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M A G A Z I N E

**One of a kind
community
resource opens
in McLean.**

**New school
shares a passion
for food in Vienna.**

Tips to recycle right.

Zero tolerance = suspension.

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and detours,
and closures,
oh my!**

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\$1,199,977



MCLEAN

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\$1,799,000



OAKTON

\$1,675,000



VIENNA

\$1,287,777



MCLEAN

\$1,399,877



MCLEAN

\$2,895,637



VIENNA

\$2,987,654



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\$2,775,000



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featured articles

40 New Cooking School Shares a

Passion with the Community

Culinaria Cooking School opens in Vienna. Two former engineers turned credentialed chefs take the culinary arts and bring it to the community.

48 Metro Milestones

The Metro project has clearly been progressing. See the milestones reached and what to expect in the coming months.

82 Jill's House Open in McLean

A one of kind facility provides a new needed resource for families with disabled children.

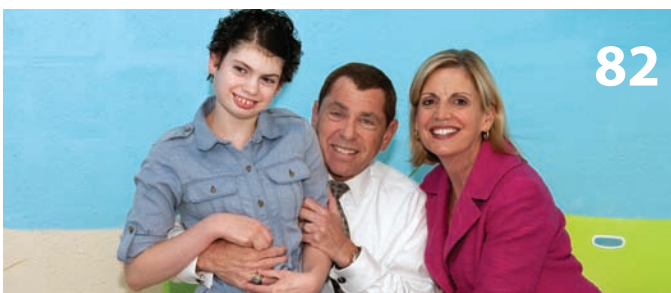
88 The Green Life:

How to Recycle Right

With the right knowledge about local rules, recycling can not only be easy, it can be a huge help to the environment.

96 Suspension? For what?

Zero tolerance can bring about many questions on why good kids get suspended. We spell out your options and the process to make things clearer.



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Please see a Neighborhood Sales Manager (NSM) for details.



departments... *and more*

- 8 Selected Local Events**
Browse through some choice local events.
- 12 Local Arts & Theatre**
News and announcements from our area art venues, galleries, and theatres.
- 18 Around Town**
Selected news and announcements from the community and charitable organizations.
- 26 Technology and You**
Some current tech topics of interest and the latest gift ideas.
- 30 "allicucina"**
Allison reviews 2941.
- 32 Health & Fitness**
 - Go "Green" for Thanksgiving.
 - Options for acne.
 - Osteo-arthritis and exercise.
- 38 Review and Recipe**
 - Dining with Debbie.
 - Recipes & Cocktails.
- 42 Merchant News**
What's happening with local businesses.
- 53 Dining Out Guide and The Taste of Tysons**
Consider these fine local dining choices.
- 62 Winter Window Treatments**
Denise knows interior design . . .
- 72 Real Estate**
Local real estate news, trends, and more.
- 78 Around the House**
Upgrades and Maintenance.
- 92 Put her on a pedestal?**
Leigh says yes!
- 94 Local Restaurateur Reminisces**
Randy Norton on Great American Restaurants.
- 100 Choosing the Right Caterer**
Tips and advice to get it right.
- 102 Great Falls Tea Garden**
Local expert talks teas.
- 104 Money**
Personal finances and more.
- 106 Gifts of Experience**
Brit wants us to think differently.
- 108 Wine for the Turkey**
Tomme Casmay enlightens.
- 110 Holiday Pet Danger**
Tips for our furry friends.
- 112 Ask the Coach**
Coach Amy gives advice.
- 114 Tim Talks Bikes**
Treat Winter like it was Spring.
- 116 What we hear around Tysons**
The latest tid-bits you'll want to hear about.
- 118 Fun & Games**
Take a break for a laugh, and a puzzle.
- 121 Horoscopes**
The stars are lining up., what's it mean for you?

November-December 2010

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FROM THE PUBLISHER...

Progress....a bit inconvenient but forward...

Without a doubt...it's a heart ache, and a headache. The traffic detours and construction delays are taking their toll on all of us. We can't cross Route 7 to get to our favorite lunch spots. Restaurants are doing their best to hold on to customers by adding more value and going an extra mile, and retailers are concerned about the Christmas traffic and the possibility that delays may cause people to take the holiday shopping elsewhere. I see improvements everyday Let's hope the new traffic patterns serve us well. The projects we are witnessing are the boldest and most complicated in the Nation.

Dennis does his best to keep us abreast of the progress, and, along with Marcia McAlister of The Dulles Metro Project, delivers us some stunning shots of this incredible project which will change the landscape like no one could have ever imagined.

Our newest gift to the community is the recently opened Jill's House, which provides respite for families with children with intellectual disabilities in the Greater Washington, DC area. This mission, "to provide a safe haven to which parents can entrust their children, allowing parents a time of rest" is truly a dream come true for so many of our area families.

Alexandra caught up with the Tea Lady in Great Falls ... tea is the most consumed beverage on the globe and Laurie has involved with tea for as long as I can remember ... and who doesn't marvel at the success of our friends at Great American Restaurants for the dining adventures they brought us.

