

McLean • Vienna • Great Falls • Oakton • Falls Church

Viva Tysons!

MAY - JUNE 2010 WWW.VIVATYSONS.COM

Magazine

**A most unique
local incubator**

**Happy Birthday
McLean!**

**Hot HOT Lanes!
what it's all about**

VIVA TYSONS! The Tysons Corner
HOME
GROWN
&
LOCALLY
OWNED
Magazine

**Dining Al Fresco:
Our favorite
Choices for
Local patio
Dining**



**The Farmers
Markets are back!**



MG

Mary Gharagozloo, DDS

New beginnings . . .

That's what Mary Gharagozloo, DDS is all about - creating new beginnings for patients through the art and science of aesthetic and restorative dentistry. Improving smiles can change lives for the better. And now, Dr. Gharagozloo introduces her practice devoted to new beginnings, with state-of-the-art technology, and spa-quality personal care – built on a solid foundation of education, expertise, and excellence.

DURATHIN[®]
VENEERS

invisalign

703.356.7001 *Call today for your new beginning.*

6845 Elm Street Mclean VA 22101 www.MaryGdds.com

Viva Tysons!

Magazine

A school without a town....

Talking to our friend Susan (Jaeger) Marshall just the other day, she commented that during her years at George C. Marshall High School, the theme was "A School without a Town." "Madison was in Vienna and Marshall had a Falls Church address, but was not part of the Falls Church School System and had students from Vienna." Who could consider Marshall a school without a town today? And how lucky are we to have so many great schools and dedicated educators in this community? We are looking to profile some of the members of our community who have been a witness to the growth and changes we are experiencing. If you have been a resident of the area and can share some history and stories, please contact us... we would love to talk to you.

From our offices along Route 7, we can see the "new town" taking shape...a rather big "new town." While we have the charm of McLean, the pastures of Great Falls, the Town of Vienna and Oakton, we have a new urban area developing around us... and "Tysons" is already finding its way onto maps around the country.

In this issue, we celebrate the 100th anniversary of McLean with some rare and precious pictures from Carole Herrick and McLean & Great Falls Celebrate Virginia, and we explore some of the history of our home town, least we forget how we got here and the many pioneers who came before us. It's remarkable to see some of the photo's and think it wasn't that long ago. Our article about Teqcorner, the concept to company entrepreneurial facility offers a look at the exciting incubator in our midst. "A Bit of Tysons Corner History" by Craig Swain is great reading... Thanks Craig!

Cindy says "Check Your Numbers!", Judy helps us with better menu choices, Denise gives us The Top 10 Decorating Tips & Tricks...and we introduce our new "Life Coach" Amy Schoen, who can help you with your life and romance issues.

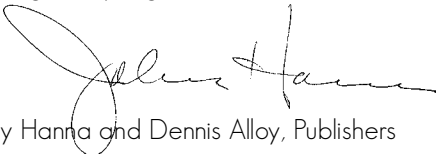
It's shaping up to be a super spring here in our area...we don't get many of them...usually wet and cold to hot and sticky, but when the weather is this nice, the lure of outdoor dining is just irresistible and we have selected a few spots we enjoy and hope you do too.

We have the latest update on the progress of the Silver Line, The Farmers Markets are back, Barrel Oak Winery says "come on down" and some new and exciting shops are coming our way....

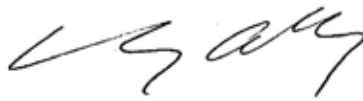
Dennis has his ear to the ground and lots to report on what's going on in town, a little about wine, cycling around Tysons, and more about "The HOT Lanes."

Please take us along to the pool or beach for some great reading and please remember to mention us when visiting many of our area's independent shops and service providers...they are the life blood of your community...(and ours too..)

Have a great spring and summer and we'll see you in July.



Johnny Hanna and Dennis Alloy, Publishers



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

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

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

Publisher: Johnny Hanna
Associate Publisher & Editor: Dennis Alloy
Additional Design: Kathryn Rebeiz
Additional Graphics By Badia Daamash
Sales: Andrea Schaaf, Michelle Hanna

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

TABLE OF CONTENTS

6 **SELECTED LOCAL EVENTS**
Browse through some choice local events.

9 **THE LOCAL ARTS SCENE**
News and announcements from our area art venues and galleries.

10 **AROUND TOWN**
News and announcements from our local chambers and charitable organizations.

14 **TECHNOLOGY & YOU**
Stay on top of the latest tech topics of interest.

22 **WINE TASTING DAY TRIP**
An easy delightful day trip idea.

23 **HEALTH & FITNESS**

- Watch your numbers!
- Making better menu choices.

24 **COFFEE MEETS COMMUNITY**
Local entrepreneur brings unique coffee concept to Church Street in Vienna.

30 **REVIEW AND RECIPE**
Our latest restaurant review and some local seasonal recipes.

34 **DINING OUT GUIDE AND THE TASTE OF TYSONS**
Consider these fine local dining choices.

42 **ONE OF A KIND LOCAL INCUBATOR**
Teqcorner helps grow entrepreneurs from "concept to company".

METRO UPDATE 60

The track structures can now be seen up Route 123 and station work has started. We bring you the latest updates and traffic info.



THE FARMERS MARKETS ARE BACK! 56

Time to shop locally, eat healthier, and enjoy the farmers market community experience. We tell you where and when it all happens



A BIT OF TYSONS CORNER HISTORY 16

Here is one piece of the abundance of history found right in our neighborhood. This local park saw some Civil War action! (at least a little bit)



Viva Tysons!

MAY - JUNE 2010



62 HOT, HOT, HOT.

The Virginia Department of Transportation's HOT Lanes project is on a roll. We take a look at what you should expect and how it will all come together in the next couple years.



18 DINING AL FRESCO

The warmer weather means outdoor dining. Here is a guide to some of the area's best places to enjoy the open air with a nice cocktail and a delicious meal.



40 HAPPY 100TH!

The community of McLean turns 100 years old this year. Join the celebration!

TOP TEN DECORATING TIPS 44

Denise knows interior design ...

REAL ESTATE 48

Housing news, trends, and more.

LOCAL AUTHOR ON A MISSION 58

Children's book helps deal with food allergies

YOUR MONEY 66

Tips you can use to help your wallet

BIKING IN TYSONS 68

Yes, you CAN do it!

SPRING WINES FOR OUTDOOR FUN AND DINING 70

Tomme Casmay talks wine for the outdoors..

PETS 72

How to deal with a new landlord, with Fido.

ASK THE COACH 75

Coach Amy gives advice.

WHAT WE HEAR AROUND TYSONS 76

We highlight the latest news you need to know.

FUN & GAMES 78

Take a break for a laugh. and a puzzle

HOROSCOPES 81

The stars are lining up., what's it mean for you?

EDITOR'S PICK 82

We pick the subject and find the best locally.

MAY 15

McLean Day

Lewinsville Park, 1659 Chain Bridge Road, McLean
11 am- 5 pm. Rides, food, vendors, plenty of family fun.

MAY 15

Claude Moore Farm Century Market Fair

Claude Moore Colonial Farm, Mclean

Over 100 vendors of varied hand-made crafts will display their products under tall trees within view of a natural wildflower meadow and pond. In addition to shopping, the crowd will enjoy historic house tours, entertainers, a children's hands-on craft area, demonstrations by local crafters and food vendors in a shaded picnic area.

MAY 20

The McLean Citizens Association's Annual Membership Meeting

McLean Community Center, 7:30 PM. The public is invited.

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 24 & 31

Open Mic Night

Jammin Java in Vienna

7 pm, \$2 seated, food and drink specials

Declared the "Best Open Mic in the DC area" by The Washington Post. Hosted by Ron Goad.

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.

MAY 29-31

Viva Vienna!

Historic Downtown Vienna

A top event of the year! The Vienna Rotary presents Viva Vienna! Rides, Food, Drink, Music, Crafts, Merchandise and more. A fun time for the whole family. Be sure to stop by the Viva Tysons! Magazine booth for some great drawings and the latest edition!

JUNE 4

Summer Swing Dance

McLean Community Center

7-8 p.m. Complimentary dance lessons, 8-11 p.m. Dance

JUNE 5

The Sippy Cups

McLean Community Center

\$20/16 MCC Residents Saturday, 2 p.m.

Ages 3+. The Sippy Cups will present their spectacular live show, which includes such wonders as giant balloons, confetti cannons, aerialists and costumed characters bringing their songs to vivid, colorful life.

JUNE 9

Backstreet Boys

The Filene Center at Wolf Trap National Park for the Performing Arts

JUNE 11

Fiiiyaaaaa BALL for RISING 7th GRADE DANCE

The Old Firehouse Teen Center, Mclean

7-10 pm All rising 7th grade students are invited to come out and join us to celebrate our new rising 7th graders. Registration required. No walk-ins will be accepted. Memberships will be available.

JUNE 11 -12

Cirque Dreams: Illumination

The Filene Center at Wolf Trap National Park for the Performing Arts

JUNE 11-13

Celebrate Fairfax 2010

12000 Government Center Parkway, Fairfax VA

Northern Virginia's largest community-wide celebration. The 25-acre site is magically filled with fascinating sights and sounds as more than 400 exhibitors, food vendors, crafters and interactive activities are included in the annual celebration. Celebrate Fairfax! showcases live concerts on five stages, an interactive SciTech Center and ExxonMobil Children's Avenue, a petting zoo, karaoke contest, carnival rides, and great festival foods. Another fun activity for kids is the Inova Train Ride to Good Health. Nightly fireworks, presented by SAIC, are a highlight of the festival, and one of many great family programs.

JUNE 12-14

Tinner Hill John Jackson Blues Festival

Cherry Hill Park and other venues, Falls Church

The Tinner Hill Heritage Foundation and the City of Falls Church host the annual Tinner Hill John Jackson Blues Festival each June. The Festival celebrates the hill where the first rural branch of the National Association for the Advancement of Colored People (NAACP) was founded. The Festival features a variety of music from the Afro-Brazilian, urban, gospel, and blues genres; traditional African-American cuisine and craft vendors. www.tinnerhill.org/blues/

JUNE 13

Rock the House 8K Run

For the benefit of Alternative House

Go to www.thealternativehouse.org for details.

This year's race is guaranteed to be fun for the whole family. The 8K route winds through the neighborhoods around the Fairfax County Government Center and is held in conjunction with the Celebrate Fairfax! Festival. The race starts and ends on the grounds of the Fairfax County Government Center. Whether you run the race or come to cheer on the runners, please stay to enjoy the sites and sounds of the festival. It will be an unforgettable day for the entire family!

JUNE 20

Wildflower Walk

Great Falls Park, Old Dominion & Georgetown Pike

10 am - 12:30 pm Join this exciting and educational walk to learn how to identify wildflowers and the role they play in the ecosystem at Great Falls Park.

JUNE 26

McLean Centennial Celebration:

Remembering Our Roots

McLean Community Center

11 am - 5 pm Free Admission.

Everyone is invited to Mclean's 100th anniversary event! Fun for the whole family. History, artifacts, photos, storytelling, and more.

RECURRING EVENTS

MONDAYS

Early Release Jams

3 - 4 pm. The Soundry, 316 Dominion Road, Vienna

Looking for a great activity on early release days from public school? Monday afternoons are full of creative fun and excitement. Each Monday our art instructor, LisaMarie, leads a new creative activity. Check our calendar to see each week's different jam. These art jams are designed for ages 6-12 years. Please pre-register using the sign up link provided. The goal of these classes is to introduce aspiring artists to a variety of mediums in a fun, no-pressure atmosphere with their peers. Cost: \$10 each (playful parents \$5)

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

Free lunchtime concerts for ages 2-5

Wednesdays at 12:30 p.m. in McLean Central Park

All concerts will be held in the McLean Central Park Gazebo. McLean Central Park is located at Route 123 and Old Dominion Drive. Parking is available at the McLean Community Center.

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!

Nottoway Nights - Free Concert Series

Nottoway Park on Courthouse Road, Vienna

7:30 This series of free public concerts will feature a variety of musical acts from across the United States and around the world. All of the funds for Nottoway Nights are from private donations. You are welcome to bring a picnic dinner and a blanket to sit back, relax and enjoy the show. We are looking for volunteers to work with the Friends of Nottoway Park on this and other events at Nottoway. June 17th is The Glass Onion, a Beatles tribute band, June 24th is the always entertaining bluegrass band Seldom Scene. Check the Fairfax County Park Authority site for all the details for the summer.

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 Apr 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.

Verbal Assault! An Open Mic for Poetry, Monologues, Rants & Spoken Word

8-11 pm, The Soundry, 316 Dominion Rd Vienna

Let your words fly and join us for The Soundry's Friday night Verbal Assault where we welcome an eclectic mix of poetry, monologues, rants, spoken word or even free form expression. Whether it is joy, sorrow, anger, laughter, apathy or regret--all can be expressed at Verbal Assault. Just want to sit back and listen? That is ok too! An audience is a very important component to any performance.

Friday Night Star-gazing in Observatory Park

Turner Farm Park, Great Falls

The Analemma Society hosts viewings of the night sky in Observatory Park on Friday evenings. Feel free to bring chairs and blankets to enjoy star gazing. The free program is about an hour. For more information visit www.analemma.org

Movies in the Park.

Glyndon Park, Vienna

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 family 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.

TGI Sunsets - Doggie Happy Hour

Barrel Oak Winery, Delaplane, VA

Fridays & SATURDAYS 6-9 pm until November

Enjoy 240 degree sunset views on the patio with a glass of fine wine. Good people, happy dogs. Time to enjoy and relax.

SATURDAYS & SUNDAYS

Sunday Blues Jam

Bankok Blues 926 W. Broad, Falls Church

6:00-11:00pm Open Mic for all local musicians. 703-534-0095. No cover on Sundays! Kids are very welcome. Cool live music, hot Thai food. Fun for the whole family.

Musical Showcase

Serbian Crown Restaurant 1141 Walker Rd, Great Falls

Sundays, 5:30-9 pm, The music of top local performers at the piano bar.

Falls Walk - Great Falls National Park

12:30 PM to 1:15 PM, 3:00 PM to 3:45 PM

Join a Park Ranger for a forty five minute walk along the Falls overlooks. Learn about the waterfall and explore the natural and cultural history of the park.

TYSONS TREKKERS

Tyson's 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.

FOR THE TEENS:

Club Phoenix

Vienna Community Center, 120 Cherry Street SE, Vienna
Students can enjoy a place of their own in Club Phoenix. The Club has a lounge area, big screen TV, Xbox 360, Wii, Billiard table and Ping-Pong, a state of the art sound system and more. A stage is available for open-mic nights, karaoke, and much more. Students can also purchase snacks at our "Candy Bar" during operation hours.

There are many special events, activities, and dances throughout the year. Club Phoenix has free admission, unless otherwise stated. Once your child signs out, however, they will not be allowed back that day.

A registration form filled out by a parent is required by all students wishing to enter or participate in any club phoenix activity or special event. You can print off a registration form by clicking here, or you can pick one up at the Community Center Front Desk or at Club Phoenix. The Club Phoenix phone number is 703-255-5736. Club Phoenix is a drop-in facility and is staffed by the Vienna Parks and Recreation Department.

The Old Firehouse

1440 Chain Bridge Road, McLean (next to Starbucks)

This award-winning facility, the first of its kind in the Metropolitan D.C. area, provides a safe atmosphere for teens to meet for recreation and personal development. Professional and experienced staff members organize and facilitate activities each day, ensuring that teens do not have to return home to empty houses. They can enjoy their time at the Old Firehouse Teen Center after school and during the summer. Opened in 1990, the building formerly operated as a local fire station, and is now a satellite of the McLean Community Center (MCC). Youth in grades 7 and 8 are eligible for membership and its benefits. Non-members are permitted to attend Friday night parties and some other programs at the discretion of the Teen Center Director. 703-448-8336 (TEEN)



"Must have been an old can of alphabet soup. No spell checker.

Put *OUR* money where *YOUR* mouth is!



Viva Tysons! Magazine wants to hear from you.

We know that our readers know the best places to eat. We want you to tell the rest of our readers about your favorite finds. Send us your restaurant review. If we print it, you get a \$50 gift certificate to a fine area restaurant! So what's the catch? Just the catch of the day! Creative, sincere, and well written reviews will get to the top of the stack, so put some thought into it. Who knows? Maybe you'll get a regular column! Send your review to comments@vivatyson.com, put REVIEW in the subject line and try keep it under 500 words. Deadline is June 17th at midnight. Bon appetite!

Hopefully your next meal there will be on us!



Jeremy Drummond, 65-Point Plan for Sustainable Living, digitally reconstructed photographic images.

MCLEAN PROJECT FOR THE ARTS

Located at 1234 Ingleside Avenue in the McLean Community Center
Hours are Tuesday - Friday 10 am - 4 pm and Saturday 1 - 5 pm
For more information call 703-790-1953 or visit www.mpaart.org

Spring Exhibitions:

Through June 5, 2010:

EVERYBODY KNOWS THIS IS NOWHERE: A PHOTOGRAPHIC AND VIDEO INSTALLATION by Jeremy Drummond

Emerson Gallery. A compilation of works by Richmond artist Jeremy Drummond exploring how communities evolve within the seemingly homogeneous landscape of Suburbia. The exhibit will feature photography, video and mixed media.

Atrium and Ramp Galleries. Works by Michael Mansfield featuring both wall mounted video pieces and large scale drawings exploring a sense of place.

MCLEAN PROJECT FOR THE ARTS ANNOUNCES CALL FOR ENTRIES FOR MPA ARTFEST 2010:

Visual artists from the mid-Atlantic region are invited to submit images of their work for the 4th annual juried MPAartfest to be held on Sunday October 3, 2010. The submission deadline is June 1, 2010. This one-day juried fine art and craft show and sale will feature the work of 40 local and regional visual artists. Held in McLean Central Park, last year's event drew 6,000 art and music devotees. For the submission guidelines and form, go to www.mpaart.org/artfest.php or stop by McLean Project for the Arts.



RED CABOOSE GALLERY

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

Roger Doyle, "Cross The Tracks"

May 1 2010 - June 1 2010

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.

ARTS ALLIANCE OF VIENNA

First Friday Art Walks starting June 4

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

FIRST STAGE THEATRE

Tysons Corner's Only Professional Theatre

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

1524 Spring Hill Rd, McLean (703) 854-1856

www.1ststageTysons.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.

SUBURBAN MOTEL June 11 - July 3, 2010

By George F. Walker

A cult hit, this dark and screamingly funny cycle of plays introduces us to a pack of bizarre characters with a determined instinct to survive but without the capacity to think their way out of trouble, bad luck, and a seedy motel room. You'll be happy your life isn't as complicated and even happier that you have someone else's life to laugh at.

HABITAT GALLERY

8020 Towers Crescent Drive, Suite 125

Russian artist Noi Volkov

May 13 - June 26

Painting exhibition including ceramics.

VIENNA ARTS SOCIETY

Vienna Arts Center: 115 Pleasant Street NW

(Exhibitions, Receptions, Classes and Workshops)

Vienna Arts Society Gallery: 513 Maple Avenue NW

(Exhibitions & Receptions)

The purpose of the Society is to bring together area artists to share interests, to enrich their own experience in art and to make contributions to the community. As a volunteer organization, it is highly regarded as a well run organization, respected for always striving for high standards in the art field. Members are encouraged to broaden their interests in all areas of art, through workshops, art excursions and monthly meetings, demonstrations, lectures and critiques.

May 22-23 Marni Maree will host a workshop at the Vienna Art Center. Registration cost is \$100 with materials fee \$12 (all materials are provided with the materials fee)...1pm-4pm Sat/Sun. Marni is a national award winner and talented artist bringing an introduction to watercolor on canvas.

June 5-6 Extraordinary Acrylic artist Nancy Hannans will be hosting a workshop at the Vienna Art Center for the weekend- 10a-2p (sat/sun). registration cost \$125. Materials list will be provided upon registration.

June 19th Father's Day Workshop 10a-11a (3-5 year olds), 12pm-1:30pm (6-8 year olds) and 2pm-4pm (9-12 year olds). \$35 per child to create a gift for dad and wrap it!

June 21st SUMMER ART CAMPS BEGIN! We are enrolling now!!!!!! Check out the website for a listing and description of camps.

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!!





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.

Rotary Club of McLean: Having fun while serving with friends to help people!

For the third year in a row, the McLean Rotary has had the highest per capita giving of all Northern Virginia Rotary clubs. Winning the "Ylonen Cup" shows how much this club supports all of its charitable endeavours that have helped so many around the world.

The Rotary Club of McLean was chartered on November 10, 1965. The club is made up of business and professional men and women who either work or live in the greater McLean area. The club supports educational, vocational, and humanitarian projects that promote peace and understanding throughout the world. Our members work to improve the lives of the less fortunate in the local, national, and international communities. Each week at our club luncheon meetings, we enjoy fellowship and programs featuring speakers on topics of local or global importance. Through our club, we build lifelong friendships, and we experience the personal fulfillment of volunteering to help others.

Meeting Tuesdays at 12:00 PM Lutheran Church of the Redeemer, 1545 Chain Bridge Road, Fellowship Hall, McLean
www.mcleanrotary.org

The Rotary Club of Tysons Corner is a service club of professional men and women serving the community in and around Tysons Corner.

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 Tysons Corner Rotary Club has always placed a special emphasis on helping the youth and elderly of the community.

The Club is actively involved with Alternative House (for teens), the Alzheimer's Family Day Center, the Pimmit Hills Senior Center, and other deserving groups in the community. The Club (through its foundation) also awards college scholarships to local high school graduates.

The Rotary Club of Tysons Corner is a part of Rotary International and subscribes to the Rotary motto, "Service Above Self."

Meetings Thursdays at 7:30 AM, Tower Club, 8000 Towers Crescent Drive, 17th Floor, Vienna www.towerclub.org

High School and Middle School Students Fight Underage Drinking with Safe Community Coalition's "Project Sticker Shock"

Local high school and middle school students are spreading the word about reducing underage drinking.

Thirty youth, joined by adult volunteers, stuck red stop sign stickers on alcohol packages in Safeway and Giant grocery stores and CVS and Rite Aid drug stores in McLean, Great Falls and Falls Church on Saturday, April 10. The Exxon Tiger Mart on Spring Hill Road also participated.

The "Project Sticker Shock" campaign, organized locally by the Safe Community Coalition (SCC), is designed to warn adults that it is illegal to purchase and provide alcohol to anyone under 21. The stickers, provided by the Virginia Department of Alcoholic Beverage Control (ABC) as part of a statewide educational campaign, also display a warning message about the penalties for furnishing alcohol to minors.

"As we approach the prom and graduation season, it is important to take this proactive stand against underage drinking," said SCC's Stephanie Buchanan Berkin about the coalition's first Project Sticker Shock effort. "We thank the local retailers for participating with us in this program to raise awareness and save lives."

The Langley Key Club and the SCC Youth Advisory Council helped organize student volunteers from the three high schools – McLean, Langley and Thomas Jefferson – and two middle schools – Cooper and Longfellow.



Project Sticker Shock is supported by the Fairfax Countywide Initiative to Reduce Underage Drinking (CIRUD), which operates as a task force under the Unified Prevention Coalition of Fairfax County Public Schools and is supported by more than 45 organizations, including 19 school-community coalitions. For more information, contact Stephanie Buchanan Berkin at SLB123@aol.com.

The Rotary Club of Vienna Sponsors ViVa Vienna! Celebration on Historic Church Street

Celebration of Community Spirit

The Rotary Club of Vienna sponsors the Viva! Vienna! event, which celebrates the unity and strength of the Vienna community and honors Memorial Day. This event, a time of family fun and pleasure, serves as a major fund raising opportunity for the Rotary Club so that it may, in turn, provide support for charitable, educational, and community groups the following year.

Historic Setting

Vienna's historic Freeman House, Old Vienna Railroad Station, the Caboose, W & OD Trail, and Church Streets at Dominion and Mill all provide the primary setting for the Viva! Vienna! festival. On Sunday and Monday, Church Street will be closed to traffic from Lawyers Road to Mill Street to allow booths for artisans, retail vendors, political parties and candidates, professional groups, and community organizations.

The Rotary Club of Vienna provides an opportunity for its members to provide support to local, national, and international charitable needs. It gives its members a chance to give back to the community while providing means to network among your business and community peers, to participate in fun social events, and ensuring personal and professional development.

Meetings on Wednesdays 12:15 at Marco Polo Restaurant 245 W Maple Ave, Vienna www.viennarotary.org



Viva! Vienna!
Along Vienna's Historic Church Street

Rides!
Food!
Drink!
Music!
Crafts!
Merchandise!

May 29 - 31, 2010

SATURDAY, May 29 Food, Amusements & Entertainment
SUNDAY, May 30 Food, Amusements, Entertainment & Vendors
MONDAY, May 31 Food, Amusements, Entertainment & Vendors

Special Sponsors

Magazine Media FAMILY	Entertainment Stage SANDY SPRING	Food Court verizon	Town Green NW
Comfort Station COMFORT	Transportation TECHNICAL	Children's Stage CE PRINTING, INC.	Chamber Sponsor WASH STATE
Patient Appreciation WASH STATE	Newspaper Media CONNECTION	Radio Media WASH STATE	TV Media WASH STATE

FREE SHUTTLE BUS SERVICE
from James Madison High School
and Vienna Metro Station
Saturday & Sunday 'til 10PM
and Monday til 6PM

Title Sponsors

NAVY FEDERAL CREDIT UNION

For more information: www.ViVaViennaVa.org

Don't forget! Come see

Viva Tysons!
Magazine

at Viva Vienna on May 30 & 31.

**STOP BY OUR BOOTH TO SIGN UP FOR OUR
ELECTRONIC NEWSLETTER "TALK OF TYSONS"**

**Not only will you be "in the know" about the
latest around town, and get exclusive Viva
Tysons deals from area merchants, but you'll
be entered in drawings for great prizes like gift
certificates to fine local restaurants, salons,
spas, and more!**

See you there!

Check out our newly redesigned website:

www.vivatyson.com

**ViennaTysons Regional Chamber of Commerce
Presents**

Opportunity 2010
ViennaTysons Regional Chamber of Commerce Tradeshow

Friday, June 11, 2010
8am-4pm

Tyson's Corner Marriott
8028 Leesburg Pike, Vienna, VA

50 exhibitor booths, great sponsorship opportunities,
great speakers, and a Link to Opportunity in 2010!

Join us to establish **Your Link to Opportunity**.
Learn about the new age of doing business in the
Vienna-Tyson's area and take advantage of the
exceptional opportunities for networking and visibility
for your organization.

Register now at vtrcc.org or call 703-281-1333



ViennaTysons™
Regional Chamber of Commerce



"I'm Plugged In!" says Peggy at The Artful Gift Shop.

Up to date on my town... who's opening, closing, moving and to where... merchant spotlights and special values. The best spots for a romantic dinner, wine with the girls, meals with the family... great values on beauty and salon options. Real Estate trends and housing news... health and fitness... nutrition and wellness... selected events and fabulous finds... technology and money... Metro construction and traffic... and the arts! Decorating trends... restaurant reviews... guides to local everything... topics of interest to share with friends.

How? Easy! Subscribe today at www.vivatyson.com.

Subscribe Now for Guaranteed Delivery of

Viva Tysons!
Magazine

In your hand you have the only magazine focused on the Tysons Corner locale of Mclean, Vienna, Great Falls, Oakton, and Western Falls Church. Don't miss out.

Stay up to date with the latest in merchant news, learn something new, find some great deals, stay informed on the latest traffic and construction issues, hear about the best in neighborhood dining and shopping, check the calendar for entertaining events, keep informed about area real estate, hear the latest from our local experts, and more.

All this conveniently delivered to your mailbox six times a year for twelve bucks.

Be part of a hometown publication. Subscribe today. You can even do it from the comfort of your home or office at www.vivatyson.com, or send a check for \$12 with your name and address to Calamity Media, Box 506, Dunn Loring, VA 22027.

MCLEAN CHAMBER OF COMMERCE HOLDS FASHION SHOW TO SUPPORT BUSINESS WOMEN IN MCLEAN

OVER 50 ATTEND INAUGURAL EVENT

The Greater McLean Chamber of Commerce (GMCC) recently held its first annual McLean Fashion Show Celebrating the Women of McLean as a fund raiser to support women-owned businesses in McLean. Attended by over 50 supporters, the event was held at the home of Fairfax County Supervisor John Foust (Dranesville District) and Dr. Marilyn Jerome Foust.

"We are so pleased with how well attended and successful this inaugural Fashion Show was," said Lynn Gulick, Chairman of the GMCC Board, "And we certainly look forward to holding many more in the years ahead."

The 2010 celebrity fashion models included Lynn Gulick of Cardinal Bank and chairwoman of the GMCC Board; Nancy Perry, MPA executive director; Dr. Debbie Jackson, principal of McLean High School; Margi Vanderhye, former State Delegate; Jane Edmondson, Chief of Staff for Supervisor John Foust; Marianne Polito, President of the McLean Women's Club; Jennifer Wheat of Chain Bridge Bank; and Lee DiCenso, McLean Community Center Board Member.

The following companies provided items for the show:

Lord & Taylor and Chanel – fashions and cosmetics, Salon Michel of McLean – accessories, Beijo – handbags, Boone & Sons – jewelry, Jennifer Berman of Ashton Imaging – photography, Safeway, Giant, Fluffy Thoughts Cakes, Cecelia Wine Cellar, StarNut Gourmet, A Bit More Catering, and J. Gilbert's – catering,

The Chamber looks forward to the planning next year's show and continuing to "Celebrate the Women" of McLean and their many contributions to the community.



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 substantial 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.

UPCOMING CHAMBER EVENTS

Saturday, May 15, 11 am-5 pm
McLean Day at Lewinsville Park

Monday, May 17, 5:30 - 7:30 pm
Business Mixer at Staybridge Suites

Wednesday, June 9
West*Group Breakfast Series at J. Gilberts with guest speaker Carole Herrick, Executive Director of McLean & Great Falls Celebrate Virginia

Monday, June 14, Noon
McLean Benefit Classic Golf & Tennis Tournament
Hidden Creek Country Club, Reston, Virginia
This year's benefactor is McLean & Great Falls Celebrate Virginia specifically sponsoring the McLean Centennial Celebration

Wednesday, June 23, 5:30 - 7:30 pm
Free Business Mixer
Ross Langan & McKendree and Capitol Wealth Mgt
7900 Westpark Drive, McLean



Saturday, June 29, 6:00 PM

Business/Community Awards
Ruth's Chris Steak House

Thursday, July 8

The Business Bank Lunch Series featuring Kevin Jacobs, SVP Strategic Planning and Treasurer of Hilton Worldwide

The Business Academy, a program of the Greater McLean Chamber of Commerce, is designed to educate business owners on varied topics that one must understand to successfully operate their business. Each monthly seminar will be a learning opportunity relevant to business ownership through the General Counsel, P.C. Business Academy.

May 26th:	Banking.
June 23rd:	Commercial Real Estate.
July 28th:	Business Insurance.
August 25th:	Health and Disability Insurance.
Sept 22nd:	Branding/Marketing
October 27th:	Websites, SEO and Social Media
Nov TBD:	Year End Tax Planning, Personal Wealth Planning and Estate Planning.

