage, you would pay a total of \$137,700. On a 30-year mortgage at 5.25 percent, the monthly payment would be about \$552. Over the life of the mortgage, you would pay \$198,720.

According to the Mortgage Bankers Association, the shorter term mortgage is more popular with people refinancing than with home buyers. Only 5 percent of home buyers choose the 15-year. People refinancing, however, are apparently more able to handle the higher monthly payment. Originations of 15-year mortgages at Wells Fargo & Co. are up 55 percent from last year. At J.P. Morgan Chase, 15-year loans now account for 20 percent of refinances, up from 10 percent last year. That's double the number from a year ago.

The 15-year mortgage is usually recommended to everyone who can afford the higher monthly payment. If you can afford the payment, go for it!

Is it time to get off the fence?

There's not much time left. If you are seriously considering the leap to home ownership, we remind you that the window is closing on federal tax credits. First-time home buyers, and those who own a home and are buying another one, have until April 30 to set up a contract with a lender. The mortgage closing can come later, but the approval has to come by April 30. Getting off the fence and under the wire to qualify for the deadline is no small matter. First-time buyers can qualify for an \$8,000 tax credit. Home owners can qualify for a \$6,500 tax credit.

SELLERS SEE MARKET PRICES RISE

Present home owners, including those who want the tax credit for buying another home, will be pleased to know that the real estate market is brightening. They have a better chance of selling their present home in a shorter period of time and perhaps for a little more than they would have received last year.

The National Association of Realtors says sales of existing homes recently rose by 7.4 percent above the same month in the previous year. Though there are still some troubled areas, such as Florida, prices are generally inching up. They have firmed up considerably for middle-class homes in areas with short commutes.

Investors and buyers are scrapping for bargains because they know selling prices are rising.

The recent sales boost is helping real estate companies work through their lists of unsold homes, which have been declining for several months.

AN EXCITING TIME

So many conditions in the real estate market make this an exciting month:

- Spring begins in March. It's the most significant time of the year for real estate buys and sells. People will be out there looking, and the weather will be nice.
- There are bargains available on foreclosed homes and homes that have been on the market for six months or more.
- Mortgage interest rates are still near their lowest point in real estate history, but that situation could soon change.
- Real estate prices are rising, so more buyers are looking to lock in a deal right now.
- Sellers are coming out of the woodwork and looking forward to spring sales!

It's tangible, it's solid, it's beautiful. It's artistic, from my standpoint, and I just love real estate. Donald Trump



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Housing Lower News

NORTHERN VIRGINIA REGIONAL HOME SALES: JANUARY 2010

The Northern Virginia Association of Realtors® reports on January 2010 home sales activity for Fairfax and Arlington counties, the cities of Alexandria, Fairfax and Falls Church and the towns of Vienna, Herndon and Clifton.

A total of 1,006 homes sold in January 2010, a less than one percent increase above January 2009 home sales of 998. Active listings decreased by about 24 percent from last year, with 5,735 active listings in January, compared with 7,545 homes available in January 2009. The average days on market (DOM) for homes in January 2010 decreased by 38.38 percent to 61 days, compared with 99 days in January 2009.

Sales prices rose compared with those realized last year. The average sales price in January increased by about 16 percent from January 2009, to \$437,027, compared with last January's average of \$376,669.

The median price of homes sold in Northern Virginia also rose in January to \$364,000, which is an increase of 13.75 percent compared with January 2009's median price of \$320,000.

The number of pending home sales in Northern Virginia in January shows a slight increase of 2.52 percent at 1,589 compared to 1,550 contracts pending in January 2009.

METRO AREA HOUSING IS ON A REBOUND

Taken from *Trends in Housing*, a joint publication of MRIS and Delta Associates.

A combination of relatively low prices, low interest rates and Federal incentives have continued to buoy the market, and unit sales volume is up 6.7% from the previous quarter and 7.4% from one year ago. Sales volume in the 3rd quarter has even surpassed the 2nd quarter's sales volume, typically the strongest due to the spring home buying season. The Washington region continues to add high-paying jobs, which is fostering housing demand, even as it loses lower-paying jobs. As the national economy gains traction, Washington will see burgeoning strength in the region's housing market.

The Washington Metro area's Inner ring of Fairfax, Montgomery and Prince George's counties (and Falls Church and Fairfax cities) experienced price declines of 0.5% from the 2nd quarter; the average price in the 3rd quarter of 2009 was \$395,463, which is down 8.6% from one year ago. Fairfax County home prices fell 8.6% from September 2008 to September 2009. In Montgomery, prices fell 9.9% over the same period; Prince George's home prices fell 21%.

Compared to the 3rd quarter of 2008, sales dollar volume was up in the Core and Inner Suburbs, and down substantially -2.9% – in the Outer suburbs, which experienced strong foreclosure-driven volume last year. Through September, the number of homes sold metro-wide in 2009 is up 9.1% from the first nine months of 2008, indicating a return of buyers to the market.

As buyer activity has increased, properties are selling more quickly. For the Washington region, homes sold in an average of 81 days, down from 93 days in the 2nd quarter and 101 days one year ago.

Lower prices continue to propel sales volume, and the region persists in working through its inventory overhang. The Washington area has an average of 5.4 months of for-sale inventory at September 2009, down from 7.3 months' worth one year ago. In recent years, Washington area average prices tend to rise when the ratio of inventory to sales is below 6 months' worth. Lender constraints may hinder a quick rise in prices, but the gap between supply and demand is closing in the Washington area.

Home Improvement: Handyman or Tradesman?

To keep home improvement costs at a reasonable level, you have decisions to make.

Electrical work: A licensed electrician can handle anything related to electricity. They cost about \$75 to \$100 an hour. You should hire one for any basic electrical work or anything that involves new wiring in the walls. A good independent handyman has less experience but costs only \$25 to \$50 an hour. He probably has many capabilities. For example, he could not only install a new ceiling fan, he could also paint the ceiling. Franchises, such as HouseDoctors, charge more but are more likely to insure and bond their crews.

Plumbing: Similarly, the independent handyman could not only replace the faucet or install the toilet, but he could replace most bathroom floors as well. His work will cost less than that of a union plumber. But for projects that require new pipes or rearranging pipes under the floor, a professional plumber is your best bet.

Heating and cooling: Depending on the handyman's experience, he could replace the thermostat or a thermocouple, but for actual furnace or air conditioning repairs, call a pro.

General contractor or tradesman? Experts reporting in Money Magazine say a general contractor will handle everything related to a home improvement project. It's a big help if the project includes several subcontractors. He will mark up their fees by 10 percent or 20 percent to cover his own expenses.

If your project requires only one or two subcontractors, you might be able to manage it and save money.

Ultra-thin wall tile also attractive for floors.

Installing tile on bathroom or entry floor can be a difficult and costly venture. Here's a better idea.

Instead of individual tiles, use porcelain slabs. They offer a substantial cost savings for installation. The 1/6-inch to 1/8-inch slabs can be installed right over an existing wall or floor. Some are available in 48-inch to 52-inch sizes.

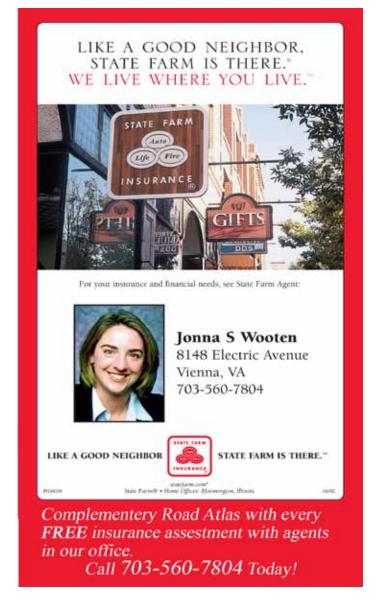
The larger formats on floors or walls provide a very fresh look. They are also a quick fix for counters or cheap wood paneling. The tile is like a laminate or wood veneer but with the substantial look of, say, a slate. They have fewer grout lines, which makes for a more seamless, cleaner look.

For around bath tubs and for kitchen back splashes, ceramic has always been the top choice. Today, tiles can be made of stone, cement, cork, leather or metal, as well as porcelain. All of these tiles are very tough because of they are fired at very high temperatures. Porcelain is less porous than ceramic tile and is even frostproof.

In porcelain, there is practically no surface that can't be duplicated, including fabrics such as linen, lace, satin, velvet, burlap and various leathers.

More unusual uses for tile include:

Line a bookshelf, pave a window sill, or create a frame for a mirror. You could design a tile "rug" for a bath, entry or use it to perk up stair risers. A ceramic-covered table top is attractive as is a tiled bathroom vanity. Tile serves in many ways.



Open-air living spaces can boost the value of a home.

Relaxing and elegant, the new outdoor spaces are features that home buyers love.

According to the U.S. Census Bureau Housing Survey, homeowners spent more than \$40 billion in 2003 improving outdoor areas. Some improvements can fetch 75 percent of the cost when it comes time to sell.

At one time, outdoor living involved mainly a deck with a grill. Today outdoor rooms range from elaborate to simple and there are lots of choices.

At the high end, open-air outdoor rooms can include a full kitchen, dining area, fireplace and television.

New Florida rooms, also called knee rooms, are fully enclosed, climate-controlled, four-season rooms flooded with light from many windows. They often include a door to an open deck.

Finally, fully glassed-in sunrooms or solariums are a favorite to enhance a beautiful view. In cooler climates, sunny days can provide comfortable warmth. In warmer climates, the rooms require special glass so that they don't become too hot in the summer.



Sushi on the Go... literally!

KAITEN STYLE SUSHI NOW AVAILABLE IN TYSONS

ucked between two escalators at Tysons Corner Center where there were once fountains surrounded by bench seating for the weary shopper, a new oasis has emerged. Wasabi is now serving sushi and Japanese cuisine. After a quiet training opening a the end of October last year, the restaurant quickly geared up for the massive crowds of the mall and the upcoming holiday shopping season. It has become a pretty popular place for a quick delicious light bite.

So what's the big deal with sushi in a mall?

Well, two things. First, this is a quality independent sushi restaurant, the second location to its flagship Kaiten store in downtown DC. The menu designed by Chef Miguel Choy influenced by his Asian-Latin American background brings an international style to a location that many times is stereotyped as, well, "the mall". The incorporation of flavorful unexpected ingredients into the clean and simple taste and texture of fresh sushi is a welcome pleasure in what many times is a place surrounded by cookie cutter national establishments.

Next, and probably the most visually obvious is the restaurant design itself. Wasabi has incorporated the Kaiten style of serving sushi. A sleek, quiet, custom built stainless steel finished conveyor belt transports freshly prepared small dishes of sushi and other delights directly to the customers seated at the counter and at booths. Each dish gets a clear cover to protect it from the open mall and is placed on a pad (after a name tag is put on the pad) that carries it around the restaurant. There is a system of marks on the covers to control the length of time and dish is allowed to stay on the conveyor. Quality control is on top of every employee's mind. Each plate is color coded to correspond to one of five price points. The plates range from \$2.50 to \$5. As you pull plates from the conveyor, your tab is calculated by your server as they remove the empty plates. It is a unique site to see, and you may find yourself among the flow of gawkers walking



So what is the deal with this Kaiten Sushi?

Take a sushi restaurant, add a conveyor belt that brings a variety of small plates of freshly made sushi right past your table, and you have a Kaiten-sushi restaurant. Customers usually may place special orders and beverage requests with a staff member, but generaly most simply pick their selections from the steady stream of fresh sushi found on the conveyor belt. Every table and counter seat has access to the belt. The final bill is based on the number and type of plates of the consumed sushi; each plate shape or color represents a certain price as described on a menu.

Conveyor belt sushi was invented by Yoshiaki Shiraishi in the 1950's. As a sushi restaurant proprietor with typical staffing and management issues, he needed an easier way to serve his customers. It is believed he got the idea at the Asahi bresery watching beer bottles flow along a conveyor belt. It

took him about five years to design the right belt at the right speed along with the logistics of incorporating it into a sushi preparation area and counters and tables. Shiraishi opened the first conveyor belt sushi, Mawaru Genroku Sushi, in Osaka in 1958, quickly creating a chain of 240 restaurants all over Japan. However, the number of restaurants was down to 11 in 2001.

In the first restaurants, all customers were seated to face the conveyor belt, but it wasn't conducive to a group of diners who wanted an atmosphere more amenable to conversation. To rectify this, tables were added at right angles to the conveyor belt, allowing up to six people to sit at one table. An unanticipated benefit of this was a reduction in the length of the conveyor belt needed to serve the same number of people.

A boom of conveyor belt sushi restaurants occurred in the 1970's after a conveyor belt sushi restaurant served sushi on the Osaka World Expo in 1970. Another boom started in 1980,

by as they get a glimpse of this unusual and efficient system. The hot prepared dishes like teriyaki and dumplings can be ordered directly from a server who will also bring drinks and condiments to the table.

The conveyor belt came from a manufacturer in Great Britain. Once the demo of the area was done, and the underground plumbing and electrical lines were put in place, the rest was easy. The conveyor came in pieces and was welded together in the shape you see today. Prep equipment and seating all came premanufactured and were essentially just installed in place along the conveyor.

This is the first Kaiten of its kind. While usually housed in a storefront or other building, this restaurant has no walls or ceiling. It is amazing how everything needed is available. The dishwasher is tucked under one escalator and the managers office (more like a cubby hole) is in the other. There are two storage rooms (one with refrigeration) hidden in the "catacombs" of the mall. There is a central prep area where the dishes area prepared by hand by a line of chefs and placed on the conveyor belt. They do use rice balling, and rolling machines to save enough time to get all the dishes needed out in a timely manner.

GM Allen Smith graciously let me follow him around as he prepared to open for the day. Due to space constraints, deliveries need to come daily, particularly the fresh fish which arrives in custom cut large pieces in order to be prepared with as little waste as possible and as little handling as possible. They have the constant restocking of the restaurant down to a science. You may never even notice it.