Bikes@vienna provides helpful tips on retiring our bikes for the winter, Denise Willard talks on energy efficient window coverings, Beth Chung reviews recycling procedures and Casey gives us his thoughts on Today's Real Estate Market.

Cindy writes about managing osteoarthritis with exercise, Bunny Polmer guides us through the catering choices we should consider, Judy's says go green this Thanksgiving, and our town's newest cooking school "Culinaria" opens its doors.

And of course, In the Loop, Puzzles, Dining Adventures and so many other tidbits we hope you'll enjoy and find useful.

And if you'll allow me a tender moment...45 years ago, as dependent children serving in Morocco, a young woman tripped and fell in my lap on the school bus. She had a smile and a giggle which stood me still. Now celebrating her 59th birthday (again), she still giggles and is still in my lap. Happy Birthday Michelle.

As always, we ask you to please consider the independent businesses that are counting on your support to remain open. Even the smallest purchase means so much to them and their viability. Please remember them.

On to 2011 and on behalf of Dennis, Tamera, Kathy, Wendy, Andrea, Janie, our contributing authors and myself, our best wishes for a safe holiday and healthy and happy New Year.

Johnny Hanna
Publisher, Viva Tysons



NOVEMBER

NOVEMBER 11

Veterans Day Ceremony

Honors veterans with a ceremony held at the Falls Church City Veterans Memorial (223 Little Falls Street). This tribute recognizes all those who served in the armed forces.

NOVEMBER 13

50th Annual Harvest Bazaar Fall Festival and Craft Show

Vienna Community Center
Sponsored by the VIENNA WOMEN'S CLUB with assistance from the Town of Vienna.
9:30 a.m. to 4:00 p.m. Over 75 Crafters and Vendors, members' bake sale, breakfast and lunch items for sale, children's activities. Proceeds to provide scholarships to students of Vienna-area schools

Pottery Show and Sale

Bowman House Arts and Crafts Center, 211 Center Street Vienna
10:30 am-3 pm

Chew the Fat

Claude Moore Colonial Park
6310 Georgetown Pike
1-4 pm. What can you do with fat? Many things! Come help the farm family make soap, candles and dubbin, all of which use lard (pig fat) or tallow (beef fat). Weather-permitting.

NOVEMBER 13-14

34th Annual McLean Antiques Show and Sale

An exceptional group of dealers representing American, English and European antiques, decorative accessories, paintings, prints, rugs and more. Saturday 10-6, Sunday 11-5. \$7 admission.

NOVEMBER 14

8th Annual Vienna Turkey Trot

Vienna Volunteer Fire Department, 400 Center Street South. 8 am. The 8th annual Vienna Turkey Trot 5k is fast becoming a local town tradition! Proceeds benefit the James

Madison High School marching band and the Vienna Volunteer Fire Department. Chip timing provided by DC Road Runners.

Benefit for Bruce Swaim

Bangkok Blues, Falls Church
Top area jazz, blues, R&B, and rock musicians will perform from 3 pm to 11:30 pm – at a special benefit for Washington, DC area saxophonist Bruce Swaim who recently suffered a heart attack. The benefit is to help with his medical expenses. All proceeds will go toward that cause. Jazz 3-7, blues 7-11:30, \$15 minimum donation at the door. www.bangkokblues.com

NOVEMBER 14-28

Entertaining With Style

Pottery Barn (Tysons Corner Center) 10-11 am. This class will cover all the basics of holiday entertaining, from a sit-down Thanksgiving dinner to a casual buffet for a party. All class participants will receive 10% off merchandise featured in the class.

NOVEMBER 17

Holiday Shop Open House

Claude Moore Colonial Park, 6310 Georgetown Pike, McLean
3-8:00 pm. Enjoy traditional mulled cider, butter cake and ginger cookies, the warmth of the open fire and Christmas music while you shop in the peaceful atmosphere at the Farm.

NOVEMBER 17 -

DECEMBER 19

Gatehouse Holiday Shop

Avoid the craziness of the malls and enjoy easy parking. Do your holiday gift shopping at the Farm while helping to support the only privately operated National Park in the United States. Choose from a unique selection of 18th century reproductions, toys, housewares, jewelry, toiletries, and consumables. All sales proceeds benefit the Farm's educational programs.

NOVEMBER 13 TO

DECEMBER 31

Make Your Own Holiday Ornaments

Riverbend Park, Great Falls
Available during visitor center hours. Teasels, pine cones and walnuts all add up to make some cool holiday ornaments. Follow some of our examples or create your own stylish or wacky ornaments. Location: Riverbend Park Cost: \$5 for 2 ornaments
Reservations: Reservations recommended for groups. Call 703-759-9018

NOVEMBER 21

Longfellow Celebration

Longfellow Intermediate (now 'Middle') School kicks off a year of 50th anniversary celebrations by inviting its alumni to a special brunch on Sunday 11/21/10 from 12-2 pm in the school's new library. Former students, faculty, and staff from the 1960-2000 era are all warmly invited. Tickets are available at www.longfellowpta.org.