The U.S. Government has unveiled the new design for the \$100 note.

Due to enter circulation on February 10, 2011, the note includes two new security features to combat counterfeiting - a blue 3-D Security Ribbon and a "Bell in the Inkwell" which changes color from copper to green when the note is tilted.

The images of bells and 100s contained in the blue 3-D Security Ribbon also changes appearance as the note is tilted thanks to tiny embedded lenses. Both new security features are designed to make it easier for everyone to easily authenticate the bills.

The \$100 note is the most widely circulated and most often counterfeited denomination outside the U.S.

"The new security features announced today come after more than a decade of research and development to protect our currency from counterfeiting. To ensure a seamless introduction of the new \$100 note into the financial system, we will conduct a global public education program to ensure that users of U.S. currency are aware of the new security features," said Treasurer of the United States Rosie Rios.

Security features from the current design are retained alongside the new additions: the portrait watermark of Benjamin Franklin, the security thread, and the color-shifting numeral 100.

Other notable features of the new design include a new vignette of Independence Hall on the back, an enlarged portrait of Franklin on the front and phrases from the Declaration of Independence and the quill the Founding Fathers used above the color-changing inkwell.

When the new notes start circulating in 2011, 6.5 billion-odd \$100s already in circulation will remain legal tender, so users will not have to trade in their older design notes.

More information on the new note can be found at NewMoney.gov.



"Are you following my tweets?"

Wii caution: Watch out!

Exercising at home or in the gym can be a safe pursuit, relatively speaking. The Nintendo Wii, is a favorite. You don't have to worry about your opponent punching you back, for example.

The most common physical problem is sometimes called "Wii-itis," sore wrists and shoulders caused by overuse of the motion-sensitive remote, which doubles as a golf club, tennis racket and sword.

One injury, described in the New England Journal of Medicine, involved a girl who broke her foot by tripping off the balance board of her Wii Fit game. The board can be used for virtual ski jumping, snowboarding and other activities.

Onlookers aren't exactly safe either. If they happen to be walking by or standing too close, they can be hit by a remote in the hand of an enthusiastic player.

One woman fell chest-first on a sofa corner during a vigorous Wii tennis session. She suffered internal bleeding, according to USA Today.

In 2008, about 1,500 people went to emergency rooms for treatment of injuries caused by indoor exercise equipment, including treadmills, weights and elliptical machines. The Consumer Product Safety Commission says these were only the reported cases. They estimate the real number to be about 50,000.

People who hurt themselves have usually ignored the safety instructions that come with a machine, or they tried to do too much too soon.

The benefits of exercise, however, greatly outweigh the risks.

Boot up a PC in 15 seconds

Users of Windows PCs are getting tired of waiting for their computers to boot up. Windows 7 is quicker to get going than Windows Vista was, but Microsoft says its sleep mode is like instant-on. The U.S. Department of Energy, however, says that sleep mode wastes electricity.

* Some computers from Dell, Hewlett-Packard and others instantly launch a stripped-down desktop. It lets the users surf the Web, handle any email they can view in a browser and perform some basic tasks. Windows is there, but only when they need it.

* Within 15 seconds of pressing the power button, one such program, the Linux-based HyperSpace produces a customizable screen, including a Web browser, a notepad application, and Real Player media software, along with news, weather and stock prices. The hitch: When users start Windows, they can't do anything else while the system is booting up.

* Google will "soon" offer its Chrome OS for 2010. According to Bloomberg Business Week. At its debut last summer, executives showed a netbook reaching its log-in screen seven seconds after powering up.

Screening for explosives outside of checkpoints

Airport screeners will soon be roaming the airport and randomly testing the handbags and luggage of prospective passengers, according to the Transportation Security Administration. The program was originally tested at five airports.

Screeners will push carts with the microwave-oven sized bomb detection machines around gates and checkpoint lines to make the checks. The machines are so sensitive they sound alarms for people who have recently taken heart pills containing nitroglycerin and those who have recently fired guns.

The TSA is ordering 800 suitcase-sized machines. They say the roving screeners will increase uncertainty for terrorists, which is always a positive move.

Security device could help defy PC hackers

A Herndon, Va., startup has developed a security system they say is hackproof. Called InZero, the small device works on an entirely different principle from other security systems.

In development since 2002, it has been tested by the military's Defense Advanced Research Products agency as well as several companies that specialize in finding cracks in computer security. No one has broken it.

From its inception, InZero was designed to act like a second computer (in geek speak, a "sandbox") sitting between a vulnerable PC and the Internet.

Using the system when you are on the Web, it feels like you are using your own machine. But you are actually in InZero's sandbox. You can send email and go anywhere on the Internet, even to sites known to harbor hackers and viruses.

The barrier between the sandbox and the computer prevents anything bad from getting to your machine. That's because the operating system and memory in InZero's sandbox are read-only. They can't be changed by a virus, and hackers can't commandeer the device.

CEO Louis Hughes says it's like a patient with an unknown disease who is quarantined behind a glass wall. "Our device is the equivalent of that glass wall."

The second-device idea has been used before to set up a buffer computer to interact with the internet. But when the machine gets infected, the user has to wipe it clean and reinstall the software.

What's different about InZero's approach is that it offers the protection without having to wipe it down if it gets infected.

One investor in the Ukraine ran a hacker contest. He offered a Harley-Davidson motorcycle to anyone able to penetrate the system. No one did.

Before InZero can be sold in the United States, the company has to prove to the government that its engineers, many of whom are in Kiev, haven't built in a back door for spies.

InZero hopes to market devices for PCs, servers and entire networks with prices beginning in the low hundreds.

Lithium could be the next golden mineral

In today's market, lithium-ion batteries power everything from hybrid autos to laptops, cell phones and digital cameras. But just what is lithium and where does it come from? Will it replace oil as the next "golden mineral asset"?

Listed as the third element on the periodic table, lithium has had many uses, most notably as a mood-altering drug for the treatment of mental disorders. In manufacturing, it is used in the production of grease and glass. A crude form of lithium was used in production of the first hydrogen bomb.

Found in variable quantities in many countries, its mining is a growing industry in the South American countries of both Chile and Argentina.

Salar de Atacama, a dry lakebed 700 miles north of Chile's capital, Santiago, is one of the driest locations on earth. It is dry on the surface, but about 130 feet below the lakebed lies a brine-laden aquifer. It produces a greasy yellow substance from which lithium is extracted. This lakebed contains about 27 percent of the earth's known supply of lithium.

The boom in lithium demand began in 1991 when Sony began producing its lithium-ion rechargeable batteries.

Hybrid and all-electric vehicles are now a market for larger versions of these batteries, which were first used to power small electronic devices.

The lithium carbonate salt is refined and used to create either lithium cobalt phosphate or lithium manganese oxide, which act as an electrolyte in the batteries. Lithium ions travel between the battery's anode and cathode in the production of electricity.



"Drive a hybrid, use solar power and recycle: that's how you can follow in my carbon footprint."

Just take a look around our sprawling environment of office buildings, shopping centers, homes, apartments, parking lots and roadways, and you'll find it difficult to imagine the cleared pastures, farms, and relatively undisturbed nature that was once here. We live in an area that is full of history ranging from pre-revolutionary settlements through civil war battles, to the creation of new towns, to the present day, relatively new, real estate developments. It is easy to take for granted how this area played such an important and interesting part of our country's history. We'll regularly have columns describing some of the history of our local landmarks, some enticing stories about our area, and some interesting facts about where we live and how it developed. This issue, Craig Swain takes a peak at the area known as Freedom Hill near Old Courthouse Road and Route 123. As always, we welcome our readers' input for additional ideas and facts about our local history. Email us at comments@vivatyson.com.

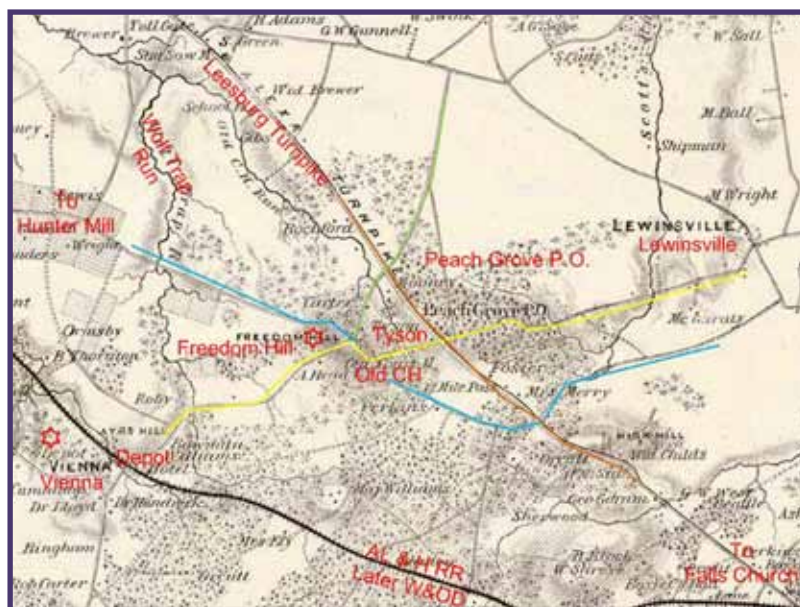
A BIT OF TYSONS CORNER HISTORY: FREEDOM HILL

Trace lines of fortifications appear all around Northern Virginia. These are reminders of the Civil War and the efforts by both sides (although mostly the Federals) to secure strategically important ground. Most apparent are the fortifications which secured the approaches to Washington, D.C., extending across parts of Arlington and Fairfax Counties along with the cities of Falls Church and Alexandria. Beyond that "wall" of forts was a no-mans-land, where partisans raided, chased by Federal patrols. In order to secure vital points, Federals constructed several smaller works. One of these stood between the towns of Vienna and Lewinsville, within cannon range of the Leesburg Pike.

Freedom Hill is one of several rises between Difficult, Scott's, and Pimmit Runs. To the west of the hill, Wolf Trap and Old Court House Runs, both tributaries to Difficult Run, form a series of valleys. As seen on a cut from an 1862 map produced by General Irwin McDowell, the hill is a key terrain feature commanding neighboring road network.

The hill is about 500 yards south of the Leesburg Pike (*traced in Orange on the map*). At the time of the Civil War, two roads intersected near the crest. What was Chain Bridge Road in those days comes up from the southwest from Vienna. Chain Bridge Road then passed through a couple of turns before continuing to the northeast toward Lewinsville and eventually Chain Bridge near the mouth of Pimmit Run (traced on the map in yellow). Heading north out of the intersection was a road (*traced in green*) intersecting the Leesburg Turnpike, then connecting to the Lewinsville Road. Johnson Hill Road, from Hunter Mill to the west, also intersected at Freedom Hill (*here in blue*), eventually connecting to the Leesburg Pike to the east. (Possibly becoming modern Magarity Road beyond that point).

A couple of place names stand out on the McDowell map. First the "Old Courthouse" (*Old CH*) indicated was the location of the first Fairfax County Courthouse, from colonial times but abandoned in 1752. Second, "Tyson" indicates the home of William Tyson, postmaster of Peach Grove, and a local Unionist. John B. Farr, an ardent local secessionist from Dranesville, drove off Tyson in the fall of 1861. Tyson returned later and continued as postmaster. When that post office closed, the locality was renamed Tyson's Corner (*also referred to as Tyson's Crossroads*).



1862 map of our area produced by General Irwin McDowell

Freedom Hill first appears in the Civil War dispatches with regard to topographical surveys and reconnaissance conducted in October 1861. Brig. Gen. George McCall dispatched troops to Freedom Hill while covering these activities. Those surveys produced the original map used here.

The hill became a staging point for numerous patrols into western Fairfax County. Notably in February 1862, portions of the 5th Pennsylvania Cavalry used Freedom Hill as a rally point, making two patrols through Vienna, Flint Hill, Fairfax, and Hunter Mill. The patrol engaged pickets and captured several Confederates. During the Second Manassas Campaign in the fall of 1862, no formal base or installation stood at Freedom Hill, but the location was mentioned in several dispatches. The following year, during the maneuvers on the way to Gettysburg, Pennsylvania, the Federals again used Freedom Hill as a temporary base as it passed through. So for much of the war the hill was an active, yet unmanned point.

This changed on New Years Day 1865, a couple of troopers from the 13th New York Cavalry ran into a concealed force of thirty Confederates near Freedom Hill. One of the Federals escaped capture, and spread the word, but patrols failed to capture any of the Confederates. Perhaps this incident was the last straw, as on January 10, Major General Christopher Augur, commanding the Department of Washington, directed Colonel William Gamble to "establish at Freedom Hill a post to be garrisoned by one company of heavy artillery, to be taken from the present location at Prospect Hill." Gamble's First Separate Brigade at that time consisted of the 5th Pennsylvania Heavy Artillery, 16th Massachusetts Battery, 202nd Pennsylvania Infantry, 8th Illinois Cavalry, and the 13th and 16th New York Cavalry.

In all likelihood, the artillery earthwork and related works within modern day Freedom Hill Park, along Old Courthouse Road (CR 677), date to the January order. The layout of the earthwork indicates this to be a field artillery fighting position. Absent are parapets, ditches, covered ways, or other structures associated with more elaborate fixed fortifications. In profile, the work resembles those seen on battlefields like Gettysburg or Spotsylvania, as opposed to the fortifications in the Washington defenses.

The artillery on Freedom Hill may have coordinated with other positions located further west, outside Vienna. There a "star fort" stood near the Alexandria, Loudoun, and Hampshire Railroad (today's Washington & Old Dominion Railroad Trail). During the war, with cleared pastures and few houses, the two forts had a clear field of fire across the valley formed by Wolf Trap Run. But today, such a line of sight is a different story. The ground around Freedom Hill is mixed residential, office complexes, and shopping malls. One must have a good feel for the geography to even guess at the wartime appearance.

Today the small section of earthworks preserved in Freedom Hill Park still serves as a reminder of the Civil War.

Craig Swain is an amateur historian who maintains a blog focused on the study of the Civil War. He holds a BA in history from Westminster College, Fulton, Missouri and currently lives in Leesburg and works as a consultant in the DC Metro area. His blog is titled "To the Sound of the Guns." <http://markerhunter.wordpress.com>.



Just mounds of dirt? These earthworks are the remains of civil war artillery positions as part of the defense of Washington from the Confederates. They can be seen today at Freedom Hill Park on Old Courthouse Road near Gosnell Road. Back then the view of the valley to the West was unobstructed by trees and houses.



Maggio's
FAMILY RESTAURANT
"The Taste of Elegance"

We Cater For You!

TRY OUR AWARD WINNING
ROTISSERIE CHICKEN !!!

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

703.938.7777
www.maggiosonline.com

We can repair and restore your valuable time piece with the utmost care.

Any time piece?
Of course.
Antique to Modern, Watches to Clocks.

Trust your treasures of time to a Master Watchmaker.

GCA LA PRECISION
Horologist Master Watchmaker

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

Mention this Ad for One of the Following:

- Free Battery with Any Repair
- \$10 Off Any Basic Repair
- \$50 of any Advanced Repair

320 Maple Avenue Vienna 703-255-0055
www.watch-watches-repairs.com



Courtyard, Backyard, Boulevard . . . *everything tastes better* AL FRESCO.

Feet, not inches of snow, cabin fever, frigid temperatures. . . all seem like a distant memory now that the warmth of Spring has arrived. Usually a wet and cold slush turns to a hot and humid sauna in what seems like overnight. But when a lasting Spring arrives in our area it is a blessing, something to celebrate and enjoy. What better way than to break bread in the open air?

Dining al fresco, out in the open air. Dining on the patio is a summer treat akin to picnics in the park, relaxing afternoons watching the waves, and outdoor concerts on the lawn. When restaurant goers take to the streets,

Enjoy dining al fresco? For some, eating outside brings a slight cringe . . . bugs, wind, too cold, too hot etc. This may just be part of an evolution of our lives getting used to being inside the glass enclosed office building where unopenable windows have become part of our daily existence. Whether it's being in the air conditioned mall, living a more sedentary lifestyle in front of our variety of media screens, or just the avoidance of the heat and humidity that can make this area unbearable during late summer, many of us have lost the romance, the peacefulness, and the charm of dining in the open air. What a shame. Hopefully we can enlighten you to some new choices found locally to get you back in the al fresco mode.

opting to enjoy the sunshine alongside their lunches and the starlight over a fine dinner, a whole new dining experience emerges. Everyone craves warm weather and fresh air. What better way to bask in these glorious gifts from Mother Nature than to have your favorite meal on the outdoor patio of your favorite local restaurant?

Dining al fresco has been around since, well, since that

was the only way to eat. It seems the Europeans have mastered the art with their chic sidewalk cafes many times only seen by Americans in travel brochures and the cinema. America has been slowly waking up to the idea of dining al fresco, a romantic evening eating under the stars, better enjoying your partner's company, and keeping relaxed from our everyday hustle. Why does a meal seem to taste better when under a patio umbrella and the cocktail more refreshing under the warm sun, and the coffee is richer when sipped in the cool morning as the sun breaks the shadows over the sidewalk on a weekend morning.

There are a whole lot of restaurants with front porches, back patios, and open decks where you can pull up a seat and enjoy a fantastic meal, a refreshing cocktail, or just a coffee and a Sunday paper. All this while enjoying the good old sunshine, a gentle breeze, and the sights and sounds of the outdoors, as urban as it may be.

Where can you find the best view? The most social front porch? The prettiest courtyard? Look no further than this list we have compiled of local restaurants that have outdoor seating. Did we cover every Starbucks and carry-out with a couple tables out front, of course not. What we did was to give a substantial sampling of those places to consider when you are looking for a seat to enjoy the season. Hopefully the new ideas being compiled about the future of Tysons will include plenty of space for cafes, outdoor patios and yes roof top decks. We couldn't find any roof top decks in our area (hint hint to the next restaurant entrepreneur).

So, With so many different options, and so many spots to choose, where does one start? One starts-it's just that easy! Grab a friend, or friends, family or lover (or both), gang from the office or just go by yourself... you'll meet people when you get there. Courtyard, Boulevard, Backyard...everything taste better outside! Enjoy!

Panache

1753 Pinnacle Drive
McLean, VA 22102
703.748.1919
panacherestaurant.com/tysons

Cafe Deluxe

1800 International Drive
McLean, VA 22102
(703) 761-0600
www.cafedeluxe.com

Ireland's Four Provinces

105 W Broad St
Falls Church, VA 22046
(703) 534-8999
www.4psva.com

Sushi Yoshi

101 Church Street Northwest
Vienna, VA 22180-4554
(703) 242-1350
www.sushiyoshiavienna.com

Cafe Oggi

6671 Old Dominion Drive
McLean, VA 22101
(703) 442-7360
www.cafeoggi.com

Star Nut Gourmet

1445 Laughlin Avenue
McLean, VA 22101
(703) 749-9090
www.starnutgourmet.com

Greenberry's

6839 Redmond Drive
McLean, VA 22101
703-821-9500
www.greenberrys.com

Mylo's Grill

6238 Old Dominion Dr
McLean, VA 22101
(703) 533-5880

Old Brogue

760C Walker Road
Great Falls, Virginia, 22066
(703) 759-3309
www.oldbrogue.com

Ruth's Chris Steak House

8521 Leesburg Pike,
Tysons Corner, VA 22182
(703) 848 - 4290
www.ruthchris.com

Lebanese Taverna

1840 Int'l Dr, McLean, VA 22102
(703) 847-5244
www.lebanesetaverna.com

Chef Geoff's Tysons

8045 Leesburg Pike
Vienna, VA 22182
(571) 282-6003
www.chefgeoff.com

Open Kitchen

7115 Leesburg Pike, #107
Falls Church, VA 22043
703-334-1504
www.openkitchen-dcmetro.com

Lebanon Zaman

8411 Old Courthouse Road
Vienna, VA 22182
Phone: 703.748.1400
www.leban-zaman.com

Daily Grill

1840 Int'l Dr, McLean, VA 22102
(703) 288-5100
www.dailygrill.com

Church Street Cellars

111 Church St. NW, Vienna
703-255-0550
www.churchstcellars.com

Maggio's

421 Maple Ave. E.
Vienna, VA 22180
703-938-7777
www.maggiosonline.com

Clare & Don's Beach Shack

130 North Washington Street
Falls Church, VA 22046
(703) 532-9283
www.clareanddons.com



Cafe Deluxe (adjacent to Crate & Barrel) offers a large patio perfect for that late afternoon glass of wine under the shade of their large umbrellas.



In the center of downtown Falls Church, Ireland's Four Provinces (The 4 P's) offers diners a sidewalk cafe experience "on the boulevard".



Claire and Don's in the heart of Falls Church, when you can't be at the beach.



If you can't go to Ireland, enjoy the outdoors at The Old Brogue, a Great Falls institution.

DINING AL FRESCO (CON'T)

Argia's Restaurant

124 North Washington Street
Falls Church, VA 22046-4514
(703) 534-1033
www.argias.com

Santini's New York Style Deli

2975 Chain Bridge Road
Oakton, VA 22124
(703) 766-6666
www.mysantinis.com

Boulevard Cafe

8180 Greensboro Dr Ste 125
Mc Lean, VA
(703) 883-0557
www.boulevardcafecatering.com

Friends Kabob

2063-A Chain Bridge Rd
Vienna, VA 22185
(703) 288-9126
www.friendskabob.com

Clyde's of Tysons

8332 Leesburg Pike (by the water tower)
Vienna, VA 22182
(703) 734-1901
www.clydes.com

Chef Geoff's, Tysons newest courtyard dining at Fairfax Square. Get there early!



Newly opened Mylo's Grill at Chesterbrook serves up their Greek specialties on their front patio.

Argia's near the State Theatre offers secluded backyard dining. Bon Appetito!



Cafe Oggi, a long time McLean favorite, offers a romantic outdoor choice in the front patio.



Ruth's Chris offers white table cloth service on their beautiful front patio.

The new Open Kitchen in Falls Church, serves up their delicious dishes on their newly opened front patio.



Sushi Yoshi offers outdoor tables at their restaurant on Church Street in Vienna.



Panache offers contemporary European dining on their outdoor patio in the heart of Tysons.

Healthier Carpets... Healthier Home



Hadeed



Oriental Rug Washing & Wall to Wall Steam Cleaning

Oriental Rug Cleaning

20% OFF

In Plant Rug Cleaning

Offer good through 7/15/10 - Not valid with any other offers

Wall to Wall Steam

any 3 areas **139.** 400 sq ft

4 to 6 Areas **199.** 800 sq ft

6 to 8 Areas **299.** 1,000 sq ft

Offer good through 7/15/10 - Not valid with any other offers

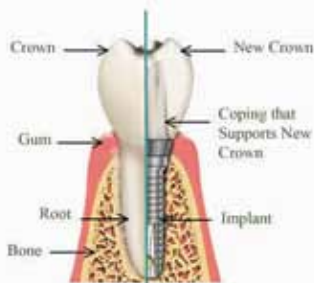
We Fix And Repair All Types:

See how we get your carpets sparkling clean on our web site

www.hadeedcarpet.com 703-836-1111



Tyson's Dental Associates



Dr. Alex Osinovsky, DDS

Dr. Marie Banzon, DDS

Dr. Jennifer Diaz, DMD, MS

Dr. Adele Michael, DDS

Dr. Edward Bowling, DDS



**Emergencies Mon-Sat.
seen within 24 hours**

We speak 7 languages:
English, Spanish, Tagalog, Hindi,
Hebrew, Russian and German

We accept Most Major PPOs

Payment Plans Available

Sedation Dentistry, Implants
Periodontal Services, Endo Services
Invisalign® & Traditional Braces

invisalign®

The Clear Way
To Straighten Teeth



ZOOM!®
Advanced Power
1 Hour Bleaching



Family, Cosmetic & Implant Dentistry
8230 Boone Blvd., Ste 410 • Vienna 22182
703-848-8906 • www.tysons-dental.com
tysonsdental@yahoo.com

**Open House
June 10 at 3 pm**

Free Giveaways & Free Raffle

\$20 OFF
your first visit
(new patients only)

FREE Consultation

\$500 off complete
Invisalign®
case

Tyson's Dental Associates

8230 Boone Blvd, Ste 410 • Vienna • 703-848-8906

Must present coupon at time of appointment. Services provided when indicated only. Offer expires 8/1/2010

\$89

oral exam, cleaning,
4 bitewing x-rays &
periodontal evaluation
reg \$278

Tyson's Dental Associates

8230 Boone Blvd, Ste 410 • Vienna • 703-848-8906

Must present coupon at time of appointment. Offer not valid if you fail to keep a scheduled appointment.
New patients only! Payment is collected at time of service. Offer not valid for patients with periodontal
disease. Offer not valid with insurance submission. Offer expires 08/01/2010

free

**implant
consultation**
Complete implant
(start to finish) \$2700

includes placement of surgical
implant, abutment & crown
services provided when indicated only

Tyson's Dental Associates

8230 Boone Blvd, Ste 410 • Vienna • 703-848-8906

Must present coupon at time of visit. Not valid with insurance submission. Posterior teeth only. Price includes
endosseous implant, prelab abutment-impl, placement & abutment-supported porcelain crown. Offer expires 8/1/2010

\$499

ZOOM!®
whitening
system

Express home bleaching \$299

Tyson's Dental Associates

8230 Boone Blvd, Ste 410 • Vienna • 703-848-8906

Must present coupon at time of appointment.



Why not a trip to Barrel Oak Winery?

As we welcome the warm weather and the new lush greenery, we offer an idea to get away for a few hours. An easy day trip from Tysons to a very popular winery serving great wine in the cool foothills to the west. Enjoy the striking views, sip on fine wines, enjoy some good company, and bring a picnic, the kids and your dog!

In 2006 Sharon and Brian Roeder moved to the Blue Ridge foothills on the rural side of Northern Virginia. There, working closely with their trusted yet loopy Golden Retrievers, Barley and Justice the Wonderpuppy, they have initiated their diabolical plot to wean visitors from their "crack-berries" and extraordinarily long commutes by providing them with idyllic and pastoral tranquility in the cooling foothills of the Piedmont Mountains. Spreading their joyful and grapey evil far and wide, they have created a veritable den of wine pleasures designed to trap everyone under the spell of their extraordinary patio views and whimsically-built winery. The wine ain't that bad either.

Barrel Oak Winery (called BOW as in BOW WOW!) is Northern Virginia's friendliest family winery. BOW grows and produces quality Virginia red and white wines in a comfortable and unpretentious environment that can be enjoyed by guests and friends alike. Barrel Oak Winery is dog -as well as people-friendly.

The winery has some of the most breathtaking views in the region, situated just below the Piedmont Blue Ridge across from Little Cobbler Mountain and surrounded by cattle and horse ranches. From BOW's huge patio, guests can watch the sunsets over the mountains and look over the historic and lovely John Marshall house and barns. Everywhere you turn there is beauty and calm and guests step off the patio directly into the vineyard.

From the moment you enter BOW's tasting room you'll find friendly, accessible, and knowledgeable staff and volunteers ready to help with your exploration and enjoyment.

Take a guided or self-guided tour and see the wine being made in the barrel room, crush pad, and steel tank room. The massive hand-hewn timbers, extensive stonework, enormous cedar doors, and huge stone fireplace attest to the care given to every detail.

The wines are very good and easy to enjoy, revealing the distinctive style and tasteful complexity of Northern Virginia's unique terroir. Every vintage has a story and the staff is very happy to share the day with each and every visitor. On the weekends there will often be live entertainment and mornings they'll have a paper and a complimentary cup of coffee for those who arrive early. They also often host charitable fundraisers in one of the most beautiful settings imaginable. Picnics, tour buses, and limos are welcome, but please call ahead to make special arrangements.

Join them on the fun side of life and enjoy extraordinary wines and views with people certain to become fast friends around a shared picnic on the patio: . Find them at the winery from 11-6 every day 'cept Tuesday and till 9pm on Fridays and Saturdays. But be careful...you may never leave!

Bwwaaahahahahahahah!!!!



3623 Grove Lane, Delaplane, Virginia 20144
www.barreloakwinery.com
info@barreloak.com

"We make wine so that others may drink and find the pleasure of our lives in each drop."

The more I know about men, the more I like dogs. -Gloria Alfred

A Springtime Revelation

Can You Transform Your Body in 30 Days? This Kickstart Program Says YES!

By Eva Swersey
Owner, Body Elements

It's hard to believe after that brutal winter we just survived that summertime is right around the corner. And what do you have to show for it? If you're like most people, you wait all year for this weather, peel off your heavy dark clothes for the fun, light stuff and find...well, what did you find? A lithe, toned body lacking only a little sunshine? Or did you find something you'd just as soon keep covered up?

For some people it's about fighting fat, or maybe their genetic predisposition. For others it's about not feeling "tight" or energized; or maybe your gym routine isn't producing the results you want. And for many women, it's often about cellulite—and if not that, it's about that last detail: You're basically in shape but the dimples on your upper thighs and derriere drive you nuts. (Little-known fact: more than 90% of women, in shape or not, have cellulite.) For men—whether or not they work out regularly—it's all about the love handles.

The 30-Day Kickstart Program

There is help. Body Elements, Northern Virginia's premier Endermologie center, has developed a 30-Day Kickstart Program that...actually works. We know it works because we see it every day with our clients. The program is based on three individual components that when combined produce noticeable physical changes. Better yet, the program can be customized to address an individual's specific goals—from weight loss to body toning, to improved energy, to the reduction or elimination of the appearance of cellulite.

The Kickstart Program's Three Pillars Include:

- Endermologie™, the first patented process cleared by the FDA as a therapeutic massage technique proved to break down fat stores and eliminate the appearance of cellulite
- A customized, Functional Training program (in as little as 30 minutes per session)
- A nutritional weight-loss and cleansing regimen using the Isagenix® line of products

Endermologie

Endermologie, and in particular a non-invasive protocol called Lipomassage, works by increasing the body's metabolism and circulation through deep-tissue massage. It is non-invasive—a key differentiator compared with competing services—while the technology helps the body eliminate fatty deposits naturally, resulting in smoother skin and a more contoured body with improved muscle definition.



Eva Swersey
Owner



Damien Woodson
Personal Trainer

Endermologie is provided by trained, certified technicians and feels great! It has become a popular staple on the celebrity circuit and has been written about extensively in a variety of magazines including *Cosmopolitan*, *Marie Claire*, *Fitness RX* and *Self*.

Functional Training

When personal training took off a few decades ago most people in the gym were bodybuilders. The profession began by people walking up to the biggest guy in the gym and asking them, "Show me what you do."

The foundation of bodybuilding is based on isolating each individual muscle group so all available energy and concentration can help the muscle overcome the most amount of weight—that's called resistance training. Women typically don't have to worry about getting big muscles—they don't possess enough testosterone like men to "get big." But they can get lean and toned. This approach made perfect sense for the population of the gym at that time.

Today's gym population is different—it simply wants to "get in shape." These folks can benefit from "Functional Training," which focuses on maintaining or enhancing regular everyday movements of your body—versus exercises that focus on just one muscle at a time—your biceps, for example.