While they are still tracking trends and flows of their customers, weekends are obviously busier than weekdays. It is a casual place where people tend to pop in and out for a quick bite or to meet a friend. They are now averaging about 5,000 plates a day on the conveyor belt, each of which takes about eight minutes to make the loop... but most probably don't make it that long before being scooped up by a weary shopper looking for a delicious break.

when eating out became more popular, and finally in the late 1990s, when inexpensive restaurants became popular as a recession occurred.

The idea of conveyor belt sushi restaurants made a lot of sense. They are often frequented by value-minded customers and those who may not have much time for a leisurely meal. In Japan, they are popular for families with children. Foreigners tend to frequent them in Japan since no Japanese language skills are needed to read a menu or to order.

A great benefit of the Kaiten style conveyor belt is that you take what you want. There is no danger of leftover food for small eaters or remaining appetite for big eaters due to the endless supply of small portions humming by at the ideal speed of about 3½ to 4 inches per second.

Douzo meshiagare! (Enjoy your meal!)

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but will interest his patient in the care of the human frame, in diet, and in the cause and prevention of disease."

--Thomas A. Edison



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Nearly 40,000 cars a day pass this hometown landmark each day. A good number are sure to stop for a delicious breakfast, a couple chili dogs, a happy hour cold one, or a kid-friendly dinner with the family.

Happy 50th Vienna Inn

he Vienna Inn turned 50 in February, but as we would say to a long lost friend, you haven't aged a bit. Though there may be a different owner, their menu may have been a little updated, and there is no more smoking inside, just take a glance around and not too much else has changed in the last five decades.

In 1960, Mike and Mollie Abraham bought what was then a bar named Freddy's Cafe and renamed it the Vienna Inn. It all started as an ice cream parlor back in 1925, then a drug store with a luncheonette. It was recently purchased by Vienna resident Marty Volk. MIke had passed away in 1999, and Mollie and son Philip were looking to sell it. Marty just couldn't bear to let it change. He had been going to the Vienna Inn his whole life. His intent was to keep the same character and charm the Abrahams had maintained all this time.

Looking around the inside, one can imagine what it was like a few decades ago. The structure has changed very little. In fact other than some of the bar equipment, the white boards instead of chalk boards, and the self serve soda fountains, you would be pressed to see much difference (Just take a look at the bathroom doors that open out into the dining room).

Chili cheese dogs at the Vienna Inn. Love them, like them or hate them, you can't say they aren't part of a long tradition, especially since they're serving up about ten thousand of them a month.

"It's kind of an art", says Megan Monahan. She's been serving up chili dogs for two years at the V.I. "Cheese on top for here, chili on top to go." Here she shows off the latest tray she just prepared for some regulars.



Commonly referred to as the "V.I.", this local landmark has a history any small town business should be proud of. The generosity toward local sports leagues is evident from the shelf of trophies, and the photos of local "celebs" on the wall. It is a true hometown business. The stories of Mike and Mollie's generosity are numerous. Marty is said to keep those same principals. Just ask a regular. If you don't see someone you know when you walk in, you're sure to make a new acquaintance by the time you leave. It is just that kind of place.

Their service is what it is. Friendly staff that will get you what you need, but when it's busy, just get yourself noticed. Drinks and condiments are self serve. The food is old school. Comfort foods to fill you on the cheap, but there have been some healthier and diverse selections added over the years like more salads, a garden burger, and a blackened tuna sandwich. Specials along with the menu are written on the wall. But let's get real, the mainstay are the chili dogs, the chili mac, and of course, top it off all with an order of cheese fries (we're assuming all washed down with a cold draft).

Though the chili dogs may take the fame, the traditional Vienna Inn breakfast may be the best in town. Steak and eggs with hash browns, and maybe sneak in a side of scrapple. That will definitely start your day right. Just make sure you hit the gym that day!

So happy 50th Vienna Inn! Your unrefined charm has kept us returning as long as we can remember. We don't have to tell you not to change, you have that down to a science.



Not much has changed since 1960 (except maybe the white boards instead of black boards)



Mike Abraham through the years at the Vienna Inn





Andrea Schaaf stands in front of Vienna Inn during the Blizzard of '10. They were about the only thing open that day. (For the lucky ones who could get there!)

Sitting by the piano . . . at Maplewood Grill

For years, music lovers have crowded the piano bar at Le Canard in Vienna to hear our local "super stars" sing the hits. Now, the newly named restaurant and piano bar is still packing in the singers and music aficionados offering great meals and live vibes . . . five nights a week. On Wednesdays, Fridays and Saturdays consummate pianist Reinhardt Liebig and drummer Karl Anthony performs for the crowd playing all the favorites. On Monday and Thursday night, New Orleans transplant Terry Lee Ryan dazzles the crowd. Don't be a stranger . . .

e started playing at gigs with his father when he was 13, and by the late teens he was playing with several groups, rock and roll, blues, Broadway tunes . . . music was his way of life from the earliest of memory.

Terry Lee Ryan has called New Orleans home most of his life. With an appreciation for "The Big Easy" and love of music, he spent his years entertaining at some of the town's best spots, including The Marriott Hotel on Canal Street, The Cat's Meow and the legendary Pat O'Brien's. Talent, like water, will always find it's own level, so it comes as no surprise that Terry has jammed with some of music's greats like Fats Domino, and popular singer and pianist Harry Connick Jr. And as if tickling the ivory's without reading music wasn't a feat in it's self, Terry is a fifth degree black belt in an "open palm system", a Martial Art very similar to the Korean form Kuk-Sool-Won. While playing music full time, he has also found a way to operate a school in New Orleans with over 60 students.

Hurricane Katrina put an end to many of the city's businesses and as an evacuee from the devastation, his life was turned upside down by the tragedy. His home underwater, furniture ruined and mold growing 3 feet up the walls he, and his wife grabbed what they could and found his way to Fairfax, VA. "This is our new home."



Listening as he plays a regular gig at Maplewood Grill in Vienna, his wide range of music, from classics to today's hits, keeps most around for the entire show. Arrangements of Sam Cook's "You Send Me," Frank Sinatra's "Summer Wind" and "Walking to New Orleans" are show stoppers. Terry says, "no matter what-I'm always going to be a New Orleanian."

Since arriving here he has built a loyal following and reputation for being "Spot On" wherever he performs. You can find him at the piano on Monday and Thursday nights at The Maplewood Grill. Come enjoy the great sounds and rhythms and bring your singing voice! It's a blast. To hear a sampling of Terry's music, please log on to www.viennavirginia.com and type "Maplewood" in the search key.



ven before they swing the club, you'll know a good golfer by the way they grip the club. There is a confidence and comfort it takes years to develop. Can it be any different with a singer?

Just watching her approach the piano and the way she held her microphone, we all sensed that someone special was about to sing at the Maplewood Grill in Vienna that Wednesday night. And special she was. With Pianist Reinhardt Liebig on the keyboard, we were given a surprise musical performance. Lucky us! Vienna resident Holly Bingham grew up performing in musicals and received her bachelor's degree in Musical

Theatre from Syracuse University. Spending numerous years in local theatres performing such roles as Maria from West Side Story, Christine in Phantom of the Opera, and Julie Jordan from Carousel, she found a home with The United State Army Downrange. She has spent the last 14 years as a soloist with the US Army Band, Pershing's Own, Ft. Myer, VA.

The Army Concert Band indoctrinated Holly her first year by sending her as the lone vocal soloist representing the United States at the Edinburgh Military Tattoo in Edinburgh, Scotland, viewed by millions around the world. More recently, she sang at the White House for President Ford's 90th Birthday celebration. Both

Senior Bush as well as Junior, and most of the White House Cabinet were in attendance.

When Holly isn't performing with the Army, she spends her time performing at major events throughout the area. She is a soloist with the group, Uptown Vocal Jazz Quartet, and others. She has sung backup for Kenny Rogers, Tom Jones, Martina Mcbride, Will Smith, Don Mclean, Usher, Bono, Foreigner, Kathy Mattea, Lou Rauls, Wayne Newton, Kenny Loggins, Sylvia McNair and Dolly Pardon. Most recently Holly had the chance to return to her Alma Mater, as the headliner with the Syracuse Symphony.

When not performing with the Army, Holly works with private students teaching them voice and piano. Currently, Holly is working on a CD project of all original songs, which she hopes to have out within the year. Holly resides in Vienna with her children Hunter, Siena, and Ray.



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METRO UPDATE: Spring brings increased rail construction along Routes 7 & 123

Construction of the Dulles Corridor Metrorail Project slowed as the region endured record snowfalls, but crews are now back at work all along the 11.5-mile corridor of Phase 1 of the project that will connect Reston and Tysons Corner with the Metro's existing Orange Line and downtown Washington.

According to project officials, a project of this magnitude provides ample opportunity to make up for any time lost now that spring is almost here. While crews have moved tons of snow to get to above-ground construction sites, work on the 2,400-foot tunnels that will carry the trains from Route 123 to Route 7 was not affected by the storm.

As March began, crews had completed more than 420 feet of the outbound tunnel. Mining of that tunnel is now complete under International Drive near the Marriott Courtyard Hotel. Construction of the inbound tunnel has also started and is approaching the 200-foot mark.

The rail project is being built by the Metropolitan Washington Airports Authority. Dulles Transit Partners is the design-build contractor. Phase 1 includes four stations in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston.

More changes coming for drivers

Those who work, live, shop, play or simply drive through the Tysons Corner area this Spring will see significant traffic pattern changes as lanes shift all along Route 7 between the Dulles Toll Road and Route 123 there will be detours and lane closings in sections of Route 123, especially near the future Tysons East Metrorail Station at the intersection of Route 123 and Colshire Drive/Scotts Crossing Road.

ALONG ROUTE 123

For example, the right lane of southbound Route 123 from Scotts Crossing to the Capital One/I-495 ramp area is now closed for two years because this space will be used as a construction staging area for the Tysons East Station. Access to Capital One and to the Beltway will remain open. Also, starting in early March those seeking to access the east bound Dulles Connector Road toward I-66 from the McLean area via Route 123 will be detoured because that ramp must be closed for three months. This is the area where the aerial guideway will cross from the Dulles Connector Road to the northwest side of Route 123 where the Tysons East Station is located. Those traveling south from McLean to get to I-66 East will need to make a left at Colshire, right at Colshire Meadow, right at Old Meadow, then right on 123 to the I-66 East ramp. This detour has been approved by VDOT. Please watch directional signs and be extra alert through these detours.

Piers to support the Tysons East guideway are already very visible. In that same area, work will begin soon on the assembly of the structure that is needed to build the overhead track. Details and impacts on the traveling public will be announced soon.

ON ROUTE 7 BETWEEN 123 AND THE DULLES ACCESS ROAD

Along Route 7 in April, mid-block left turns will disappear and significant lane shifts along the eastbound lanes will take place. Most of the service roads on both sides of Route 7 have been closed. Areas that remain open will close in the coming weeks.

Retaining walls can be seen along the south side of Route 7. These walls are being built to support the shifting of Route 7 to allow for rail construction within the existing median.

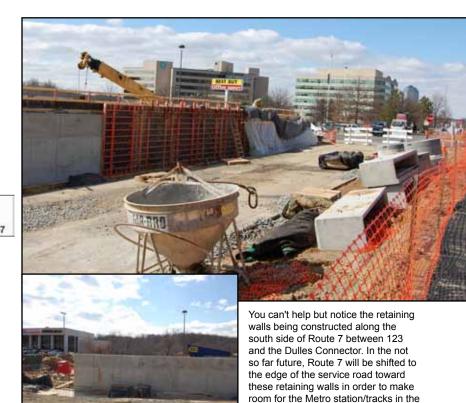
A key benefit from rail construction along Route 7 is the undergrounding of utilities. Power lines have already disappeared in several areas, including in front of Pike 7 Plaza. Over the last two years, 21 utilities have been relocated. But the finishing work continues.

Please use extra caution when driving through the construction areas as lanes can shift and close as needed. If you experience any construction related emergencies, please call the Dulles Corridor Metrorail Project Hotline at 877-585-6789. For further information about the project, please visit the project web site at www. dullesmetro.com or call 703-572-0506.









median of Route 7.

The Future of Tysons

ysons Corner is preparing for change. Forces are in motion to transform our area into something vibrant, new, livable, entertaining, friendly, accessible . . . descriptions few would attach to the current disconnected urban sprawl we have now.

For decades, we have been building outward instead of upward. Land was cheap, energy was cheap and the focus was narrowly based on employment and then retail. Not so much on residential uses and definitely no thought of mixed use. Historically, zoning laws gave us office parks, shopping centers and residential homes, all disconnected from one another. The design resulted in having to drive from one use to the next. Multi-use was not only missing from our planners vocabulary, the thought was frowned upon. As for density, historically zoning laws have been stuck on ratios and setbacks and parking requirements based on a single use per parcel of land. Over the last forty years, this mind set has gotten us into the sprawling mess of disjointed uses, poor traffic planning, and piecemeal development we call Tysons Corner.

Metro will be connecting us to downtown and soon Dulles Airport. Everyone is talking about the Metro and how it will change our area. Many are thinking for the worse, and based on the past, they every reason to do so. A new way of planning and development needs to be embraced. Partnerships are now being ironed out between local government and private developers to set new development standards and the process to use those standards to create the desired vision. In 2008 the Tysons Task Force presented findings to the Fairfax Board of Supervisors from in depth studies and community input on what the results should look like. The Board approved the recommendations and referred them to the Planning Commission.

The Commission established a five member Tysons Committee to lead the efforts to create the master plan changes required. There were numerous studies of public transportation, traffic, infrastructure, and input from land owners, developers, citizens groups and others. There is now a plan that is being reviewed, discussed, and critiqued in public forum. This process will hopefully stay on the path of the Task Force recommendations. Diluting the vision will set the process up to fail. Without the will to keep planned increased densities and incentives to develop the intense mixed use projects needed for a vibrant redevelopment, inevitably we will fall back into scenarios we currently have: too spread out, too disconnected, too much car travel, too little pedestrian access, too few residents to support anything other than our current commuter based uses.