Sunday Soiree Dance

McLean Community Center
5 pm. "Cab Calloway, His Highness of Hep." Dance or just listen to the music of The Wayne Tympanick Trio. Refreshments will be served. Admission is \$5 at the door.

NOVEMBER 27

The Machine Performs a Tribute to Pink Floyd

The Machine is a tour de force of psychedelic lights, lasers and spot-on recreations of all of Pink Floyd's greatest hits. The Machine, America's top Pink Floyd show, has forged a 20 year reputation of excellence, extending the legacy of Pink Floyd, while creating another legacy all their own. Doors: 7:00 pm Showtime: 9:00 pm
Tickets: \$17 adv / \$20

NOVEMBER 27 -

DECEMBER 25

Christmas Tree Sale by Vienna Optimists Club

Maple Avenue Shopping Center (Giant), Vienna
Hours are from 2 to 9 p.m.

weekdays and 9 a.m. to 9 p.m. on weekends. All proceeds from the Christmas tree sales are donated to charitable and community service projects in the greater Vienna area.

NOVEMBER 28

Songwriter's Circle - I Love The 80s

Jammin Java, 227 Maple Ave
Think about the 80s and what comes to mind? Chia pets, Fast Times at Ridgemont High, and Donkey Kong. Think about the music of the 80s and what comes to mind? Both cheesy one-hit wonders and timeless classic songwriting. Escape your family this Thanksgiving weekend. It's an intimate, stripped-down setting like having the best local musicians playing in your living room.

NOVEMBER 29

Church Street Holiday Stroll

Historic Church Street, Vienna from Mill to Lawyers.
6-9pm Stroll historic Church Street decorated for the holidays with love, music, and more. (closed to traffic) Browse the merchants staying open late. Think outside the Big Box! The caboose will be open from 6 to 9 pm that evening as well. A great time for families.

DECEMBER

DECEMBER 3-5

28th Annual McLean Holiday Crafts Show

McLean Community Center
80 fine American artisans from across the country convene this highly regarded and juried show. Many genres featured.

DECEMBER 4-5

Holiday Craft Show and Children's Holiday Shoppe

Falls Church Community Center
223 Little Falls Street
Children's Holiday Shoppe, Saturday 10 a.m.-2 p.m. Deck the halls during the holiday season with special gifts from

the annual Holiday Craft Show. More than 60 crafters show their wares at the Community Center (223 Little Falls Street) selling unique handmade items and baked goods during the first weekend in December. Admission to the craft show costs \$1 per person; children under 12 receive free admission. Lunch is sold each day of the event and children are invited to a breakfast with Santa, a puppet show, and craft activities. Reservations are required for children's activities. The Falls Church Community Television station also films videos of children with Santa at a cost of \$10 per video. Children can also visit the Children's Holiday Shoppe at Cherry Hill Farmhouse to purchase inexpensive holiday gifts \$5 and under. Volunteers are on hand to help children make their purchases and wrap their gifts.

DECEMBER 9

Holiday Gingerbread House

McLean Community Center Families work together decorating a pre-assembled gingerbread house. Cost includes one pre-assembled gingerbread house, decorating supplies and candies. Note: Products may contain peanuts. \$45/\$35 district residents, cost includes one house.

DECEMBER 18

Breakfast with Santa

McLean Community Center Meet Santa and enjoy a scrumptious breakfast, live entertainment, crafts and more! A photographer will be on hand to take pictures of your child(ren) with Santa. Your photo will be emailed to you. Space is limited to the first 100 registrants. Please register early to reserve your place at the event, as no waiting list will be maintained and no walk-ins will be accepted. 11 am. \$15 per person/\$10 district residents; children age 2 and younger are free. All attendees age 3 and

older, including adults, must register and pay.

DECEMBER 31

Watch Night

Washington & Broad Streets Falls Church Bring in the New Year with the annual, free, New Year's Eve "Watch Night" celebration held from 7 p.m. to midnight near the crossroads of Broad and Washington streets. The celebration is co-sponsored by the City of Falls Church and the Tinner Hill Heritage Foundation. "Watch Night" is named after the ancient African tradition of "watching" in the New Year. A range of entertainment offerings appeals to adults, children, families, and individuals looking for fun small-town festivities.

JANUARY

JANUARY 16

MLK Blues n' BBQ Dinner Martin Luther King Jr. Day Celebration

McLean Community Center Featuring Curtis Blues, a preservationist of acoustic Delta



Blues of the 1920's and 1930's. Curtis Blues' performance is at once highly entertaining and a fascinating historical journey through this deeply American musical genre. His appeal is wide-ranging to all ages. This is a show not to be missed! BBQ Dinner catered by The Tender Rib of Temple Hills, MD. In cooperation with The DC Blues Society



**McLean
Community
Center**
The Center of It All

Here's What's Happening at MCC

Gustafer Yellowgold

Sunday, Nov. 21, 3 p.m.
\$12/\$8 district residents

28th Annual McLean Holiday Crafts Show

Friday-Sunday, Dec. 3-5, Friday, 11 a.m.-7 p.m.
Saturday, 10 a.m.-6 p.m., Sunday, 11 a.m.-4 p.m.
Adults, **\$2; \$1**, age 13 and younger.
Good all 3 days!
Take \$1 off adult admission with this ad.