Because everyday movements use multiple muscles at a time, it's important to train the central nervous system and muscles together by using exercises that train overall movements—and not just individual muscles by themselves.

Benefits include:

- The most time-efficient way to lose body fat—this training works multiple muscle groups at once. This is critical when you only have 30 minutes.
- Consistently elevated heart rate provides sustained cardio and strength benefits at once.
- An endless variety of movements that go far beyond what a machine or free weights can provide.

Isagenix Cleansing & Fat Burning System

How often do you meet people who work out regularly, but have a lousy diet and can't achieve their goals no matter how hard they train?

Isagenix, an all-natural super food company, has developed industry-leading, physician-endorsed dietary products to help you create a nutritional cleansing and replenishing routine to optimize health, help you feel younger and more energetic. When you include these incredible foods in your regular food choices, your body loves it!

Isagenix may help you:

- Lose weight without starving, rebound, or losing

lean muscle mass

- Increase muscle tone and reduce fat
- Release and eliminate toxins—which, in turn, releases fat and water
- Nourish your body with high-quality vitamins and minerals



- Increase energy and mental focus
- Eliminate cravings for unhealthy food

The 30-Day Cleansing and Fat-Burning System™, our most popular program, is a perfect complement to the 30-Day Kickstart Program—take control of your life, get in peak shape and lose weight, with FAST, visible, and lasting results.



body elements



You Still Have Time to Get a Beach-ready Body!

Take advantage of our Spring Special and begin your program today...it's easy!

Spring Special

Only \$99 (more than 50% off)

- 1 Lipomassage by Endermologie session
- 1 Personal Training session!

• (Includes FREE: consultations, skin analysis, Lipomassage and Personal Training sessions.)

Body Elements
2104 B Gallows Rd. • Vienna, VA 22182
Tel. 703.356.6601
www.body-elements.com

New clients only. One offer per person.
Call today! Limited time only.

Better menu choices for your health.

A little thought and awareness goes a long way.

by Judy Caplan

As the debris from the winter is cleared away, storefronts and restaurants are sweeping their stoops. The tables are out and the umbrellas are up. It is time to sit out, smell the roses, and watch the people go by. As you stop by your favorite haunt for a drink and light fare or even for that special full course meal, here are some tips that will keep your step light and your body looking fab for the coming swim suit months.

First, let's start with alcohol. The calories add up fast. One drink calorie-wise equals a slice of bread and a pat of butter (approximately 120 calories.) So if you start off with a couple of beers or drinks, you don't have much more room for additional carbs like bread, potatoes (forget the fries), rice, or dessert. Also when alcohol is metabolized, the fat is stored and the acetate is burned. Ever wonder why heavy drinkers tend to have big guts or muffin tops? The stored fat tends to accumulate in the abdominal region.

Also remember mixers add calories. One 8 oz. glass of soda is approximately 150 calories. If you must have soda as a mixer, use diet sodas. Better yet, stick with plain bubbly soda water. While juice is full of phytochemicals and minerals, it is also full of calories. A 4 oz. glass of juice equals ½ slice of bread.

So if you do drink you have to balance the alcohol calories with your other food choices. A good rule of thumb is if you have a drink, forgo the bread, pasta, tortillas, rice, and dessert at that meal. Beans are okay. Alcohol can deplete the body of B-vitamins and minerals, so look for foods that contain these nutrients. The problem is many carb foods are also high in B-vitamins. Beans, whole grains, veggies, and seeds and nuts are good sources. Make a point to include those in your diet at other meals where alcohol is not consumed.

Not only that, but heavy drinkers (3 drinks/day in men and 2 drinks/day in women), tend to have higher rates of esophageal, breast, and colon cancer. Yes the phytochemicals in wine are good for your heart and a little alcohol helps raise HDL (the good cholesterol) but more than a drink or two a day may have negative long term consequences.

Warm weather means dining out on the patio. Enjoying a relaxing meal al fresco and watching what you eat doesn't have to be mutually exclusive. Here are a few tips to keep in mind while perusing the menu.

Appetizers can be a great way to add fresh fruits and veggies to your diet. They can also be a way to add trans or "bad fats". General rule is to avoid anything fried. That means no egg rolls, mozzarella sticks, calamari, anything battered, or nachos (chips are fried.) Instead try summer rolls (not fried), cerviche, sushi, mozzarella and tomato salad, papaya and shrimp salad, skewered meats, fresh green salad, steamed dumplings, or veggies and a light dip.

If you are not drinking and want bread, make sure it is whole grain. Leave the white rolls on the table or feed them to the birds that stop by to say "hello." Here is a suggestion if you eat Mexican. Only do this with good friends, never on a first date! Use the chips as a shovel for the salsa. Scoop the salsa on the chip and slurp it off. Sounds a little uncouth, but the calories you save by not eating the chips will show up as a lower number on the scale. By avoiding the trans or overheated oils in the chips, you might have a better reading on your next blood test. Make sure you tip the waitress or waiter a little more for removing your soggy pile of chips.

For the main course, choose proteins that are grilled, poached, or baked. Chicken, most fish, and lean red meat like flank, eye of round, top round steak, bottom round roast, top sirloin, and tenderloin are good choices. Most burgers are not low in fat. Add in fries, a white bread bun, and a coke, and we might have to call the rescue squad! Limit burgers to special occasions unless you make the burgers with meat that is at least 95% lean ground beef. Ask for whole grain buns or serve those at home. The fiber in the whole grain bun will help bind some of the saturated fat and cholesterol and remove it through your stools.

Vegetarian is always a good choice, just make sure nothing is deep fried. Look for opportunities to order veggies when ever possible; Thai, Vietnamese, and other Asian cuisines are full of veggies. Pile veggies on pizza and load them on subs. Make sure to ask for veggies or a salad instead of the fries that come with the meal. Order entrée salads as a main course. Populations that eat the most vegetables have lower disease rates in general.

Finish off with a light dessert if you still have room or if your calories allow. Choose fresh fruit, light cookies, sorbet or frozen yogurt. Skip the heavy ones like cheesecake, custards, cakes, and sundaes. Or instead of dessert, treat yourself to some fresh flowers when you get home. They last longer and are lower in calories!

Perfection!

BEFORE

AFTER

"Thanks to Patricia and Permanent Makeup, my eyebrows and eyeliner always look perfect! It's what I call effortless beauty, 'round the clock. And my confidence is through the roof..."

Patricia Bardavid, R.N.
703-281-1877
pecsva.com

Permanent Makeup

Eyebrows A Specialty — Gentle Method

Celebrating 25 Years

of Eyebrow Design in Vienna, Patricia Bardavid, R.N. invites you to come and explore your options for that "new look" and the see how easy looking good can be...

EST. 1984
LASER PLUS
Patricia Bardavid, R.N., C.P.E. | Electrolysis Centers

380 Maple Avenue W. #301
Vienna, Virginia 22180



*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**.*



A TIA (transient ischemic attack) is an episode of stroke-like symptoms that disappear without noticeable injury. People often think that if they have not had a TIA, they won't have a real stroke.

Not true. A TIA precedes only one in eight strokes, according to researchers at the University of Western Ontario.

Dr. Daniel Hackman, who led the study, says individuals should assess their risk for a future stroke by having their risk factors

checked, including smoking, diabetes, cholesterol and blood pressure levels, and weight management, which is done with a primary care provider.

A TIA is a warning sign that a major stroke may occur. About 11 percent of those experiencing one have a stroke over the next three months, about 20 percent of these strokes are fatal and two-thirds are disabling.

Symptoms of a TIA are the same as those for a major stroke: poor balance, slurred speech or a droopy face, one side of the body is weak or numb, vision is all or partially lost, and there may be a severe headache. Anyone with any of these symptoms should go to the emergency room immediately.

The risk of a disabling stroke after a TIA can be reduced when risk factors are managed with medications to thin blood, drugs that lower cholesterol and blood pressure, exercise, and a diet high in fruits, vegetables and whole grains, but low in salt and saturated fat. These steps are advisable for everyone.

People who never had a warning sign were more likely to have a major stroke than those who did. They were more likely to die at the hospital, more likely to have a heart attack while in the hospital, and less likely to be able to go home instead of to a nursing home.

Check Your Numbers!

You feel good, you look good, but are you really good? Even those who focus on a healthy lifestyle should check some crucial numbers that are easily obtained from your doctor with a simple blood test and blood pressure check. Guidelines are available to assist you in your efforts to improve your health and, possibly, affect your longevity. There are critical numbers/values that you should know which can be life-altering....so please take note. I will only be giving you a few numbers, for there are numerous blood tests. I hope you will take some time to discover all the information your blood can offer you.

LIPID PROFILE:

Cholesterol – To keep your cholesterol within limits, do not consume more than 300mg. per day. If you have a heart condition, keep your intake under 200 mg. per day. Saturated fat and trans fats are also responsible for raising your blood cholesterol.

Total Cholesterol	Category
Less than 200 mg/dL	Desireable
100-239 mg/dL	Borderline High
240 mg/dL and above	High

HDL Cholesterol – Medical experts believe HDL tends to carry cholesterol away from the arteries and back to the liver, where it is then passed from the body. High HDL levels seem to protect against heart attacks.

For Men – HDL over 40 mg/dL

For Women – HDL over 50 mg/dL

LDL Cholesterol – Low-density lipoprotein is the main cholesterol carrier in the blood. Together with other substances, it can form plaque in your arteries.

LDL Level	Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near Optimal/Above Optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL and above	Very High

BLOOD GLUCOSE:

This is a measurement of the sugar levels in your blood; Generally done following a 12 hour fast. Elevated fasting blood glucose levels could be early signs of diabetes.

*For people without diabetes, the level should be between 70 – 120 mg/dL

*For people with type II diabetes: fasting level up to 130 mg/dL; after meals less than 180 mg/dL

BLOOD PRESSURE: (Adopted from The Mayo Clinic)

Top Number (systolic) mm Hg		Bottom Number (diastolic) mm Hg	Your Category	What to do
Below 120	and	Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
120-139	or	80-89	Prehypertension	Maintain or adopt a healthy lifestyle.
140-159	or	90-99	Stage 1 hypertension	Maintain or adopt a healthy lifestyle. If blood pressure goal isn't reached in about six months, talk to your doctor about taking one or more medications.
160 or more	or	100 or more	Stage 2 hypertension	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

C-REACTIVE PROTEIN:

This is a substance in the blood that shows of inflammation to the blood vessels. It is a strong predictor for the risk of heart disease, along with other inflammatory diseases like lupus and arthritis. It appears in higher amounts when there is swelling somewhere in your body.

- A test result showing a level greater than 10 mg/dL is a sign of serious inflammation or infection, and you should be discussing this result with your doctor.
- Average level – 1.0 and 3.0 mg/dL

If you trust Google more than your doctor then maybe it's time to switch doctors.

-Jadel and Cristina Cordova, Chasing Windmills, 08-21-06

DIRECT BILIRUBIN:

This test measures the amount of bilirubin in a blood sample. Bilirubin is a yellowish substance found in bile. Bile is produced by the liver and stored in the gallbladder. When bilirubin levels are high, the skin and whites of the eyes can appear yellow (jaundice).

- Test is used to test the function of the liver and to watch for signs of hepatitis or cirrhosis.
- It can also test the effects of medicines that can damage the liver.

I hope I have peaked your interest enough to investigate your numbers. These parameters are valuable guidelines to guard against chronic disease. As always, check with your physician, and ask questions, as there are other factors that can effect these levels and their treatments.

Just because you think you're doing all the right things doesn't mean you shouldn't keep tabs on "your numbers". Please put energy into knowing them...*your health matters!!*

Cindy Pavell, M.S. Fitness + Wellness

As a Viva Tysons! regular fitness columnist, Cindy always is interested in what you're interested in. Send her topic suggestions to cpavell@fitnesspluswellness.com or comments@vivatyson.com
www.FitnessPlusWellness.com 703.298.8198

Define it - Guidelines for it - Benefits of it

Dress TO SWEAT

FUNCTIONAL Fitness Wear



Workout wear that is not just for working out!

We specialize in unique and functional fitness wear for all body types and types of activities to include yoga, Pilates, running, cycling, triathlons, swimming, tennis, and even shopping!

www.DressToSweat.com

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

703-749-5304 lynn@dresstosweat.com

FORGET THE FAD DIETS. FORGET THE GIMMICKS.

NUTRITION TOGETHER™

Eat healthy, eat light & eat often.



Better Together: Training + Nutrition

Introducing Nutrition Together. Now, in addition to one-on-one personal training, your Fitness Together program includes personalized nutritional counseling to help you eat right and support your fitness goals.

Call today and schedule a FREE Personal Training or Nutrition Session.*

Fitness Together Tysons

2235 Cedar Lane, Ste 102
Vienna, VA 22182

703.289.9909

fitnessstogether.com/Tysons



1 Client 1 Trainer 1 Goal®

follow us on Facebook at Fitness Together Dunnloring/Tysons-Vienna

*New clients only. Limited time offer.

Church Street Pizza

New York Style
Pizza by the Slice

Salads & Desserts.
Eat In or Carry Out.



703-938-1155
115 Church Street, Vienna

Behind the
World Famous
Vienna Inn



Church Street Merchants

BIKES@VIENNA



**SALES - SERVICE
REPAIRS - RENTALS**

- Recumbents
- Trikes
- Tandems
- Adaptive
- Folding Bikes
- Kids

128A CHURCH STREET, NW VIENNA
703-938-8900 www.BikesAtVienna.com



CHURCH STREET CELLARS

**111 Church Street
Vienna, VA 22180**

703-255-0550
wine@churchstreetcellars.com

www.CHURCHSTCELLARS.COM



The Artfull Gift Shop

~ Think Artfully, Shop Locally

New Items Every Day!!

jewelry - indoor/outdoor glass art
frames - photography - paintings - cards
handbags - scarfs - soaps - body lotions
candles - baby cloths and accessories
pet gifts - local music - bird houses
antiques and so much more !

Hours:

Tues - Sat: 11 - 6
Sunday 12 - 4

Contact Us:

703-242-1220

info@artfulgiftshop.com

www.artfulgiftshop.com

Peggy James, Owner

145 B Church St. NW Vienna. VA 22180

**BLACK
EYED
SUSAN**



**distinctive
garden & home
accessories**

- custom silk & dried
floral arrangements
- landscape design
- plants & flowers

132 Church Street, N.W.
Vienna, Virginia 22180
Phone 703-937-0026
Fax 703-937-0025

Barbara Werner

BAZIN'S ON CHURCH



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

www.bazinsonchurch.com



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

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

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

Local entrepreneur to bring coffee & community together.

Michael Amouri is as local as you can get. This twenty five year Vienna resident coaches the girls JV basketball team at Madison High School along with Vienna house league basketball and softball. His commitment to his hometown is what has driven him into opening a true "community coffeehouse". The importance of reaching out and giving back to the community is reflected in most of what he does, and his new venture will surely continue that belief.

During the past seven years, he has been thinking about what exactly it should be, looking for the right opportunity and of course, the right location. He has studied coffee, he has learned the ins and outs of what it takes to brew a great, not just good, cup of coffee. He has even been roasting his own beans at home which has spoiled him to the point of being a bit pretentious about not drinking coffee that isn't from freshly roasted beans (he informs me that roasted beans can start to go rancid after just seven days). Well, his patience may soon be rewarded as he has taken the entrepreneurial leap into the retail coffee business.

Caffe Amouri is opening at 107 Church Street in the Savia Building next to the newly opened Sanctuary on Church, Vienna Dance Academy, and Church Street Pizza. That is "caffe", Italian for coffee and, after months of toiling, Michael decided to honor his parents and use their name (his mother recently passed away and his 90 year old Father offered to be the bouncer). Using a family name gives it more of a local feel, away from the corporate cookie cutter shops dotting the area. So, we welcome Caffe Amouri - Vienna's Coffeehouse.

"Quality, community and sustainability" is their mission.

Quality will be immediately evident from the products. First is product knowledge. Sure Michael knows what he is doing, but consistent quality will also come from his employees. They will understand what makes the product good and how to best prepare it. They will know the difference in beans, blends, teas, etc. The customer will get the best product possible. Getting the best product will entail using the best equipment. The in-house roasted beans will be brewed with a Nuova Simonelli Adonis espresso machine. Michael could go on forever about the technology behind it, but let's just say it is something special. This machine was one of ten machines specifically produced for the 2009 World Barista Championship. Customers will get an espresso experience like none other in this area.

Interested in something unique and special? Look for a daily "hand pour" special: a coffee of the day that will be ground and brewed by the cup, or stop in with a friend and enjoy a two person French press pot. A variety of loose leaf teas will also be available to enjoy by the pot. The fifteen varieties of loose teas can also be ordered as "hand-shaken" iced teas. Steeped tea is sweetened (or not) and hand shaken in a martini shaker with ice. Michael envisions this to be very popular with the W & OD bike path crowd, which is within sight of the front door. Not into tea? Try an authentic Italian soda or Italian cream soda.

Chocolate lovers take note. In the fall, Caffe Amouri will be introducing Belgian hot chocolate. Not from powder or syrup or mix, but from real chocolate discs melted into steamed milk. He says he has been experimenting with the milk, dark and white chocolate varieties with friends at home with great success and positive results. Where was I?

Of course you'll want a little nosh to go with the fresh coffee. Fresh pastries, danish, muffins, and bagels will all be available, along with some sweets like cookies, brownies, and other baked delights for that afternoon snack.

As part of the mission, community will play a key role in the success of the shop. Local artwork will adorn the walls (available for sale), and there will be community events like poetry readings, open mic nights, and displays from local photography and art clubs from area schools. Reaching out and giving back to the community is an important part of why he made the decision to open. He promises the first two days of receipts will go to three local charities to soon be named. This "Community-getting to know you" days will hopefully set the tone and an example for customers, employees and Michael for positive involvement in a town he calls his own.

The last part of his mission is sustainability. It is so important to be aware of where our food comes from and how its production impacts our environment. The goal is to use and sell locally produced products, such as jams, hand made mugs, and more. We need to look at sources of coffee and how sustainability actually results in higher quality products while protecting our environment. It is a growing trend that makes an impact on our world and Caffe Amouri will be part of it.

It took a good part of a year for Michael to come up with his business plan and once he gets started talking, the passion just flows, as he put it, "like a well pulled shot of espresso". It is these types of local businesses that have a focus on community as well as profit that make this area a special place to live. We wish him the best. Stop in and introduce yourself to Michael at Caffe Amouri - Vienna's Coffeehouse and have a taste of some very special coffee. You'll probably find me sitting there enjoying as well.



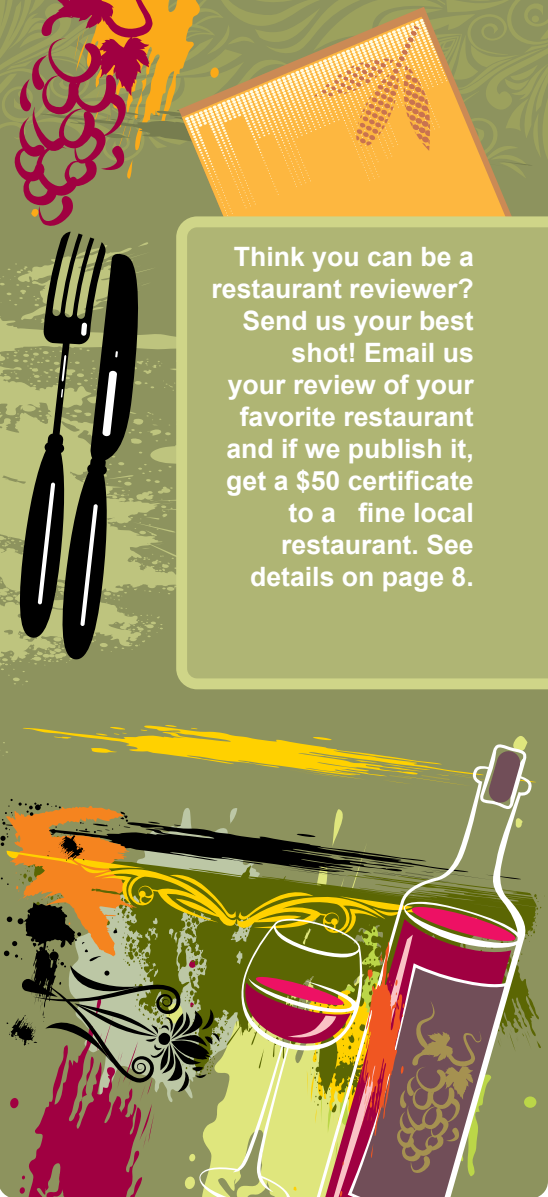
Do you believe in reincarnation???? I do now !!! But only after several visits to the Maplewood Grill formerly Le Canard Restaurant in Danor Shopping Center at 132 Branch Avenue in Vienna. Le Canard was a wonderful neighborhood gem, featuring classic french foods and their signature duck dishes. (*For you non Francophiles* , Le Canard = *The Duck*). The food was always tres bien and the service impeccable but in my mind I it was a "special occasion restaurant".

Possibly I wasn't alone in my thinking as the owners decided to redecorate the restaurant and revamp the menu...offering more casual cuisine in a more casual environment. Speaking of the owners...father, Marcel Kuchler and son/chef/partner Paul. Nepotism at it's finest!!! Without compromising quality or service I now have a neighborhood restaurant I can frequent without receiving a dessert with a candle in it!!! Some of my favorites...The warm brie starter plate, the place to start when I am not counting my weight watchers points.

Wild mushroom raviolis (ask for extra bread, a spoon, or dark corner booth to sop up the amazing sauce.) Best burger in town says our waiter, and my husband agrees!!! Anything with crab...crabcakes are filled not with fillers but succulent jumbo lump crab meat. I'm a New England native...don't call a lobster roll a lobster roll without serving it in a toasted hot dog bun with large fresh pieces of Maine Lobster and minimal dressing and Maplewood Grill does it quite well!!!!

Honestly I haven't yet made it to dessert (darn those weightwatcher points) but I have fond memories of many awesome desserts in their past life and I am certain they transitioned well. And as I waddle out, I gaze longingly at their piano bar. Warm, cozy and friendly, Wednesday to Saturday evenings it's sing along time. Next time I'm going to stop and sing praises to this wonderful little restaurant!!!! Visit their website and view their special events at www.maplewoodgrill.com.

-Debbie Casey, Avid Viva Tysons Reader and Our Regular Restaurant Reviewer



Think you can be a restaurant reviewer? Send us your best shot! Email us your review of your favorite restaurant and if we publish it, get a \$50 certificate to a fine local restaurant. See details on page 8.

Strawberry Shortcake

From Patrick Bazin, Bazin's on Church

For the bisquit

1. 1/2 cups of cake flour
2. 1/2 cups of all purpose flour
3. 1 tablespoon of baking powder
4. 1 pinch of salt
5. 5 tablespoons of butter, room temperature in small chunks
6. 1 1/2 cups of heavy cream
7. Mix all together, if too dry, add a little more heavy cream
8. Mix together till it forms a ball
9. Roll dough out to 1/2 inch thickness and cut with a round bisquit cutter
10. Brush the round bisquits with melted butter, sprinkle with sugar and bake in oven at 350-375 for 15-18 min until done

For berries:

Mix 1/2 pint of all berries: black, blue, strawberries, raspberries
Mix with 3 tablespoons of 10x sugar, 1 tablespoon of Chambord

Make chantilly cream:

Mix 1 pint of heavy cream, 1/2 cup of 10x sugar, and 1 teaspoon of vanilla extract. Whip until soft peaks

Assemble:

Split shortcake in half, add chantilly cream in center, place mixed berries on top of cream and top with the other half of shortcake.



Welcome the Warm Weather with a

Waikikini!

Equal Parts of Malibu Rum,
Amaretto and Pineapple Juice.

Combine ingredients in a shaker with Ice.
Shake and strain into a chilled Martini Glass. Garnish with a slice of orange.

Courtesy of Bartender Tim Welter
at Mylos Grill in Mclean

LOCAL AREA CRIME: PLEASE TAKE NOTE AND BEWARE.

Note To Citizens- As unbelievable as it may sound there have been reports just outside of the Town of Vienna involving homes that have been burglarized soon after the death of a loved one. These criminals could be obtaining information from the obituary section of the newspaper and striking during viewing and/ or funeral times. Should you or someone you know lose a loved one and need to leave the home unoccupied for an extended period, consider having a trusted neighbor sit with the house while the homeowner is away.



Warm Weather is Here... Your Lawn is Calling!

- Residential and Commercial
- Lawn and Yard Maintenance
- Spring & Fall Clean Up

Give Us a Call Today!

Licensed and Insured • Family Owned and Operated

SGB LAND MANAGEMENT, LLC

703-255-5111 | sgblandmanagement@verizon.net

Get your kids involved in outdoor activities: June is Great Outdoors Month

June 2010 will be the seventh Great Outdoors Month celebration and will include Great Outdoors Week (June 7-13). The National Park Service promotes this month in its efforts to unlock the Great Outdoors to urban minorities, and children, fighting obesity through outdoor recreation on public lands and much more.

Outdoor recreation is a pervasive force in America, providing mental, physical, economic and social benefits. June is an especially active time for recreation in America, with millions of us commencing summertime activities and hundreds of annual events and meetings ranging from National Trails Day to National Boating and Fishing Week, National Family Recreation Week to National Clean Beaches Week. Recognition of the value of recreation and the importance of June as a time of recreation activity prompted Presidential designation of June as Great Outdoors Month for the first time in 2004.

June 2010, the 7th annual Great Outdoors Month, highlights the benefits of fresh air, exercise, and volunteering at the park. Another focus of this special month is the younger generation. Kids, teens and 20-somethings are spending too much time with their computers, computer games and television sets.

In June, we hope to lure them outdoors more often. Maybe in the months that follow, they will continue to enjoy playing catch, jumping rope, swimming and water skiing, or playing tennis. Our area has an abundance of free recreational areas for our residents to use, as well as preserves of pristine nature. Now that the warm weather is here, let's take advantage of all we have around us.

Let young people know that volunteering at the park will help them meet new people while doing good work. Whether they help to build a shelter, clean up the picnic area or sell popcorn at a ball game, they will be spending time outdoors and meeting people who could become their friends.

June is the best time of year to take advantage of all the activities available at parks. Local parks have gone to a lot of expense to make sure their ball diamonds, tennis courts, swimming pools and hiking trails are ready for you.

But don't let the kids have all the fun. No matter what your age, going to the park is always enjoyable. When it's time to "sit a spell," find a big tree and sit in the shade and be sure to leave the electronic gadgets at home.

THE REAL ROLLER COASTER RISK

So as Summer approaches, amusement parks will be offering the latest in thrill rides. Are you one of the fearful ones? Let's put it in perspective: Everybody's going to die sometime, but probably not from a roller coaster ride. Here are the deaths in 2002 from various causes: Roller coaster rides, 2; spider bites, 10; hot tap water, 40; bathtub drowning, 352; falls from a bed or chair, 785; transportation accidents, 48,664.



Urelax

Now Open In Tysons!

URELAX

has opened it's doors and offers us a chance to experience the time tested healing and effects of **Massage Therapy*, Acupressure and Reflexology.**

ACCUPRESSURE BACK MASSAGE

10 minutes \$10
20 minutes \$20
30 minutes \$30

WHOLE BODY

60 minutes (with Reflexology) \$55
90 minutes (with Reflexology) \$85
2 hours (with Reflexology) \$110
Foot Reflexology 45 minutes \$50
Foot/Total Body 75 minutes \$70

***MASSAGE THERAPY** Early Bird Special
Monday-Thursdays before noon...**10% OFF!**

Acupuncture Available by Appointment



Call or stop by today to arrange for your "life changing" experience.



Practiced and Refined for over 4,000 years, research studies from around the world have recognized that these ancient arts have the ability to cure and alleviate health problems such as Backaches, Headaches, Stress, Arthritis and Depression....and More.

*With this ad receive
10% off your first visit.*



1911 Chain Bridge Road, McLean, VA 22102

703.356.1888

Mon.-Sat. 10am-9:30pm—Sunday 11am-7pm

Quality Hardwoods
Oak - Cherry - Maple
Walnut & Exotics

VIENNA HARDWOODS
QUALITY HARDWOOD LUMBER SINCE 1982

Specializing in genuine exotic hardwood lumber from all over the world. We supply and install a large variety of quality finished and pre-finished hardwood flooring.
Come see the wide selection of products in our showroom and warehouse.

241 MILL STREET NE, VIENNA
MON-FRI 9-5, SAT 9-4
www.VIENNAHARDWOOD.COM

ESTIMATES ARE ALWAYS FREE.
(703) 255-9663

Nova Concierge Services, LLC

Andrea Schaaf
President

www.NovaConciergeServices.com

Nova Concierge Services LLC offers expert consultation in mold testing, remediation, and/or water damage.
Call today to schedule a free on-site inspection.

Call Andrea: 703 405 7105 or
Email nova.experts@gmail.com

Expert Auto Repair Since 1952

Guaranteed!

Foreign and Domestic Auto and Light Truck Repairs

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



McLean Automotive Service Center

1387 Chain Bridge Road, McLean

703.356.7730 703.356.3730

www.mcleanautoservice.com



*Come Sun in the Caribbean...
It's Closer Than You Think!*

424 Maple Avenue, East

Vienna, VA 22180

703.319.9100

STORE HOURS

M-F 9:30 am-9:00 pm • Sat 9:00 am-8:00 pm • Sun 12:00 noon-5:00pm

LASER PLUS

EST. 1984
Lasertrolysis® Center

"Start to Finish"

Permanent Hair Removal
and Skin Care Specialists

For Beautifully
Shaped Eyebrows
Electrolysis Provides
The Best Answer

Laser Hair
Removal is very
Effective in
Treating Large
Areas Such as Arms

A Combination of
Electrolysis and
Laser Hair Removal
is Often Used with
Excellent Results on
the Bikini Line



Depending
on Your Skin
Sensitivity, Your
Specialist Can
Advise

Electrolysis or
Laser Hair Removal
as the best
Option for the
Under-Arm Areas

Imagine not
Having to Shave
Your Legs!
Ask About
Long-Lasting
Laser Hair
Removal Treatment.

Celebrating 25 years of
excellence in permanent
hair removal in the
Washington, DC area for
men and women.



**Laser Plus offers pay-as-you-go. Single treatments
available so you don't have to commit to a package contract.**

LASER + ELECTROLYSIS = LASERTROLYSIS® = PERMANENT HAIR REMOVAL

MICRODERMABRASION

Photo Facial
Facial Vein Removal
Brown Spots on Hands

LASER HAIR REMOVAL

Safe for All Skin Types
Underarms
Upper Lip
Bikini Line
Eminence Facial



Gift Certificates Available • Call 703-281-1877 or visit laserplus.bz
380 Maple Ave., West, Vienna, VA, Suite #301



*Nightly Entertainment at the Bar
Unique Tableside Menu with 42 Vodka Flavors
and the Area's Best Selection of Fresh Fish & Wild Game*

Tuesday
Ladies' Night
2nd Entrée - 1/2 Off

Wednesday
Piano Sing-Along
with Tom Saputo
& Dancing

Thursday
DJ & Dancing
to all your favorites

Friday
Sing-Along
with Bob Smith
& Dancing

Saturday
Piano Sing-Along
with Michael Terence
& Dancing

French and Russian
Cuisine
Open for Lunch
and Dinner

Visit our new
Bar-Café
4-Course Lunch
Special: \$16.95

Sunday
1/2 Price Wine
on selected bottles

At the Bar:
Free
Appetizers
from 5 - 7 p.m.