So what is the vision? A drastic change from the mess we have now. A 21st century urban center that manages and addresses the challenges of sustainable growth, provides affordable places to live as well as work, play and shop, maintains and adheres to environmental standards

and goals of green construction, provide, new choices of services and merchants through mixed use development, and provides a vibrant, safe, and enjoyable community for residents as well as visitors. The question is not one of how to limit development; the mind-set needs to change to how do we do it and do it right.

So how do we do it? Transit oriented developments may get three or four times the densities now allowed by right. Everyone's question is, "Where are we going to park and how will we be able to drive?" Again, a change in mind-set is needed. The goal is to manage the growth of traffic by keeping people out of cars. Development that allows people to live and work in the same area, to have transportation available to get around easily and efficiently, and not have to get into a car. The number of high density residential units needs to increase to at least 50,000 to have the synergy needed to support the services and merchants that will occupy the new developments. If high density is abandoned, development will just happen further away and the sprawl and traffic crawl will just get worse.

Think about a hundred thousand cars leaving Tysons at 5 pm or arriving at 9 am every day, all through six ways in and out of Tysons (two ends of 123, two ends of 7, Spring hill Road, and Gallows Road). There is nothing to keep them here. Few live here, outside the malls there is very little to keep anyone around. A new Tysons will have residents, employees and visitors enjoying the amenities and a

Fairfax County is partnering with private developers in helping structure the redevelopment of Tysons, particularly in the transit oriented areas. Developers can submit applications to become a "demonstration project" which will help facilitate the transformation of Tysons by providing a base of development commitments that can be utilized for other future area projects. These demonstration projects will also help the county facilitate the changes needed to the Comprehensive Plan and the Zoning Ordinance to accommodate the new mixed use characteristics. The first demonstration projects will be at the new Metro stations (the first is at Spring Hill and Route 7, by The Georgelas Group). These projects will show how the operation of Metro and the station entrances will be incorporated into the project designs so that there will be seamless access, as well as provisions for bus and kiss & ride service to the station. This mixed use project shown at the right shows a new grid of streets, along with new green spaces. This development is also incorporating at arts & theatre overlay district. Photo from Georgelas Group. www.tysonsdemo.com

In the coming decades, Tysons Cornerwill grow from the 12th to the 6th largest business district in the country. The number of residential households will grow from about 10,000 today to over 50,000. The number of jobs will grow from about 110,000 to about 200,000. Total approved development will grow from around 60 million square feet to over 100 million square feet.

lifestyle that a true urban setting geared to the pedestrian provides, not an empty jungle of concrete and parking lots at 6 pm. "The new plan? It's basically known as urbanism," says Tysons Committee Chairman Walter Alcorn. Buildings set at sidewalks on the street, not set back behind a hundred yards of parking lot. Storefronts, landscaped streetscapes, leisure and cultural activities. Why not grocery stores, doctors, and dry cleaners within walking distance? It can be done.

A successful example is just down the road. Arlington County developed the Ballston corridor with densities that were criticized as too ambitious, impossible to manage, and would be destined to fail. These mixed use projects of retail, office, residential and service uses have been successful due to their high density. Incentives were given to developers to build higher. These mixed use communities are attracting jobs and more residents. There has been no increase in the number of cars on Arlington County roads than there was fifteen years ago. Their main arteries have not been widened to accommodate any anticipated increase in traffic, and there was none. Widening roads doesn't help reduce traffic, it just makes more

cars stuck in traffic, and makes them more difficult for pedestrians to cross. Over a third of Arlington residents do not commute by car and fifteen percent do not even own a car. That would be about impossible in our current situation in Tysons.

The redevelopment of Tysons needs to be taken as a whole. The obvious choice is to allow high densities at the four Metro stations and let everything else pan out for itself. This is in exact opposition to the vision. The entire area needs to be encompassed as one large transit oriented area of integrated communities, not four distinct transit oriented ones. Projects need to be taken at the highest densities possible now. The plans for Tysons will take decades, most of the redevelopment happening between 2020 and 2040. New projects need to be designed with the vision in mind so that projects are integrated with other projects as they happen.

What can we expect as our area is changed? It's not just about tall buildings. The Tysons Committee sums it up well in their draft plan Transforming Tysons". "It is about creating a place in which people are engaged in their surroundings and a place where people want to be." Think accessible urban neighborhoods that have the amenities and needs of residents, workers, and visitors.

- Creating a people-focused urban setting. (Provide diverse/affordable housing, create defined neighborhoods, improve job/housing balance)
- Redesigning the transportation network with a strong focus on transit. (A grid of streets, systems of circulators, discourage cars)
- Placing a strong focus on the environment. (Control storm water, green buildings, open spaces, parks, & trails)
- Developing a vibrant civic infrastructure. (Cultural, recreational, educational, and artistic needs of the communities)
- Enhancing Tysons as the County's major employment center and regional economic engine. (This area will always be a huge employment center and tax revenue generator)
- Creating an implementation strategy that provides the flexibility, accountability, and resources necessary to achieve the vision, including

the creation of an entity to focus on implementing the vision for Tysons. (Create an implementing entity, create a strategy for funding, formation of public/private partnerships).

George Mason University's School of Public Policy's Center for Regional Analysis sums it all up. "The reality of Tysons' future – development of a world-class downtown for jobs and residents - depends on transforming the vision into the Comprehensive Plan... and implementation of good public policy regarding land use, urban design, and infrastructure."

We are currently under the careful eye of urban planners around the country as what the future may entail for many similar suburban emplyment centers. Success or failure, the magnitude and scope of a project the size of Tysons Corner is unprecedented. Are we up for the task? Do we really have a choice? Long term planning with a viable vision to improve our area is necessary. This won't be easy. Traffic will get worse before it gets better. The Metro construction is a nuisance, but it will soon be finished. There will initially be pockets of high density development only near the stations, but that will change over time. Getting the vision right early will give us a path to at least get started. The last thing we want is to be telling our grandchildren how we could have made Tysons Corner a national example of proper urban planning, but didn't, not because we didn't make an educated effort, but because we didn't have the will to see it through.





The Georgelas Group has been selected by Fairfax County to develop the "Demonstration Project". The two primary objectives of the demonstration project are: to inform the comprehensive plan, and to illustrate what a future development may look like under the new comprehensive plan. The Tysons Demonstration Project has been created to illustrate how a project could be developed using the Draft Comprehensive Plan for Tysons Corner. Once adopted by the Fairfax County Board of Supervisors the new comprehensive plan will enable a pedestrian friendly, connected, urban and

Tysons Corner Center, "the mall", has some grand plans to add to their landmark status of the area. Owner Macerich has a vision of combining a successful regional shopping mall with a grand scale transit oriented development. With a timeless modern design, an additional total of 3.5 million square feet of space including four office buildings, 1,300 new residences, 200,000 square feet of service oriented retail (grocery, dry cleaner, street level restaurants, etc), a 300 room hotel, an ice rink, sports courts, play areas, landscaped parks and more. This is all integrally designed with the Metro station being built across Route 123. The result: An all encompassing pedestrian friendly community. Time frame: Multi-phase project over 10-15 years. Renderings from Macerich and RTKL. www.tysonsfuture.com



truly Transit Oriented future for Tysons Corner. Controlling 28 acres of land around the Tysons West station will enable Georgelas to ensure the ability to develop the grid of streets, the green space, the pedestrian friendly streetscapes, inegration of circulator transit, and other amenities that the future of Tysons will have. With a proper mix of retail, office, residential, service, recreational and cultural uses, the demonstration project will create a place that is vibrant for at least 18 hours day. A nice change from today.

Renderings from The Georgelas Group. www.tysonsdemo.com

The former Moore Cadillac site at Route 7 and Westwood Center Drive ,east of the Sheraton Premiere will soon be The JBG Company's Tysons West Promenade. Phase I of the project (the low rise portions) include 250,000 square feet of mixed use retail and office space, including a 50,000 square foot fitness center. There would also be a large parking garage in anticipation of visitors from the West parking and taking transit to other Tysons destinations. This phase may be ready when Metro opens in 2013. Phase Two of the project would require rezoning based on the amended comprehensive plan which includes up to a million square feet of hotel, residential, and office space. There has been an application made to have this site a Demonstration Project with Fairfax County. Renderings from JBG/Rosenthal www.tysonswest.com





AERIAL VIEW OF TYSONS CORNER, THE SILVER LINE, AND THREE MAJOR PROPOSED DEVELOPMENTS

GETTING YOUR BIKE READY FOR SPRING



It is time to get your bicycle out and evaluate its condition for riding. Here are some suggestions on how you can make the evaluation. You'll use your own talents of observation for this examination.

Tires and Tubes

Let's start with your tires. If you have not ridden much this winter then chances are high that your tubes and tires will need attention. The reason for this is that the butyl rubber used for tubes is porous. Tires will lose approximately 10 pounds per square inch (psi) of pressure per week. So the first step is to inflate your tires. Your necessary tools are an air pump and a tire gauge. The recommended pressure for your tires is printed on the side wall of the tire. There will be a range of acceptable pressure, for example, most 26 inch tires will probably say 45-65 psi. As you look for the recommended air pressure examine the side wall of your tires for cracks which indicate weakness. In addition, you should check the tread of the tires for debris, such as glass, thorns, rocks, etc., embedded in them. These are things that might cause a flat in the future as you ride the bike.

A wise step would be to inflate your tires to maximum recommended pressure and allow the inflated tires to sit overnight. Measure the air pressure the next day to get a more accurate indication if the tubes and tires are holding air. By pumping your tires to the maximum you will also find out if the sidewalls will hold pressure. Many times each Spring people bring bikes to us with tires lacking air and assume there is a need for new tubes or tires or both. We inflate the tires and using the overnight test we find no need for replacement. This test takes little time to do at home, but it can result in large savings.

Wheels and Brakes

Stopping is an important cycling attribute. Grasping the handlebar of your bike, lift the front wheel off the ground, and spin the wheel. Watch the rim, not the tire, as you assess how straight (or true) the rim is turning. Wobbles or hops as the wheel spins are indications of issues that need attention. A pronounced wobble at one point in the spin will make braking difficult on a bike with rim brakes. The wobble may be the result of a bent rim, broken spokes, or poorly tensioned spokes. Also look to see if the wheel is centered in the front fork. Many people remove their front wheel to transport their bike and sometimes the wheel is not reinstalled straight.

After observing the spinning front wheel squeeze the front brake lever. Does your action stop the wheel? Does the brake lever feel responsive or spongy? What noise do you hear as the brakes engage? Is there a metallic grinding sound, squealing, or a honk like a goose? These sounds deserve attention. The grinding sound can be the result of metal or glass stuck in a brake pad on a rim brake. The squeal or honk can

signal the need for brake adjustment and perhaps new pads.

Grasp the seat of your bike and spin the rear wheel. Observe the rim looking for wobbles and hops. The rear wheel is more susceptible to broken spokes because more weight rests on the rear wheel. Squeeze the rear brake lever and judge the feel. Listen for sounds as were described

earlier.

If your brakes seem to be totally failing then check your cables and cable housing running from the brake lever to the brakes. Most bikes have cable routing along the frame with stops

that retain the cable housing in position. Housing that has popped out of the stop will result in no stopping power or very weak brakes.

There can be a problem of having brakes that are locked. This is seen many times on a bike ridden by a youngster. Young people lay their bikes on the ground and in picking the bike up they will revolve the handlebars and wrap the cable housing and cable around the handlebar stem. This takes all slack out of the braking system and locks the brake to the rim. The solution is simply to rotate the handlebar and release the entangled cable housing and cable.

Drivetrain, Cables, and Chain

If we have inflated tires and brakes that work then we can do this next step in the evaluation riding the bike if the chain is positioned on the chainrings on the rear wheel and at the cranks. In the driveway or around the block ride the bike listening to the sounds created as you pedal. Quieter is better. Chirping like birds at a feeder indicates you need lubrication on your chain. Clanking with uneven pressure can signal frozen links in the chain. A dragging sound can mean the derailleurs need adjustment because the chain is dragging along the derailleur. Change your gear shift and test the system as you listen.

A dry chain can be annoying to the rider as well as damaging to the bicycle. Too little lubricant means that your drivetrain will squeak and wear prematurely. Lubricate your chain with a bicycle-specific chain lubricant (White Lightning, Pedro's, and Finish Line are examples and please do not use heavy lubricants such as motor oil, lighter is better), one drop on each link. Then shift through all the gears and wipe off the excess with a rag. You do not need lubricant on the outside of the chain. You need it on the bushings and the rollers on the inside. If you have frozen links in the chain, then apply additional lubrication to that area and work the frozen joint moving it back and forth by hand.

Derailleur misalignment is the common cause of the metal on metal noise of the chain dragging on the derailleur or a hopping from one gear to another hunting for a satisfactory location. Cable tension regulates derailleur operation. Stretched cables, cracked or broken cable housing, broken or gummed up shifters, misaligned derailleur, bent derailleur hanger, and loose bottom bracket are issues which should take you to a person with knowledge. Get professional help.

Now is the time

Each year I try to encourage people to check their bikes early in the year and act to have their bike ready for use. This long winter will quickly turn to beautiful, warm days. You can be enjoying those days riding your bike by acting now.

There are many good bicycle stores in our area. bikes@ vienna has consistently been given high marks by our customers in ratings published in the Washington Consumer Checkbook. We would appreciate your business.



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

VIENNA, VA

Ayr Hill Gallery, Maverick Mosaics, Applegate Gallery, The Soundry and Red Caboose Gallery enjoyable and memorable. AAV will sponsor art related events that showcase a wide range of art objects and performance. Look for AAV events coming this spring! To learn more about AAV visit any of our members in Historic Vienna or *log onto our web site to see our events calendar*.

http://www.joanmariegiampa.com/allianceofvienna/

ARTWALKS

- The Walk on the Hill 4/25
- Viva Vienna 5/29
- First Friday Art Walks beginning 6/4

The credit Management Minute...