Holiday Gingerbread House

Thursday, Dec. 9, 6:30-8 p.m.
\$45/\$35 district residents, cost includes one house

Hot Club of San Francisco Cool Yule

Sunday, Dec. 11, 8 p.m.
\$28/\$23 district residents

The Brothers Grimm Spectaculathon

Friday and Saturday, Dec. 17 and 18, 7:30 p.m.
\$10/\$5 district residents

Breakfast with Santa

Saturday, Dec. 18, 9:30-11 a.m.
\$15 per person/**\$10** district residents

The Tailor of Gloucester

Sunday, Dec. 19, 3 p.m.
\$12/\$8 district residents

Capitol Steps

Friday and Saturday, Jan. 7 and 8, 8 p.m.
\$45/\$40 McLean district residents

The McLean Community Center
1234 Ingleside Ave., McLean, VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org

RECURRING EVENTS

MONDAYS

Ranger Rendezvous- Great Falls National Park

Mondays, 4:00 pm at Overlook #3. Rangers will be on hand to answer questions and to chat about general topics related to the park. Bring your questions and drop by at any time during the 1/2 hour program.

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 8 pm. for ALL kinds of music, including bands. Our stage has a drum kit and PA. 703-698-0088

WEDNESDAYS

Kid Krusaders Kids Club & Mr. Knick Knack

Tysons Corner Center - 11-11:45 am
Join Mr. Knick Knack for the new and improved Tysons Corner Center Kids Club, the Kid Krusaders, on a NEW DAY - Wednesdays! Sing, dance and hop along with Mr. Knick Knack's original musical adventures every Wednesday in the Kid's Play Area on Level 3.

Reinhardt Liebig

Maplewood Grill, 132 Branch Road SE, Vienna 703-281-0070

Wednesdays, Fridays and Saturdays 7-10 pm. Maplewood welcomes Reinhardt Liebig, consummate pianist. His repertoire includes a variety of popular, blues, jazz, and classical standards. Reinhardt is equally at home playing standards, blues, classical, and the popular song forms with some Broadway tunes thrown into his performances.

Live Jazz at Open Kitchen

7115 Leesburg Pike- #107, Falls Church.
Enjoy an excellent meal and relax with a glass of wine to soothing jazz by guitarist Boris Arratia or Jon Ware.

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.

Weekly Storytime

Barnes & Noble (Tysons Corner Center) 10:30-11:30 am Each Wednesday and Saturday, be sure to bring your little one to Barnes & Noble

for morning storytimes at 10:30 am. We'll read from a selection of tried and true classics to the newest craze in kids literature doing our interactive storytime sessions. Visit www.bn.com as event details are subject to change.

THURSDAYS

Terry Lee Ryan

Maplewood Grill, 132 Branch Road SE, Vienna 703-281-0070

Thursdays, 7-10 pm. New Orleans' own Terry Lee Ryan, pianist and vocalist. He plays blues, popular standards and especially N'awlins style funky piano music. Our piano bar is an "institution" in the area - don't miss it! If you can't go to the crescent city, then get yourself here.

Vynal Vibrations

7-10 pm The Soundry, 316 Dominion Rd Vienna

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

FRIDAYS

Reinhardt Liebig

Maplewood Grill, 132 Branch Road SE, Vienna 703-281-0070

Wednesdays, Fridays and Saturdays 7-10 pm (see description on Wed.)

Community Music Night

Caffe Amouri, 107 CHurch Street, Vienna
Bring your instruments to Caffe Amouri every Friday night for the Community Music Jam.

McLean Farmer's Market

Lewinsville Park, Chain Bridge Road, McLean
Fridays, 8 am to noon.

Verbal Assault! An Open Mic for Poetry, Monologues, Rants...

8-11 pm, The Soundry, 316 Dominion Rd. Vienna Nov 19, Dec 24, Jan 7.

Let your words fly and The Soundry's Friday night Verbal Assault where there is 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 Stargazing 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

Discovering Snakes

Fridays, 3-3:30 pm in the Visitor Center Auditorium. Snakes are wildlife too! Join a park ranger to meet a very special snake and learn more about why it is important to protect them. Free. 703-285-2965

SATURDAYS & SUNDAYS

Sunday Blues Jam

Bangkok Blues 926 W. Broad, Falls Church 6:00-11:00 p.m. 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

Saturdays: Join them for dancing every Saturday night. Sundays, 4-9 pm: Russian and Balalaika Music

Reinhardt Liebig

Maplewood Grill, 132 Branch Road SE, Vienna 703-281-0070

Wednesdays, Fridays and Saturdays 7-10 p.m. (see description on Wed.)

Weekly Storytime

Barnes & Noble (Tysons Corner Center) 10:30-11:30 am See Wed listing.