Pre-Theater
Prix Fix - \$35
4-Course Dinner
Sunday-Friday, 5-6.30



Serbian Crown

Visit SerbianCrown.com for Sunday Special Events, Guest Artists and Discounts

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

703-759-4150

Catering & Carry-Out Available

**NEIGHBOR'S
RESTAURANT**
SPORTS PUB

Daily Specials

Texas Hold 'em
every Thursday

Karaoke
every Friday and Saturday

Large Private Party Room



**KABOB
ZONE**

703 698-8010

262D Cedar Lane, Vienna, VA 22180





MYLO'S GRILL

Serving Greek Specialties with Classic American Dishes



Private Parties!

Mylo's Grill invites you to come and experience Authentic Greek and Classic American dishes prepared by the Mylonas family.

Our casual yet classic setting is the perfect spot for outdoor cafe dining, special occasions, and everyday delights! Open for Lunch and Dinner 7 days a week with Saturday and Sunday Brunch.

6238 Old Dominion Dr • McLean, VA 22101

(703) 533-5880



Maplewood Grill

It's Maplewood Grill ...

For Private Parties...

Carryout and "Wolftrap Ready" Picnic Baskets...

Catering "Hors d'oeuvres and drinks, to a hot fork buffet menu"...

Live Entertainment Wednesday-Saturday at the fabulous Piano Bar...

Visit our website for Specials and Entertainment Schedule.

In the Heart of Vienna....



132 Branch Road Vienna, VA 22180 || 703.281.0070
WWW.MAPLEWOODGRILL.COM



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

Idylwood Grill

and Wine Bar

The secret is out!



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

Lunch Monday thru Friday. Dinner Monday thru Saturday.

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

Hedi Ben-Abdallah



2190-B Pimmit Drive, Falls Church

(behind Whole Foods on Route 7)

703.992.0915

www.idylwoodgrill.com



The American Diner Experience is Back!

Metro 29 Diner is there to answer your dining prayers. A one stop shop where the whole gang will find great steak, chops, salads, Italian and Greek specialties, the best breakfast selections, and of course, some original diner standby's. The perfect place to please everyone. Great food, large portions, affordable prices. Don't forget the 'round the clock desserts ... and we mean desserts! Homemade, of course, right on the premises.

Open until 3 am Friday and Saturday. Lucky us!

Address

4711 LEE HIGHWAY ARLINGTON, VA 22207

Phone

703.528.2464

Website

WWW.METRO29DINER.COM

"Best Neighborhood Bar"
... The Washington Post

"Best Restaurant"
... Taste of Falls Church
2006 & 2008

FOOD SERVED ALL DAY:
Homemade Soups, Irish
Specials, Steaks, Chops,
Fresh Fish Daily



Ireland's Four Provinces IRISH PUB AND RESTAURANT

Where Authentic Irish fare, live music and brews combine with
an equally beautiful ambience to create the ideal
atmosphere for your next meal...or drink.

105 W. Broad Street ~ Falls Church, VA 22046

www.4psva.com 703-534-8999



"YOU ARE ALWAYS WELCOME AT THE 4 P's!"

CAFÉ RENAISSANCE



"The Most Romantic Restaurant in the DC Metro Area"

-SURVEY OF OVER 400,000 DINERS FROM OPENTABLE.COM

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

163 Glyndon Street SE, Vienna, Virginia 22180

www.CafeRenaissance.com 703-938-3311

DA DOMENICO

A Tysons landmark for three decades, Da Domenico has been serving the finest Tuscan Italian cuisine. Whether for an intimate dinner for two, a family gathering, a business function or a party for dozens, your dining experience will be a memorable one. Homemade pastas, succulent meats, fresh seafood, delectable desserts and more rounded out with their notable and varied wine selections. Enjoy their new Da Lunch values and the Italian Hour weekdays from 4 -7, you cannot go wrong. Buon Appetito!



DA DOMENICO

By the radio tower in Tysons

1992 Chain Bridge Road

McLean, Virginia 22102

703-790-9000

www.da-domenico.com

BOULEVARD CAFÉ & CATERING

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



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

Boulevard Café & Catering

8180 Greensboro Drive, McLean

703.883.0557

www.BoulevardCafeCatering.com

CHUTZPAH DELI



Now in the Tyson's Corner and Fairfax area, Real NY Style Deli is available, and we mean Real! Corned Beef Brisket sliced thin and piled high on Rye.. Spicy

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



CHUTZPAH DELI

8100 Boone Blvd, Vienna Virginia 22182

703.556.3354

www.chutzpahdeli.com

EVO BISTRO

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



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

EVO BISTRO

1313 Old Chain Bridge Road, Mclean

703-288-4422

www.evobistro.com

PANACHE

Panache Restaurant, located in the heart of Tyson's Corner, offers a Mediterranean experience without leaving Tysons! A sleek, contemporary (and very sexy) lounge and restaurant is always the perfect setting when entertaining clients, that special occasion, and anytime your in the mood for the flavors of Spain, France and Italy. And with a wine selection of over 150 varietals, your sure to find the perfect beverage to complement your choice. For networking, private parties, a night on the town or just a romantic dinner for two, Panache is the perfect choice. Chef Claudio Sandri, and his dedicated staff ensures your complete satisfaction- That's a promise!



703.748.1919

www.panacherestaurant.com
1753 Pinnacle Drive McLean, VA 22102

RISTORANTE BONAROTI

SINCE 1982....

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



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

Ristorante Bonaroti

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

TYSONS BAGEL MARKET

Save the five hours to the Lower East Side, real New York Style bagels can be found on Route 7 in Tysons. Boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many varieteies with a schmeer. A full breakfast menu also awaits you, along with a long list of deli and grilled sandwiches. Impress the office with their easy and delicious sandwich and salad platters, a perfect choice for your catering needs. Get there early for a nosh as it gets crowded, you'll quickly make it a regular part of your week.



OPEN SEVEN DAYS - FULL BREAKFAST & LUNCH

TYSONS BAGEL MARKET
8137 Leeburg Pike (at Gallows Road)
Vienna, VA 22182
703-448-0080

www.tysonsbagelmarket.com

BAZIN'S ON CHURCH

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



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



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

Happy 100th Birthday Mclean!

It was back in 1910 when the actual community of McLean was formed. McLean was never really founded, it just sort of happened. You could say that it was the direct result of an entrepreneurial endeavour to connect Washington with Great Falls via an electric trolley around the turn of the twentieth century.

Back then Great Falls was more than just a natural landmark of beauty. It was privately owned and hosted an amusement park, scenic overlook decks, a dance pavilion, a wooden carousel, an evening light show, along with a "lovers lane". Visitors could stay at the well known Dickey's Inn which was known for their fine restaurant (Presidents from Washington to Teddy Roosevelt had eaten there). The problem was it was an inconvenient trip to get there.

The owners of the park and the surrounding land around Great Falls were John McLean, owner of the Washington Post, and Senator Stephen Elkins of West Virginia. In 1902 they obtained a charter to run an electric trolley to Great Falls from Rosalyn to transport Washingtonians to their park. Starting in 1906, they completed fourteen miles of rail passed through what was then only forests, pastures, and fruit orchards. Tickets were twenty five cents, a reasonable price for a Sunday afternoon excursion through the countryside. This rail line, the Great Falls and Old Dominion Railroad, eventually became part of the Washington and Old Dominion Railroad, the remains of which are the present day bike and walking trail.

Unfortunately, the rail line bypassed the existing villages of Lewinsville and Langley. This is where the McLean story comes together. One of the trolley stops at a point crossing Chain Bridge Road was called Ingleside. It was at this station where concentrations of building and mercantile activity naturally started to appear. In 1910, the station was renamed McLean in honor of the trolley's founder (another station at the Georgetown Pike crossing was named Elkins). The Ingleside name moved to the next stop West of the newly named McLean stop. At the same time as the name change, Storm's General Store opened next to the rail tracks at Elm Street and Chain Bridge Road. "Lonnie" Storm was at the right place at the right time. A Post Office was soon operating out of Storm's which had a railroad siding adjacent to it. In 1911, the Lewinsville and Langley Post Offices were soon closed and merged into the one operated at Storm's. Losing the Post Offices sealed the demise of those two villages as McLean was then growing into a substantial community.

Chain Bridge Road was a major artery in Fairfax County and with the new rail stop in McLean . . . well you know what they say about real estate and location, location, location. The area boomed. Living in a more rural environment and still being able to travel to work in Washington gave rise to notion of commuting into town. Farmers



View of Chain Bridge Road and Old Dominion Drive



McLean Day, Civic League Lot, 1915



Storm's General Store pretty much sealed the future of McLean

*Photos furnished by Carole Herrick and
McLean & Great Falls Celebrate Virginia*

Dr. Isabel Kelly, DDS

"Are you happy with your smile?"

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

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

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

Trust your dental health and smile to Dr. Kelly...

You'll leave smiling!

Call for your appointment today!



1449-D Dolley Madison Blvd
McLean, VA 22101

703.748.3384

www.mcleanteeth.com

in the area now had a way to get their crops and products to market not just locally, but to the District. The area grew quickly over the years and the orchards and dairy farms gave way to subdivisions, stores, churches, schools, and more.

There was no real plan, just a patchwork of residential and commercial development. The advent of the automobile lead to many changes in the area including the closing of the Great Falls park (some major floods also helped), the growth of suburban developments and major retail centers that are still evident today. McLean never seemed to have a cohesive force to become incorporated as a separate town. In 1968, Fairfax County adopted an urban county form of government of which Mclean became a part. It is never known whether John Mclean actually ever set foot in this relatively small town community. He probably would have been proud of what is now recognized as one of the most desirable places to live and work in the Metropolitan area, if not the country. With the new Metro rail coming, will there be a parallel story for the next hundred? We'll see . . . Happy 100th McLean!

Come celebrate McLean's centennial at the Mclean Community Center on June 26 from 11 to 5. The event will feature knowledgeable speakers of the area's past, historic displays including a massive map of the old railroad with photographs, antiques, historic personalities in period costumes, games and activities for kids, a barber shop quartet, and food for all. They will even be burying a time capsule to be opened in 2060. Don't miss it. See you there . . .

GILDA'S beauty HAIR AND MAKEUP

**Let's Get Acquainted!
New Client Special!**

**30% Off
All Services!**

Expires 7/31/2010

703.641.8444

www.gildasbeauty.com

gilda@gildasbeauty.com

2304 Gallows Road, Dunn Loring, Virginia 22027

This one of a kind facility attracts entrepreneurial companies by affordably providing dynamic resources and unique flexibility.

Think incubator, think affordable, think innovative, think flexible, think support, think networking, think successful. Apply these thoughts to the needs of emerging high growth businesses that require plenty of resources, flexible short term commitments, but with limited finances, and you start to figure out what Teqcorner is all about. Located just inside the Beltway off Route 123, Teqcorner provides emerging and startup businesses unique amenities and services in an affordable one of a kind facility.

Just walk into the lobby of the three story renovated building formerly know as the "Van Buren Building" and you get the sense of "Teq". Modern design with steel finishes appointing painted masonry walls with blue neon accent lighting sets the tone. Offices vary in size, some are fixed with your standard gypsum walls, others are partitioned with flexible wall systems to allow for reconfiguration with little effort (relative to tearing down and rebuilding). SCIF offices are available for those with special government security needs. There are conference facilities that accommodate networking events for a couple to a couple hundred, just by rolling up the doors (there are literally roll-up doors to create a more expanded space)

It was 2001 when Teqcorner opened its doors. The basic idea was an executive suite for the entrepreneur. It was a slower start than anticipated with 26 virtual and physical tenants compared to today's 109. The key was finding the entrepreneurial community and



The "Wall of Fame" spotlighting the entrepreneurial tenants at Teqcorner.

Take an emerging business, provide the resources to allow it to operate efficiently and affordably, to grow and mature, to have access to industry knowledge and market information, and to provide a community of entrepreneurial peers, and you have Teqcorner. It is best described in their mantra: The only solution to emerge your business from "concept to company". And they seem to be doing it pretty well.

bring them all under one roof to create synergy, resources, and networking in a flexible useable, and affordable space. The idea was right and it soon caught on with a vengeance. In 2005 The West Group, who was the building owner, bought the concept.

The third floor has a conference center for networking functions and

presentations marketed as TEQCONNECT and TEQFOCUS. Here clients can get access to decision makers in the government, as well as attend peer support groups, workshops, speakers, and seminars. Funding events are scheduled for angel investors. All the business to business services are available for the tenants from other tenants in the building such as accountants, communications, etc. There are even venture capital companies as tenants as well. The new Silicon Alley Accelerator gives entrepreneurs with early stage companies business planning and financing insights through access to a team of experienced and connected professionals to help navigate through high growth and highly complicated industries.

It's just as much about atmosphere as it is the facility. Not quite an incubator for start ups, but an ecosystem designed for companies hitting a high growth stage. Teqcorner provides a unique networking atmosphere that sets it apart from the basic executive suite models. Monthly networking events, a speaker series, business mixers and lunches are just a few of the extra tools Teqcorner offers to its clients. This type of environment is conducive to building new business relationships, new contacts, and new partners. There are standing relationships with many organizations such as The American Small Business Coalition, Center for Innovative Technology, Fairfax Economic Development Authority and others. Even the local chamber of commerce keeps their office here. The variety of tenants provides greater opportunity to tackle complex government contracts. The businesses at Teqcorner have a lot in common: entrepreneurial, high growth, cutting edge, rapidly adapting. Community doesn't stop within its walls. Charitable causes permeate through the collection of businesses at Teqcorner as each has something to offer to improve or facilitate charitable needs.

The executive office suite concept has been around since the 1980's. The key difference at Teqcorner is the synergy, the access to a vibrant network of companies at the same stage, the ability to allow companies to focus on their core business and not worry about installing phone lines or buying furniture, or having to hire a receptionist. It's already done, ready and waiting for you. A comfortable yet vibrant atmosphere shared by venture capitalists, technology companies, government contractors, and others. All of them have similar stories, similar needs and similar ways to help each other. As businesses make that turn and start to rapidly grow, they need resources and support that is most often too expensive, too permanent, and too time consuming. The concept is designed to quickly accommodate the changes of fast moving companies that don't have the time to deal with the distracting details.

Even if you don't need the physical presence, Teqcorner offers a receptionist to forward calls and receive mail and packages, a physical address, access to conference rooms, a work area, a copier, coffee, etc. all in a high class well appointed space all for a reasonable monthly fee. These services are perfectly designed for the entrepreneur working at home who occasionally needs



Teqcorner's on-site manager
Myra Fitzwater.

to meet a client or prospect in a respectable environment. The business now has a real presence, not just a post office box or a residential address. This works very well for their list of international clients. Many need a US address. Calls and messages are forwarded to anywhere around the world. In town for a visit? Offices are available for clients for the week, the day, or just a few hours.

As for leasing space, flexibility is the key. Spaces from a couple hundred to a couple thousand square feet, phone systems, access to conference rooms, furnishings, a TV lounge, plenty of parking and of course access to all the amenities the Tysons area provides. Terms can be from a few months to a couple years. Get more space, less space, more services, whatever you need as a company changes and grows. Contrast this concept to a typical office lease where you may not use all the space you had to lease, you had to buy furniture and equipment you may not need in the future, etc. As a business's needs fluctuate, Teqcorner is designed to accommodate.

Has the economy affected occupancy? Read the papers and you'll see rising office vacancy rates, not here. Full time space has jumped 23% since January. Virtual office space has over doubled. Small business is not only surviving, but thriving. "Seeing a company move from home to an office like ours and then watching it all fall successfully into place is the fun part" says on site manager Myra Fitzwater. She oversees pretty much every aspect of the facility and meeting tenants' needs.

Though unique in its own building, our area is prime for concepts like Teqcorner and it should not be a surprise to see others try to offer similar concepts in our community. The abundance of executive suite companies in this area will foster a change to incorporate some of the ideas mentioned here in order to compete. In our area, the government plays a large role in contracting opportunities. As new technologies emerge and governments' needs change, the incubator-esqe, flexible facilities with resources and support like Teqcorner's is a perfect recipe for small business success. Our area looks to small business to grow us out of our current financial woes, to stimulate the economy and to keep Tysons Corner the core of regional job growth. Teqcorner is an innovative way to help make it happen.

Obstacles are things a person sees when he takes his eyes off his goal. - E. Joseph Cossman quotes (Entrepreneur)

The Jewelry Doctor

Platinum & Diamond Boutique
Custom Designers

Unique Handmade
Platinum & 18k
Collection With
A Lifetime Warranty

Gift Certificates
Make the
Perfect Gift

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

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

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

la Dolce Vita

THREE FOX

VINEYARDS

A Tuscan getaway close to home.

www.threefoxvineyards.com

Tasting Room Hours - Open Year Round
Thursday-Saturday, & Monday 11-5 pm • Sunday 12 pm (noon)-5 pm

*Mention or bring this ad for a complimentary tasting for two
offer expires 12/23/10*

10100 Three Fox Ln. • Delaplane, VA • 540-364-6073

Denise's Top 10 Decorating Tips & Tricks

With the change of the season, many homeowners feel inspired to decorate and remodel their homes. To help you with your spring interior design efforts, I share my top ten decorating tips and tricks to help you decorate like a pro!

By Denise Willard



TIP #1: START SMALL, THINK BIG

Too many people get bogged down in all the details of an interior decorating project and end up overwhelmed and unable to make decisions. Every design professional has his or her opinion as to how to get started—some say to start with a rug, others say find a beautiful fabric, while others suggest you start with artwork and build your interior from there. Often homeowners do not have these items or have trouble picking them and end up right back at “square one.” Don’t let the expert advice intimidate you. If you don’t have an inspiration piece from which to build your color palette, you can create one. Start by selecting photos of rooms that inspire you from home decorating magazines—such as *Elle Décor*, *House Beautiful* or *Architectural Digest*. Using these rooms as guides, pick one room in your home to start with and focus on your wall color first. Once you have your wall color selected, decide on your accent colors to round out your palette (using your inspiration photo as your guide). You don’t have to decide how to apply the colors at this point, you just need to determine which colors go well with the wall color. With a solid color palette identified, the next step is to create a layout for your room using graph paper and a 1 block = 1 foot scale. With a layout and color palette defined for your room, you now have a design “roadmap” which will be your guide as you go forward in selecting furnishings and fabrics to complete your room. When the first room is near completion start planning the next one, carrying at least two of the colors in the palette into that room and repeating the roadmap building process.

TIP #2: DECORATE ON THE DIAGONAL

One way to add visual interest to a room and make it appear larger is to place your furniture at an angle. This arrangement works best for rectangular dining room tables, beds in square bedrooms, sofas and desks. Placing furniture at an angle works because the longest straight line in any given room is its diagonal. When you place your furniture at an angle, it leads the eye along the longer distance, rather than the shorter wall, making the room seem larger. As an added bonus, you often get some additional storage or display space behind the angled piece.

TIP #3: USE CONTRAST TO CREATE INTEREST

Another inexpensive way to make your home’s interior more appealing is by contrasting light and dark hues. In its simplest form, this can be achieved by using darker fabrics against lighter backgrounds and vice versa. On a larger scale, contrast light and dark wall colors throughout the home in rooms that

are adjacent to each other. This same rule applies to sofa fabrics, window treatment fabrics, pillows on sofas and rugs under furniture. Using contrast in this way makes the colors throughout your home “pop.”

TIP #4: CREATE VISUAL VIGNETTES

Rather than distributing your artwork around the room, group your artwork with other pieces of art or with furniture to create vignettes of interest. Focus on the focal point first and build out the rest of the room from there, emphasizing areas you want to draw the eye to. A good rule of thumb when hanging artwork is to keep the piece 57” from the floor. This is the standard used by most galleries and museums as it represents the average human eye-height.

TIP #5: USE COLOR TO “RAISE THE ROOF”

Choosing your wall and ceiling colors isn’t just about personal expression and decorative style. Color can also be used to visually heighten low ceilings. Painting the ceiling the same color as the walls makes the delineation between wall and ceiling less noticeable, thus visually “tricking” the eye into thinking the ceiling is higher. Likewise, choosing colors from the cool end of the spectrum—blues, grays, lavenders and greens—gives the illusion of space.

TIP #6: MAXIMIZE YOUR DESIGN DOLLARS

One way to stretch your design budget is to select core room elements—wall color, window treatments, upholstery and rugs—in neutral fabrics and designs. Then add a little “icing” to your space by incorporating bolder elements in your decorative pillows, inexpensive artwork and accessories. And, if you want a bolder look, try out some of the bolder decorative wall decals. They add color and interest, and can be removed without incident when you desire a change. If you adopt this design approach, when you want to try out a new color scheme or update your room, you can simply replace the “icing” to create a whole new look at very little cost.

TIP #7: ADD A DASH OF BLACK

Black has amazing power to solidify a color scheme, pull together disparate pieces of furniture, and give your home a touch of Hollywood glam. Black works with every design style—from traditional to contemporary. The color black is to your home’s interior what a black coat or a stunning pair of black heels is to a woman’s wardrobe. Each room in your home will achieve a greater sense of balance if you add a dash of black—a small vase, a side table or picture frame should do the trick.

TIP #8: CREATE ASYMMETRIC GROUPINGS

Think out of the box when creating symmetry in a room. Instead of placing your artwork in the center of your fireplace mantel and flanking it with two candlesticks, try your hand at a little asymmetry. Lean your artwork against the wall and move it to one side of the mantel. Fill the other side with a grouping of three items spread out enough to mimic the relative width of the artwork. Make sure that one of the items is approximately the same height as the artwork and the other two items are shorter and vary in height. Fill in the middle of the mantle with a round bulkier piece to ground the ensemble and you have achieved symmetry through a very asymmetric grouping.

TIP #9: KEEP ARTWORK STRAIGHT

Having a piece of artwork or photography uneven on a wall can throw off the entire look of the room. One trick to prevent this is to purchase clear mounting squares from your local craft store. Attach the piece of art to the wall and place a level on the top of the frame. Once the piece is level, place a mounting square on the bottom of the frame and press it against the wall until it "sticks." Once the frame is secure, remove the level and move on to the next piece of art. The beauty of these squares is that they provide a great sticky medium without damaging walls or frames.

TIP #10: CREATE A BASIC BUDGET

One of the keys to a successful interior transformation project is having an understanding up-front of what things cost and what you can afford to spend. One way to determine the cost of case goods, rugs, lamps and upholstery items is to peruse the various retail furniture store catalogs that are mailed to your home to get prices for sofas, lamps, side tables, etc. Using those prices as the low-end of the range, calculate the upper end by doubling the price for each item. This upper end represents entry-level designer goods. Calculate this range for each item you will need to purchase and add them together, giving you a lower and upper price range. The next step is to determine where your budget falls within that range. If you find that your budget will not allow you to purchase all the items on your "wish list" at once, then break down your purchases into three categories: must haves (3-6 months); like to haves (6 months to a year) and willing to wait (1 year+). When breaking down your purchases into these categories, remember that the core elements—main upholstery or case goods, a few lamps, basic light blocking/privacy window coverings and wall color—should be purchased first followed by the more decorative elements—rugs, artwork, accessories and decorative window treatments.

Need help updating your home? Contact Decor by Denise at 703-714-7343, or email at info@decorbydenise.com. Gain decorating inspiration at Denise's design blog, DreamDesignLive.com.



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 www.DecorbyDenise.com

Too Busy to Take Care of Your Lawn and Landscape?

Since 1989, *As You Like It Landscaping*, an award winning full service residential design build and maintenance company, has taken care of all your lawn and landscaping needs. Contact us today for a **Free Maintenance Estimate**.

- * Mowing and Weeding
- * Spring and Fall Cleanups
- * Mulching and Shrub Trimming
- * Shrub Care
- * Ornamental Pruning
- * 7 Step Lawn Care

Check out our ad on the *back page* for Landscape Design and Installation services or visit our website at www.mylandscapers.com

Please call us today at:

703.299.0054 or 301.279.7125

Looking for Great Deals on Flooring?

Look to the leader that has been serving the area with the best in carpets, hardwoods and tile since 1997- Legends has it!

Now offering up to 15% off our already low prices.

8521 Leesburg Pike Vienna, Virginia 22180
Phone: (703) 281-5990 Fax: (703) 752-8583
www.legendsflooring.com

Four Michael Nash Remodels Ranked Category Winners in 10 South Atlantic States

Contractor of the Year

By John Byrd

Michael Nash Kitchens and Homes won four regional "Contractor of the Year" (COTY) awards and four Washington-area COTYs in a pair of recently concluded home remodeling competitions sponsored by the National Association of the Remodeling Industry. Though the Fairfax based remodeler has previously accumulated COTYs in number, this year's trophies point to the growing scope, complexity and diversity of the firm's remodeling assignments. Projects that won tops-in-category prizes in the 10-state south Atlantic region include a multi-level indoor/outdoor component to the rear elevation of an Oakton home, a beautifully articulated gourmet kitchen, an aging-in-place solution for an elderly widow and a luxury bath that outperforms perceived budget limitations.

"While we've long been identified as one of the most active

kitchen, bath, and addition designers in northern Virginia, over the past decade we've been regularly recognized for challenging projects of every type," notes Michael Nash president and CEO Sonny Nazemian. "It's fair to say that we're evolving, that we use our resources well, and that homeowners appreciate the combination of talent, engineering skill and price-guarantee we bring to this market."

Michael Nash operates an 8,000 square foot showroom on Lee Highway that features 20 fully assembled interior design displays. The firm typically offers dealer prices on finishwork materials and appliances while executing the design phase inhouse, generally using its own employees throughout the construction process.

Michael Nash home remodeling projects recently ranked as best-of-category in 10 South Atlantic States are:

Exterior \$100,000 and Over Owners of a 7,000 square foot Oakton residence were seeking a multi-level Mediterranean-style indoor/outdoor solution on the rear elevation. Created principally for dining and entertainment, the new complex provides a fully-equipped outdoor kitchen, several serving counters with permanent refrigeration, and well-delineated socializing and dining zones. Structurally, the system is comprised of decks on two levels, a top-level screened-in porch and linking staircases.

Kitchen \$40,000 to \$80,000 Selected "strategic" revisions to a 10-year-old center hall Colonial in Fairfax Station entailed removing an interior bearing wall to create an "open" floorplan with unimpeded sightlines. A customdesigned L-shaped granite-surfaced island provides bar sink, icemaker, mini drawer refrigerator and seating for six. Antiqued cabinet facings and many finely articulated interior design details converge with dangling pendant lights to foster an environment that is both relaxed and elegant.

Bathroom Under \$30,000.00 Big changes in a small space on a tight budget manage to accommodate a frameless shower enclosure with bench, a 5' x 6' Jacuzzi/ masseuse tub, sectionalized custom cabinetry and an aesthetically integrated dressing area replete with decorative scones, crown molding, detailed tile work.

Universal Design A small addition driven by an innovative reconfiguration of the existing floorplan converts



Owners of a 7,000 square foot Oakton residence were seeking a multi-level Mediterranean-style indoor/outdoor solution on the rear elevation.



Selected "strategic" revisions to a 10-year-old center hall Colonial in Fairfax Station entailed removing of an interior bearing wall to create a "open" floorplan with unimpeded sightlines.



Big changes in a small space on a tight budget incorporate a frameless shower enclosure with bench, a 5' x 6' Jacuzzi/massage tub, sectionalized custom cabinetry and an aesthetically integrated dressing area featuring decorative scones, crown molding, detailed tile work.

a two-level Cape Cod into a comfortable wheel-chair friendly environment for an 80-year old widow. Cathedral ceilings, built-ins, elegant spa bath elevate functional to personal, refined and cozy.

Michael Nash remodeling solutions judged among the best in the Washington metro area are:

Addition Under \$100,000 (Grand) Though augmenting the footprint a 20 year old Colonial by just 120 feet, this newly reconfigured interior effectuates sweeping improvements that dramatically exceed budgetary limits. The need to eliminate a bearing wall between the dining room and the kitchen, for instance, required vertical supports which were reinvented as Doric columns wellmatched to the owner's antiques, oriental carpets and other fine furnishings. Carrying design details forward, the kitchen's tumble marble backsplash tile, cherry wood cabinets, chimney-style stove hood, and granite surfaces converge to complete an Old Master's portrait suitable for any occasion.

Addition Under \$100,000.00 (Merit) An owner reaching retirement sought expanded indoor/outdoor horizons and the vision soon found expression as a generously glazed 12' x 11' breakfast room on rear elevation that segues to a skylight-crowned screen porch and an open air deck. The new interior presents an expansive course of windows and tray ceilings-- plus, French door access to a welcoming new deck with wide-tread side stairs. From here, the garden beckons.

Interior Specialty (Merit) The need to scale down a 2,500 sq ft partially finished lower level to a Leesburg home by creating well-defined activity zones inspired a breathtaking interior masonry project that included an intricate limestone clad wallcovering complemented by stone panels diagonally inlaid across the entire floor. Textured elegance abounds.

Bathroom Under \$30,000. (Merit) Here the plan called for creating a master bath in a circa 1970's contemporary by annexing and enclosing the seldom used balcony and reconfiguring the new foot print to accommodate a walk-in closet with built-ins. A strikingly original interior resulted.

Detailed photos of all 8 award-winning projects may be viewed online at www.michaelnashkitchens.com.

A small addition driven by an innovative reconfiguration of the existing floorplan converts a two-level Cape Cod into a comfortable wheel-chair friendly environment for an 80-year old widow.



Though augmenting the footprint of a 20-year-old Colonial by just 120 feet, this newly reconfigured interior effectuates sweeping improvements that dramatically exceed budgetary limits.

Here the plan called for creating a master bath in a circa 1970's contemporary by annexing and enclosing the seldom-used balcony.



An owner reaching retirement sought expanded indoor/outdoor horizons and the vision soon found expression in 12 x 11' breakfast room with generous rear elevation glazing.

An artfully executed interior masonry project that includes an intricate limestone clad wallcovering complemented by stone panels diagonally inlaid across the entire floor.



WHAT ARE THE EFFECTS OF ADDITIONAL FORECLOSURE ACTIVITY ON THE NATIONAL HOUSING MARKET? WHAT IS THE IMPLICATION FOR THE WASHINGTON AREA? -FROM MRIS AND DELTA ASSOCIATES TRENDS IN HOUSING

Despite decreases in foreclosure activity in recent months, the U.S. is still experiencing a high level of foreclosures that continues to impact the housing market. According to RealtyTrac's Year-End 2009 Foreclosure Market Report, roughly 2.8 million properties were considered to be in some stage of default. This represents a 21% increase from 2008 and a 120% increase from 2007.