THE NEW CREDIT CARD RULES: NO MORE UNEXPECTED RATE HIKES, OVER LIMIT FEES, DOUBLE-CYCLE BILLING....

On Feb, 22, 2010: The Credit Card Accountability Responsibility and Disclosure Act went into effect. This act changes many of the anti-consumer practices that were common with credit card companies.

A Few Highlights:

No rate increases for the first 12 months after opening accounts and rate increases only applied to new charges.

Application and Annual fees cannot exceed 25% of your initial credit line.

No more double-cycle billing and a six-month minimum promotional rate period.

No more over-limit fees without card holder permission.

No fees to make credit card payments online or over phone.

Mandatory 45 day notice of pending rate or fee hikes.

Billing statement must be sent 21 days before the due date, and due date should be the same each month.

Payments considered on time when received by 5 p.m. on the due date or next business day after holiday or weekend.

Payments above the minimum must be applied to the highest rate balance first.

Statements must include information on pay off: How long will it take to pay off making minimum payments, total paid, and warnings concerning minimum payments with regard to pay offs.

No credit cards for college students unless co-signed by a parent or they can demonstrate the ability to pay.

More information can be found at: www.whitehouse.gov/the_press_office/Fact-Sheet-Reforms-to-Protect-American-Credit-Card-Holders/

EXPECTING AN INCOME TAX REFUND? BEST THINGS YOU CAN DO NOW WITH \$1,000

You love the idea of getting an income tax refund check from Uncle Sam. But you know that it's really your own money, so

consider these best-advised uses.

- *Stash it. In case of a calamity or job loss, you could need money for six months' worth of expenses set aside.
- * Put it in a stock fund. Blue chips are expected to rise in the next year. Consider one by FMI Large Cap, recommends Money magazine.
- * Buy a new front-loading washing machine. It will save up to \$125 in water and electric costs in the coming year. Rebates of up to \$250 are available. Other energy-saving appliances qualify for the rebate as well.
- * Buy a gym membership. You'll feel good and save money on medical expenses. A person 5 feet 10 inches tall who weighs more than 209 pounds spends an average of \$1,429 more on health care costs in a year than someone weighing 174 pounds or less. For \$1,000, you can buy a year's gym membership and

the services of a personal trainer to advise you on what to do there.

- * If you are age 50 or older, put the \$1,000 into your individual retirement account.
- * Pay the \$1,000 on your highest interest-rate debt. The interest you save, say 18 percent, is the same as getting a guaranteed 18 percent return on any investment. Eighteen percent is now common for credit cards.



FAIRFAX COUNTY NOW AMONG TOP FIVE HIGHEST PAYING COUNTIES IN THE COUNTRY.

According to the Bureau of Labor Statistics, Fairfax County's average weekly wage is now fifth in the nation among counties with populations of 75,000 or more (Fairfax has about a million residents).

At \$1,348, Fairfax is over 60% higher than the national average weekly wage of \$840. Ranked by states, Virginia has the eighth highest weekly wage in the nation of \$899.

Who was higher? Locally Arlington County and the District of Columbia (\$1,423). The rest of the five are Manhattan (\$1,520) and Santa Clara County, CA (\$1,449). Others in the top ten were Fairfield, CT (\$1,316), San Mateo,CA (\$1,309), San Fransisco (\$1,307), Suffolk, MA (\$1,299), Somerset, NJ (\$1,244)

Inflation hasn't ruined everything. A dime can still be used as a screwdriver. -Quoted in P.S. I Love You, compiled by H. Jackson Brown, Jr.

There is a very easy way to return from a casino with a small fortune: go there with a large one. Jack Yelton

MONEYWISE

IS IT TOO LATE TO BUY GOLD?

The per-ounce price of gold rose from \$600 in 2007 to more than \$1,000 by the end of 2009. Investors who don't own any wonder whether they have missed the boat or if they still should buy gold.

Some investment pros suggest the boring 10-year Treasury bond, yielding 3.4 percent right now, could be a better choice. Gold's soaring prices indicate that buyers are hedging against inflation. But bond investors don't seem worried.

Experts writing in Smart Money say a little gold, maybe 5 percent of a portfolio, can provide protection against a decline in the value of the dollar. But gold prices can fall. In 2008, they fell more than 30 percent before they began to rise again. At the same time, yields from bonds fell, but returns from Treasuries did not.

You can buy gold through a fund like SPDR Gold Shares (GLD) or buy gold coins directly from the U.S. Mint. But in the long run, Treasuries could be better.

HELP FOR NEW GRADS THAT DOESN'T COST YOU ANY MONEY

New college graduates will probably live at home until they find a job, that's a given. But the average new graduate owes \$22,500 in student loans, according to FinAid.org. If your kid won't be able to make required payments, suggest this before offering to write checks yourself.

- * Ask for deferred payment. Unemployed or underemployed borrowers may be able to defer paying back federal Stafford or Perkins loan for up to three years at a time. On some loans, the government pays the interest. If your kid's loans are private, ask for a temporary reprieve during which interest accrues.
- * They can pay a percentage. Switch payments on federal loans from a fixed amount to 15 percent of discretionary income, as defined by the Department of Education. Any balance after 25 years is forgiven by the government, 10 years if he or she is in public service.
- * Increase the time. Increasing a 10-year loan to 20 years takes 34 percent off the bill, but doubles the total interest.

WANT TO SELL YOUR LIFE INSURANCE?

Life settlement deals are increasingly popular, not always wise The idea of selling your whole life insurance for a nice chunk of cash can sound appealing. Here's how it works.

- * A broker will offer you a settlement worth a certain fraction of your policy's face value, which is generally more than the cash value amount.
- * The broker then sells your policy to a buyer who will pay

the premiums on the policy. When you die, the policy buyer gets the face amount.

One example given by Smart Money: A 75-year-old man with \$1 million in life insurance might get \$250,000 now from a life settlement. The investors would get \$1 million when he dies.

For some people, the life settlement is a great choice. If they are struggling to make their insurance payments, if their beneficiary or spouse has died, or if they really need the money, it can be a good move.

The life settlement business is growing rapidly. It rose from \$2 billion in 2002 to an estimated \$18-19 billion through June 2009, according to The Economist. Of life settlements made in 2008, more than half of the policies were less then four years

old.

The business is not regulated by the federal government or most state governments. Life settlement companies don't have to disclose how they value policies, what fees they charge or what commissions they pay.

Caution: After a life settlement, you may owe capital gains taxes on the proceeds, and you might not be able to get more life insurance if you need it

How to sell your stuff on the Web

This is a brief rundown of what to sell where and how much it will cost you, according to Michael Miller, author of Selling Online 2.0.

On eBay: Sellers usually pay 8.75 percent of the sales price up to \$25, with a declining percentage on larger sales, plus upfront fees of 10 cents to \$4 or more. This is whether or not the item sells. Some of the best items to sell on eBay: antiques, high-end bicycles, rare collectables, jewelry that is unique, modern or antique golf clubs, high-end skis, and old or collectible items including art.

StubHub.com: Sell concert and sports tickets on eBay's StubHub.

On Amazon.com: Sellers set fixed prices and usually pay a commission of 15 percent (commissions are lower on electronics and cameras), plus a 99-cent transaction fee. On Amazon, you won't have to pay the listing fee if the item doesn't sell. The best items to sell on Amazon include DVDs, CDs, recent electronics, video games and books. Book buyers shop at Amazon.

On Craigslist: Listing items on Craigslist is free. The listings are divided into regional Web sites. Buyers generally come to the seller's home and pay cash. The best items to sell on Craigslist are furniture, exercise equipment, cars, boats, RVs, musical instruments, regular or low-end skis, common golf clubs and electronics. Sell items like toys, hand tools and clothing in lots.

The real measure of your wealth is how much you'd be worth if you lost all your money. -Author Unknown

Poison Prevention Week is March 14-20

More than two million poisonings are reported each year to the 65 Poison Control Centers in the United States.

About 90 percent of these poisonings occur in the home.

Most non-fatal poisonings occur in children younger than age six, but poisonings are also one of the leading causes of death among adults. Congress established National Poison Prevention

Week in 1961. Mr. Yuk, as seen on the right, was conceived by Dr. Richard Moriarty, who created him to help children not swallow poisons. Originally, the skull and crossbones was the universal symbol for poison, but kids related the symbol to pirates and beach amusement parks. The color and design was

developed from focus groups of children. The green color was determined to be the most unappealing to children.

If you have a poison emergency or a question about poisons and you're in the United States, call 1-800-222-1222. This toll-free number will put you in touch with the poison control center in your state. If your child has collapsed or is not breathing, call 911.

1-800-222-1222 is the telephone number for every poison center in the United States. Call this number 24 hours a day, 7 days a week to talk to a poison expert. Call right away if you have a poison

emergency. Also call if you have a question about a poison or about poison prevention. There is now one single telephone number for poison emergencies. BUT there is still a network of 65 poison centers around the country. When you

call 1-800-222-1222 you will still talk to your local poison center experts. You can still find your local poison control center at www.poison.org. Have an old number for your poison center posted on your phone? Don't worry. It will still work. But when you get a chance, post and learn the new number.

When you call 1-800-222-1222, you are automatically connected to the poison center for your area. Your call is routed

according to the area code and exchange of the phone number you are calling from. If you call from a cell phone, you will reach a poison center. Depending on your cell phone carrier, you might reach the poison center in the area where you are or in the "home" area of your cell phone. Either poison center can help you. If you need local assistance but reach the poison center back home, the "at home" poison center can coordinate with the poison center at your current location. You will get the care and information that you need.

POISON PREVENTION:

Medicines:

- Turn on a light when you give or take medicines and always read medication directions.
- Keep medicines in their original bottles and store in a safe place where they can't be reached by children or teenagers.
- Don't take medicine in front of children, since they often try to copy adults. When giving children a medication, never call it "candy."
- Caution guests not to leave drugs where children can find them and don't leave your own next dose on the bathroom or kitchen counter.

HOUSEHOLD CLEANERS AND CHEMICALS:

- Keep chemicals, cleaners and beauty products in their original containers.
- Always read the label before using.
- Never mix cleaning products together. Doing so could produce toxic gases.
- Wear clothing that covers the skin when you spray pesticides or other chemicals.
- Open the windows and use a fan when using chemicals in the house.



WHATYOU MUST KNOW: Steps to take when poisoning is suspected

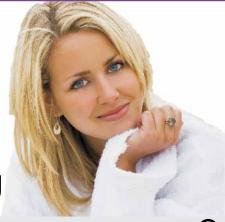
The Centers for Disease Control and Prevention has this important information for you.

If you suspect that a child or adult has ingested poison, first, always remain calm.

- 1. Call 911 if the victim has collapsed. If the victim is not breathing, call 911, then give mouth-to-mouth resuscitation.
- 2. If the victim is awake and alert, call the Poison Control Center at 1-800-222-1222. It is open 24/7.
- 3. Be prepared to give the victim's age and approximate weight.
- 4. Describe the substance. Read from the container if available.
- 5. Never make the victim vomit unless instructed to do so by Poison Control.
- 6. Give your address and phone number. Stay on the phone for instructions from the emergency operator. The specialist may need to call you back.



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Malbec . . .The Perfect Red Wine for Both Winter and Spring

By Tomme Casmay/Classic Wines of Great Falls

t's winter...No, it's spring. Well, what is it? The answer is that it's both. March and April might just well be the two most schizophrenic months of the year. March tries not to let go of the winter chill, and April tries to be May. It's chilly and warm one day, then warm and chilly the next. So, what wines do we drink? Well, with the newness of spring in the air, why not explore one of the wine world's newest favorites—Malbec from Argentina.

Ten years ago, it was almost impossible to find any good wines from Argentina on your local wine shop shelves. Chile was all the rage. Everything was Chile, Chile, and more Chile. However, today the reds of Argentina, and especially Malbec, have taken the American wine market by storm. Malbec has almost single-handedly put the wines of Argentina on the map. Argentina, not Chile, is

the largest producer of wine in South America and Malbec is its signature grape.

American wine drinkers periodically go on a love fest with certain grapes. Back in the early eighties, Americans, on a per capita basis, just didn't drink that much wine, when compared to the rest of the world. We were a cocktail and beer drinking country, by and large. Then, the White Zinfandel craze started. Regardless of what you personally may think about White Zinfandel today, it is still wine and suddenly, millions of people who didn't consume wine previously where buying the semi-sweet blush wine by the case. Other wine

the semi-sweet blush wine by the case. Other wine crazes followed. When in the late eighties and early nineties, it was determined that moderate red wine consumption was good for your heart, Merlot became the new fashion wine. The movie "Sideways" introduced Americans to the wonders of Pinot Noir. And now there is a new favorite, Malbec from our South American neighbor,

Argentina.

So, just what is Malbec? Well, it is a French red grape grown primarily in Bordeaux, where it is used as a blending grape with Cabernet Sauvignon, Merlot and Cabernet Franc. It is also grown in Cahors, a minor wine region to the east of Bordeaux, where it is the main grape. Ho-Hum...Sounds pretty unexciting to me so far. But wait; now let's travel to Argentina and its main wine growing region, Mendoza,

about 600 miles directly west of Buenos Aires, the capital, on the eastern slope of the Andes. Where in France, Malbec is not much more than an afterthought; in Argentina, it is the king--their flagship grape.

Argentine Malbec is sophisticated and sensual, much like the people of that beautiful country. The grape is versatile in that it can be made into a charming medium weight wine, or into wines of a more robust, full bodied style. The main export of Argentina is beef (damn, their beef is good); and Malbec, as you might expect, works very well with most beef dishes, and is especially steak friendly. From a flavor perspective, I would describe Malbec wines as offering a mixture of red cherry, raspberry and blueberry flavors.