Falls Walk - Great Falls National Park

12:30 to 1:15, 3:00 to 3:45 p.m., Saturdays & Sundays

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.

Ranger Rendezvous- Great Falls National Park

Saturdays, Sundays, 1:30 and 4:00 pm at Overlook #3. Rangers will be on hand to answer questions and to chat about general topics related to the park. Bring your questions and drop by at any time during the 1/2 hour program.

The Little Library in Vienna

On Mill Street at Church
Open the first Sunday of each month 1 to 4 pm. Children ages 4-12 are welcome at the Little Library the 2nd Saturday of each month from 10:00 a.m. to 11:00 a.m. for our reading program.

Bird Watching

Great Falls National Park, Sundays, 8-10:00 am in the Visitor Center Courtyard. Grab your binoculars and join this informal group to catch a glimpse of resident and migratory birds in Great Falls Park. Meet in the Visitor Center courtyard. Rain or shine. Free. 703-285-2965

TEEN EVENTS

CLUB PHOENIX

Vienna Community Center, 120 Cherry Street SE, Vienna

Club Phoenix After-School Program

The Club Phoenix After-School Program runs Monday from 12:30-6:30 p.m. and Tuesday – Friday 2:30-6:30 p.m. for grades 6-8, during the school year. There is homework help, cooking classes, photography clubs, sports and fitness activities and much more. We also have pool tables, ping pong, a dance floor, foosball and video games. The program is free and open to any teen in the Greater Vienna area. Registration forms are available at the Community Center front desk, Club Phoenix and on the web. Call Tammy Belcher, After School Program Supervisor, 703-255-5736 during operating hours for more details, or the Community Center front desk at 703-255-6360.

Club Phoenix Teen Council

The Teen Council, a group of youth at Club Phoenix, participate in community service projects and events ranging from stream cleanups to kids activities, in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by bringing education on youth issues and volunteering at Town of Vienna events. Any students in Middle School or High School that are interested in applying for Club Phoenix Teen Council are welcome. Applications at the Vienna Community Center for the 2010-2011 school year. Call Brandy Wyatt at 703-255-5721 for information.

CLUB PHOENIX EVENTS

Improv Comedy Club

The Teen Improv Club is a chance for teens to flex their comedic muscles by participating in a series of improv and sketch comedy classes. These classes will meet once a week at Club

Phoenix beginning September 22 from 6:00 p.m. to 7:00 p.m. The classes will culminate in a final performance for family and friends! It doesn't matter if you have never tried comedy; the class is open to newcomers as well as experienced comics. Teens will participate in improve games and comedic sketches to enhance their skills. Teens are encouraged to bring their funny bone and get ready to laugh! The Teen Improv Club is for teens ages 11 to 17 registered for Club Phoenix.

Fall Volunteer Day

Volunteer at the teen center, and receive hours for school requirements. We will be cleaning, organizing and making the center look like new! November 11 4:00 p.m.

Game On Afternoon Edition

On Monday, November 22 and on December 27 at 3:30 at the Patrick Henry Library. Test Your skills at Wii Mario Kart or Super Smash Brothers. Open for ages 6 to 16.

Cooking Club-Turkey Sandwich and Thanksgiving Sides

The Club Phoenix family invites you to a pre-Thanksgiving feast, the teen center way! Please alert the staff of any food allergies prior to the event. November 23 4:00 p.m.

7th-8th Grade Friday Night Festivals

Every Friday after 7:00 p.m. is for middle schoolers ONLY! Take part in tournaments, watch movies, hang out with friends, and maybe even play a pick up game of basketball.

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. It's 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)

Fun on Friday nights for 7th and 8th graders. Some nights a DJ keeps the fun alive with music and videos while the game room is open for ping-pong, pool, and other arcade games. Other nights, they do different fun things, such as movie nights, comedy shows, etc. Please see their website for details and rules.

www.McLeancenter.org/kids-teens/old-firehouse.asp

After-School Program - Free! For Members Only

Hang out after school with your friends in the safe environment of the teen center. Program includes weekly trips daily homework/study assistance, daily snack and drink, transportation from Cooper and Longfellow Middle Schools, computer lab and more...

FRIDAY NIGHT DANCES

November 5 - Dance

November 12 - Harry Potter Night

Celebrate the Deathly Hallows release! Win tickets to see the movie!

November 19 - Dance to Help the Hungry

Donate canned food and receive a dollar off admission

FOR THE LITTLE ONES

Jammin Java

227 Maple Avenue E, Vienna
www.jamminjava.com

Weekday shows from 10:30-11:30 am. Shows are \$5 and range from magic to sing-a-longs and more. Fun for parents as well. See their web site for details and schedules.

Tyson's Corner Center

www.shoptytysons.com/events.asp
Wednesdays, 11-2 pm

Sing, dance and hop along with Mr. Knick Knack's original musical adventures every Wednesday in the Kids Play Area on Level 3.