The Washington region ranked number 48 out of 203 metro areas at year-end 2009 representing approximately 2.6% of the region's total housing market. This is an increase of 1.7% from 2008. Baltimore was ranked number 108 in the same report with foreclosures representing nearly 1.4% of the housing market; an increase of 27.9% from 2008.

A recent report by First American CoreLogic analyzing how long it will take a homeowner who owes more than his or her home is worth to show positive equity shows that a typical Washington homeowner will start growing equity in 2015. The number of these "underwater" homeowners in a region can be an indicator of anticipated foreclosures as it is more likely that these homeowners will default. In the report the Washington area was predicted to suffer the least out of the ten metropolitan areas surveyed. Borrowers in Detroit fared worst with the average "underwater" borrower unlikely to recover equity until after 2020. The number of homeowners with negative equity coupled with continued high unemployment has led to a spike in mortgage delinquencies and suggests a coming wave of increased foreclosure activity. RealtyTrac has reported an increasing lag between defaults and foreclosures as banks facing an increase in delinquent borrowers are reluctant to repossess homes with prices still at depressed levels. As the market stabilizes and prices gain traction these lenders are more likely to foreclose and add these homes to the market.

The Washington Post reports that the Washington area has a "shadow inventory" of approximately 67,000 properties that could go into foreclosure this year. When compared to the area sales volume, this level of inventory is slightly higher than the national average, but is still substantially lower than harder-hit areas such as South Florida, Phoenix and Los Angeles.

SILK FOLIAGE ADDS NO FUSS BEAUTY

So, you've found the perfect home for yourself or your family. The problem is: You have to sell your present home in order to seal the deal. Here's one idea to make your home more welcoming.

How about giving your place a touch of class with a silk tree, large plant or a planter with flowers? Today's selections are so real-looking that you can't tell the difference unless you touch them. Even then it's hard to know if they are fake or the real thing.

Though the best imitations can be pricey, they will never die, never need to be watered or fertilized, and never make you sneeze. Even better, this is one home improvement you can take with you to your next home.

To welcome guests and prospective buyers, place a large plant or silk tree in the entry. Or place one in a living room or dining room corner to create a softening effect and natural atmosphere. A tree or large plant can also define areas and create traffic patterns.

When choosing a faux succulent, such as an aloe vera plant, pick one that has a matte finish and at least 10 spikes. Leaves should have some shading for realism. Some aloe leaves are ringed with burgundy.

A tree or foliage plant should have branches and leaves of various lengths. Stems should contain wire so you can shape them. Look for bark that is textured or mottled, not smooth. If the tree has fruit, the fruit should be slightly pliable. Lastly, don't display flowers that are out of season.

AIR FILTERS IMPROVE HEART AND LUNG HEALTH

A high efficiency particulate (HEPA) filter will remove fine particulates from your air. The particulates can be produced by cooking, candles, mold, smoke and many other sources.

The filters are used in stand-alone air cleaners, such as those found on the Web and at Lowe's and other home improvement stores. Some vacuum cleaners have HEPA filters or can be fitted with one. Studies reported by Duke University show HEPA-filtered air improved microvascular function by up to 8.1 percent within 48

hours. Microvascular function indicates how well blood vessels respond to the body's demands for oxygenated blood. Long-term use may lead to greater reduction in lung and cardiac risk.

CONSIDER EXTERIOR LIGHTING FOR THE SAFETY AND BEAUTY OF YOUR HOME

Lighting can do more for your home than make it look awesome to people on the street. It can make it safer in many ways. Some areas to consider:

First, identify areas you use at night and check for hazards. Illuminate the steps and the door, so you can easily put your key into the lock. Make sure walkways are lighted so no one trips on whatever you forgot to pick up. Uneven ground is also a potential for falls and should be lighted.

Think about your driveway and garage areas. Use lighting to direct people to the safest routes by placing lights along the pathways you want them to follow. Home advisor Bob Villa says areas around the pool and leading to it should be lighted as well. Don't position the lighting all on one side of a path or in straight lines, it will give a "runway" effect that makes the lighting look forced instead of natural and part of the landscape design. Another design idea is to "envelope" the perimeter of a back yard with indirect light on foliage or fencing to give a border around a useable space.

Architects at the University of Kentucky have confirmed that having an area lighted helps deter crime. Check for dark spots around your home that could be used as hiding places for thieves. Test these areas by asking yourself if you would be uncomfortable walking there in the dark.

Selecting LED light bulbs is a good investment. They produce more light per watt than any other bulbs. They last up to 100,000 hours when incandescent light bulbs last only 20,000 hours. That also means you won't have to change them as often.

Stroll through local stores to find deals on exterior light fixtures. Lighting showrooms at larger electrical supply stores should have displays of exterior lighting options. They will probably be a good source of local installers as well.

Casey Margenau

& ASSOCIATES



#1 Individual Re/Max Agent Worldwide 1999-2003



The Reserve in McLean \$3,295,000



McLean \$3,449,838



McLean \$3,487,637



McLean \$2,158,888



Great Falls \$2,147,837



Great Falls \$2,412,300



McLean \$2,600,000



Great Falls \$1,499,373



Great Falls \$1,800,000



Great Falls \$1,588,888

Contact Casey Today for more information

703.827.5777 | www.margenau.com



RE/MAX
Distinctive

Each Office Independently Owned & Operated

Ask the Expert

We have enough money to make a down payment on a home right now, but we are wondering if it would be wise to rent for a few more years so our mortgage payments will be lower. What do you think?



On the surface, it sounds like a good idea, but there are several factors to consider.

First is what your mortgage interest rate will be a few years down the road.

At 5 1/2 percent interest, rates are very low. A few years from now, you could reduce the amount of your mortgage by \$10,000 or even \$20,000 but the monthly house payment would be the same or more. That could happen because interest rates will undoubtedly rise over the next few years.

In the meantime, the housing situation (including foreclosures, which often produce lower-priced housing) will have stabilized. At that point, a home with the same space and features as one you are considering now will cost more.

The same situation will affect the price you pay for renting a home or apartment. Rental prices will rise with each passing year. The monthly payment on a home you buy this year, however, will remain the same, assuming you opted for a fixed-rate mortgage.

Aside from the financial aspects of buying a home, there is something else to consider. It's your life we're talking about here. How much happier would you be during those years if you were living in a place of your own? The advantages of home ownership include the feeling of stability you have in your home and freedom to decorate or change it in any way you want. If you have children, they will be able to attend the same schools during their growing up years instead of having the problems of making new friends and adjustments every time you move.

Ask a real estate agent, it's their job to advise people about home buying and help them find what they need, at the right cost.

It's a fact: Home prices rise over time. The marvel of the 30-year mortgage.

Real estate prices have always had their ups and downs, and in the last year or two, they have certainly been in a down cycle. Over time, however, the median price of a home in the United States has consistently risen.

In the 30 years from 1968 to 1998, the median home price rose from \$20,100 to \$128,400, according to the National Association of Realtors. Anyone who stayed with their 30-year mortgage during this period was a big winner.

After only five years, the price of the \$20,100 median home rose, on average, to \$28,900. The median price in 1978 was \$48,700, and by 1988, it was \$89,300, which means very significant gains were made within 10 and 20 years.

The NAR study shows that the average annual price increase in the 36-year study, from 1968 to 2004, was 6.4 percent. What does all this mean now? This is such an exciting time for home buyers!

First, while prices are no longer falling in most parts of the country, there are still many bargains available.

As prices recover more, buyers will find that the value of a home bought in 2010 will probably increase at a greater percentage than the 6.4 percent average. That's because they bought their homes for less than they were actually worth. While mortgage interest still hovers at 5 percent, buyers will be able to lock in this low rate for 30 years.

That interest rate won't be available much longer. If you are a buyer, don't take too long to make a decision.

"Don't wait to buy real estate, buy real estate and wait." T. Harv Eker, multi-millionaire, speaker, trainer and author

No man's life, liberty or property are safe while the legislature is in session. -- Judge Gideon J. Tucker

What is the use of a house if you haven't got a tolerable planet to put it on? -- Henry David Thoreau

When neither their property nor their honor is touched, the majority of men live content. -- Niccolò Machiavelli

*"Buy real estate in areas where the path exists...and buy more real estate where there is no path, but you can create your own."
-David Waronker*



Buy and Sell with Confidence!

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



8521 Leesburg Pike #100 Vienna, VA 22182

The Tysons Group

Johnny Hanna

703-585-3354

calamitymedia@aol.com
www.ViennaVirginia.com

GRACIOUS McLEAN MANOR HOME



Coming Soon on a private 1 Acre site in Woodside Estates, this impressive new home from Capital Realty Ventures is creatively designed to capture the elements of line, light & space. It delivers outstanding value of 4 finished levels with 12,000+ square feet of the highest quality living space & every possible amenity for your ease & comfort. It is close to Tysons Corner & just blocks from Metro's new Silver Line.

Well priced at \$2,675,000.

For more info call Susan McFalls at 703-927-8589



The Penny Yerks Team

TTR/Sotheby's

6723 Whittier Avenue
McLean, VA 22101

703.760.0744

703.760.0421 fax



I need to know....

The new traffic patterns... The new restaurants....
New shops.... Interesting stories about my town...
Exciting up coming events... Real estate trends....
Health and fitness, and nutrition updates...
Money and technology... What's happening...

How? Viva Tysons!

Jo Lynn Bozer
Operations Manager and Agent
Keller Williams Realty
...and a loyal Viva Tysons! reader.

In your hand you have the only magazine focused on the Tysons Corner locale of Mclean, Vienna, Great Falls, Oakton, and Western Falls Church. Don't miss out. We'll keep you "in the know" every issue. Conveniently delivered to your mailbox six times a year for twelve bucks.

Be part of a hometown publication. Subscribe today. You can even do it from the comfort of your home or office at www.vivatyson.com, or send a check for \$12 with your name and address to Calamity Media, Box 506, Dunn Loring, VA 22027.

Subscribe Now for
Guaranteed Delivery of

Viva Tysons!
Magazine

Housing News



ASSESSMENTS DOWN ACROSS THE BOARD IN FAIRFAX COUNTY

Per Fairfax County, total assessed value of taxable real property in Fairfax County was down 9.2% to \$187.8 billion in 2010.

- Commercial property took the biggest assessed value hit chiming in at a 18.3% total loss (-24.3% for offices, -12.7% multi-family, -34% for hotels). That decline accounted for half the overall decline in the county, but commercial property only makes up 25% of the tax base. That is huge.
- As for residential assessments, assessed values for single family homes in the county fell about 5.5%, townhouses down almost 4.5%, and condominiums averaged over a ten percent loss.
- Here are some local average assessed home values for the 2010 assessment. Mclean: \$737,635/ -7.3%, Vienna: \$551,242/ -5.3%, Great Falls: \$962,276/ -6.2%, Oakton: \$603,513/ -4.8%.
- Overall 80% of residential properties had a loss of assessed value, 16% had essentially no change.

Assessments are made annually in Fairfax County and the assessed value is supposed to represent the fair market value of the property. The real estate tax on your home is then determined by multiplying the tax rate with this assessed value. Tax rates will be set by the Board of Supervisors later this year, but the advertised rate will be an increase of 5 cents per \$100 of assessed value. Overall this will still be a net decrease in average tax bills, but for the County, helps ease the pain of dwindling revenues. Based on the stats below, we'll probably all see increases in 2011 anyway.

FAIRFAX COUNTY HOME SALES IN MARCH SHOW INCREASE FROM 2009

Though the increase in the number of sales compared to March, 2009 was modest at best, the average price on single family home sale was up over 16%. Not only were there increases in single family, town home and condo prices, nearly two thirds of homes were sold in less than thirty days (a March average of 47 days from listing to ratified contract is about half of what it was the same time a year ago). source:Metropolitan Regional Information Systems Inc.

BUILDERS SHOW FAITH IN HOUSING MARKET

Sales of newly constructed homes and contracts to build them are way off from the peak year of 2005. But cash-rich builders are betting on a turn in the market for new homes. They are buying land again. You would think that the deals would be abundant. Well, finding them is harder than it would appear. The largest homebuilders that have survived the housing downturn are buying up land. Many have looked to the DC market as the place to grab land with less risk than other still relatively depressed parts of the country. In many cases, particularly with larger parcels, builders

are competing with each other in bidding wars for the best locations.

As with other companies on the stock market, large builders have seen the price of their shares almost double in the last year. This influx of money has allowed for many of the large land sales we have seen, particularly in our area. The number of lots owned or controlled by a dozen of the biggest builders rose in the second half of 2009, according to a recent study. The DC Metro area still is one of the most attractive areas due to the stability created from the federal government is creating jobs no matter what the economy. They are scooping up what bargains they can find and buying or controlling what they need to meet expected demand for some time to come, showing faith in new home sales for this year and next year. Let's hope they're right.

FIRST QUARTER 2010 TRENDS UP IN DC REGION - FROM MRIS AND DELTA ASSOCIATES IN TRENDS IN HOUSING

The Washington housing market in the 1st quarter of 2010 continued to show signs of recovery, as prices rose modestly from the previous year and homes sold more quickly. Volume continued to pick up due to near-record low interest rates, Federal incentives, reduced prices and an improving economy.

Unit sales volume is up 9.2% from one year ago. Sales volume in the 1st quarter contracted 22% compared to the 4th quarter volume, likely due to seasonality, heavy snow, and a lack of urgency following the expansion and extension of the federal tax credit for first-time homebuyers. 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. As of 1st quarter 2010, three of four major market indicators have improved compared to one year earlier.

The Washington area housing market appears to be in the early phases of recovery. Key to continued recovery will be job growth, continued reduced levels of home building, and the condition of the home finance industry. Building activity in the region remains light, as it should. The market is not yet expanding and lending activity is still constrained by the national credit crunch. According to the Commerce Department, the annualized number of permits for new housing nationally in February 2010 (the most recent data available) was 503,000, down 0.2% from the January number and up from the record low of 498,000 set in April 2009. The number of permits issued in 2009 was down 36.9% from the 2008 figure of 905,400.

The Washington metro area should escape relatively unscathed from this second wave of foreclosures, which, if it materializes, will be modest in scale and mitigated by a growing local economy and local jurisdiction programs.

THE FHA TIGHTENS LENDING STANDARDS

The Federal Housing Authority (FHA) is responsible for insuring home loans against default. Following the credit crunch, the FHA has become the largest supplier of mortgage credit in the housing market, insuring about 30 percent of home loans compared to three percent in 2006. FHA-backed mortgages were traditionally intended to provide mortgage guarantees for higher-risk buyers who would not typically qualify for a private mortgage. Because lending standards for FHA insured mortgages tend to be more liberal, the agency is now experiencing a higher default rate than expected — at 4 percent — according to Bloomberg. This increase in defaults has led the agency to tighten its lending standards to comply with a congressionally-mandated reserve requirement.

Under the policy changes most home buyers will still have access to government-backed mortgages that require a 3.5% down payment. However, some fees will increase and a larger down payment will be required from borrowers with lower credit scores. Up-front mortgage insurance premiums will increase by 50 basis points to 2.25% under the new requirements. This increase is not expected to have a major impact on borrowers because the increase can be rolled into the loan. The FHA will also seek to increase its annual mortgage insurance premium; however that premium is already as high as the law allows and any increase must be approved by Congress.

In addition to premium increases, borrowers with FICO scores of less than 580 will now be required to put 10% down to obtain an FHA-backed loan. The previous requirement of 3.5% down will still apply to borrowers with credit scores above this threshold.

Finally, the FHA reduced the amount of cash that sellers can put toward buyers' closing costs. The previous limit of 6% of the home's purchase price was reduced to 3%.

The FHA has been under increased political scrutiny as the default rate of mortgages on the agency's books has increased substantially, causing reserves to dip below mandated levels. FHA officials are optimistic that changes to lending requirements as well as increased oversight of FHA-approved lenders will keep the agency operating without an infusion of Federal funding.

-courtesy of MRIS and Delta Associates, from Trends in Housing

PARK CREST GETS BULK OF MARCH CONDO SALES IN TYSONS

Of the eighteen Tysons area condo sales of March, nine were in the luxury Park Crest highrise (where Harris Teeter is near The Galleria). though three of them are thought to be short sales, this building appears to be on the rebound after losing half of the pre-construction contracts when the projected started. Lower prices and tighter number of luxury units in the area surely helped. Looks like one more sign of an improving real estate market.

If you think hiring a professional is expensive, wait till you hire an amateur
- Red Adair

To succeed in life, you need two things: ignorance and confidence
- Mark Twain

The bedroom was so small you couldn't even change your mind in it,
-Bob Boog

Women like silent men. They think they're listening.
--Marcel Archard

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



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



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

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.[™]

PF00000

State Farm® • Home Office: Bloomington, Illinois

05002

**Complementary Road Atlas with every
FREE insurance assessment with agents
in our office.**

Call 703-560-7804 Today!

J.P. Brehony Homes
Commonwealth Housing Corporation

**Hatching Custom
Homes this Summer.**

**Call us to reserve
yours now!**



703-938-4306

www.jpbrehonyhomes.com

Ask the Doc . . .

Recently named one of the Top Dentists for 2009 by the Consumer Research Council of America, Dr. Gary Ellenbogen is a graduate of Brown University and Georgetown Dental School. Located in the Tysons Corner area of Vienna, Dr. Ellenbogen has practiced cosmetic dentistry in the Washington, DC community for over thirty years. Below Dr. Ellenbogen answers some commonly asked questions about cosmetic dentistry.

1. Why is it important to have a nice smile?

Most people will agree that having a nice smile provides more benefits than just being aesthetically pleasing. A recent national study found that 75% of adults believe that an attractive smile is critical when finding their "dream job" and that 84% of men and women believe that a great smile is important when meeting their significant other. Studies have also shown that having a nice smile makes people more outgoing and much more likely to have greater self esteem. Having a nice smile provides health benefits as well, as psychologists and other health care providers all agree that smiling relieves stress, boosts the immune system, lowers blood pressure, releases endorphins (natural pain killers) and raises the serotonin in the brain. The lack of serotonin is one of the contributing factors to the cause of depression.



Before and after photos of an actual veneer case performed by Dr. Ellenbogen

2. Are veneers my only option if I want a smile makeover?

Depending on the condition of a patient's teeth, there are several options for producing that perfect smile. For crooked teeth, Invisalign is a great option as it's barely detectable and virtually painless. If a whiter smile is all you need, a professional bleaching session or an at-home bleaching kit will do the trick. For home-bleaching, Opalescence 10% has the best long-term effect. For a full-mouth makeover, porcelain veneers are the popular choice. However plastic veneers are a good option if price is important, as they are half the price of the porcelain. But they do have a greater tendency to chip or become discolored.

3. Why do I grind my teeth at night and how can I fix this?

Teeth grinding is predominantly stress related and, as Washington, DC is one of the most stressful cities in the country, you can imagine the number of teeth-grinders that reside here. The best way to control teeth grinding is to wear a night guard that prevents posterior teeth from touching and decreases the intensity of grinding. The best guard available is the NTI-TSS plus night guard which is fabricated at your dentist's office. However there are over-the-counter night guards available at most drug stores. Unfortunately, these night guards are not as successful in preventing the grinding and clenching of teeth as the ones made by your dentist. Another perk of wearing a night guard, is that if worn often enough, they may be able to break the habit of teeth grinding entirely.

4. How has cosmetic dentistry benefited your patients?

From patient Angela Lichtenstein: "Twelve years ago I visited Dr. Ellenbogen to see if he could correct faulty veneers another dentist had given me and I've been smiling ever since! His comforting manner and meticulous care of my teeth left me with quality veneers that look the same as the day I received them. My new smile has boosted my confidence and my only regret is that I didn't get them sooner!"



Gary Ellenbogen Dentistry

8100 Boone Boulevard

Suite 100

Vienna, VA 22182

703-873-7504

www.garyellenbogendds.com



Dr. Navin Singh and Ivy Plastic Surgery Invite You To *"Enhance Your Natural Beauty and Rediscover a New You!"*



Brown, Harvard and Johns Hopkins trained and dual board certified plastic surgeon Navin Singh and his associates at Ivy Plastic Surgery welcome the opportunity to fulfill your aesthetic needs. Our mission is *your exciting new natural look* that enhances your own natural beauty.

As former director of cosmetic surgery and breast reconstruction at Johns Hopkins, Dr. Singh strives to bring an artistic approach with minimally invasive surgical options for his broad list of clients in our metropolitan area. Such high levels of patient satisfaction amongst DC professional, dignitaries, and international

executives have won him numerous awards and placed him on top of surveys attesting to his quality of work.

Dr. Singh believes in cutting edge techniques that maximize results while minimizing downtime.

Each procedure starting at:

- Breast Lift / Breast Enhancement \$5,900
- Laser Liposuction \$3,000
- Tummy Tucks \$6,500
- Facial Laser Rejuvenation \$ 900

Navin Singh, MD 703-345-4377 • doctor@surgicalpoetry.com

www.PlasticSurgeonDC.com • 8200 Greensboro Dr. • Suite 120 • McLean, VA 22102

SALON Ö TONY



130 Maple Ave W. Vienna. VA . 703-281-3191. WWW.SALONOTONY.COM

Highlights Reg. \$110
NEW CLIENTS ONLY
Only \$ 58

SALON Ö TONY
130 Maple Ave W. | Vienna | 703-281-3191
with this coupon not valid with any other offers.

Color Services Reg. \$65
NEW CLIENTS ONLY
Only \$ 38

SALON Ö TONY
130 Maple Ave W. | Vienna | 703-281-3191
with this coupon not valid with any other offers.

Haircut Reg. \$65
NEW CLIENTS
Only \$ 34

SALON Ö TONY
130 Maple Ave W. | Vienna | 703-281-3191
with this coupon not valid with any other offers.

Ped & Manicure Reg. \$65
NEW CLIENTS ONLY
Only \$ 29

SALON Ö TONY
130 Maple Ave W. | Vienna | 703-281-3191
with this coupon not valid with any other offers.

LA-BRASILIANA
Keratin Treatment with Collagen
\$ 185

SALON Ö TONY
130 Maple Ave W. | Vienna | 703-281-3191
with this coupon not valid with any other offers.

What a winter: feet of snow, cabin fever, closed schools, no plows, and cold. The warm weather is finally here and that means enjoying the weekly bazaar of fresh produce and other delectables found at your nearest farmers market. Whether it's making it part of your Saturday morning routine, or making some time after dropping the kids off to school, you'll be rewarded by the effort. Don't think celaphane wrapped celery hearts, bags of cleaned, cut and sterile carrots, stickered apples, and tasteless strawberries. Think fresh, aromatic, delicious, usually organic, and always local produce. Yes, you may find a clump of dirt clinging to the roots of a carrot, a dirty potato, or an apple that may be a shade different than the one next to it . . . it's just a reminder of where our food naturally comes from.

Grab your reuseable grocery bag, graze the lines of temporary tents and be ready to try some new epicurian delights. It's about the farmers, the food, the community, and of course the satisfaction that you're doing the right thing for the environment and you. As you stroll past the displays of the local bounty, you'll see your neighbors, meet new ones, learn about local agriculture and feel part of a community that supports local business, cares about their health, and is concerned about the environment. Hey, all that and you get great food as well.

The farmers market is truly a feast for the senses. Instead of pushing a cart down flourescent lighted aisles of the local mega-mart, get outside and see the offerings from the people who actually grow, make, and prepare all that is set before you. Be pleasantly surprised at the variety our local farmers bring to the community. Not just produce, but prepared creations, fresh flowers and herbs, baked goods, and more. The aromas, the colors, and of course the taste will keep you coming back to see what the next week brings.

Know where your food comes from. The care and attention paid by the small local farmer isn't found



among the large scale commercial producers. Mass produced food that is shipped great distances to your local grocery store is grown with more of a focus on uniformity and shelf life. The shorter time from harvest to your bag, along with a shorter commute to the farmers market results in a fresher product that is sold at its prime with less of a carbon footprint. Tasting is believing. You may not yet have the passion for local and organic food that many you'll meet at the market have, but it's only a matter of time. Shopping at the market sets a great example for your kids, family, and neighbors on how to support the local economy and be more conscious about what we put in our bodies.

Remember to make some time. Mark your calendar. Support sustainable agriculture. It's not a chore, it's a culinary adventure within your community. Enjoy.

FIVE REASONS TO BUY LOCAL

- 1. ENVIRONMENT:** Small-scale regional farming preserves green space and protects diverse wildlife populations. Buy local also cuts global warming emissions produced by trucking food thousands of miles. Buying at markets also helps protect our environment by reducing packaging needs that mostly end up in landfills.
- 2. TASTE:** Local produce is fresher and therefore tastes better.
- 3. HEALTH:** Food grown close to where it's consumed has better nutritional value because it has

FAIRFAX COUNTY SPONSORED FARMERS MARKETS:

May through November. The Farmers Markets are supervised by the Fairfax County Park Authority through the Community Horticulture office. The daily operations of the markets are managed by volunteer Market Masters. All host Fairfax County Cooperative Extension Master Gardener Plant Clinics. Citizens can bring plant or insect samples for pest identification or disease diagnosis. Master Gardeners also help citizens by having informational displays on topics such as Container Gardening or EcoSavvy Gardening. *All products sold at the Farmers Market are produced by the vendors within 125 miles of Fairfax County.* Buy local and support sustainable agriculture in the Chesapeake Bay watershed.

TUESDAYS:

Fairfax Farmers Market

8 am - Noon May 5 - Oct 27

Van Dyck Park

Old Lee Highway, Fairfax

WEDNESDAYS:

Vienna/Oakton Farmers Market

8 am - noon May 6 - Nov 18

Oak Marr RECenter

3200 Jermantown Road, Oakton

FRIDAYS:

McLean Farmers Market

8:30 am - 12:30 pm May 8 - Nov 20

Lewinsville Park

1659 Chain Bridge Rd, McLean

SATURDAYS:

Reston Farmers Market

8 am - noon

Lake Anne Village Center

THE VIENNA FARMERS MARKET

Sponsored by the Vienna Optimist Club

Saturdays, May 1 through October 30, 8 am - noon (rain or shine except on Viva Vienna and Oktoberfest) at the Caboose parking lot at the corner of Church Street and Dominion Road just off the W & OD Trail.

This is a "producer only" market which means that the farmers can only sell what they grow, raise or make on their own farms. The Saturday Vienna Farmers Market caters to your desire for fresh fruits, vegetables, dairy, meats, baked goods, donuts, crepes, coffee and much more.

GREAT FALLS COMMUNITY FARMERS MARKET

Saturdays, 8 am - noon, May to November

St. Francis Episcopal Church, Georgetown Pike

Great Falls

FALLS CHURCH FARMERS MARKET

Saturdays, 8 am - noon (open year round)

City Hall Parking Lot, 300 Park Ave, Falls Church



experienced less deterioration during transport. Many local farmers also tend to be more organic which keeps more unnecessary chemicals out of our food.

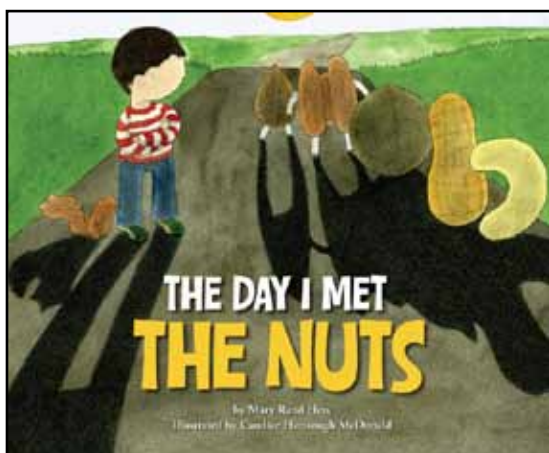
4. MONEY: Buying regional produce and meats keeps nearby farmers in business and puts their earnings back in the local economy. Additionally, the green space preserved by supporting regional agriculture keeps property taxes in check.

5. COMMUNITY: Farmers' Markets are great places to see the neighbors and meet some new people. It's also a great place to learn something about what is produced locally.



Local Author Educates and Assists Families Dealing with Food Allergies

When Mary Rand Hess' youngest son developed a severe allergy to peanuts and then tree nuts, she knew she wanted to write a book that would speak to children going through the daily struggle of dealing with food allergies. It took her a few years to muster the courage to write *THE DAY I MET THE NUTS*, a picture book that strikes a balance of seriousness and humor. The story is a fun, festive view of how a boy and his family creatively create a nut-free environment without stigma or aggravation. The newly diagnosed boy is accompanied everywhere by his sidekick- a nut-loving squirrel (who decides to give up nuts for his friend by the end of the story.) "I didn't want my story to talk down to kids. Their fears are very real, but so is the support they receive, along with the courage and strong sense of awareness they develop."



Hess has partnered with Dr. Robert Wood of Johns Hopkins in his efforts to find a cure for food allergies. She conducts fun and encouraging author visits at local schools in Fairfax County and Loudoun County, and donates 45% of the proceeds from sales of *THE DAY I MET THE NUTS* to Dr. Wood's research. "I find we live in a powerful community of people in the Washington, D.C. metropolitan area, a place where people can and do make a difference in the lives of our children." Growing up in Vienna, Hess attended Louise Archer, Flint Hill, Thoreau Middle, and Madison High, all before going off to college and becoming a professional writer and mom to two



athletic, food-allergy sons. "Having food allergies does not stop my sons, my husband, or me from living full, active lives. It just keeps us very busy and on our toes."

Hess has been a professional writer for over 15 years, publishing in local, national, and international magazines, newspapers, and anthologies. To find out more about Hess and her book, visit www.earthdaypublishing.com, www.maryrandhess.com. To find out more about Dr. Wood, visit www.hopkinschildrens.org.



"Respect Every Bite":

Food Allergy Awareness Week is May 9-15, 2010

In 1997, The Food Allergy & Anaphylaxis Network (headquartered locally here in Fairfax County) created Food Allergy Awareness Week to educate others about food allergies, a potentially life threatening medical condition. Help spread the word about the 13th annual Food Allergy Awareness Week (FAAW). This year, help those with food allergies "Respect Every Bite." FAAN has gone green for FAAW this year. All materials are available online at www.foodallergy.org. On their site you will find presentations, brochures, and plenty of resources to learn about and to educate others on food allergies and how to keep those who have them safe.

m
MICHE

One bag...endless possibilities



Miche Bag is a simple yet unique concept. It allows women in a matter of seconds to change the look of their handbag without removing its contents.

OPPORTUNITIES: Hostess or Sales Reps Positions
cdavidsongroupllc@verizon.net
703-801-5853
http://my.michebag.com/carol_davidson/

The handbag with the interchangeable cover.
It's as easy as 1 . . . 2 . . . 3!



TYSONS AUTO SPECIALTIES

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

"All our relationships start with a handshake..."

Tom Ivey, Owner



SERVICE SPECIAL

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

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

703-893-1860

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

OUR CLIENTS SAY IT BEST

"Tom Ivey is my personal mechanic..."

"Outstanding Service and a
Pleasant experience..."

Mina F.
Reston

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

Gary G.
Reston

"Great Service, reasonable
prices..."

Harry F.
McLean

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

Kevin H.
Oakton

"Honest and objective..."