Argentine Malbecs are not overly earthy wines, but rather more forward in their fruit presentation with mild, integrated tannins. Unlike Cabernet Sauvignon, which lends itself to aging in big oak, Malbec prefers a more measured oak

exposure, where the prettiness of the fruit is allowed to show. It is an easy transition to Malbec for the Merlot lover.

"Fine Tomme, that's all well and good. But give us some recommendations"...Well, here they are, and I've tried to keep my recommendations in the reasonable price range—all are under \$25.00 retail. All the choices are from the 2007 vintage, which was touted as one of the best in recent memory from Argentina.

Viejo Isaias Classico Malbec 2007 (\$12.99) An intense deep red almost purple color with aromas of plum and fig. Mixed berry flavors on the palate with a finish that is silky and long.

Quite full bodied in the mouth. The label on this wine is also beautiful. It has a simple, elegant rose adorning its front.

Finca El Reposo Malbec 2007 (\$13.99) This wine offers blackberry and red cherry on the nose with lots of rich berry fruit and nutty notes on the palate. The finish is smooth and round. It is a fun, quaffable wine, which is more on the medium bodied side.

Antis Malbec Reserva 2007 (\$15.99) A beautifully balanced wine from "fore to aft" (I love using nautical

terms). The wine is deep crimson in color with red cherry aromas. The flavors are a mixture of red cherry and blueberry with balanced oak in the background. Full bodied with a long, hearty finish.

Don Manuel Villafane Malbec Reserva 2007 (\$17.99) The wine shows a dark violet color with a nose of rich cherry and plum. It is full bodied with flavors of blackberry, coffee and even a note of chocolate. This wine shows quite a bit of oak and is just perfect with red meats and heavy cheeses.

Catena Malbec 2007 (\$22.99) The Catena family has been producing high quality Malbec wines for over 100 years in Argentina. This wine lives up to its heritage. It is a big wine with plenty of balanced oak notes. The wine is quite exotic, with some floral notes on the nose and flavors of cherry, raspberry and currant. Let it breathe a bit after opening.

Well, there it is...Any of these fine, reasonably priced Malbecs is sure to ease your transition from the dark chill of winter into the sunny warmth of spring. Choose one or two to accompany that first juicy steak off of the grill this season.

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.



Viva Tysons Readers' Special from Classic Wines of Great Falls!

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Please mention this ad for specials. Cannot be used with any other offers or discounts. Offers expire 04-30-10.



"Steinway" - loved by Lee Guy in Vienna.



"Eva" with newborns - from Arlington



"Minnie" - From Vienna



"Pumkin" - loved by Andrea in Vienna.

Got a "Super Pet" picture?

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

SAVE MONEY WHILE LOVING AND CARING FOR YOUR PET

(ARA) - Pets are members of our families. They are our best friends and love us devotedly.

Pet care can be a major line item in the family budget, as food, medicine, grooming tools and toys aren't cheap. But there are ways to save money on pet supplies while keeping your pet healthy, happy and looking good.

- * Check the mailbox for fliers, inserts and community newspaper ads from pet stores in your vicinity. You may score a discount on food, treats or grooming from a neighborhood merchant or a national chain.
- * Look in the back of your local area phone book for coupons, which are typically valid for a long period of time. If you check the phone book when it first arrives at your house, you may have an entire year to redeem some of the discounts. * Contact the companies that manufacturer your favorite pet brands and sign up for their mailing list. Be sure to include your e-mail address. That way, you'll be able to receive coupon codes to use online as well as coupons for preferred products to bring to your local brick and mortar store.
- * Keep up with preventive maintenance, and shop online for prescription pet medicines through CouponHeaven.com. Most online pet pharmacies offer free shipping, and you can save even more with pet prescription coupons that are valid for heartworm medications, flea and tick preventatives, and more.
- * Use the power of the Internet to save on most pet items. The exception to the rule is pet food, which is often too costly to ship because of weight. Shopping online allows you to browse different stores, comparing the quality and prices for all of your pet supplies, like a bed for your dog, a tank for your fish, toys for your cat or a kissing mirror for your bird just to name a few. When you use CouponHeaven.com to find coupon codes for pet products, you can save money on the purchase, or get free shipping.
- * Buy food in bulk at the discount stores. Yes, you will have to find an appropriate storage space, but the cost per ounce will be much cheaper, and you'll also save by not making as many trips to the store.
- * Take care of your pet's grooming at home whenever possible. If that won't work for your family, consider asking your groomer if there is a customer loyalty program for discounts on services or treatments.
- * Make sure your pet gets the appropriate amount of exercise, which contributes to overall well-being and cuts down on potential vet bills.

Happy pets make happy pet owners, and you can be even happier by combining pet care and cost-reducing strategies, especially in today's economy.

"Don't accept your dog's admiration as conclusive evidence that you are wonderful." ~ Ann Landers

"There is no psychiatrist in the world like a puppy licking your face." ~ Ben Williams

"To err is human, to forgive, canine" ~ Anonymous



A Local Guide to Pet Services

"We can judge the heart of a man by his treatment of animals."

~ Immanual Kant

There are more quotes and stories on the affection and place for animals in our lives than one can imagine. But suffice it to say "A house is not a home without a pet."

In our Tysons community, we are privileged to have so many dedicated professionals who spend their days and energy focused on bringing our friends the best care and services.

Consider the following: Despite the recession, spending on pet care and products in the U.S. has increased nearly five and a half percent since 2009, and the same is projected in 2010. According to APPMA statistics on spending ("Pet Industry Statistics and Trends"), Americans spend more on their pets year after year. In fact, the pet industry is the second largest retail market after consumer electronics. That's \$52 billion per year! Woof!

We have searched around the area to bring a listing of local pet service providers: veterinarians and hospitals, groomers, boarders, walkers and sitters and trainers. There are a great number available to us, and we tried to be as complete as possible. These providers have been listed on the following pages by what we thought was the most significant category for them, though almost all of them provide multiple types of services and products. We hope this is a help, and please remind any merchant you may choose where you saw them listed and thank them for being a help to your companion animals. Feel free to remind us if we missed some one.



Vets and Hospitals

Adams Mill Veterinary Hospital

10205 Colvin Run Road, Great Falls, Virginia 22066 (703) 757-7570 www.ourvets.com

Located just a few miles West of Tysons Corner, this animal hospital chooses to limit itself to professional services, they leave the grooming, boarding, and training to other specialists. Here the focus is the medical well being of your companion animal. They believe that proactive medicine and preventative intervention through client education and initiatives results in the most responsible and cost effective treatment program available. This facility is equipped to handle all of your companion animal's healthcare needs from the routine exams to the most serious of surgeries to geriatric counseling to dentistry and more.

Animal Dental Clinic

410 Maple Avenue West, Vienna, Virginia 22180 (703) 281-5900 www.adcva.com

Specialists in dental and oral surgery for your pet. Working closely with your primary veterinarian, they provide the advanced dental and oral surgical needs that your pet may need. Their mission is to provide a total pet oral health care environment with superior customer service, ensuring that the needs of the pet, the client and referring veterinarian are met. Radiological, lab, and anesthetic services are all available on premises.

Blue Cross Animal Hospital

8429 Lee Highway, Fairfax, VA 22031 703-560-1881 www.bluecrossaanimalva.vetsuite.com

Blue Cross is a full service facility dedicating its services to provide client education in the prevention of diseases and injury and educating their clientele on how to raise their pets to enjoy a long and healthy life. Blue Cross offers laser surgery. The CO2 laser can be used for most soft-tissue surgery, including spays and neuters, declawing of cats, and removal of many tumors or masses. The result of using the laser for these types of surgery is reduced swelling, blood loss, and pain. Additional services include micro-chipping and tattooing, grooming and boarding.

Dunn Loring Animal Hospital

Mobile facility at Old Dominion and Spring Hill Roads (703) 573-7464 This full service veterinary hospital used to be located next to the post office in Dunn Loring. Losing their lease in December, they have continued their practice in their regularly used mobile veterinary exam vehicle located in Mclean for appointments.

Falls Church Animal Hospital

1249 West Broad Street, Falls Church, VA (703) 532-6121 http://www.fallschurchanimalhospital.com/

A full service veterinary facility on Route 7 in Falls Church. It is the mission of the Falls Church Animal Hospital to provide quality professional care to the pets to which we are entrusted. Recognizing that their clients' pets are members of their family, they consider it an obligation to treat them accordingly. They offer the fullest array of medical and latest diagnostic services, treatments, and surgeries. Nutritional, and geriatric counseling as well as an onsite pharmacy and lab, in addition to grooming,

and boarding services, round out their offerings.

Georgetown Pike Veterinary Clinic

9891 Georgetown Pike, Great Falls, VA 22066 703-759-4410 www.qpvc.com

Since 1979, Georgetown Pike Veterinary Clinic has served the Great Falls and surrounding community with devoted and compassionate full service veterinary medical and surgical care for small animals. Located in the Great Falls Center, Georgetown Pike Veterinary

Clinic strives to provide the best care

available and will not hesitate to refer your pet to a veterinary specialist if needed. "We recognize the trust and confidence placed in us by our patients and owners, and we are serious about becoming 'your other family doctor'." They encourage your questions, plan to spend time with you, inform you of all the alternatives available, and handle emergencies immediatley.

Great Falls Animal Hospital

10125 Colvin Run Road, Great Falls, VA 22066 703 759-2330 www.greatfallsanimalhospital.com

Great Falls Animal Hospital has been providing compassionate state-of-theart veterinary care since 1963. As Fairfax County has grown, so has the depth and range of small animal veterinary services provided. Their eight licensed veterinarians and team of technicians & assistants have over 100 years of combined professional experience. The hospital's in-house laboratory, surgical suites, isolation ward, and other facilities enable them to provide immediate and extensive veterinary services.

The Hope Center for Advanced Veterinary Medicine

140 Park Street SE, Vienna, VA 22180 (703) 281-5121 www.hopecenter.com

Their motto is advanced care:24/7, compassion:365. Pet emergencies, like human ones, can often happen outside regular office hours, but still need immediate attention. Working as a team, The Hope Center's staff and your primary care veterinarian ensure that your pet's medical needs are met 24 hours a day, 365 days a year. In the middle of the night, on weekends, or on holidays, they offer the outstanding emergency care your pet deserves and your veterinarian recommends. For over three decades, The Hope Center has been the choice of over 60 veterinary professionals for emergency-care referrals. They rely on the training and experience of the center's staff and fully state-of-the-art facility to meet the needs of their patients. Within the same building, there are several specialty practices for cardiology, oncology, opthamology and more. This complete package will ensure your pet is provided with the best medical expertise and procedures available anywhere.

Hunter Mill Animal Hospital

2935 Chain Bridge Rd, Oakton, VA 22124 (703) 281-1644 www.huntermillanimalhospital.com

The only animal hospital in Oakton we could find. Conveniently located on Route 123 in the heart of Oakton.

McLean Animal Hospital

1330 Old Chain Bridge Road, McLean, VA 22101 (703) 356-5000 www.mcleananimalhospital.vetsuite.com

McLean Animal Hospital is a full-service veterinary medical facility, located in in the heart of downtown McLean. They are committed to promoting responsible pet ownership, preventative health care and health-related educational opportunities for their clients. Their full staff of doctors is dedicated to the overall well being of your pet offering a full array of medical and diagnostic services. Professional grooming and boarding is also available.

Oakton-Vienna Animal Hospital

320 Maple Avenue East, Vienna, VA 22180 703-938-2800 www.ovvhpets.com



where more serious treatments are needed, they are a fully equipped facility capable of surgery, lab work, radiology, ultrasound, dentistry, pain control and more.

Old Dominion Animal Health Center

6719 Lowell Avenue, McLean, VA 22101 703-356-5582 www.odahcenter.com

A premier vet clinic of Northern Virginia. For over 35 years, Old Dominion Animal Health Center has provided state-of-the-art dog and cat veterinary care, combined with outstanding pet boarding services. Wellness services include nutrition analysis, grooming, annual exams and training. Full featured boarding on premises. Eight full time doctors are on staff. Medical services include soft issue, orthopedic, and dental surgery, geriatric care, full diagnostic capabilities including ultra-sound, endoscopy and digital radiology. A full line of pet supplies and pet themed gifts are available on premises as well.

Pet Lovers Animal Hospital

10969 Fairfax Blvd, Fairfax VA 22030 703-691-2873 http://www.petloversvet.com/

A full service vetinary facility offering routine wellness, dental, vaccinations, blood work, spay and neuter, orthopedic surgery, radiographs, blood work and ultra-sound consultations. In addition, Eastern holistic treatments are offered including acupuncture, Chinese herb diet therapy and homeopathy. Having both Eastern and Western treatments available, and being able to use a combination of these Eastern and Western methods profides a more effective and successful treatment.

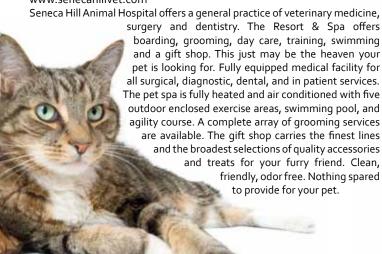
The Veterinary Holistic & Rehabilitation Center

360 Maple Avenue W, Vienna, VA 22180 703-938-2563 http://vetrehab.org

The Veterinary Holistic & Rehabilitation Center provides the highest quality holistic, veterinary rehab, and pain management services available for dogs, cats, birds, and exotics. Their goal is to improve the quality of life of each of their patients and to strengthen and prolong the bond shared between patients and their guardians. They offer non-invasive therapies in a warm, compassionate, and home-like environment where your pet feels comfortable and at ease. Each patient is evaluated by Dr. Kim Danoff, a licensed veterinarian certified in canine rehabilitation, acupuncture, and reiki. An individualized treatment plan is formulated based upon the condition and needs of your pet, and then your pet's progress is closely monitored by Dr. Danoff. Seeking alternatives for her patients with terminal illnesses and conditions that are non-responsive to traditional medicine, she has found through her experience that the best outcomes occur when "complementary" therapies are integrated with more "traditional" treatment plans.