Vienna Community Center

120 Cherry Street SE, Vienna
Tuesdays and Thursdays, 9-10 am
Children from age 20 months through five years can still ride their favorite play vehicles when the cold weather hits during this drop-in gym for tots at the Vienna Community Center.



Great Falls Holiday Art Festival: Where the Elves Live Next Door

Santa is coming to Great Falls this year in an artful way. The village's annual Holiday Art Show and Sale on December 11 and 12 is a top place to find unique art and high-end craft gifts, all "made in Great Falls."

The event will be on Saturday and Sunday from 10:00 am to 5:00 pm at the Village Green Day School, 790 Walker Road, in Great Falls. Admission is free. Twenty Great Falls artists will take part. They include painters, potters, jewelry designers, and photographers, plus a quilter and a weaver, all with original works for sale.

"If you are looking for a thoughtful gift unlike anything you can find elsewhere, you're likely to discover it here," says Linda Jones, a watercolor painter who is organizing the event for Great Falls Studios, a network of 90 artists based in Great Falls. "Prices range from less than \$5 for seasonal and other cards, on up to paintings that sell for more than \$1,000. You can find everything from hand-woven purses to a variety of mugs, pots, plates, and other pottery created in Great Falls studios."

With 90 artists, Great Falls is an exceptional resource for art, photographs and crafts that are high-quality, but reasonably priced. Many artists in the group have been recognized regionally for the exceptional level of their work.

The festival is one of two sales held annually by Great Falls Studios, also known for its annual tour of village art studios. The art group promotes professionalism among its member artists and functions as a community organization serving Great Falls. This year, a percentage of sales will go to the Village Green Day School to purchase new playground equipment. For artist bios and samples of their artworks, go to www.GreatFallsStudios.com.



Potter Laura Nichols shows off wares from her Great Falls pottery. Typically, potters, painters, photographers, and jewelry designers are represented at the show, plus a quilter, a lithographer, and other artists. Each offers quality artworks in a variety of price ranges.

Photographs by Al Reitan.



Photographer Walt Lawrence, a participant in the show last year, specializes in shooting local scenes, focusing on natural history in Great Falls and nearby places.



Her booth decked out for the Christmas season at last year's Holiday Art Show, Frances Vecchi displays poinsettias, both real and in paintings.



Holiday music provides a soothing backdrop for the show of visual arts. Last year, the featured instrument was a dulcimer played by Jody Marshall.



Watercolorist Linda Jones offers specially printed art cards, many displaying images of her paintings, which are also for sale.

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"Tented Lady", watercolor by Betty Ganley,
Best in Show 2009, Vienna Arts Society



Stephanie George
Dream (Subway with fish floating by)



Harris Miller
22x30 painting of "Gulls in Flight"

VIENNA ARTS SOCIETY

115 Pleasant St NW, Vienna
www.viennaartsociety.org

Caffe Amouri is open for business on Church Street in downtown Vienna. They have created a partnership with this local business and will host a series of exhibits throughout the rest of the year.

November

The Vienna Arts Society's biggest show of the year is its annual TREASURY of ART juried show and sale on November 19 - 21 in the Vienna Community Center, 120 Cherry street, Vienna. Artists from Virginia, Maryland and DC will compete to showcase hundreds of their original artworks. On Friday, November 19, the Serenada String Quartet will entertain visitors from 7 pm - 9 pm at the AWARDS RECEPTION. Saturday from 6 pm - 9 pm will feature ART & ALL THAT JAZZ with the Lennie Cuje' Jazz trio. Light refreshments will be served both evenings, and admission is free. Show hours are 10 am - 9 pm Friday and Saturday; noon - 4 pm Sunday.

The Vienna Arts Society announces that Harris Miller is exhibiting his art paintings the month of November 2010 at the Art Center, 116 Pleasant St., NW, Vienna, Va. His paintings "A Colorama of Local scenes, landscapes, and seascapes- Here and There" are scenes taken from his extensive travels in Europe, New England, and Virginia. Visit his website www.harrismillerart.com to read about his awards and other accomplishments. Harris Miller e-mail: hcmcmiller@verizon.net, 703-938-3575

December

The Vienna Arts Society is hosting their annual Members Only Holiday Show in December. This show has always been unique in a display of diverse holiday and seasonal themes. VAS

would also like everyone to know that we rent out the Art Center, located at 115 Pleasant St NW in Vienna, during the season for receptions and holiday parties.

January

January is sure to be a great start to a new year! They are working with partnering with other art groups, some of which you may have never heard of before. Please stay tuned and log on to their web site for further details.

The **Open Figure Drawing Studio** is available for anyone interested in enhancing their figure drawing skills. This is a nude model so for high school kids working on strengthening their portfolio for college, this is ideal and you just have to have parent's consent if under 18 years of age. Mondays 4:30p-6:30p, \$10 per session. The sessions will run until the second week of December and start up again in mid-January.

Summer Art Camps are being organized for the following year- It's not too early to think about warmer weather and what your kids might like to do! Please log on to the web site for further information in January.