Alan S.
Vienna

GG

German Gourmet

PURVEYOR OF FINE GERMAN IMPORTS

Find us at
Bailey's Crossroads
Falls Church



Come in and enjoy German Gourmet's full line of
fresh meats, cheeses, bratwursts, and wieners.
Experience homemade delectables such as cakes,
desserts, pastries, salads, and sauerkraut.

Browse our collection of fine import wines and beers.
The perfect compliment to our delicious cheeses.

COME IN AND EXPERIENCE A LITTLE BIT OF GERMANY

10% OFF
YOUR TOTAL
PURCHASE*
with this ad!

Ad must be presented to
receive discount.

*Beer & Wine excluded.

One Ad per person. No Cash Value
Expires August 31, 2010



*A Veritable Symphony of
Gourmet
Delights*



703-379-8080
germangourmet.com

Store Hours

Monday-Saturday 9 AM-7 PM
Sunday 10 AM-4 PM

5838 Columbia Pike • Falls Church, VA 22041

Metro Construction & Traffic Update: Moving right along

Rail station construction starts along Route 7 changing traffic patterns

Motorists using Route 7 and the multiple businesses that line the one-mile stretch of this busy road between the Dulles Toll Road and Route 123 are about to encounter the most intense construction activities related to the Dulles Corridor Metrorail Project so far. But the good news is that all businesses –retailers, auto dealers, office buildings, service stations and restaurants – remain open, but their clients and customers must be alert because entrances to those businesses have changed. There is access to every businesses for customers and trucks making deliveries, according to project officials.

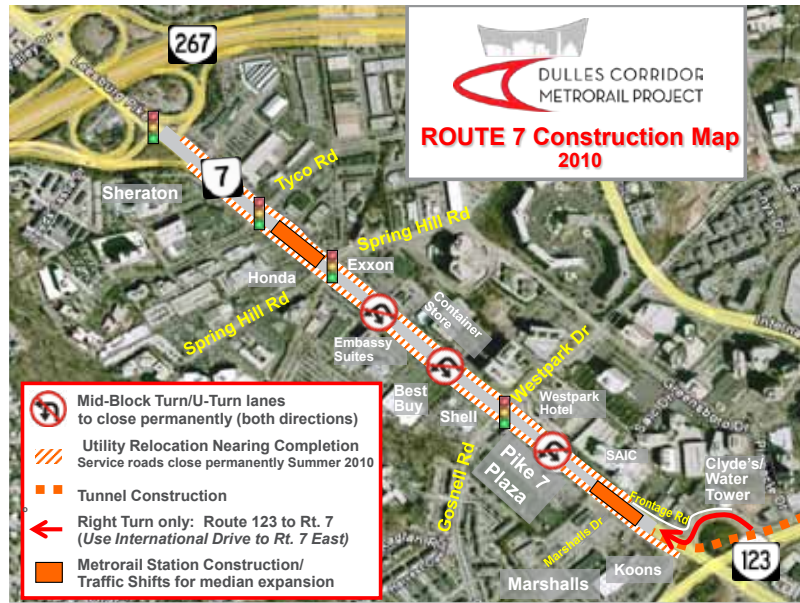
Here is what is happening:

Almost all of the mid-block left turns from eastbound and westbound Route 7 are closed or will soon close. This means many drivers are having to make U-Turns at streets like Spring Hill, Gosnell and Tyco to find the entrances to their favorite businesses. The closing of these turn lanes must be done because the median of Route 7 is being widened to make room for construction of the Tysons Central 7 Station, just west of Route 123 near SAIC, and the Tysons West Station between Spring Hill and Tyco roads.

Also, along the south side of Route 7, in both of those station areas, the median will be widened dramatically. Curbs will be moved south to the edges of the old service road and in some cases much deeper into parking lots of businesses.

This is very apparent in front of Pike 7 Plaza, Tysons Honda and the Best Buy and Thomasville Furniture shopping center where concrete walls are being built to shore up the spreading sections of Route 7 now being built where those service roads previously existed. Crews here also must raise the levels of the service road land to the same elevations as Route 7. In some places, the elevation differences are as much as 10 feet.

In June, crews will start construction of the Tysons Central 7 Station and by the end of summer construction will be under way at Tysons



West. Both projects will require the creation of large construction zones in the center median of Route 7. Detours and lane shifts to prepare for all of this work are happening day and night. In some places, police and/or flaggers are on site to help ensure safety of drivers and construction workers.

Dulles Rail project outreach teams continue to work directly with landowners and their tenants as these changes take place. On May 11, the rail project hosted an update for Route 7 business owners and managers at the project headquarters on Spring Hill Road. Businesses owners and managers who missed that meeting should contact the project at 703-572-0506 for additional information.

Also, individual business owners and managers can arrange meetings with outreach teams from the rail project and from Dulles Transit Partners, the design build contractor that is building the project for the Metropolitan Washington Airports Authority by emailing outreach@dullesmetro.com.

By the end of 2010, all five stations of the first phase of Metro through Tysons to Weihle Avenue will be under construction.



Lots of activity at this construction headquarters behind those opaque green fences. Why can't you see it? Not a huge secret, just an effort to avoid the "gawk" factor that tends to slow traffic as they are trying to keep it moving. That's the real reason.

Track structures now being assembled between Orange Line & Route 123

How could you not notice the massive blue and yellow truss structure on the Dulles Connector Road near Route 123? We're surprised there hasn't been more accidents from people gawking. Here is where the first assembly of the track structure will take place. Individual precast concrete pieces as seen in the photo will be assembled starting along the stretch just after the connection to the existing Orange Line. It is on these pieces that the actual rails will be installed. The segments are manufactured at a facility that was built just for the rail construction project, near the employee parking lots at Dulles Airport. Each of the precast concrete segments will be transported individually and lifted into place. The truss lifting mechanisms hoist the segments into the spans (the spaces between the vertical piers) along the track alignment, where they are sealed with epoxy, joined and aligned. Steel tendons, known as post-positioning strands) are then placed through the interior of each segment that basically "string" the segments into place. It takes about a week to build a span from pier to pier. Not as simple as you think. Each piece is unique to its particular spot in the alignment and there are 2,733 pieces to place together. As of the end of April, 459 have been made and ready to install.



Pier construction is moving fast. This view looking from the Westpark Bridge toward Capital One along northbound 123. These piers will hold up the rail as it crosses over the Beltway. The tremendous amount of structural steel rebar can be seen here before the piers have forms placed around them for the concrete to be poured.



This view of the tunnels from the construction headquarters at International Drive and Route 123 shows the sprayed grey shotcrete around the openings.

MAKING CONCRETE IN THE HEART OF TYSONS

Tysons Corner does have its own concrete plant. It is located at the edge of International Drive at Route 123 at the construction headquarters for Dulles Transit Partners' crews who are building the Dulles Corridor Metrorail Project. The facility prepares shotcrete -- a special blend of strong, sprayable concrete -- that reinforces the steel beams that support 1,700 feet of excavation of the two 2,400-foot-long tunnels that will carry rail tracks between Route 123 and Route 7. Having a shotcrete batch plant on site is also advantageous because it reduces the number of additional concrete trucks that would be on the roads if the shotcrete was mixed offsite and had to be transported to the tunnel.

Crews working in the tunnel excavated about 40 feet in a shift. As the excavation progresses, the tunnel is encased with steel beams for structural support. A shotcrete crew then literally sprays a steel fiber reinforced mix onto the steel beams and fills in the holes around it to stabilize the tunnel. As the tunnel approaches the station the width widens. This increases the amount of shotcrete needed from about 60 yards per shift to almost double that. You can see the finished shotcrete around the openings to the tunnel in the picture to the right. In order to keep the proper mix at the proper strength, the concrete plant was located onsite directly adjacent to the tunnel excavation along with all the sand, cement, and aggregate needed stored in covered piles next to the plant equipment. This system was specifically designed for the rail project.

So here is a quick tour.

- | | |
|--|--|
| 1. the onsite concrete plant for the tunnel as mentioned above | 5. erected tents for carpentry shop and tool shop |
| 2. storage of sand and cement for the concrete plant | 6. construction offices |
| 3. contractor material storage | 7. employee parking |
| 4. stormwater sediment control pond | 8. the excavation to the tunnel entrance that goes beneath International Drive to Route 7. |

OK, so now there is no need to sneak a peak . . . keep moving!

Thank you to Dulles Corridor Metrorail Project for update information and photos.

HOT LANES AHEAD

WHAT WHY HOW WHEN

Last summer, we printed an overview about a new project called "HOT Lanes". It was difficult to fully understand back then how the whole thing would work, where exactly it would be, and how it would be accessed. Now that the construction has significantly progressed, we thought we would take another look, explain what it is all about, how the project was able to come to fruition, what to expect in construction related traffic changes and delays, and how it will benefit our area when it is all completed late in 2012.

This project will bring the most significant improvement to the beltway in at least a couple decades. In a nutshell, the HOT Lanes project is about adding two High Occupancy Toll (HOT) Lanes in each direction of the beltway from the Springfield interchange to just past the Dulles Toll road, a total of about fourteen miles. Though lanes will be toll lanes, buses and HOV-3 vehicles can use the lanes free of charge, while other vehicles will pay a variable toll.

So why do it?

Something had to be done to provide an alternative to the current mess we have. The Tysons area has become a gridlock of commuters, most of them jumping on the beltway to get to and from work and home. The introduction of High Occupancy Toll Lanes means that reliable transit on the Beltway will finally be a viable option. It will also provide the introduction of a new opportunity to pay a toll for faster, more reliable travel times. One side benefit that cannot be overlooked: \$260 million in the replacement of every crossing of the beltway and reconstruction of all the exit ramps. Also included is improved pedestrian and bike paths that will be part of every replaced beltway crossing. There will also be two new access points to get out of Tysons and onto the HOT Lanes. One at the Westpark Bridge (which crosses 123 at the mall) and one at Jones Branch Road just north of the McLean Hilton.

How to finance it?

The \$2 billion dollar project is a public private partnership between a consortium of private companies led by Fluor and Transurban (Capital Beltway Express LLC), and the Commonwealth of Virginia. The price tag of this project is about what the state spends in an entire year on transportation improvements, so funding it on their own was out of the question. What does a private-public partnership bring as benefits? One is efficiencies of private enterprise. The consortium was able to value engineer the design and decrease project footprint in order to save on both construction costs and the cost of purchasing the right of way from private landowners for the project. Next is financing. The State is contributing about \$400 million to the total project which includes tying the new project into the Springfield interchange HOV lanes. The remainder is privately funded and privately financed partly by programs sponsored by the federal government to facilitate such partnerships, but the private firm is still on the hook for the cost and repayment of the debt. The state retains ownership of the land and improvements, the tolls are set and collected by the private company. Since the debt is on the shoulders of the private partner, it won't increase the debt burden of the State in regards to future financing. The contract for this project will last for the next 80 years once completed in 2012.

Revenues generated from tolls are anticipated to cover all project costs, including debt service, operations, maintenance, and administrative costs as well as provide a reasonable profit to the private partner. Moreover, the private partner is required to maintain reserve funds for

debt service and major reconstruction. If the HOT lanes are a financial success, then the Commonwealth of Virginia can share in that success through a "permit fee" that ranges from 5-30% of the revenue collected based on a formula involving a sliding scale of internal rates of return. The revenue sharing formula is complicated, but the concept is relatively simple. As the facility becomes more profitable, the State can receive an increasing percentage of the revenues generated by the project up to a maximum of 30 percent of total revenues. The financial risk is essentially born by the private partner, but with a long enough timeline, it all should all make financial sense to all involved.

How to collect tolls to pay for it?

The private owner will be collecting tolls for use of the new HOT Lanes. To manage traffic on the HOT lanes to be sure they are most effective, the company will implement variable congestion pricing. Essentially this is dynamic tolling with toll rate increases during peak periods. With respect to toll rate setting, the private company can set toll rates as it sees fit within the following restrictions which are set forth in the contract:

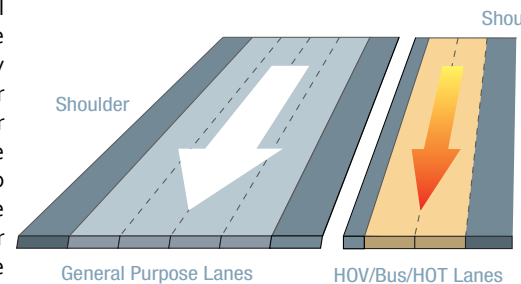
- HOV-3 vehicles equipped with a transponder can use the HOT Lanes for free.
- Mass transit vehicles and commuter buses, school buses, motorcycles and exempt vehicles equipped with a transponder can use the HOT Lanes for free.
- Toll rates shall be the same for persons using the HOT Lanes under like conditions, taking into account vehicle type, weight, occupancy, number of axles, time-of-day and/or day-of-week, and location of entry to the HOT Lanes, traffic congestion and other traffic conditions;
- The operator may charge, debit and collect tolls through using open road tolling, global positioning system, remote sensing or other technologies that are interoperable with EZ-Pass™.
- The operator can collect incidental fees related to the rental or sale of transponders, administrative fees for customer account maintenance, account statements and customer service if it chooses to be responsible for toll collection.

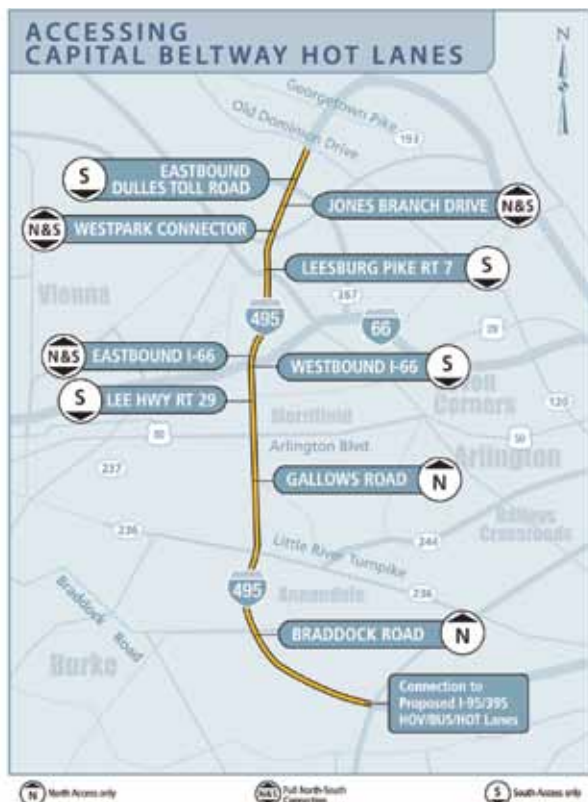
Yes, the consortium is composed of some foreign companies, but it is a domestic entity. For those concerned, they are considered to be a for-profit entity and must file annually with the IRS. Moreover, as part of the contract, the owner must pay taxes at the corporate tax rate when due.

Toll collection is required to be all-electronic, or cashless. Raytheon has

been selected to install the toll system for the I-495 HOT Lanes. They won the competition for the job over three other firms. They currently have operations in Toronto and Minneapolis (one of the first systems ever implemented) that will be similar to the system they

will install here. The job consists of setting up and managing systems for nine toll points in each direction - 18 sets of toll gantries on the 14 miles of two way HOT lanes between the Springfield Interchange and just north of the interchange with the Dulles Toll Road at Tysons Corner. The scope of work will include the installation of gantries that will have the





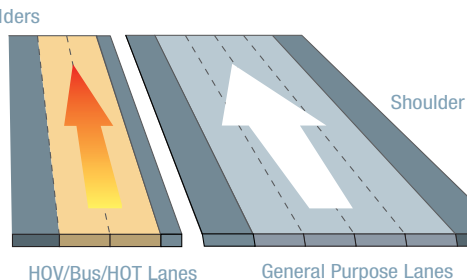
"People who use [HOT lanes] are happy, and people who don't also are happy, since it's taking some of the traffic that would be sitting in [their] lanes."

-- Eric Pahlke, former director of transportation (now deputy executive director) of the San Diego Association of Governments

reading equipment mounted. Toll gantries are being cantilevered out from the central median. Raytheon proposed larger gantries to allow for maintenance from on top of traffic, but Virginia DOT wanted to minimize gantry size and profile. Maintenance will be performed from a lift vehicle with the lane closed, mostly in the early morning hours. There will be nothing installed in the pavement to alleviate any maintenance issues. The system will also include laser based vehicle detection, tracing and classification profilers to determine vehicle types in the HOT Lanes, as well as cameras and lights able to read license plates of offenders.

All vehicles traveling on the HOT Lanes will be required to have an E-ZPass or compatible transponder. Tolls will be collected automatically as drivers travel at highway speeds through the electronic toll collection area. Electronic signs will display toll rates in advance of HOT Lanes access points. Drivers will lock in their toll rate when they enter the HOT Lanes, and will be charged per distance traveled. Don't be surprised to see rates up to a dollar a mile at the most congested times. Those who are able to use the lanes without charge will have a special switchable transponder.

Don't think you won't get caught switching off the transponder. Unlike the fake cameras discovered a few years ago on the Dulles Toll Road, there will be technology using a combination of cameras, heat detecting devices (to count bodies), and other sensors. Violators beware.



Will this really work?

Variable pricing is the key to preventing congestion on the new lanes. Tolls will change based on the amount of traffic on the lanes. The plan is to maintain free-flow conditions at all times, even rush hours. Adjusting toll rates is the only proven way to maintain free-flowing lanes over the long term. Make it expensive enough, fewer cars will use it, lower the rates more cars will use it. Only experience will help fine tune the increase and decrease in flows based on certain costs. The goal is to keep the HOT Lanes moving at speed.

The ability to keep the lanes moving will make it possible, for the first time, to introduce reliable bus transit service on this stretch of I-495. HOT Lanes can also benefit drivers who opt not to pay tolls by drawing toll paying traffic away from the main lanes. There is of course the incentive for carpooling, free use of free flowing lanes. (Per the plan, if the road was to fill with carpoolers, then it would just get that much more expensive for others to join the lanes) The goal is to move a lot more people than congested freeway lanes alone.

The rebuilding of the Beltway will result in a 4/2/2/4 lanes roadway format, the two outer 4- lane roadways being untolled and the inner pair of two lane roadways being for toll payers and transit/high occupancy vehicles. The four roadways were originally designed with concrete barriers between them and fully shouldered, but an effort to reduce community impacts - taking houses - led to redesigns that have the central HOT lanes double-striped off from the general purpose lanes, but no shoulders.

Argument Against

The public generally supports the HOT Lanes concept. 58 percent of residents approve of the lanes, according to a 2005 ABC News/Washington Post survey. Many do oppose them for fairness, as they would represent "Lexus Lanes" where commuters who can afford tolls receive an unfair advantage over their fellow commuters of less means. But studies of existing HOT Lanes projects around the country have shown that a wide mix of commuters use them, not just the wealthy. Commuters in the regular lanes also benefit from the reduced congestion as the toll payers move out of the main lanes. Additionally, it is low-to-moderate income commuters who often encounter the kind of occasional work or family emergencies that can be eased by the ability to purchase a quick way home. The wealthy versus not argument is not very valid. It can be used against any existing toll road.

Bottom Line

When the HOT Lanes are complete they will provide an alternative that will help ease congestion on what has become one of the busiest transportation zones in the country. The replacing all the beltway crossing with improved pedestrian and bike access along with all the ramps is a significant infrastructure expenditure that we will not need to significantly look at for several decades. Not only will the HOT Lanes project ease congestion and offer carpooling and transit options, it does it through an innovative public private partnership. Without the use of these partnerships, projects like this and others would never happen. Faced with declining transportation dollars and a bureaucratic, and pork based, federal highway funding system that most of the time can't prioritize needed transportation projects, states are increasingly partnering with the private sector to build new roads and alleviate congestion. Public-private partnerships like the HOT Lanes project can attract large new sums of private capital investment to finance the need for more highway capacity and reduce the reliance on traditional, tax-based financing. In this case, the Texas-based construction firm Fluor Corporation and Australian toll road operator Transurban have agreed to finance over three-quarters of the project's \$2 billion cost in return for the right to build, operate, maintain and toll the lanes for 80 years. The alternative: fight about spending tax dollars on responding to what many feel is a very local traffic need (when it fact it affects the entire Metro area). Private enterprise will keep this project on track and make it work since it they are taking the burden of nearly all the financial risk.



The stream running through the median between the inner and outer loops of the Beltway North of Route 123 was just one of the major construction issues that needed to be addressed. Here you can see the new underground structure being built to accomodate the stream and allow the HOT lanes to be constructed above it.

Photo:Trevor Wrayton VDOT



The newly constructed bridge carrying the Beltway over Route 123 will soon be completed. Traffic will then be diverted onto the new bridge and then the existing bridge will be demolished to allow those lanes to be replaced. Expect Route 123 to be closed in both directions for a weekend for the demotion to happen.

Photo:Trevor Wrayton VDOT



This photo shows the new West bound span of Route 7 over the Beltway. When this is completed later this summer: 1. Westbound traffic will move to new span, eastbound traffic will move onto current westbound lanes, 2. Curent eastbound span will be demolished and rebuilt, 3. in 2011, Eastbound traffic will move to new span, and then demolish remaining bridge and rebuild, 4. Finally the HOT lanes ramp will tie into Route 7 on the East side of the birdge in 2012. This scedule will keep all traffic lanes open as mcuh as possible. No one said it would be easy.

Photo:Trevor Wrayton VDOT

Virginia Megaprojects Converge at Ground Zero in Tysons

The Megaproject name is based on the size, scope, cost, complexity, and potential impact on the community. No where else in the country can you find so many Megaprojects going on than in our area: the Woodrow Wilson Bridge, the Telegraph Road Interchange, Fairfax County Parkway extension, the 4th lane widening of I-95 and of course the HOT Lanes and Metro Rail extension.

"Ground Zero" is how Virginia Department of Transportation describes the intersection of I-495 and Route 123 in Tysons Corner. Two of the largest transportation projects ever seen in the Metropolitan region overlap at this point: the Metro extension to Dulles Airport and the HOT Lanes project. Think about it: two rail spans crossing above the beltway with new rail stations at each side, replacing both the north and southbound 495 bridges that cross Route 123 and add four more HOT lanes, all while dealing with storm water, utilities, traffic restrictions and, let's not forget, a couple hundred thousand cars a day that use those roads.

The scope of work encompasses a variety of issues. All Beltway crossings and interchanges are being replaced and improved with better pedestrian and bike access. Utilities are being moved and put underground instead of overhead lines. Additional lanes are being added to fourteen miles of the beltway and they will be seamlessly tied into existing HOV lanes at I-66 and I-95. New sound barriers are being erected along the entire project. And of course dealing with fragile environmental issues like streams and storm water, let alone noise and pollution. All this while keeping everyone moving along the roads we still desperately need to move around in our already congested area.

It's not an easy task. The coordination between contractors is admirable, the communication efforts to the public have been extraordinary, and the will by all parties to keep traffic moving has been exhausting. Yes, we are in the midst of transportation improvements that many of us will not see again in our lifetimes. There will be lane closures, there will be disruption, there will be noise, there will be inconvenience. For travelers and commuters in our area, it will be aggravating, cumbersome, some will say even daunting, but in the end, the goal will be to have improved infrastructure, more choices, better access, and a good base for the future redevelopment of Tysons Corner.

Key HOT Lanes events timeline for the next 6-8 months:

June, 2010: Lanes will shift to the new southbound Beltway overpass over 123.

Summer, 2010: New Route 7 Westbound Beltway overpass will open as well as the Oak Street Bridge.

Late June 2010: Route 123 will be closed for a weekend, 9 pm Friday to 5 am Monday in order to demolish southbound beltway overpass.

Fall 2010: Northbound 123 ramp to 495 North will close. A new left turn detour will be opened to get to 495 North.

Late 2010: Idylwood Bridge demolition will start as well as the widening of the Westpark bridge across 123 at the mall. Idylwood will be alternating one lane.

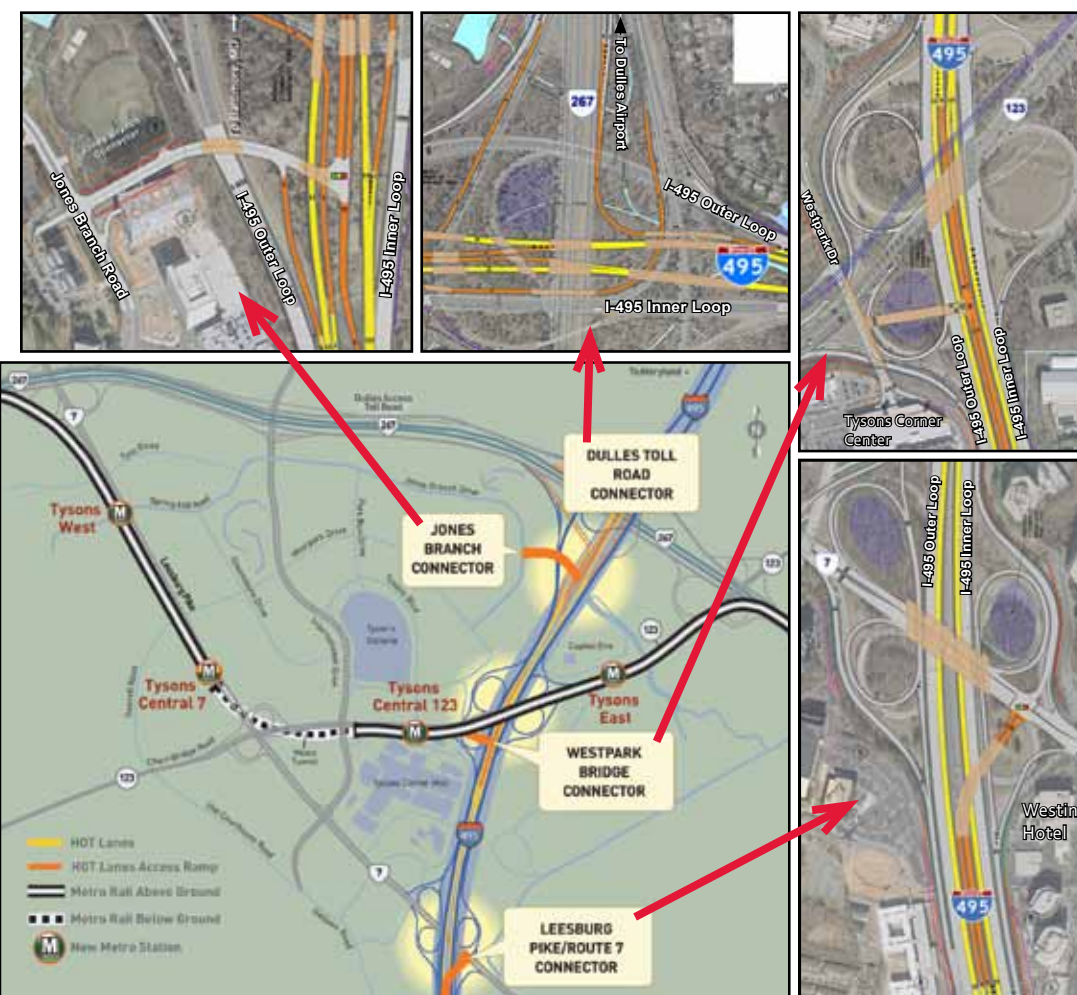
Late 2010: I-66 East and Westbound bridges will be completed.

By the end of 2010: 75% of all sound walls will be complete.

Early 2011: Two new outer Beltway lanes will open and traffic will shift to them in order to commence contruction of inner HOT Lanes.



Piers can be seen around the Tysons area that will support the access ramps to the new HOT Lanes being added to the Beltway. This is the view from the Westpark bridge across 123 connecting the mall to Westpark Drive showing the location of the ramp that will connect mid-span on the bridge. The bridge will also be widened to four lanes.



Four HOT Lanes Access Points in Tysons Corner - Including Two NEW Ones

1. New access point at Jones Branch Road just North of the McLean Hilton. This ramp will take cars over the outer loop to the center HOT Lanes just south of the Toll Road.
2. Access at the Dulles Toll Road. HOT Lane access ramps will be built within the spaces between the Beltway loops existing ramps and to and from 495.
3. New access point at Westpark Drive at the bridge crossing 123 to Tysons Corner Center. The bridge will be widened to four lanes and the access will be mid-span on the bridge. You can now see the vertical supports for the elevated access ramp between the existing bridge and the beltway.
4. Access point at Leesburg Pike between the beltway and Magarity Road. This connection will be made after the new Route 7 overpass is completed. You can see the vertical supports for the new ramp just south of Leesburg Pike by the Westin.

The new Westpark and the Jones Branch access points should alleviate some of the traffic using the current beltway ramps.

New overpasses are shown in beige in the details. Yellow lines are the HOT Lanes and the orange lines show the access ramps to enter/exit the HOT Lanes.

Graphics courtesy of VAHotLanes.com

ALL WILL BENEFIT FROM HOT LANES OVERPASSES

By Mike Salmon

Having another option to the congestion on the Capital Beltway is what the HOT Lanes are all about, but there is another bonus that will provide relief to the residents along the beltway as well, and that is coming in the form of the brand new overpasses at all the beltway crossings. In all, there are approximately 58 bridges and overpasses which totals to more than \$250 million of aging infrastructure that is being replaced. Each overpass from the Springfield Interchange to the Dulles Toll Road is being rebuilt in a longer configuration to cross the additional lanes, and the new overpasses will be bigger and better than the current structures.

A major improvement at most of the overpasses is the addition of pedestrian and bicycle facilities at many locations where the previous bridge only had room for cars and trucks. At Braddock Road, the new overpass is being built with a sidewalk and On-Road Bike Lanes. Just north of Braddock Road, the Wakefield Park Bridge is being modified to provide pedestrian and bicycle access to the park. From the park, bicyclists can access the Cross County Trail that goes from one end of Fairfax County to the other, crossing several major bike trails along the way. Further to the north, the Little River Turnpike overpass has

two separate spans, each with it's own sidewalk and wide shoulder that will be designated as On-Road Bike Lanes as well.

At Gallows Road, the current sidewalks will be widened and there will be On-Road Bike Lanes as well. At Idylwood Road and Oak Street there will be new sidewalks, the Oak Street bridge will have also have On-Road Bike Lanes on both sides. Both Idylwood and Oak Street are local streets that wind through neighborhoods near Falls Church.

The Washington and Old Dominion bike trail bridge is solely for non-motorized use. The new bridge will be wider to meet the Northern Virginia Regional Park Authority specifications. Trail users will be able to use the old bridge while crews construct the new bridge offline over the beltway.

Up in the Tysons area, the Leesburg Pike bridge will have wide sidewalks on both sides. Just north of Leesburg Pike, the Westpark Drive bridge is being widened from two to four lanes, and being linked directly to the HOT Lanes. There will be sidewalks on both sides of the bridge and On-Road Bike Lanes as well. This is similar to the Jones Branch Connector where a new bridge is being added for HOT Lanes access, with a sidewalk on one side for future



This overpass at Oak Street had less traffic so the Megaprojects team was able to tear it down completely without shifting traffic. It should be opened to traffic sometime in June.
Photo: Trevor Wrayton VDOT

connections.