Seneca Hill Animal Hospital Resort and Spa

11415 Georgetown Pike, Great Falls, VA 22066 703-450-6760 www.senecahillvet.com





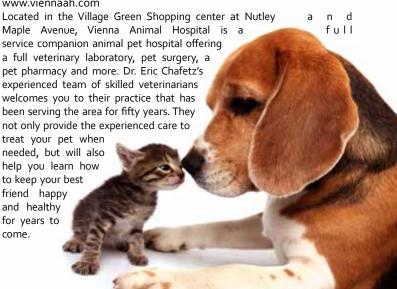
Tysons Corner Animal Hospital

8496 E Tyco Road, Vienna, VA 22182 703-893-7030 tysonscorneranimalhospital.com

In the Heart of Tysons Corner, they offer medical, surgical, and dental veterinary care, as well as boarding and professional grooming. With an inhouse pharmacy, lab and access to specialists, their facility offers a one stop for your pet's health and medical care. Free drop off service is available to have your pet treated and pickup up on your way home from work. The hospital was founded in 1955 with Dr. James Davidson assuming ownership in 1981, continuing to provide the highest standard of vetinary care for your pet.

Vienna Animal Hospital

531 Maple Avenue West, Vienna, VA 22180 (703)938-2121 www.viennaah.com



Pet Food/Nutrition

Great Dogs of Great Falls

9859 Georgetown Pike, Great Falls, VA 22066 703-759-3601 www.gdogf.com Professional grooming services, nutritious food and treats, toys, leashes, clothing, decorative items and much more.

Organic Doggy Kitchen

1061B West Broad Street, Falls Church, VA 22046 703-532-PETS (7387) www.organicdogs.com
Organic Doggy Kitchen is dedicated to producing healthy dog treats with high-quality, organic ingredients for your dog's optimal health. Their treats are free of preservatives and artificial colorings. A healthy diet plays a significant role in your dog's health and wellness.

Wylie Wagg

7505 Leesburg Pike, Ste. 120A, Falls Church, VA 22043
703-748-0022 www.wyliewagg.com
Wylie Wagg is a family-owned business with a solid belief that success is built on personal relationships and individual experiences. Each and every customer -- two-legged and four -- is important to us. If you live near one of our three store locations, please stop by for a visit -- with your pet, of course!

Booth Feeds

8455-L Tyco Road, Vienna, VA 22182 (703) 821-1206 http://www.boothfeeds.com/tysons.php Founded in 1973, Booth Feeds is still family owned and operated. With six retail locations in Northern Virginia, Booth Feeds is a convenient and reliable source of pet, horse, bird, livestock, and wildlife feeds and accessories.

Petco

1929 Old Gallows Road, Vienna VA 22182 703-448-3401 www.petco.com They have it all. The mega-mart for all kinds of pets and supplies.

Profeed of Vienna

234 Maple Avenue E, Vienna, VA 22180 703-242-PETS www.profeedpet.com Providing premium quality organic pet food, toys, treats, and all the supplies you need to take good care of your four-legged companions.

Walkers/Sitters

Alternative Pet Care

9912-D Georgetown Pike - First Floor Great Falls, VA 22066 703-766-6182 www.alternativepetcare.com Sitting/Walking/Medicate/All kinds of pets

Fetch! Pet Care of Vienna

Ben and Sue Oremland

703-677-8069 vienna@fetchpetcare.com

Fetch! Pet Care of Vienna is locally owned and operated. We maintain a staff of pet-sitting professionals in your local neighborhood to provide loving care for your pet's customized needs. Call Ben to take care of exercising your dog, call Sue to get you on an exercise program at Healthy Investments in Vienna.

A-Plus Pets

PO Box 825 McLean, VA 22101 703-752-6161 www.a-pluspets.com Quality pet sitting and dog walking services

Happy Yaps

www.happyyaps.com
Full care walking and sitting services

KSR Pet Care

PO Box 198 McLean, VA 22101 - 0198 703-945-5045 www.ksrpetcare.com Professional Pet sitting, Dog walking, Pet Taxi.

The Next Best Thing Pet Care

P.O. Box 458 Oakton, VA 22124 703-200-2470 www.thenextbestthingpetcare.com Walking/Sitting/Taxi/Medicate/Etc

Petcare at Home

www.petcareathome.info Walking/Sitting/Overnight/Medicate

Lots of Love Dog Sitting

703-534-PETS or 650-814-3434 www.lotsoflovedogsitting.com Overnight pet/house sitting, walking, dog & cat care

Boarding

Doggie Daycare / Dogs Day Out

2800-A Gallows Road Vienna, VA 22180
703-698-DOGS (3647) www.adogsdayout.com
Offering the LARGEST daycare space & the lowest prices in the
Nation's Capital & Northern Virginia. Cage-Free Dog Daycare,
Boarding, & Certified Grooming.

Dogtopia

8528-F Tyco Road, Tysons Corner, VA 22182 703-821-0700 www.dogdaycare.com/tysonscorner/ Dogtopia's goal is to be a central location for dog lovers - with a professional grooming salon to help your dog look their best, a boutique carrying hard to find and exclusive dog items, a spa with a self-serve dog wash, and of course, the daycare.

Grooming

Vienna Pet Spaw

101 Church Street, Vienna VA 22180 703-319-7729 www.viennapetspaw.com

At Vienna Pet Spaw, you wash your pet in a clean, comfortable environment. We give you all the tools you need to make your pet sparkle (or at least smell great). In short, you and your pet get great bonding time, while we clean up the mess. Running short of time? We'll wash your pet for you! Full/Self Service Dog Wash, Professional Grooming, High Quality Pet Foods and Treats, Accessories, Gifts, Toys.

Dog World Pet Salon

515 Maple Avenue, East, Vienna 703-281-7668



Horner's Corner Pet Salon

703-560-2299 www.hornerscornerpetsalon.com Vienna's Premier Animal Grooming Spa

Bubbles Mobile Pet Grooming

www.bubblesmobilepetgrooming.com 703- 887-8231 At your home dog Grooming Services

Training

Rudy's Friends Dog Training Positive Motivational In-Home Training

703-395-9450 www.rudysfriendsdogtraining.com

C&C Pals

703-876-0284 7790 Willow Point Drive, Falls Church, VA 22042 www.positivekgtraining.com

Cooperative Paws LLC

veronica@cooperativepaws.com 703-489-6452 Private Dog Training and Behavior Consulting

Waste Removal

Doody Calls

1-877-339-5341 www.doodycalls.com

Local owners Jacob and Susan D'Aniello have been making Northern Virginia yards cleaner and grass greener since 2000.

Non-Dog/Cat Listings

Vienna Aquarium and Pets

303 Mill Street Vienna 22180 703-242-0553 www.viennaaquariumandpets.com Specializing in Fish. Aquariums, ponds, supplies, food.

Wild Bird Center

2914 Chain Bridge Road, Oakton, VA 22124-3001 (703) 319-9453 www.wildbird.com/franchisee/oak/home Helping you enjoy your favorite backyard birds to the fullest with popular holiday gifts, feeders, quality seeds and suet, houses, bath, squirrel baffles, binoculars and more!

American Bird Company

7219 Lee Highway, Falls Church, VA 703-536-2473 www.americanbirdco.com

For twenty-five years, they have dutifully served the needs of parrot-lovers throughout the DC area. They provide the healthiest and happiest baby parrots from their own breeding facilities. They also maintain a huge inventory of the best bird supplies offered at excellent prices. Serving a growing community of people who realize that parrots are highly-intelligent companions that need a healthy environment, balanced nutrition, social interaction, and - like their human companions - a highly dose of affection in order to thrive.



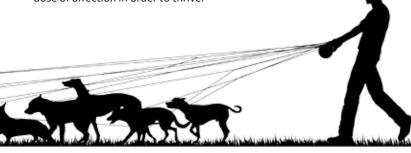
When Merlin needed his trachea repaired, Anne knew where to take him. The same place that enucleated his eye and pinned his broken leg. The Hope Center's surgical department provides life-saving and life-enriching surgical procedures for your pet.

Now Anne just has to worry about what Merlin might get into next, and not what her plan is if he does. If you ever encounter an emergency or need specialist veterinary care, do what Anne did and put your pets' paws in our hands.



24/7 Emergency • Internal Medicine • Ophthalmology Oncology • CT Scanning • Cardiology • Nutrition Acupuncture • Surgery • Neurology • Physical Rehabilitation

HopeCenter.com 703-281-5121 140 Park Street SE Vienna, VA



A *Guide* to Some of Our Area's Best Parks

n important part of every community is their recreational and leisure space. As was discussed in the Future of Tysons article earlier, green space is a key component to keep a development welcoming, aesthetically pleasing, inviting and comfortable. Part of being home. A neccessity. Without our beloved parks, things would become sterile and lifeless. Whether a patch of grass in the sun for a picnic, a relaxing view of a pond, a hike in the woods, or just a quiet bench in a peaceful grove, we depend on the availabilty of these spaces for needed down time from our hectic schedules, whether for relaxing or playing or exercising.

We are so lucky to have the many parks that we have. In this issue we have highlighted some of the more popular, some you shouldn't miss visiting, and some very special that always need to be mentioned. Please browse through the list and think about stopping by one near your home or work. We take many of these parks for granted, sometimes not even remembering they are there. That would be a shame.

GREAT FALLS PARK

Probably the most significant natural attraction in the DC area, Great Falls Park is not to be missed. At Great Falls, the Potomac River builds up speed and force as it falls over a series of steep, jagged rocks and flows through the narrow Mather Gorge. The Patowmack Canal offers a glimpse into the early history of this country. Great Falls Park has many opportunities to explore history and nature, all in a beautiful 800-acre park only 15 miles from the Nation's Capital. Catch Ranger walks and talks on the weekends, take a stroll along the trails, or just be hypnotized by the sight and sound of the rushing water below. Entrance on the Virginia side at Old Dominion and Georgetown Pike.



THE TURNER FARM

The Turner Farm offers a unique mix of educational and recreational facilities including a celestial telescope and educational facilities, horseback riding and jumping facilities, totlot, picnic area, trails and nature observation. This peaceful and serene 52-acre park is located on the site of a former dairy farm. Its rolling pastures and dairy barn complement the semi-rural community of Great Falls, Virginia. The land was saved from development by a public/private partnership started in 1994 to "Save-the-Farm." The Turner Farm's entrance is on Sprigvale Raod at Georgetown Pike. The park entrance is on Springvale Road. The park is open dawn to dusk except for speciality, after-hours events hosted only on Friday nights by the Annalemma Society (www.analemma.org) There are no entrance fees and no onsite park staff.

NOTTOWAY PARK

Located at 9601 Courthouse Road in Vienna. At Nottoway Park, you can play tennis, basketball or volleyball, garden, picnic, work out on the fitness trail, or enjoy the quiet solitude of our wooded nature path. The tennis courts may be reserved for a small fee, by calling 703-938-7532. A picnic shelter and picnic area may also be reserved. During the summer months, Nottoway Park hosts Nottoway Nights, a series of weekly, free public concerts featuring a variety of musical acts from across the United States and around the world. Hunter House, a turn-of-the-century historic mansion located on park grounds, is available for private and corporate rental. It was the residence of immigrant John C. Hunter. From 1921 to 1940, the property was a winery, producing the wine "Virginia Maid." Surrounded by 84 acres of parkland, the stately mansion can accommodate 75 indoors and 150 with rental of the formal lawn and a canopy. It is air conditioned and has central heat.

RIVERBEND PARK

Tucked away in a remote river setting, Fairfax County Park Authority's only riverfront park has over 400 acres of forest, meadows, and ponds. Trails include a 2.5 mile portion of the Potomac Heritage Trail linking national and regional parkland. Kayakers and canoeists can enjoy exploring many islands in the Potomac River. Serious anglers and families can bring a boat or fish from the shady riverbank. Nature highlights include spectacular river views, beautiful wildflowers and birds. Park grounds are open from 7am to dusk, hours posted. Gates are locked at closing time. Facilities include a visitor center with snack bar, gift shop, exhibits and riverside picnic area.

A new exhibit which examines one of the rarest biological ecosystems



on the East Coast, known locally as the Potomac Gorge, as well as the first native people who called the shores of the Potomac River home. The exhibit highlights the creation of local floodplains, rocky cliffs and narrow valleys carved by the erosive forces of the Potomac River. Find out about the Paleo Indians known for their skills as big game hunters and the ancient lands of Fairfax County that once were covered by ocean and volcanic islands. Discover ancient cultures and learn about the land 500 million years ago by looking at rocks. Of particular note is a totem pole designed and carved by Rose Powhatan, an American Indian. Powhatan's heritage includes Tauxenent Indian and Pamunkey, two Virginia tribes indigenous to this area.

GREAT FALLS GRANGE PARK

Located at 9818 Georgetown Pike in Great Falls. The park, in the heart of Great Falls, has baseball/softball fields, a picnic area with pavilion, and a small tot lot. The Grange Hall and Schoolhouse are available to rent for weddings, parties, and meetings. The Great Falls Grange Hall, built in 1929, served as a center for town assemblies, fund raisers, and carnivals. Available for meetings, weddings, receptions, art shows, theatrical productions, and other social events and corporate events, it is the Park Authority's largest rental facility with a capacity for 200. This two-story structure also has a stage and kitchen facilities. Adjacent to the Grange Hall is the Old Schoolhouse. Built in the 1890's, the building has been a school, church, library, bank and private residence. It accommodates 49 people. Both the Grange and the Schoolhouse have central heat, but no air conditioning.