MCLEAN PROJECT FOR THE ARTS

1234 Ingleside Ave in the McLean Community Center
Tues-Fri 10-4 and Sat 1-5, 703-790-1953 or visit www.mpaart.org

Gallery will be dark from November 6 through December 1 in preparation of the upcoming exhibits.

December 2, 2010 – January 8, 2011

Reception and Gallery Talk (free to the public):
December 2, 7 – 9 pm

Emerson Gallery: Contemporary Figurative Surrealism

Like the traditional surrealists, this group of artists incorporate unexpected juxtapositions

and absurd logic into their work. By utilizing the human figure, they humanize the work as well, bringing it into the realm our shared human experience. Focusing on approximately six artists, the show was put together by guest curator, artist and teacher Rula Jones.

Atrium Gallery: Amalgamate: Paintings by Cindy Neuschwander. Richmond artist Cindy Neuschwander shows intimate encaustic abstractions balancing movement and stillness that evolve slowly through both a conscious and unconscious mining of images.

Ramp Gallery: Monoprints by Stephanie George. These large-scale monoprints by Virginia artist Stephanie George are derived from images drawn directly from her dreams.

January 20 – March 5, 2011

Reception January 20, 7 – 9 PM

Emerson Gallery: Beyond the Pale

A curated multi-media exhibit featuring works that focus on unrestrained color as both subject and statement.

Atrium Gallery: New Paintings by Bill Gusky. Imagery from the unconscious mind is depicted in a skillful, yet free flowing style by this artist who combines two and three dimensions.

Ramp Gallery: Paintings by Deborah Addison Coburn

Abstract paintings based on landscape and the harmony of color interaction.

*The man who insists
upon seeing with perfect
clearness before he
decides, never decides.*

-Robert Henri

GREAT FALLS STUDIOS

www.greatfallsstudios.com

December 11-12

Great Falls Hooliday Art Festival

The event will be on Saturday and Sunday from 10:00am to 5:00pm at the Village Green Day School, 790 Walker Road in Great Falls.

Admission is free. Twenty Great Falls artists will take part. They include painters, potters, jewelry designers and photographers, plus a quilter and a weaver, all with original works for sale.

ONGOING EVENTS

Katie's Coffee House: Revolving Art Exhibition

What: Exhibition of art by one or more members of Great Falls Studios, changes periodically. Mounted in cooperation with the Katie's Coffee House.

When: Ongoing, with new displays every month.

Where: Katie's Coffee House, 760 Walker Rd. Call (703) 759-3309 for more information.

Maison du Vin: Revolving Art Exhibition

What: Exhibition of art by one or more members of Great Falls Studios, changes periodically. Mounted in cooperation with the Maison du Vin.

When: Ongoing, with new displays every two months.

Where: Maison du Vin, 756-D Walker Rd. Call (703) 759-9880 for more information.

Great Falls Foundation for the Arts "Atelier": Revolving Art Exhibition

What: Constantly changing art exhibition by fourteen painters in a loft studio. Includes portraits, still lifes, landscapes, and abstract pieces.

When: Open daily whenever an artist is at work.

Where: 1144 Walker Road, Suite G at the Leigh Corners Shopping Center (near Dante Restaurant). Same entrance as for Magic Scissors. The Atelier is at the top of the stairway. Look for the GFFFTA Artists' Atelier sign at the base of the stairs.

Great Falls Foundation for the Arts "Atelier" Revolving Art Exhibition

Keller Williams Realty: Revolving Art Exhibition
What: Exhibition of art by two or more members of Great Falls Studios, changes periodically. Mounted in cooperation with Keller Williams Realty.

When: Ongoing, with new displays every two months.

Where: Keller Williams Realty McLean, 6820 Elm St., McLean. Call (703) 636-7300 for more information.

Seneca Hill Animal Hospital: Revolving Art Exhibition

What: Exhibition of art by one or more members of Great Falls Studios, changes periodically. Mounted in cooperation with the Seneca Hill Animal Hospital, Resort & Spa.

When: Ongoing, with new displays every three months.

Where: Seneca Hill Animal Hospital, Resort, and Spa, 11415 Georgetown Pike. Call (703) 450-6760 for more information.

RED CABOOSE GALLERY & VIENNA ARTS SCHOOL

138 Church Street, NE, Vienna

703-349-7178 www.joanmariegiampa.com

October 15 - November 24

Alyson Plante. Reclaim: New Works from the Obsolete and Abandoned
Opening reception: October 16, 2010, 4-6pm
comprises mid-sized mixed media collages and assemblage works. These new works are all highly layered pieces which incorporate found objects, salvaged electronics, hand-cut paper, resin and abstract painting.

November: Nathan Loda, **January:** Julianne Giampapa, **February:** Suxanne Vigil.

Kids Afterschool Arts Program This Fall!

Monday 1:30-3:45, Thursday 3:30-5:45 \$25 per session, monthly.

MAVERICK MOSAICS

145 Church Street NW, Vienna

www.maverickmosaics.com

Maverick Mosaics is a multi-dimensional business. As an educational art studio offering a variety of mosaic workshops and learning opportunities to both established and aspiring artists. Our studio produces commissioned artwork and functional landscape pieces for architects, interior designers and private collectors. Additionally we design, produce and install one-of-a-kind mosaic artwork for commercial and residential applications.