Finally, at Lewinsville Road there will be sidewalks and On-Road Bike Paths on either side. This neighborhood road links McLean with Tysons Corner.

PRICE BREAKS INCREASE COMPETITION: ONLINE BROKERAGES WANT YOU

With the bear market fading, online brokerages are stepping up their tactics to get new investors and take customers away from other firms. They want your trades.

Charles Schwab was one of the first to cut commission prices in 2010. At \$8.95 per trade, it's a 31 percent reduction. Simplified pricing also helps. Previously, investors who traded at various levels paid different prices.

TD Ameritrade has had flat pricing for some time. TradeKing has charged \$4.95 per trade since it went into business five years ago.

Investment firms are struggling to compete with the lower trade prices. Some were already offering a low flat rate. A few firms tout their "no hidden fees" theme, and free investment lessons are offered by others.

With the difference between the cheapest online brokers and the most expensive standing at about a \$20 spread, it's going to take more than price cutting to bring new investors, analysts say.

At the same time, E-Trade and Fidelity still charge different prices to investors based on assets invested and number of trades.

Fees are a cost that customers have to deal with, according to J.D. Power and Associates, which ranks online brokerages. The firms may charge inactivity fees to customers who don't trade enough or don't maintain a minimum balance.

One firm charges customers \$75 to transfer an account to another brokerage.

PRENUPS MAKE SENSE, ESPECIALLY AT MID LIFE

On their third date, the dentist asked if she would sign a prenuptial agreement. Her reply, "I will if you will," made sense to them both, especially since both had assets they needed to protect.

Though the couple never married, they were wise to bring up the prenup well before one would be needed.

Financial advisor Suze Orman says love can drown out any thought that a marriage won't work. But the divorce rate in America is 50 percent. The average length of a marriage is 18 years.

"Hope is not a financial plan," Orman says. Among other things, marriage is an economic contract. The time to plan for a divorce is before you want one.

Some financial advisors say not everyone needs a prenup, but before marriage, couples should know each other's debt level, discrepancies in each other's wealth and the possibility of inheritances. They should also review each other's credit report.

More than 36 percent of adults said prenups make smart financial sense, according to a recent Harris survey.

The International Academy of Matrimonial Lawyers advises future partners to consider the consequences of signing a prenup, which is now thought of as a financial planning tool.

Consider what could happen in 10, 15 or 20 years. If there is a chance you would walk away with little or nothing, think long and hard about whether you want to be married to this person.

Some prenups go into greater details, including adultery, frequency of intimacy, scheduling of housekeeping and provisions for pets. It's about telling what's important to each

partner, even if it's only about the right to an antique chair or who gets Fido.

Though they have a stigma for predicting a failed future, these agreements can help people feel secure in a relationship.

TANNING BED PRICES TO RISE

The new health care bill imposes a 10 percent tax on the cost of indoor tanning services, which means the tanning salons will have to raise prices.

The Food and Drug Administration is also considering actions such as requiring teenagers to get parental consent before using a tanning bed or even banning the use of tanning beds among teens. An FDA report says people under age 30 who use tanning machines increase their risk of skin cancer by 75 percent.

COST OF OSTEOPOROSIS DRUGS

A study described in Consumer Reports shows that older generic drugs are just as effective for treating osteoporosis as the current brand names.

Boniva (ibandronate, taken monthly) costs 10 times as much as the generic forms of Fosamax and other bisphosphonates, most of which are taken weekly. The effectiveness of all of these medicines is about the same.



My problem lies in reconciling my gross habits with my net income. - Errol Flynn

I have enough money to last me the rest of my life, unless I buy something. - Jackie Mason

LOWERING THE LIGHT BILL

Consumers have been conscientious about buying energy efficient appliances and light bulbs, but according to the UK Energy Research Centre many are now actually using more energy.

Before energy efficient appliances and lights, consumers carefully turned off lights and limited electric use. However, after buying an energy-efficient dishwasher, they run it more often or when it's not full. Studies also show that people who use energy-efficient lights lose 5 percent to 12 percent of expected utility bill savings by leaving lights on longer.

With energy-efficient heating and cooling, studies show consumers feel less guilty about setting the heat a degree or two higher in winter and or lower in summer.

By doing these things, they actually defeat the purpose of saving energy.

GRADUATING EARLY

Many high schools are allowing students who have fulfilled requirements to graduate a half-year or an entire year early. Some get to skip their senior year.

That means they could work for a year and save money toward college expenses, or at least borrow less money when the time comes. And the job experience could be a valuable asset in years to come.

In some cases today, kids are leaving school early because parents don't have a job.

Finishing requirements and graduating early could be another option, according to USA Today.

LEAVING A SUITCASE IN THE TAXI

The editors of Smart Money recommend always keeping your luggage with you in a taxi instead of putting it in the trunk.

Taxi drivers say they are amazed at the number of passengers who pay their fare and rush off without their luggage. The driver finds it at the end of the day.

There have been times when a taxi driver has demanded double the fare to open the trunk so the passenger can retrieve whatever was left there.

HOW TO FIND A TREASURE AT A FLEA MARKET OR YARD SALE

It's unlikely that you will find a million-dollar painting at the flea market. But at Sotheby's, the famous auction house, appraisers say about 5 percent of letters they get contain photos of paintings or furniture worth \$10,000 or more.

What to look for in furniture

* The item should impress you and stand out from other items at the sale. Look for great workmanship on the legs, arms, handles and doors.

* Imperfections: Don't worry about chairs that are missing upholstery. Much of the value of great furniture is in the frame. The legs should be in good condition.

What to look for in paintings

* Small tears are OK unless they run through the face on a portrait.

* Check the back for labels and stamps from a museum or gallery.

* Don't believe the signature. All forgeries have a famous signature.

* Content. Paintings of women and still lifes of fruit or flowers, that have an intrinsic decorative value, recoup the purchase price better than hobbyist paintings of hunters, for example

Collectables

* Ask why the item is being sold, and where it came from. Any information about its history could help to establish authenticity.

* Smaller pieces are more valuable. Whether they are models of trains or antique furniture, collectors have a limited space to display them.

Always arrive early, because the best pieces at a yard or garage sale are sold first. The best pieces may not be offered at all. Never have antique furniture refinished without checking with an appraiser.

NAMING AN IRA BENEFICIARY

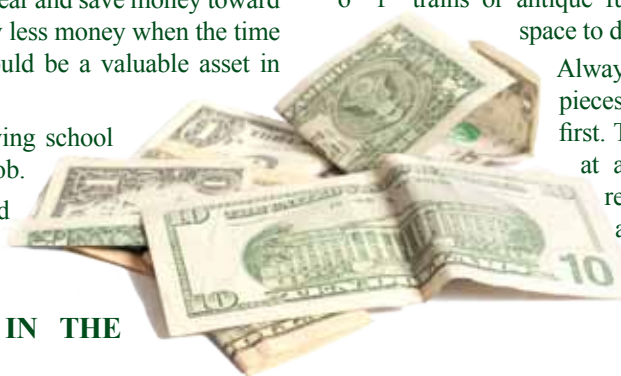
Do you have a copy of the beneficiary-designation form provided by the bank or brokerage that holds your IRA account? Many people assume the custodian of the account keeps the papers on file, but there have been many instances where the form came up missing.

Without it, your heirs will still get the money, but their tax situation will be entirely different.

In an example provided by AARP, a 40-year-old daughter receiving \$400,000 from the IRA could stretch withdrawals over her life expectancy, or 43.6 years.

The required minimum distribution would be taxable, but the balance in the account would still draw interest. Her first withdrawal would be for \$9,174 (\$400,000 divided by 43.6).

If there is no beneficiary-designation form, and if you died before age 70 1/2, the IRA must be emptied over five years. If you die after 70 1/2, it must be emptied over your remaining life expectancy, or 13.4 years. The taxes would be far greater.



No matter how rich you become, how famous or powerful, when you die the size of your funeral will still pretty much depend on the weather. - Michael Pritchard

BiKiNg in TYSONs

by Bruce Wright and Hunter McCleary of Fairfax Advocates for Better Bicycling

How many of us have sat in traffic and thought, "I could walk there faster than this." In fact, in today's beep and creep standard of car transportation, a bike will almost always get you there more quickly for shorter trips. Consider this: A typical bike rider of only moderate fitness can cover five miles in 30 minutes. That makes all of Tysons corner an easy bike ride in 15-20 minutes. Try getting from one end of Tysons to the other in a car any faster and find parking.

That said, we need to do more to help realize the potential of bicycling. With relatively inexpensive accommodations such as signed bike routes, wider car lanes, bike parking and bike lanes bicycling actually becomes a more practical form of transportation than driving. Approximately 40% of all trips are 2 miles or less, an easy bike trip. So with modest improvements, automobile traffic in and around Tysons can realistically be reduced 5-10% or more. Think about how much lighter traffic seems on a summer work-day when a hefty percentage of commuters are on vacation. That's the kind of reduction you can expect almost every day if we make it easier and safer for commuters to dust off their bikes.

The proposed Tysons Area plan under review by the Planning Commission has a vision for a walkable, bikeable Tysons, with a grid of streets that will allow pedestrians, cyclists and motorists many options for getting around. Bike lanes will be built on many of the major roads, and local streets will have low speed limits and can be shared with cars. The county is also developing a comprehensive bicycle plan for the Tysons area which should be completed by early next year.

That's the long-term plan. Do people currently bike into Tysons? While Tysons is not exactly bike-friendly, many people do get around on bikes. Even without dedicated facilities bicycling is a practical option for them. For some people who work in Tysons, their main form of transportation is the bicycle.

There are several possible routes to Tysons, although most are from the south. The most popular bike facility in Fairfax, the W&OD Trail, is located just over a mile away. Bike lanes on Gallows Road from the W&OD Trail to Old Courthouse Road will be built next year, making this trip much more bike-friendly.

Bicycle access from the north is limited. Downtown McLean is just over 2 miles from Tysons, about a 10-15 minute ride, and yet almost impossible to reach safely by bike. Fast moving traffic on Route 123 crossing entrance/exit ramps of the Beltway and I-66 make riding from McLean a challenge for even the most experienced cyclists. Most don't even try. A bicycle facility along Route 123 crossing the Beltway is desperately needed.

Bike to Work Day is Friday, May 21. Cyclists will gather at 35 locations around the DC area to celebrate biking to work. Seven of the locations are in Fairfax County. It's a free event with food, drinks, and raffle prizes for registered cyclists. The Tysons Bike to Work Day event will be held at 8283 Greensboro Drive in front of the offices of Booz Allen Hamilton, next to SAIC. Last year 136 cyclists signed up. Other Tysons employers are also holding Bike to Work activities during that work. *Why not try biking to work that day?* Visit www.waba.org to register for this free event.



Tour of Tysons for members of the Tysons Task Force and the Planning Commission. Photo by Dennis Frew

Chris French, an information technology professional employed by one of Tysons Corner's largest employers - Science Applications International Corporation (SAIC) - commutes each day by bike from his home in Oakton into the heart of Tysons Corner. With no on-road cycling facilities on any stretch of his commute, French practices 'vehicular cycling' - the practice of driving a bicycle on the roadway in a manner that is visible, predictable, and in accordance with the principles for driving a vehicle in traffic.

French rides on Courthouse Road through Vienna, crosses over Route 123 and continues north on Church Street. After traversing Glyndon Park, he continues north across Beulah Road using Creek Crossing Road, and then skirts the edge of the Westwood Country Club as he approaches Tysons from the south.

"Up until this point, it's a very pleasant ride. Then I turn right onto Old Courthouse Road just after the bike lanes end so that I can get up to Gosnell Road... this is where it gets interesting," says French. As Old Courthouse Road approaches Gosnell it constricts from a wide boulevard with painted bike lanes to a narrow,

**Make your Evolution Resolution today,
and get the results you deserve!**



- Personal Training
- Group Exercise Classes
- Cardio & Strength Training
- Nutrition and Weight Management
- Customized Workout Programs by ActivTrax

Celebrating Ten Years In Vienna!

**Ask us about our \$200
anniversary savings!**

703-255-9707

216 Dominion Road NE, Vienna
www.evolutionhealthclub.com

winding, steep stretch of road clogged with commuter traffic. "9 out of 10 drivers seem to respect my position on the road," says French. "But almost every day there's a motorist who passes within a foot or two of me, or who crosses the double line into the blind curve. I guess they just can't wait... but at what cost? I've had some real close calls on that curve."

After reaching Gosnell Road, French continues on Gosnell Road to its intersection with Route 7, crosses at the light, and continues up Westpark Road to his office on Greensboro Drive. Once at work, he makes use of a bike rack and a fitness center provided by his employer.

"I've taken a pretty close look at the Planning Commission's draft plan for Tysons," says French. "the prospect that Tyson's might have 'livable' streets that include design components specifically for pedestrians and cyclists is very exciting. I'll continue to ride regardless - there are too many reasons not too - but those changes can't happen soon enough for me!"

Routes mentioned in this article are shown on the Fairfax County Bike Map: <http://www.fairfaxcounty.gov/fcdot/bike/bikemap.htm>

Fairfax Advocates for Better Bicycling is a grassroots initiative, affiliated with the Washington Area Bicyclist Association, aiming to make bicycling an integral part of Fairfax County's transportation network. Visit us on the web at www.fabb-bikes.org.



**JEREMY RUSNOCK
PHOTOGRAPHY**
UNIQUE FAMILY & BUSINESS PORTRAITURE

WWW.JEREMYRUSNOCK.COM
DC/VA 202-258-2750
MD 301-545-0109

Spring Wines for Outdoor Fun and Dining

By Tomme Casmay/Classic Wines of Great Falls

Spring has sprung! Or is it summer? Regardless, the weather has broken in our favor. Just a few short months ago, we were discussing great wines to enjoy by the fireplace, and now our thoughts have turned to outdoor dining and the picnic season.

As the seasons change, most wine drinkers, whether consciously or unconsciously, make adjustments in their wine drinking patterns to adapt not only to temperature and weather changes, but also to personal activity changes. Whereas, the short days and cold temperatures of winter generally indicate more time spent indoors and a lessening of physical activity, the rising temperatures and increased daylight hours of spring lure us outside to a more active lifestyle. During the cold and somber days of winter, wine drinkers are naturally drawn towards heavier, more full-bodied reds and whites. Spring's longer days and welcome warmth not only lighten our mood, but also lead us to lighter, easier, more quaffable wines.

So, Ladies and Gents, let's explore a bit. The flowers are out in full force (along with the pollen); the picnic table has been cleaned off; and the barbecue has been fired up. We are ready to enjoy the beauty of spring with a delicious glass of vino. So, what wine do we choose? Well, my recommendation would be either a rosé, a white, or a red. That was easy!

First, let me start with rosé. To me, when I think of spring, I think of flowers. When I think of flowers, I think of roses. When I think of roses, I think of dry rosé wine. One of the most popular styles of wine in Europe, however, in America the popularity of good rosé has suffered because many wine drinkers have associated it with White Zinfandel. "White Zin", a simple, semi-sweet blush wine, has pretty much fallen out of favor with serious wine drinkers today, who now universally prefer more complex, drier wine styles.

Good rosés are dry in style, while offering bright, vibrant fresh fruit flavors, such as strawberry and raspberry. They come in a variety of shades from very pale pink to almost light red; the hue is dependent upon the amount of time the juice is left in contact with the red grape skins, which is where the color comes from in red and rosé wines. Contrary to some people's opinion, rosé is not made by blending together white and red wine. Dry rosé should always be served slightly chilled, but not served as cold as you would a typical white wine. Rosés are made from any number of red grape varieties and are often blends, with syrah, pinot noir, malbec, and Grenache being among the most popular varietals. The key with rosé is youth and freshness. Look for the 2009 vintage for the maximum flavor experience. They are truly

a joy this time of year. Drinking rosé wine is one of the loveliest aspects of spring.

For the white wine drinker, the warmer weather whispers "go light". Sauvignon Blanc, Pinot Grigio, dry Riesling, and unoaked Chardonnay are all great warm weather white wine choices. Of course, these wines are delicious any time of year, but are especially suitable for outdoor dining, or just sipping, as the temperature rises. They all offer different flavor profiles, but all match well with the lighter meals we have a tendency to enjoy in warmer weather. The key is that stylistically they all see little or no oak exposure. Stainless steel fermentation and minimal oak aging is the key to creating wines that offer pure fruit flavor and a crisp, refreshing finish.

Just because the weather has warmed doesn't mean we forget good red wine. How could we with all the steaks and chops being grilled out on the "barbie"? Depending on the occasion and your personal preference, of course, there will always be a time to enjoy those

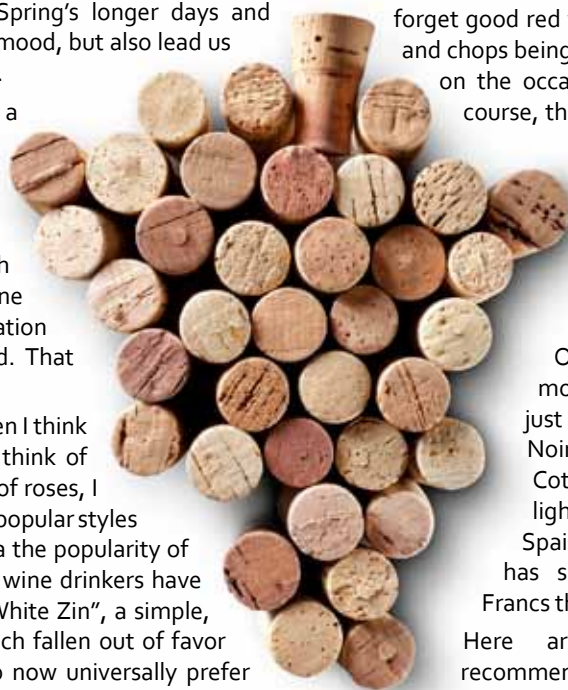
big, rich, heavy reds, regardless of the temperature. However, lighter, more medium-bodied red wines do increase in popularity during the spring and summer months, simply because they are more causal in style to match a more casual time of year.

On a hot late spring or summer day, a big monster Cabernet Sauvignon is sometimes just too much. So, look to wines like Pinot Noir, Grenache based blends like a French Cotes-du-Rhone, Cabernet Franc and lighter style Tempranillo based wines from Spain for warm weather drinking. Virginia has some delightful mid-weight Cabernet Francs that are just perfect for outdoor dining.

Here are some rosé, white and red recommendations that all retail for under \$20.00. So, there is no need to break the bank for your outdoor dining adventure. Remember...casual, outdoor sipping and dining is our theme.

JEAN-LUC COLOMBO "CAPE BLEUE" ROSÉ 2009 (\$13.99) This wine is just a delight. It is so pretty; you almost forget it is for drinking, and not just to look at. The color is a vibrant pink. It is a blend of Syrah, Mourvedre and Cunoise from Provence in southern France. Dry with a delicate raspberry nose and flavors, it is a wonderful sipping wine.

PATTON VALLEY PINOT NOIR ROSÉ 2009 (\$19.99) This lovely wine from the Willamette Valley in Oregon is 100% Pinot Noir. The color is a pale salmon. The flavors are delicate strawberry and cherry. Quite dry and very fresh, this wine is perfect for light spring lunches or a picnic.



SEAGLASS SAUVIGNON BLANC 2009 (\$12.99) From Santa Barbara in the Central Coast of California, this white offers tropical fruit aromas and a clean grassiness on the palate. Well balanced acidity adds crispness to the finish. Enjoy with shellfish, lighter pasta dishes and summer salads.

MORGAN "METALLICO" UN-OAKED CHARDONNAY 2008 (\$18.99) For the Chardonnay lover, this un-oaked version is fermented and aged in stainless steel. It sees no oak at all, so it presents pure chardonnay flavors of pear, with touches of apple and citrus. Perfect with grilled chicken, pasta salad or by itself.

CHAPOUTIER "BELLERUCHE" COTES-DU-RHONE 2007 (\$14.99) Garnet red in color with a red cherry nose and mixed cherry/berry flavors on the palate. It is a medium-bodied wine with smooth tannins. Match this baby with barbecue ribs or chicken, grilled burgers or 'dogs. It's also great with stir-fried mixed veggies.

BURGO VIEJO RIOJA CRIANZA 2005 (\$10.99) Primarily Tempranillo, this medium-bodied Spanish gem is fermented in stainless steel vats to maintain its fruit freshness. It does spend about 12 months in older oak barrels to round it out, but it sees no new oak. A very smooth and vibrant red, serve it with beef, lamb or pork ribs.

Well, there it is...Warm weather is upon us and the sultry days of summer are just around the corner. So, get outside and enjoy a meal with one of these nice warm weather wines, before the heat and the bugs drive you inside again.

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!
TAKE 10% OFF YOUR PURCHASE WITH THIS AD



Tysons Hair Design
Are You Ready for Your New Look?

Keratin Treatment with Collagen

- Smoothes
- Shines
- Softens
- Eliminates Frizz
- Gives hair instant manageability



8379 Leesburg Pike Vienna, VA 22182
P: 703.893.4334 www.tysonshairdesigns.com

TYSONS HAIR DESIGN PRESENTS...
FOR NEW CLIENTS:
"THE SPRING MAKE-OVER SPECIAL"
LET'S GET ACQUAINTED!

HAIRCUT, MANICURE,
PEDICURE: \$59.00

.....
Color & Cut Special
Only \$89

LA-BRASILIANA KERATIN TREATMENT
\$199 REG \$400

\$5 Off EYE BROW WAXING/THREADING

Offers available with selected stylists only.

Call Today! 703-893-4334

PLEASE MENTION THIS AD FOR SPECIALS. CANNOT BE USED WITH ANY OTHER OFFERS OR DISCOUNTS. OFFERS EXPIRE 07-31-10.



"Daisy" of Tysons



"Kibbles and Bits" - from Leesburg



Rhodesian Ridgeback Brothers of Vienna



"Bruiser" - from Old Town

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!

A little humor for pet owners . . .

HOUSE RULES FOR DOGS AND CATS.

POST THEM LOW ON THE FRIDGE DOOR WHERE THEY CAN BE READ BY YOUR PETS.

Dear Dogs and Cats,

The dishes with the paw print belong to you and contain your food. The rest of the dishes belong to me and contain my food.

Please note, if you put a paw print in the middle of my plate or food, that does not stake a claim for it. It is still mine. I also do not find it aesthetically pleasing in the slightest.

NASCAR did not design the stairway. It is not a racetrack. Trying to beat me to the bottom is not the object. Tripping me will not help you win because I will fall faster than you can run.

A king-sized bed is the largest that is made. I cannot get anything bigger. I am sorry about this. Do not expect me to continue to sleep on the couch to ensure your comfort.

Dogs and cats are capable of curling into a ball when they sleep. It is not necessary to sleep perpendicular next to each other and stretched out to the fullest extent possible.

Sticking your tail out straight and hanging your tongue out the other end to maximize space is nothing but sarcasm.

For the last time, there is no secret exit from the bathroom. If by some miracle I manage to beat you there and get the door shut, it is not necessary to whine, meow, claw, try to turn to doorknob, or squeeze your paw under the door to try to pull it open. I have to exit through the same door I entered.

Also, I have been using the bathroom for many years -- feline or canine attendance is not required.

The proper order is kiss me, then go smell the other dog or cat's butt. I cannot stress this enough!

To pacify you, my dear pets, I have posted the following on our front door:

To All Non-Pet Owners Who Visit Us and Like to Complain About Our Pets:

1. They live here. You don't.
2. If you don't like their hair on your clothing, then stay off the furniture. (That's why it's called it "fur"niture.)
3. I like my pets better than I like most people.
4. To you, it's an animal. To me, he or she is an adopted son or daughter who is hairy, short, walks on all fours and doesn't speak clearly.

Remember: Dogs and cats are better than children because they:

1. Eat less.
2. Usually come when called.
3. Are easier to train.
4. Don't ask for money all the time.
5. Don't drink or smoke.
6. Don't hang out with friends who use drugs.
7. Never ask to drive the car.
8. Don't have to have the latest fashions.
9. Don't want to wear your clothes.
10. Never leave crumbs on the floor.
11. Don't need a gazillion dollars for college
12. If they get pregnant, you can sell their children.

"Dogs are not our whole life, but they make our lives whole." - Roger Caras





DOES YOUR PET HAVE A RESUME?

Let your landlord know you have a g-r-r-reat pet.

It's the pet owner's latest ploy in getting a lease that includes approval to keep a beloved pet.

In San Francisco, The Open Door Program was created to foster greater acceptance. A branch of The Society for the Prevention of Cruelty to Animals, the program offers these suggestions.

- Write a pet resume. Include the pet's age, activity level, and breed traits. Highlight a history of good behavior. If a dog has been to obedience school or has special training, include that information. Include something outstanding about your pet, such that it is as unlikely to shed or slow to bark. Mention it if the pet has been spayed or neutered.
- Tell how often, when, and where you will take your dog for outdoor entertainment and relief activities.
- If your pet has lived successfully in an apartment, a letter from the previous landlord could help.
- Identify your vet and how often your pet is groomed, taken for shots, and how fleas are controlled. If it's a cat, mention if it is indoor only and say that keeping litter clean is a priority with you.
- Include a photo of your pet and its name. Write a nice, heartwarming story about your dog or cat. One tenant explained that she was single and wanted kids, but the dog helps until the right man comes along.

Tenants working close to home find that a plus when convincing landlords.

For the elderly or disabled, there is a special clause in the Federal Housing and Urban/Rural Recovery Act, Section 227. "As a condition of tenancy or otherwise, no owner may prohibit or prevent a tenant in federally assisted housing from owning common household pets."

**For New Clients:
Free Registration!**

AuPurr CatSitting

Professional Feline Child Care

703-203-4930

info@aupurr.com • www.aupurr.com

*Friendly or feral, indoor or out,
Cats 1 or 20, give us a shout!*

Serving the cats of
the Vienna/Tysons area
(& other Northern VA areas)
Licensed, bonded & insured

NEED A PET FRIENDLY IDEA FOR A FUN DAYTRIP?

TGI Sunsets - Doggie Happy Hour
Barrel Oak Winery, Delaplane, VA

Fridays & SATURDAYS
6-9 pm until November

Enjoy 240 degree sunset views
on the patio with a glass of
fine wine. Good people, happy
dogs. Time to enjoy and relax.

www.barreloak.com



"As dogs, maybe we're no good at remembering faces because we do our greeting at the opposite end."

Give Your Skin the Gift of Glow

Believe in miracles! Helping rejuvenate people's skin, regardless of age, is a miracle. As we age, our skin begins to lose its' elasticity, our pores get bigger, and often we get dark spots on our face. And worst of all, the "Glow" is gone. You can minimize this process to some extent by cleansing, exfoliating, and moisturizing the skin, but inevitably age will catch up to you. So what can you do besides plastic surgery?

The technology of lasers has improved so dramatically over the past few years that there are now many alternatives to plastic surgery. Laser treatments can improve the skin's texture, tone, and sparkle. How would you like to look 5 to 10 years younger without plastic surgery?

What is a Medical Spa? It is a cross between a physician's office and a day spa. It is a hybrid that is essentially a day spa operating under the supervision of a medical doctor that treats body and facial skin conditions that cannot be treated at all or as effectively by a traditional esthetician. Physician's offices may be able to provide similar treatments, but their offices tend to be sterile and uninviting. Day Spas provide a relaxing and calming environment, but generally don't provide the laser treatments. These type of treatments usually are not covered by health insurance; therefore why not have them done by medical professionals, but in a calming, relaxing, pampering environment: a MedSpa!

How does it happen? A typical appointment starts with a private consultation with a medical clinician who conducts a computerized skin analysis. The analysis results in an evaluation of your skin that looks at sun damage, pore size, skin discoloration, wrinkles, texture, and bacteria. It compares your results to people your age and with your skin color. Pretty scary? Not at all, because knowledge is power. The skin analysis provides an initial baseline condition of your skin. Then the laser and aesthetic technology is accessed to bear and improve on your current skin condition.

Based on your concerns and the results of the skin analysis, a treatment plan is developed for each individual by a medical clinician. Most MedSpas should be able to help treat acne, rosacea, pores, black heads, cellulite, age spots or sun damage, wrinkles, and more. Treatments range from deep-cleansing facials and chemical peels to laser treatments that reduce skin discoloration and dramatically improve skin texture. The skin tightening laser gets rid of those annoying wrinkles by essentially "shrink wrapping" the skin. Laser hair removal is quick and often painless. And injectibles such as Botox and Restylane can instantly erase worry lines and restore volume to your face.

Are these treatments expensive? Not when you compare them to the cost and associated downtime of plastic surgery. A MedSpa laser treatment is non-invasive and have no downtime. A series of 5 or 6 laser treatments will bring gradual improvement to your skin. The result is that nobody has to know you have been getting treatments! They just notice that you are looking better and better. It's a miracle—and it can be your little secret!

By Cathy Hill

Vitalia MedSpa
7506 Leesburg Pike, Falls Church
703-356-7546 www.VitaliaMedSpaVa.com



Who Reads Viva Tysons?

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

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

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

After all...she's the "Super-Glue" holding it all together.

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



Got a question? Ask the Coach.

Dear Coach Amy,

When I am on a first coffee date after meeting someone online I find it is difficult to get to know people. I am curious person and since I am in the news business I am used to asking a lot of questions. That seems like a turnoff to most men and I don't seem to get asked out on a second date. I am an attractive, smart person and am confused by this. How do I get to know someone without being branded an inquisitor?

-Dumbfounded in Dunn Loring

Dear Ms. Dunn Loring,

When you meet someone for the first time from an online site, I presume you have learned some basic information about this person such as their age, education, perhaps their profession and some of their likes and dislikes. This is the case with most of the top dating sites. You may even know about their family background, religious observance and what they like to do for fun. Hopefully, you have already had a telephone conversation previous to the coffee date in order to develop what I call "phonestry" or rapport over the phone. You can hear their tone of voice, their interest level and speaking skills by talking to someone on the phone.

By the coffee date stage, you have most likely discovered you both share some important values and common interests. You have seen a picture of him and like what you see. The coffee date is the culmination of all you have pictured this man to be- the moment of truth! For many it can be a nerve racking experience.

It does seem to me you may be trying too hard. Sometimes we want someone to like us so much we get nervous. Firing off a series of questions at your date can be off putting. At this point in the dating process one would hope there would be a mutual back and forth flow to the conversation.



Panache Restaurant, in the heart of Tysons Corner!

Sleek, Contemporary Restaurant and Lounge
European Cafe Dining | Extensive Wine Selection

The Perfect Setting for *Every* Occasion

Pinnacle Towers South
1753 Pinnacle Drive
McLean, VA 22102

P: 703.748.1919

F: 703.748.6022

www.panacherestaurant.com



If there is some way you can get yourself to come to the date calm and relaxed. Try some breathing exercises or visualize yourself being in a relaxing place such as the beach or the mountains. Know that with the right person you will find a flow in the conversation and you won't have to work that hard. There will be mutual contribution. Both people are responsible for keeping the conversation going. If there is dead silence, I recommend you sit there, smile and take a sip of coffee (and breath!). See if the guy can pick up the ball and run with it. If the conversation is like pulling teeth, then it may be time to move on to someone who can or is interested in having a conversation with you.