SOME TOWN OF VIENNA PARKS

GLYNDON PARK (300 Glyndon Street, NE) is located on the north side of Maple Avenue on Glyndon Street. This 11 acre park has two lighted tennis courts, basketball court, ballfield, picnic area with pavilion, playground equipment, walking trails and restrooms. There are three parking lots and three sheltered areas. The park pavilion which has a capacity of 75, eight tables and one grill, may be reserved for picnics by contacting the Community Center.

MEADOW LANE PARK (400 Courthouse Road, SW) is located on the corner of Meadow Lane, Ware St. and Courthouse Rd. This 3.43 acre park has two-lighted tennis courts, basketball court, ballfield, playground equipment, restrooms, and pavilion. The park pavilion has a capacity of 75, eight tables and one grill, and may be reserved for picnics by contacting the Community Center.

NORTHSIDE PARK is located at the end of Glyndon Street on the north side of Maple Avenue. This 26.58 acre park is undeveloped, but is a pleasant area for nature walks and family picnics if one can do without restrooms. Open dawn to dusk.

SOUTHSIDE PARK (1315 Ross Drive, SW) is located on Ross Drive and is the site for Babe Ruth baseball, men's slow-pitch and coed softball

and youth football games. Playground equipment, a sand volleyball court, a basketball court and restroom facilities are also available at this park. This 17.25 acre park has two parking lots and one shelter. There are no reservable areas.

BRANCH ROAD TOT LOT is located at the intersection of Locust Street and Branch Road SE. This .62 acre park has playground equipment for children ages 2-5. There are no restrooms at this park.

PETERSON LANE PARK is located on Malcolm Rd. NW and is jointly operated and owned by the Town of Vienna and the Fairfax County Park Authority. This 5.45 acre park has a playground, basketball court, open fields, walkways and a parking lot.

MOOREFIELD PARK is located at 700 Courthouse Road adjacent to Nottoway Park. This 9.99 acre park has on-site parking with walking trails connecting to Nottoway Park. This is also the site of the Vienna Dog Park.

SARAH WALKER MERCER PARK is located at 247 Nutley Street NW. This new neighborhood park is situated on the corner of Nutley and Knoll Street. The park is approximately 3/4 acre with a walking paths, seating areas, rain garden, lawn area and lush landscaping. Dedicated in November 2007, this park was the former site of the Public Works property yard. The park is for passive use. Open daylight to dusk.



Located at 1659 Chain Bridge Road in Mclean. This large park provides numerous sports fields, tennis courts, open spaces, playgrounds and is home to the farmers market from May to November as well as Mclean Day in May. There is space for personal ardening plots. A perfect venue for groups.

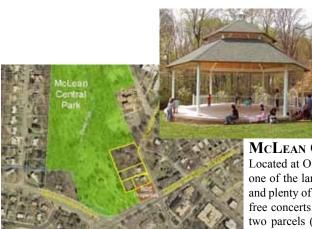
THE WASHINGTON & OLD DOMION TRAIL

The 100-foot-wide W&OD has been called "the skinniest park in Virginia." But it is also one of the longest parks, 45 miles of paved trail for walking, running, bicycling and skating and 32 miles of adjacent gravel trail for horseback riding. Built on the roadbed of the former Washington & Old Dominion Railroad, the multi-use W&OD Trail runs through the urban heartland and countryside of Northern Virginia.



SCOTTS RUN NATURE PRESERVE

You won't find a closer waterfall hike to the Metro DC area. One mile from the beltway on Georgetown Pike, the Scott's Run Nature Preserve is a little piece of wilderness saved from urban sprawl. Originally the Burling Tract, it avoided development in the 1970's when the owner donated it to the pPark Authority, and was renamed the Dranesville District Park. Today it is known as the Scott's Run Nature Preserve. There are extensive trails ranging from challenging to dificult. The water from Scott's Run originates in the vast gravel layer that lays uner the Tysons Corner area (there used to be a gravel mine where the mall is). Peaceful and relaxing, the hike down to the river and back is very rewarding. The rugged nature of the park contrasting with the fragile beauty of the indigenous wildlife makes a visti all the more worthwhile. On Georgetown Pike just outside I-495.





McLean Central Park

Located at Old Dominion Drive and Route 123, McLean Central Park, this 25.5 acre park is one of the largest open spaces owned by the park authority. There is a gazebo, picnic areas, and plenty of open green space in front of a large wooded area for playing and relaxing. Enjoy free concerts in the park in the Spring and Summer. The Park Authority recently purchased two parcels (shown in yellow) to buffer the park from any future dense development and funds are being provided to repair and stabilize the stream erosion.

MARIE BUTLER LEVEN PRESERVE

Arboretums are gardens that focus on trees, and the Park Authority's arboretum focus' on native trees! With the assistance of Earth Sangha, a local, not-for profit organization that is interested in restoring practical environmentalism to Fairfax County, an arboretum is being grown on the Marie Butler Leven property. Begun in April 2004, the 20-acre Marie Butler Leven Preserve on Kirby Road in McLean, Virginia is currently being transformed into an extensive native plant collection, organized to form a living field guide for the plants of Fairfax County.

Some projects that are planned for the Preserve include:

- Installing a native pollinator garden with the assistance of high school volunteers
- Creating a demonstration rain garden with the assistance of partners from Northern Virginia Soil and Water Conservation District and Virginia Department of Forestry with a grant from the McLean Citizen's Association
- Recreating an Oak-Hickory forest with specimens of every species of oak and hickory native to our region
- · Planting a natural spring with a variety of native plants that might give homeowners an idea of what to do in their own gardens

CLAUDE MOORE COLONIAL FARM

Visit a 1771 farm at 6310 Georgetown Pike. When you visit you will encounter the farm family as they go about the tasks necessary to make their living from the land. Although they do not actually live here, park staff and volunteers dressed in period clothing portray the tenant farm family and work the land as if it were their own. Please ask questions, and in keeping with the spirit of recreating the past, you will be answered as if you were visiting in the 18th century. Visitors are also welcomed and encouraged to help the farm family with their chores; the family is grateful for all the help they can get! The year 2010 marks the 37th anniversary of the Farm's founding, and the 29th year that the non-profit organization, The Friends of The Claude Moore Colonial Farm at Turkey Run, Inc., has successfully managed the Farm as the only privately operated park in the National Park system



MEADOLARK GARDENS

This year 'round 95 acre Park has large ornamental gardens and unique plant collections. Complete with walking trails, lakes, more than twenty varieties of cherry trees and an extensive collection of foliage, you're sure to discover the magic and wonders of nature. See birds, butterflies, and native wildflowers, and enjoy walking tours and concerts. Meadowlark's Atrium, with its indoor garden offers a popular setting for meetings, weddings and receptions. The Gardens are open year round and is 80 percent ADA accessible. A picnic area is open beside the gardens for visitors, gatherings and family picnics. 9750 Meadowlark Gardens Court, on Beulah Road.



A VERY UNIQUE PLAYGROUND... CLEMYJJONTRI PARK

A very special place where children with and without disabilities can play side-by-side sharing the fun, excitement and thrills in a playground unlike any other in Fairfax County located at 6317 Georgetown Pike. To the casual observer, the playground at Clemyjontri Park looks like an ordinary playground, with swings, slides and play equipment fun to climb on, under and around. A closer look will reveal that some of those swings have high backs for children who need extra support. Instead of standard transfer platforms there are ramps to the elevated play components. Pathways between equipment are wide and colorful, and the ground surfaces are non-slip and porous designed to provide a greater level of access for children. There is something for everyone -children will be able to find something to climb on, touch, read, do or create. Children will enjoy the challenges of balance and depth perception on the playground's balance beams. A mini-track can be used to race, playhouses and cubbies offer pleasant spaces for social interaction while also allowing children seeking quiet or separate areas to play in smaller groups. The playground is open daily from 7 a.m. to dusk, year-round. The 18 acre parcel was generously donated to the Fairfax County Authority by The Lebowitz Family. The name CLEMYJONTRI is derived from the donor's four children: Carolyn (CL), Emily (EMY), John (Jon), and Petrina (Tri).



Sahtein! Middle East Dining Guide for Tysons!

Looking for the perfect Grape Leaves? Hummos? Kibbeh? Here's a small sampling of where and what:

The Lebanese Taverna: Very "chic" and stylish, this Middle Eastern restaurant is a Washington institution for Lebanese cuisine. A great line up of classic dishes served up by very attentive servers who know the flavors and the region. A great choice for celebrations or those "special occasions." An out-door café for al fresco dining when weather permits. 1840 International Drive, McLean, VA 22102 703-847-5244 www.lebanesetaverna.com

Al Nakeel: This Vienna Café/Market is all about Middle Eastern Delights. Grape Leaves to die for (Only \$4.00/Doz to go!) A menu featuring Falafel, Baba Ghannouj, Fettoosh Salad, and of course, Kibbeh. A complete line of Groceries, Meats (Halal) and Bakery Delights. 340 Maple Avenue West, Vienna, VA 703.938-4220 www.alnakheel-cafe.com

Lebnan Zeman: Open till the wee hours of the morning, Lebnan Zeman is a genuine as they come. A full line-up of Lebanese dishes and the constant aroma of Shisha (Hookah) in air. Don't let the décor fool you. The food is fabulous. 8411 Old Courthouse Rd, Vienna, VA 22182 703-748-1400 www.lebnan-zaman.com

Tigris Café: Mowafak "Mofi" Alshagra, knows how to season his lentil soup... lemons, just like my mom. And the hummus, tabbouleh and falafel (sooo... tastey, right out of the fryer).. is some if the best in town. Amazing kebabs. Lucky Oakton. 1946-P Chain Bridge Road, Oakton, VA 703.255.5950 www.tigrisgrill.com

YAS Bakery and Grocery: Now open on Church Street, this Middle Eastern bakery and grocery market is full of top of the line Persian and Middle Eastern delights. An in house bakery and pastry shop offers eye popping and succulent pastries...Always fresh. A huge selection! 137 Church Street, Vienna, VA 703-242-2800 www.yasbakery.com

Kazan Restaurant: Genuine Turkish Cuisine-Lamb Shish Kebab, Kazan Beef Yogurtlu, and the delicious doner kebab...Perfect. Try the special orange baklava... serving our area since 1980. 6813 Redmond Drive, McLean, Virginia 22101 703.734.1960 www.kazanrestaurant.com





A Tysons landmark in the "Toilet Bowl" building at 123 and Old Courthouse with the two big Chinese lions guarding the door, Hunan Lion is closed. No one has been able to find out why, but rumors are that the lease finally came up. Another independent restaurant down for the count. . . We mention last issue that ISHK, an Indian banquet restaurant with continental cuisine, was opening in the old TGI Fridays space in that same

building, well it may be a while. They are still in demo mode as of March. We'll see . . . Vienna Inn turned 50 in February. Happy Birthday! What is there to say but we hope to see you at 100. Like the "V.I." or not, you can't deny it is a true Vienna

institution. Mmmmm, chili dogs. Narita, the sushi restaurant by the Subway on Old Courthouse is currently being remodelled. Word is it will still be a Japanese/Sushi restaurant Not many choices around our Viva Tysons office, so when I find something I like I want to share. Kudos to The Italian Gardens on Leesburg Pike, for a surprisingly excellent Italian sub, plus they deliver across the death trap we call Route 7. I never would have guessed. Say hi to Jose Maple Ave Restaurant just became the first and

Restaurant just became the first and only green certified restaurant in Vienna. A sampling of the things that go into this certification: Recyclable carry-out containers, no Styrofoam, use of local sustainable food, use of natural light sources, and they recycle their fryer grease into bio-fuel. Congratualtions Tim and Joey. Word has it that they will soon be opening the rear portion of their building as a martini bar serving their small plates. Now if they could just find a way to expand their parking lot The Georgelas Group has been chosen by Fairfax County to be a Demonstration Project for the new vision of Tysons. A demonstration project will be used to help mold the comprehensive plan and zoning ordinance to set standards and procedures for the vast amount of high density mixed use that will be built as part of the total redevelopment of Tysons

Corner. Stay tuned and see the article in this issue Why

have so many furniture stores popped up in the area? **Trivett's**

at the old World Market, Furniture Brand Outlet at Linens and things (has recently closed), England Furniture at the old Eastern Motors, Abu at Circuit City by mall, La Mina - Tysons Design Center at the old Moore Cadillac. I guess we are supposed to need furniture in a bad economy The Artful Gift Shop at 145 Church has a new owner, Peggy James. Stop by this basement shop filled with a variety of artistic pieces from furniture, to paintings, to photographs, jewelry, and more Yas Grocery bought the building and has moved to 137 Church Street from the alley next to Bikes@Vienna. What a difference! An exquisite place. Get some of their fresh flat bread made to order (only two minutes) Going into half the old Yas Grocery space at 128 Church is The Pure Pasty Company. (Pronounced like "past" history with a y on the end for you dirty old men). This will be the first of its kind in the

region. A pasty is a folded over savory pie from Cornwall in great Britain, similar to an Epanada but bigger like a calzone, that is traditionally filled with meat, potato and rutabaga, but there will be a variety of flavors. Look for them to open in May Well, it finally opened Walgreen's had a soft opening in January, just a sign in the window at 225 West Maple Avenue in Vienna. It is one of the largest Walgreen's in the chain and they have done a beautiful job with it. Now who will open in the spot next

to them? Kaiser Permanente is coming to Tysons. They recently purchased the Russell building at 8008 Westpark Drive, a 235,000 square foot building formerly housing **Unisys**. This is part of their \$2 billion expansion in the Washington Region that will provide a health care presence to the future planned development coming to Tysons. It will house primary care physicians, a pharmacy, imaging services, an urgent care center and more. It should bring a couple hundred employees to the region when it opens **Prospects Sports Training** is open at 8500 Tyco Road. Transforming this former MCI data center building has provided training and instructional space for future Major Leaguers. At 24,000 square feet, it offers another athletic option to the shrinking availability of fields in the region **1st stage** wins Helen Hayes Award for Outstanding Emerging Theatre company in January. The award will be presented April 5th at the Warner theatre and JW

What We Hear Around Tysons

Marriott hotel in DC. Congratulations! Their latest production is "Humble Boy" running through April 18. www.1ststagetysons. org **Dunn Loring Animal Hospital** lost their lease next to

the Dunn Loring Post Office on Gallows Road in December. They are now seeing our furry friends from a mobile exam facility at Old Dominion and Spring Hill Roads in Mclean. Limited house calls are available Orvis is moving across the street next to Game Stop in the Pike Seven Plaza shopping Center on Route 7. . . . Jammin Java is apparently in search of new digs. What they have as a respectable premier mid-Atlantic music venue isn't enough. Their thought is to find a second location closer to Arlington or DC to appeal to their Gen-X, Y, or Z market, or whatever those of us with grey hair obviously aren't. They are ideally looking for 3-5,000 square feet, so let them know Montego Bay Seafood Grotto on Tysons Blvd by the Galleria has shut its doors. The economy, the rent, the lack of nightlife to keep people around, yadi yadi yada. It's a shame. We hear there is another nearby looking for investors to stay open, we won't burst that bubble yet A beautiful dance of Spain, Flemenco, is now being taught in the only Flamenco studio in Mclean by Lee Schneider. "Just Flamenco" operates small classes and private lessons out of his Evans Farm home in a professionally appointed studio. Focus is on introduction and beginner classes, castanets and footwork. Email him at leesflamenco@gmail.com for more info and class schedules The development plan for the Marco Polo Restaurant proposed by John Sekas has been withdrawn due to "market

conditions" and "the complexity of the project" (probable translation: along with a bad market, dealing with the Town?) This is a definite setback in getting Vienna's commercial corridor revitalized and redeveloped. Hopefully some thinking outside the box on how best to set development standards and new zoning changes on under utilized properties will happen.

Unfortunately, the Sekas proposal was to set some precedents that other developers were waiting to act on. I guess there'll be some more waiting I am letting out a personal secret- the

new Safeway on Anderson Road just off 123 near 66 in Mclean - why aren't more people there? I have never found the crowds like the Giant or Whole Foods, they have a great variety of prepared foods and wine, and this may be the cleanest and nicest looking grocery store you'll ever shop in. You heard it here. Your loss if you don't check it out The results are in! Vienna's Cafe Renaissance - Open Table's most romantic restaurant in the DC area as voted by over 400,000 diners in the survey based on regional markets. It also won top ten honors in food, service, ambience and more. Congratulations! . Ristorante Bonaroti in Vienna made top ten in Special Occasion and Best Service category and Assaggi Osteria in Mclean made top ten in Neighborhood Gem category in Metro Area. Bueno! . . . The Dolly Madison Library in Mclean is now closed for renovation for about a year and a half. It will end up being about twice its current size with a better parking lot layout.

Temporary space in the Mclean Square Shipping Center won't be ready until May, so try getting of downtown Vienna. He will be sorely missed to Tysons-Pimmit or Great Falls Libraries in the interim Patrick Bazin has introduced his new spring menu at Bazin's on Church in Vienna. New starters include a Roasted Portabella Salad, Risotto Balls, Mussel Gratin, and seasonal entrees include Monkfish, Mahi Mahi, Double Thick Pork Chops. Mmmmmm . . . Goodbye to another local business. Myer Emco is liquidating its stock and shutting down. This premier audio/visual chain was the place to go for hi-fidelity. I remember browsing the store drooling as I listened to speakers i couldn't afford way back when . . . Finally, how about that snow? The

> novelty wore off pretty quick. Need we say more? Please forward any news or notable tid-bits of Tysons information to comments@vivatysons.com, we really love hearing about it and printing it! By the way, no one ever pays to be in this column, it is all up to the staff to decide. Have something really juicy? You could be our next "deep-throat"! Let us know!!



Harold Richards is retiring after 32 years with the Postal Service has been a wondérful staple by all along his route. Good Luck!



Is this Kiev in 1981 or Vienna, VA in 2010.? Giant, like most grocery stores were cleaned out during the snow storms.



"I decided to give up my demand for a TV in my bedroom. How about an ATM instead?"

toilet paper

Whats dumb?

Instructions on toilet paper.

Whats dumber than that?

Reading them.

Whats even dumber?

Reading them and learning something.

Dumbest of all?

Reading them and having to correct something you've been doing wrong.

Can you figure it out?

- This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it? It looks so plain you would think nothing was wrong with it! In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out! Try to do so without any coaching!
 - Gaze at this sentence for just about sixty seconds and then explain what makes it quite different from the average sentence.

 Quick! What is it?
- Your in a place called Bobby's world and there is only one Law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?

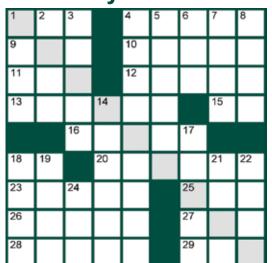
To solve a sudoku, you only need logic; no math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle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

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

There is a barrel with no lid and some wine in it. "This barrel of wine is more than half full," said Curly. "No it's not," says Mo. "It's less than half full."

Without any measuring implements and without removing any wine from the barrel, how can they easily determine who is correct?

Boy's Club Crossword



Across

- 1. Sports
- 4. Old enough
- 9. Hold up
- 10. Golfer's accessory
- 11. Wrigley Field flora
- 12. Bridge positions
- 13. Gentlemen: Abbr.
- 15. Objective male

pronoun

- 16. Pilgrim's
 - destination
 - 18. " the People..."
 - 20. Cardinal number
 - 23. Poppy product
 - 25. Beehive State
 - native
- 26. Flood embankment

- 27. Pilot's announcement, for short
- 28. Provides food
- 29. "Help!"

Down

- 1. Fedora feature
- 2. Amble
- 3. Deep cavity
- 4. Defeats
- 5. Debacle
- 6. Beast of burden
- 7. Invader of the
 - Roman Empire
- 8. Gaelic
- 14. Went on
- 17. Chills and fever
- 18. Lobo
- 19. Fencing sword
- 21. "Beetle Bailey" dog
- 22. Grasslands
- 24. "___ got it!"

The title is a clue to the word in the shaded diagonal.

Health Word Search



AFFORDABLE
CHILDREN
CHIP
COBRA
DOCTORS
DRUGS
GAP
IMMIGRANTS
INSURANCE

KENNEDY
MALPRACTICE
MEDICAID
MEDICARE
OBAMA
PARTISAN
PREVENTION
PRIMARY CARE
PRIVATE

PUBLIC RATIONING REFORM SENIORS SMALL BUSINESS TAXES TORT

Look at the chart below and say the COLOR of the word, NOT the word itself.

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

LEFT-RIGHT CONFLICT = HEADACHE!
Why is it so difficult? Because the right half of your brain is trying to say the color, while the left side of your brain is trying to say the word.

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I am seven letters long - 1234567.

My 123 is a vehicle. My 2345 was a pop group. My 456 is a piece of luggage. My 567 changes every year. What am I?

Not so Easy until you see the answers!

Complete this sequence of letters: o, t, t, f, f, s, s, _, _, _.

Which is the longest word in th English language?

I am a rock group that has 4 members, all of whom are dead, one of which was assasinated. What am I?

What are the only 2 states that have their state name in their Capital? Farmer Brown came to town with some watermelons. He sold half of them plus half a melon, and found that he had one whole melon left.

Which does not belong in this group: Apple, Grape, Banana, Cherry, Pear

How many melons did he take to town?

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Four cars come to a four way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

If you were running a race, and you passed the person in 2nd place, what place would you be in now?

Mt Everest was discovered in 1956. What was the tallest mountain before this discovery?

If a farmer has 19 sheep, and all but 7 drop down dead, how many sheep does the farmer have left?

A man is looking at a photograph, and his friend asks him who the picture is of. The man says "Brothers and sisters, I have none, but this mans father is my fathers son. Explain?

If there are three apples, and you take away 2, how many do you have? How many members of each animal did Moses take on the ark?



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





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- 3. That's it! You're done!

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

It's free!















FUN PAGE ANSWERS

Ε	8	S	Ε		٦	Е	Α	S
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α	0	>	Ш		Ш	Д	Ш	Е
В	œ	_	Σ		Μ	0	Τ	Н

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8 7 7 9 7 8 4 6 9	7	9	6	2	3	9	8	4	1	
	6	3	4	2	8	9	2	1	7	
0 2 2 4 1 1 9 8 8	8	7	1	9	2	3	4	6	5	
	6	2	5	4	1	7	9	8	3	

PARAGRAPH: The letter "e", which is the most common letter in the English language, does not appear once in the long paragraph.

SENTENCE: It contains every letter the alphabet.

BOBBY: Everyting in Bobby's world must contain double letters in each word.

If the bottom of the barrel is visible then it is less than half full. If the barrel bottom is still completely covered by the wine, then it is more than half full. WINE BARREL: Tilt the barrel until the wine barely touches the lip of the barrel

SEVEN LETTER: Cabbage

The number's 1st letter: e,n,t(8,9,10) SMILES - there is a mile in the middle. Mt Rushmore Oklahoma City and Indianapolis

Banana - the only one you have to

Yesterday, Today, Tomorrow The all take right turns 2nd Place - You didn't pass first place! It was still Mt Everest.

He is looking at his son

No. If he has a widow, then he is dead. None. Think Noah.

2010 HOROSCOPE

MARCI

ARIES: Money matters dominate your March considerations. It pays to stay on your toes in this area of your life. Check out your insurance. Examine your income tax return and review other financial documents.

TAURUS: Let your imagination run wild when you think of how you would improve your workplace and your job routine. Write down all of your ideas, both good and not-so-good. One of them could be important.

GEMINI: You need to get grounded in reality.

Realize that everything you think you see or that you feel is not real. Wait for more information before you draw conclusions.

CANCER: A personal challenge has come your way, no question about it. Remain strong in your convictions at work as far as honesty and ethics are concerned. At home, take a softer tone and consider both sides.

LEO: Share another person's joy when a fortunate occurrence turns up. Sometimes that can be difficult if good fortune seems to shine more on someone else. But stop. Think. You have many blessings in your life.

VIRGO: You could find an air of excitement surrounding you in March and April. Take it in stride and don't let unwise moves disrupt your most important relationships.

LIBRA: Instead of being upset when an unexpected situation occurs, be it at work or at home, look for advantages the situation could bring. Relax, enjoy and live in the moment.

SCORPIO: You've been thinking about your health situation and what you should do about it. Remember that it's almost never too late to incorporate a healthier lifestyle. You know what you have to do.

SAGITTARIUS: It's good to be dedicated to your work, but it's wise to keep doing the things you enjoy. Don't get so busy that you can't get together with friends to go to a movie, play cards or watch a game.

CAPRICORN: If your life seems too dull and full of routine, take heart. The full moon on March 29 will bring romance into your life. Plan on it. Take advantage of it with your partner or that special someone.

AQUARIUS: A new venture or a new project at work could turn out to be surprisingly successful. You are capable of pulling it off. Let your experience and creativity lead you in the right direction.

PISCES: You are making inroads in an area formerly closed to you. You haven't changed but the atmosphere has. That could mean that your ideas will be more readily accepted. Make the most of the opportunity.

APRIL

ARIES: Take a walk! The stars are not asking you to leave, they really do want you to take a walk in order to improve your health. April is a great month for walking and outdoor sports. Attack your health challenge.

TAURUS: You're the go-to guy at work. Sometimes it feels great. At other times, it feels like a bother or burden. But leadership comes in many forms. This one is yours.

GEMINI: Your financial plans are progressing.
As you save, big temptations come your way. Don't blow it now. Stand back when the temptation to spend more descends upon you. Ask "Do I really need this?"

CANCER: Travel bargains seem to be everywhere and your urge to go is strong. The problem is finding someone who can afford to go along. Keep looking for someone with similar interests and some cash.

LEO: Keep in touch with people who are important to you, because they're part of who you are. At the same time, don't turn your back on someone who could be an interesting addition to your circle.

VIRGO: You could be called upon this month to practice your role as a peacemaker and healer. It's OK to step in and help others settle their differences, be it in your workplace or extended family. Your charm helps.

LIBRA: Be wary of the full moon on April 28. Whether they realize it or not, some people go a little crazy with the full moon. So if your partner, co-workers or waitresses do it, give them a little slack.

SCORPIO: You don't have to wear brass knuckles to prove you are tough. Holding strong to your principles is a better way. It shows you can't be led astray by people who might be slightly lacking in ethics.

SAGITTARIUS: No one can tell what the future holds, and that future could be right around the corner. This is a good time to tell yourself that you will be able to handle any surprise that comes your way. You can.

CAPRICORN: Your good communication skills will come into play before long. They will be vital in gaining support for your plan at home or at work. People will support you if they know why they should.

AQUARIUS: Hold it, Aquarian! Are you sure that your way is the best way, or are you making a mountain out of a mole hill? Remember that in any situation, you have to decide whether the issue is worth the fight.

PISCES: There's someone who is in need of the best you can give right now. It's your boss. Think about what you can do to provide support, which could mean backing an idea or coming up with a creative new one.



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

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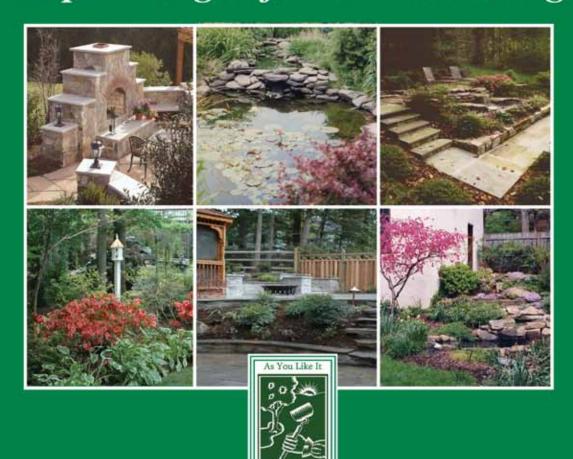
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