Dating is meant to be fun, not torture. It's not your job to do all the work to carry a conversation. Remember, if this person is the right person for you, talking will be as easy as a summer breeze and a romantic connection will happen!

Amy Schoen is a Certified Professional Life Coach and Dating/Relationship Expert based in the DC area. She is the author of "Get It Right This Time- How to Find and Keep Your Ideal Romantic Relationship". Go to www.CoachAmySchoen.com and submit any questions you may have for her.





Happy anniversary Mclean! You don't look a day over a hundred. Oops, you are a hundred. Celebrate on June 26, 11-5 at the Mclean Community Center. Fun for all and some true old timers will be sharing some experiences about life back before traffic. . . . **Palm Beach Tan** has located next to **Peking Express** on Center Street at Maple Ave. Included in their variety of services is a sunless UV free tan. (do you still pay the health care tax if no UV?) If you're looking

for a tan, this upscale salon may be the place for you . . . It didn't take long for **Hunan Lion's** Chef Wang to find a new home. Find him at **China Wok** in the Pike Seven Plaza next to **Radio Shack**. I happened to be there for dinner one night and was pleasantly surprised as I instantly recognized him. His Peking Duck, steamed sea bass, and Dan Dan Noodles are exquisite... As for the **Hunan Lion** space, it was emptied in mid-April, the few remaining items auctioned off and it was cleaned up and ready to rent-to who? The owners were talking to another Chinese restaurant, but that is now history. We'll see... in the same building, we have mentioned a new Indian banquet restaurant **ISHQ** is coming in the old Fridays space. They haven't done much other than gut the place. Either permit or money problems we

guess. . . . **Lacrosse Unlimited** (aka "LUVA") has opened in the old Ink Spot space at 209 Maple Avenue in Vienna. Lacrosse seems to be the hot sport right now... **Joe's Burgers** on Old Dominion in McLean is now **Joe's Amazing Burgers**. The restaurant features meat from **My Organic Butcher**, a new chef and other improvements, and is set on expansion- maybe Arlington or Alexandria... a spanking new beauty salon, **Gilda's Hair & Makeup** is moving into part of the old Dunn Loring Animal Hospital space next to the Dunn Loring Post Office... **Maplewood Grill** in Vienna celebrates their first anniversary of their new brand after 25 years as Le Canard. New decor, new menu, and a new crowd around their popular piano bar. Congratulations Marcel and Paul! But enough back patting-the only thing that really counts is they're having soft shell crab specials through May. . . . **Chop n chicken** is open in Mclean at 1375 Beverly Road, "healthy done right"... Exquisite custom wedding cake designer/baker Lara Stuckey's company, **Fluffy Thoughts**, opened a retail

store in April at 1320 Old Chain Bridge Road in Mclean. Coffee, fresh baked cakes, and other delights along with space for those soon to wed couples to taste her creations, and truly special creations they are... **Sanctuary on Church**, an interior design and home furnishings boutique, is open in the Savia Building at 209 Church Street in Vienna. Owner Hillary Staats offers consultation and design services from silk flower arrangements to screen porch designs. A perfect compliment to her husband's company, **Staats Development**, a local Vienna custom home builder, build the home and then get it furnished... opening next to them is a unique new coffee and tea shop **Caffe Amouri**. Long time Vienna resident Michael Amouri will be roasting and brewing fresh coffee on premises. Hand shaken ice teas, Italian sodas, and real Belgian hot chocolate are among the choices offered by this unique, community oriented, merchant. Please

look out for the grand opening (hopefully by Viva Vienna)... The rumor is still holding that **Homegoods** is moving into the old CompUSA space on Leesburg Pike... so you're a Realtor with a high dollar listing, what to do in this market? The **McLean Chamber of Commerce** is helping out. They are holding mini-events at some of the million dollar plus listings of local Realtors to show off the homes. This should help get some good exposure, especially with free food. . . . my latest recommendation: the pistachio crusted lamb chops (with a little horseradish kick) at **Evo Bistro** in Mclean. A little

What We Hear Around Tysons

pricey, but you'll enjoy every tender bite... **Maestro** at the **Ritz Carlton** was said to be one of the finest dining experiences you could find, some say anywhere. So after a pretty long wait after **Maestro** closed, we now have the decision on who will take the space. Get ready for "**Michel**", as in Michel Richard of Cintronelle fame, as the new occupant of the old **Maestro**. This will be Michel Richard's third restaurant in the DC area. The 110 seat space will be a "good American restaurant with a small French accent." They'll be searching for a chef from the excellent pool of local DC talent. Look for it in October... **Everest College**, 1430 Spring Hill Road in Mclean, is now offering a new two year nursing program to become a registered nurse. The 24 month program will get students into the workforce quickly to help meet the growing need for registered nurses... here is a little grumbling about the new IMAX theatres that recently debuted at the **AMC** in the mall. Yes, digital projection has been added and the sound has been upgraded, but apparently the 28' by 58'

screens don't measure up to the original IMAX size of 76' by 97'. Cinema buffs are a little peeved at the lack of the true original IMAX experience. Well, just be lucky if you can get a seat on the weekends... **Microstrategy** is moving from its landmark headquarters at 1861 International Drive (**Capitol Grille** building) to the new **Towers Crescent Plaza** (next to the shopping bag building). They'll be leasing 140,000 square feet, about half of the building which, by the way, was the only new office building opened in the last year in the Tysons market... **Mylo's Grill** has taken over the **Old Dominion Restaurant** in Chesterbrook Shopping Center in McLean. New owners, new menu- Greek specialties and classic American cuisine. Chris Mylonas and his Father have nearly six decades of restaurant experience. Go for one of their Greek entrees like pastitsio or souvlaki, or try one of their huge salads, and be sure to leave room for dessert... the latest in womens' fitness: pole dancing. This is exercise, not entertainment. **Diva Fit** has opened a Falls Church location at 157 Hillwood Avenue. Intro class is only \$20, no men. www.divafitonline.com... congratulations and a big thank you to the **Rotary Club of Mclean** for making it three years in a row as having the highest per capita giving to international humanitarian charitable projects... another restaurant has changed hands. **Born Restaurant** at 144 Maple Ave in the Magruder's shopping center in Vienna has been sold. Welcome **Pho N More!** They're serving up many options of traditional pho (Vietnamese noodle soup) along with a variety of noodle and rice dishes, and of course, more.... another bank, **Xenith Bank** has opened a Northern Virginia office at 8200 Greensboro. Their lending target is the non-profit, association and mid-sized business market (\$5-250 million in sales) not best served by the large banks looking at larger customers and community banks focusing on smaller businesses... design/build company **Terranova** relocated to 8453-Q Tyco Road from Leesburg Pike. They've opened an exquisite showroom displaying beautiful examples of their refined kitchen and bath designs. Rita and Marcel have been personally attending to their custom remodeling and addition projects for over eleven years... **Soma Solutions** opened May 3 at 2106-C Gallows Road. Time for an real look on how to get your body back on track at this complete nutritional coaching and physical fitness studio... oy, get ready for a potential nightmare: Route 123 closing probably for a full weekend toward the end of June as the outer loop of the beltway crossing over 123 is demolished (beltway will shift to new southbound overpass) Maybe I'll skip out early to the beach.... and be ready for one more (we wish only one) construction headache: Idylwood Road will be alternating each way on one lane as the bridge over the Beltway gets rebuilt. I am sure the neighbors on either end of Oak Street will be thrilled.... hot yoga in Tysons! **Bikram Tysons** should be open this Spring at 1420 Springhill Road #130. Not only green, they're high tech as well. State of the art studios with energy efficient ventilation and humidification,, along with antimicrobial flooring, CO2 sensors, stainless steel ductwork, UV sanitizers and more. Nothing like stretching into 26 different poses twice in 90 minutes in a 100 degree room... well **Narita** on Old Courthouse Road now has a "for rent" sign, so whatever renovations that were going on aren't for anyone ready to take the space. Only problem is you're sharing a back entrance and bathrooms in the Subway next door... there is a unique and interesting space to host business and social events at 6725 Curran in McLean. **Studio A'Loft** can accomodate thirty in an expertly appointed venue featuring a stunning collection of artwork and furnishings. A wide range of services are available. Contact Jeanette at 703.861.1901 for more info ... So how much is a dime worth? I guess not much. The **Tysons Sunoco** sells gas at least a dime cheaper (sometimes as much as 15 cents) than the Exxon directly across the street at Old Courthouse and 123, but the Exxon is still drawing customers. The Exxon used to have unbelievably low prices, but the shift higher might be because they just recently changed owners. Does anyone pay attention, or is a couple bucks just not worth it anymore... **Vienna Tanning** out, the new owners have reopened as **Caribbean Tanning Salon** 424 Maple Ave E in Vienna... something every business owner and senior manager (also for those NOT in sales) should read: local Vienna author Allen Anderson has written "The Science of Sales". Not a discussion of sales basics, but of issues usually left out of standard sales trainings from over thirty years of experience... Joey Noufal, owner of the award winning Noufal Hair Color Studio on Westwood Center Drive, is preparing to franchise his successful concept. Interested? 703.893.7711... On a personal note from our Viva Tysons' family- Mazel Tov to Jesse for becoming a Bar Mitzvah... Well, every issue I wonder where I'm going to find new stuff to write, and it keeps getting longer. It just goes to show you how dynamic our area truly is...

PLEASE Don't forget- we love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of info to comments@vivatyson.com. Let us decide if it is too trivial, it rarely is.

Like what you're reading? A subscription is the best way to guarantee getting every issue of Viva Tysons! delivered to your home or office. See the details at www.vivatyson.com or page 12. Support a home town magazine owned, written, published, and sweated over by Tysons Corner locals. Isn't this column alone worth \$2?

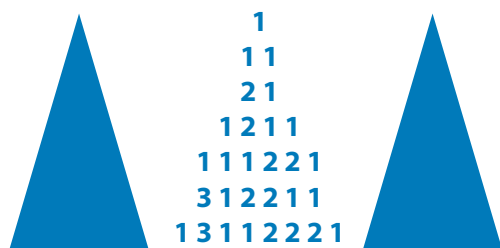
We are soon starting an electronic version of this column to be named "Talk of Tysons". It will be sent about twice a month along with some exclusive local deals from various merchants. Best part? It's free! Sign up at www.vivatyson.com

Turn the next page for all the answers.



"I lost my cell phone three days ago and I'm still stuck in text mode."

What row of numbers comes next in this series?



*Just for kids -
Laughter is the best medicine*

What do you call a fairy that hasn't taken a bath? Stinkerbell.

Which word in the dictionary is spelled incorrectly? Incorrectly.

Why are Teddy Bears never hungry? Because they are always stuffed.

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

What do you call a funny book about eggs? A yolk book.

What does the Invisible Man drink at snack time? Evaporated milk.

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

What did one potato chip say to the other? Shall we go for a dip?

Why couldn't the sailors play cards? Because the captain was standing on the deck.

What is the best thing to do if a bull charges you? Pay him!

Why can't you play basketball with pigs? Because they hog the ball!

Which football player wears the biggest helmet? The one with the biggest head!

What did the outlaw get when he stole a calendar? Twelve months.

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

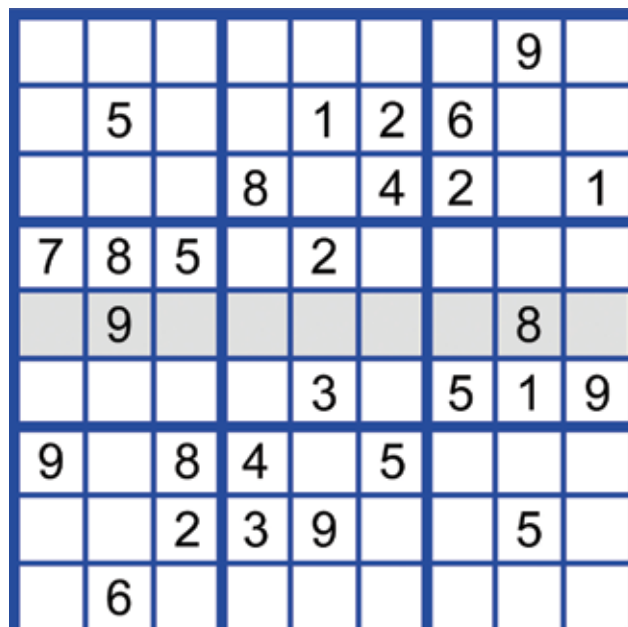
Why didn't the hotdog star in the movies? The rolls weren't good enough.

What is black and white and pink all over? An embarrassed zebra!

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

To solve a sudoku, you only need logic; no math is required.

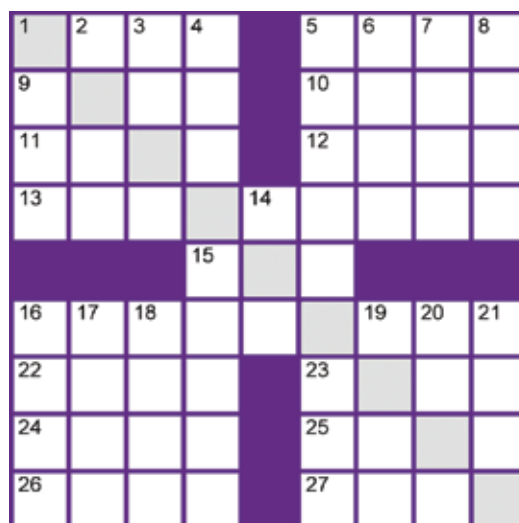
Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.



Sabrina gave Samantha as many dollars as Samantha started out with. Samantha then gave Sabrina back as much as Sabrina had left. Sabrina then gave Samantha as back as many dollars as Samantha had left, which left Sabrina broke and gave Samantha a total of \$80.00.

How much did Sabrina and Samantha have at the beginning of their exchange?

The Joker's Crossword



Across

1. Questions
5. Retain
9. Design criteria for a piece of work
10. Take orders
11. Late night host
12. Type of wine

13. Solemnity

15. Provide
16. Truce symbol
22. Sari wearer
23. Capital of Italy
24. Soon
25. American Indian
26. Short high-

pitched sound
27. Tomorrow's woman

Down

1. Vipers
2. Quarrel
3. Language spoken in Chad
4. Writing
5. Iguanid lizard
6. Double reed instrument
7. Not more but ___
8. Tints
14. Chronic skin disease: Abbr.
16. Cloak
17. Loloish language
18. Knowledgeable about
19. Basic unit of money is Lesotho
20. Roman god of love
21. Celt

SHOPPING MATH: A man will pay \$20 for a \$10 item he needs. A woman will pay \$10 for a \$20 item that she doesn't need.

DISCUSSION TECHNIQUE: A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

Spring Cleaning Word Search

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

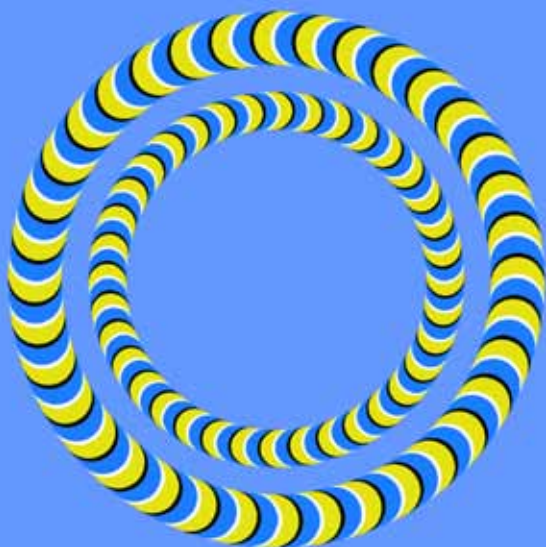
BASEMENT
 CARPETS
 CHECK
 CLEAN
 CLOSET
 DECK
 DRAINS
 DRIVEWAY
 DUST
 EXTERMINATE
 FAUCETS

FILTERS
 GARAGE
 GUTTERS
 INSPECT
 LAWN
 PAINT
 PLANT
 POLISH
 PORCH
 REGROUT
 REPAIR

RESEED
 ROOF
 SCREENS
 STAINS
 SWEEP
 UNCLOG
 VACUUM
 WASH
 WAX
 WINDOWS

NUMBER TROUBLE

1. Divide 30 by $1/2$ and add 10. What's the answer?
2. How many 2 cent stamps are in a dozen?



ARE THE RINGS REALLY MOVING?
 - BRAIN PAIN -

Bear Bus®

703-277-7033

The Party
 that Comes
 to you!



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



www.bearbus.com/nova

Make a Bear



Make a Wish

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

You are standing in front of a room with one lightbulb inside of it. You cannot see if it is on or off. Outside the room there are 3 switches in the off positions. You may turn the switches any way you want to. You stop turning the switches, enter the room and know which switch controls the light bulb. You can only enter the room once. How do you know?

SOME MORE TRICKY RIDDLES . . .

Mom and Dad have four daughters, and each daughter has one brother. How many people are in the family?

What can travel around the world while staying in a corner?

Which word becomes shorter even if you add 2 more letters to it?

The amount of water flowing into a tank doubles every minute. The tank is full in an hour. When was the tank half full?

The Pope has it but he does not use it. Your father has it but your mother probably uses it too. Nuns do not have it, neither does Madonna. What is it?

There was a one story house. Everything was pink. The wall was pink, the desk was pink, the stove was pink, the dog was pink, and even the floor was pink. What color were the stairs?

What building has the most stories?

What grows down when it grows up?

If you drop a yellow hat in the Red Sea, what does it become?

Take one out and scratch my head, I am now black but once was red. What am I?

What is greater than God, More evil than the devil, The poor have it, The rich need it, And if you eat it, you'll die?

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

Why can't you take a photo of an Indian woman using hair curlers?

What was the President's name in 1975?

What is yours but your friends use it more than you do?

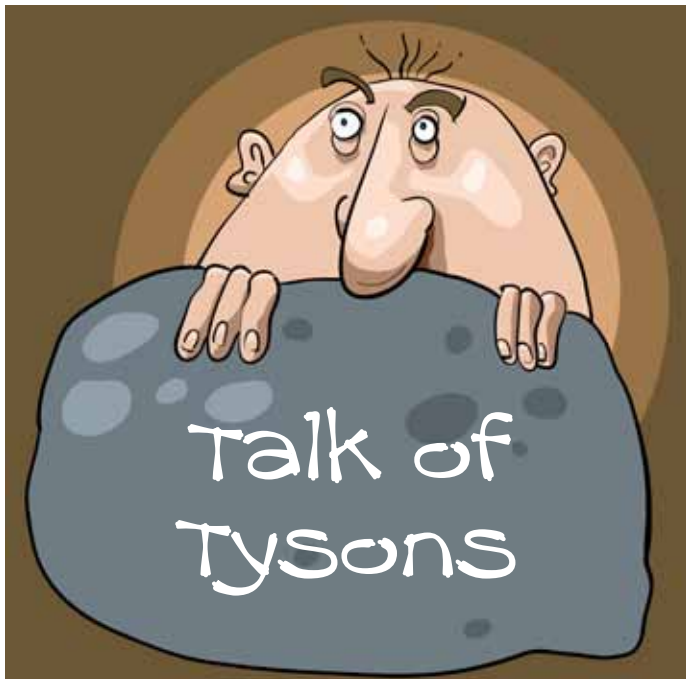
Two cannibals were chatting as they had their dinner. One complained that he really quite disliked his new mother-in-law. What was the advice given to him by his companion?

What do the letter 't' and an island have in common?

What ends everything always?

What can you put in a barrel which makes it lighter?

Mice can multiply very fast. Adult mice can give birth once every month, and baby mice grow into adult mice in just two months after they are born. If you would buy a baby mouse just after it was born, how many mice would you have in 10 months?



Get out from under that rock! Our new electronic newsletter has all the latest news and interesting happenings around the Tysons area (like the column on page 76). "Be in the know" and don't be left out. The best part? It's Free! Get it about twice a month. Never a burden on your inbox, but a gift! Signup at www.vivatyson.com

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



"SUCH A DEAL!"
POST IT TODAY...
SELL IT TODAY!

www.beltwaybargains.com

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

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

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

It's free!

FUN PAGE ANSWERS

A	S	K	S	H	O	L	D
S	P	E	C	H	O	B	E
P	A	R	R	R	O	S	E
S	T	A	I	D	N	E	S
W	H	I	T	E	F	L	A
R	A	N	I	R	O	M	A
A	N	O	N	O	T	O	E
P	I	N	G	G	I	R	L

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

1113213211 After the first line, each line describes the previous line:

One One
Two Ones
One Two, One One
(and so on...)

Sabrina = \$50, Samantha = \$30

LIGHT BULBS: Turn on one switch and leave on long enough to get the bulb hot and then turn it off remembering what switch it is. Then turn on one of the other two switches. Go into the room, the bulb that is on goes to the switch that is on. The bulb that is off, but hot goes to the first switch you turned on, the third switch goes to the third bulb which is cold and off.

Seven. The four daughters have only one brother, making five children, plus mom and dad.

A stamp.

Short.

At 59 minutes.

A last name.

No stairs in a one story house.

The library.

A goose.

Wet.

"Nothing."

A river.

You need a camera, not cutters!

The same as it is today.

Your name.

Then just eat your vegetables!

They are in the middle of water.

The letter g.

A hole.

One. You need more than one mouse to have babies!

NUMBER TORUBLE: 1. 70 2. a dozen

2010 HOROSCOPE

MAY

ARIES: May brings an important starting point in your life. The stars predict that you will make a change that influences your future. Sometimes even a small change in the way you work or play can have a big impact.

TAURUS: The answers are there. Be still and search your mind. As you meditate and identify your true goals, your path will become more clear. Work well, have patience, and the outcome will be in your favor.

GEMINI: The connection with friends is one of the factors that ground your life. Be there for them. Continue to support them. Celebrate their achievements and stand by them in a crisis.

CANCER: You could soon be asked to participate in a special project at work. Don't hesitate or doubt your capability to handle it. Your personality is one that helps bring people together.

LEO: While you are now on good terms with your boss, don't take an upcoming decision for granted. Do something extra to help, something could cement your positive relationship.

VIRGO: When it comes to money matters, particularly investments in the stock market, it's time to take a second look. The stars are wary. Some stocks are way up from last year, but not all are good buys.

LIBRA: You are lucky to have an excellent relationship with your mother. When you skip Mother's Day, however, the effect could be long-lasting. If your mother is far away, at least call on her special day.

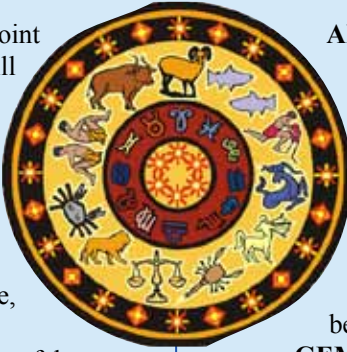
SCORPIO: Don't disregard that hunch. It could be prompted by experiences from the past that are coming together to give you added insight. Investigate to determine whether your hunch is right.

SAGITTARIUS: The picture you hold of your future could really be a mirage. Focus on what you do best and do that well. Your experience and new training will lead you closer to a realistic goal.

CAPRICORN: Dealing with chaos is not your favorite thing, but it happens and is a part of life. Instead of trying to straighten out everyone involved, admit that you can't handle it alone and ask for help.

AQUARIUS: Now that everything in your life is falling into place, there is one area that could change your luck completely. It's your health. You know what you have to do. Start now before it's too late.

PISCES: Did you notice? Every spring your creativity goes into high gear. You will soon see through problems, come up with new solutions to old ones, and create a new design at work or at home.



JUNE

ARIES: "What is so rare as a day in June ..." James Russell Lowell said. Take the opportunity to see it. Feel it, and absorb it if only for a little while. Whatever else is occurring in your life, this blessing is yours.

TAURUS: Is it a true goal, or is it a mirage? Your vision of the future will come true if you prepare for it today and in the days to come. Do what you do best. Learn to do it better or sidestep to a related field.

GEMINI: Keep digging and you will ultimately get to the bottom of a problem you are dealing with. The solution is there, though it may come in the form of a compromise. Keep your options open.

CANCER: Perk up. It may seem like you already have your hands full, but a new responsibility could give you more of what you want. Find ways to pass on work that could be handled as well or better by others.

LEO: Don't forget Father's Day. Remember why you love him and come to terms with what he did that made you angry. The day comes just once a year but its positive effect could last for years to come.

LIBRA: Family time takes center stage in June. Consider which family member needs a little extra attention. It could be a little one or a grown-up. Your support at this time will produce long-term benefits.

VIRGO: Hunches, intuition and fast conclusions can be helpful. They are usually based on past experience, some of which you may not even remember. Don't stake your life on a hunch, but check it out.

SCORPIO: When your boss has a plan you disagree with, get more information on his view and your own. Bosses may not want to change a plan based on another's view, but may make subtle changes.

SAGITTARIUS: Get ready for vacation, that wonderful time of year. Whether you go away or have a "staycation," relax and enjoy the break. It will make you physically and mentally better. Don't skip it.

CAPRICORN: Your financial future could soon take a turn for the better. Good planning will pay off in more potentially spendable cash. That's the time to increase your savings. Prepare for the good times and the bad.

AQUARIUS: The stars predict the reappearance of an old friend from the past. It could be an acquaintance from school years or even an old romantic connection. How will you deal with it?

PISCES: It's the perfect time of year to improve your health or guard it. Though you may feel fine, there are things you should do to ensure future good health. Eat an apple, take a walk, use the sunscreen.

Editor's Picks

Each issue we'll present the best places to find a particular item, usually food, but you never know. It's not so much a review or a critique, but just our picks listing the establishments that provide the most authentic example of what we are presenting. We've tried it, we've asked people, and we think these should be on the top of everyone's list. Could we be wrong? Probably not wrong, but I am sure there are plenty of opinions about who was left out. Please feel free to let us know at comments@vivatysons.com. We are always looking for new finds.

The Best Reuben Sandwich

So what makes a good Reuben? First, you may ask what it is. A Reuben is a hot sandwich made with sliced corned beef, saurkraut, Russian dressing, and swiss cheese on rye bread all grilled to perfection.

There are arguments whether the sandwich was originally created by Arnold Reubin while feeding celebrities at Reubin's Delicatessen in New York in 1914, or by Reuben Kulakofsky, a Lithuanian Jewish grocer who made it for his poker game in Omaha, Nebraska. No matter what, today's traditional Reuben is the same everywhere.

Judging tips: The bread must be real rye, crisp from the grill, not soggy, the corned beef should be warm throughout, plentiful, fairly lean, and sliced thin. The cheese and dressing should make the sandwich just messy enough to need a napkin to wipe your mouth and a fork to pick up the delightful bits that may drop on the plate, while still being able to hold it intact with your hand. Though still tasty, dismemberment all over the plate would be a failure, but that is many times the consumer's fault, not the preparer's.

In any case, you can't go wrong with the following choices as they set the bar, at least locally.

Ireland's Four Provinces: 105 West Broad Street, Falls Church. www.4psva.com

Chutzpah Deli: 8100 Boone Boulevard, Tysons Corner. www.chutzpahdeli.com

The Old Brogue: 760-C Walker Road, Great Falls. www.oldbrogue.com

Clyde's of Tysons Corner: 8332 Leesburg Pike, Tysons Corner. www.clydes.com



Cool Ideas for the Warm Weather.



Sitting around wondering what to do? Are the kids or spouse driving you nuts. Get out of the house and have some fun doing something different right around where you live. Here's a few ideas to get the creative juices flowing.

Jefferson District Park in Merrifield has a par three course, plus a fun affordable miniature golf course... Driving Range at Hunter Mill Road and the Toll Road... Woody's on Leesburg Pike has a driving range, miniature golf, and batting cages... Nottoway Nights free concerts at Nottoway Park and Movies in the Park free at Glyndon Park... Star gazing at Turner Farm Park... Hike at Scott's Run Nature Preserve... Enjoy the outdoors at Meadowlark Gardens or Great Falls Park, or just "cop a squat" at Mclean Central Park or others... take a stroll through one of the Farmers Market in the morning... Bike ride or walk on the W&OD trail... picnic on the lawn at Wolftrap at a concert... catch some live music in the evening at Maplewood Grill, Serbian Crown, The Old Brogue, Bankok Blues (great for kids on Sundays), JV Restaurant, Jammin Java, Irelands Four Provinces... have a picnic and toss a ball or frisbee around the numerous area fields . . . watch a baseball game at Vienna Babe Ruth League... stay connected, but outdoors. Do your surfing outside! Free wifi at Vienna town green... pretend your at a beach bar at Clair and Don's in Falls Church or grab a pint and a bite on the patio at Irelands 4 P's... when was the last time you checked out the local High School schedules for sporting events or plays from award winning area drama departments... browse around some of the local art venues like The Soundry, Vienna Arts Center, Red Caboose Gallery, Mclean Project for the Arts, Vale Arts and more... better yet check out an art class and immerse yourself in something new... our area is full of interesting history. Check out Colvin Run Mill, the Freeman House and Red Caboose, The Old Grange etc... attend local preffessional theatre at 1st Stage in Tysons or community theatre at Alden in Mclean or Vienna Community center... take the younger ones to CLEMYJONTRI Park on Georgetown Pike... *you should be deciding by now...*

Hope that helps. There are plenty of local ways to enjoy yourself out of the house, just do it.



Pediatric Dentistry & Braces for Children & Adolescents

Shohreh Sharif D.D.S. & Associates

**Diplomat The American Pediatric Dentistry
Assistant Professor, Howard University College of Dentistry**



Shohreh Sharif D.D.S.
Diplomat The American Pediatric Dentistry
Assistant Professor, Howard University
College of Dentistry

**Orthodontics for
Young Children & Adolescents
Cavity & Bite Evaluation
Pediatric Oral Surgery
Habit Appliances
Nitrous Oxide
Cleaning & Fluoride
Sealants & Bonding
Emergency Care**

*Management of Emotional
Anxiety Associated with
Dental Care. Tender Loving
Care to Young Children &
Adolescents.
Preserving Your Beautiful
Healthy Smile
And More!*

**NEW PATIENT
SPECIAL**

\$79 (reg \$159)

Offer good for each child in your family

**Includes: Initial exam,
1st fluoride treatment,
1st routine cleaning
2 bite wing x-rays**

New patients only. Not valid with 3rd party
payment. Additional charge if more
extensive x-rays are needed.
Expires 07/31/2010

Shohreh Sharif D.D.S. & Associates

703-620-9122

www.shohrehsharif.com

**3700 Joseph Siewick Dr.
Suite 104
Fairfax, Va 22033**



Guarantee delivery of Viva Tysons! Magazine directly to your mailbox. Subscribe now! www.vivatyson.com

unique designs for outdoor living



“All the world’s a stage.”

—William Shakespeare

Transforming ordinary landscapes into backdrops for extraordinary lifestyles since 1989.

Begin your transformation. Call today.

MD or DC: 301.279.7125 • VA: 703.288.0054

www.mylandscapers.com