Maverick Mosaics is offering many workshops through December including:

Introduction to Mosaics in Glass Nov 3, 10 & 17

Exterior Mosaics November 6 & 7

Glass on Glass Mosaics December 5

Holiday Gift Workshop for Families November 27 & December 4

Children's Make a Gift Workshop Dec 11 & 13

Pet Portrait January 15 & 16

THE GREAT FALLS FOUNDATION FOR THE ARTS

1144 Walker Road, Great Falls

www.greatfallsfoundationforarts.org

Monthly First Friday Receptions in the GFFFTA Gallery 7-9 pm

More than 30 Workshops Scheduled for Fall: Days, evenings, weekdays and weekends.

There's lots to choose from and a variety of mediums for all ages and ability levels!

November 19: Art Night Out 2010: Building an Artful Community. November 19 -- 7pm to 10 pm -- Riverbend Country Club. An evening of art and entertainment to benefit the Great Falls School of Art. Silent art auction. Painting demonstrations. Raffle. Music and more ...

LEARN. The Art School

Great Falls School of Art sponsors day, evening and weekend classes, workshops and special programs for adults, teens and children in fine and applied visual arts on a semester basis.

Courses are planned to fit busy schedules and fuel a variety of interests and abilities.

CREATE. Artists' Atelier

Open Hours on Saturdays from 12-4pm, on the First Friday evening of each month from 7-9 pm, by appointment and whenever an artist is working. at-el-ier (at' I ya) Fr. n. a studio or workshop, especially one used by an artist or designer.

APPRECIATE. The Gallery

The GFFFTA Gallery displays multi-disciplined works by professional and emerging local and regional artists on a rotating basis; features works by students and teachers of the Great Falls School of Art; and may be reserved by members of the community to provide a unique setting for meetings, receptions and other private events. The Gallery Open to the public Saturdays from 12-4pm and by appointment. Contact Elaine Elinsky at elinsky@erols.com, or Jennifer Duncan at rjanduncan@cox.net.

I dream a lot. I do more painting when I'm not painting. It's in the subconscious.
-Andrew Wyeth

ARTSPACE FALLS CHURCH

FCA Gallery

410 S. Maple Avenue, Falls Church

Through November 14

Nick Galifianakis, whose cartoons enliven the "Ask Carolyn" column in the Washington Post. His new book, *If You Loved Me, You'd Think This Was Cute: Uncomfortably True Cartoons*, will be out soon. Free and open to all.

Creative Cauldron

Creative Cauldron, located in Artspace, is a not-for-profit arts organization providing opportunities for learning and participation in the performing and visual arts for children and adults.

December 3-19

Christmas Cabin of Carnaween. Set in the days of the great famine, this classic Irish folktale follows a tinker's child who dreams of one day having a cabin of her own. The enchanting Irish music duo Tir Na Nog underscores the tale. Find out why The Washington Post called this production "poignant and bracing"... a reminder of the season's rich ideals."

January 14-16

Passport to the World: A Festival of Music, Dance, Art and Story from Many Lands. Audiences will be invited to take a cross-cultural journey, through performances, workshops, demonstrations, and exhibits.

VIENNA THEATRE COMPANY

2010-2011 Season

Vienna Community Center

The Vienna Theatre Company was started in 1974 by Norman Chaudet, who directed drama at James Madison High School. "Norm" formed the VTC after many of the students he directed in the high school productions wanted to continue to work with him after their graduation and his retirement. Norm started his group with the talented young adults and soon expanded it to include members of the community. Since its chartering by the town in 1982, the Vienna Theatre Company is the resident, non-profit performing

company at the Vienna Community Center. www.viennatheatrecompany.com

Prisoner of Second Avenue by Neil Simon

Directed by Rosemary Hartman
October 22, 23, 29, 30, 31 (matinee)
November 5, 6

Almost, Maine by John Cariani

Directed by Suzanne Maloney
Performance dates: TBD

Nunsense by Dan Goggin

Directed by Jessie Roberts
Performance dates: TBD

THE ALDEN THEATRE

At the McLean Community Center

The intimate Alden Theatre has near-perfect acoustics and a welcoming environment that will make you feel at home. Our Professional Artist Series features nationally and internationally known artists from the worlds of music, dance and theatre. Introduce your child to the arts through our McLean Kids Performance Series or Jammin' Juniors concerts in McLean Central Park. Travel to far off lands with our Travel and Adventure Film Series. There's something for everyone to see and to enjoy.

November 7 - Theatre IV: The Little Red Hen

Theatre IV is a nonprofit, professional touring children's theatre. 4+

November 21 - Gustafer Yellowgold
Multi-media performance of live music, animated illustrations and storytelling. Ages 4+

November 29 - Free chamber music concerts sponsored by the Music Friends of the Fairfax County Public Library and the Alden Theatre. All concerts begin at 3 p.m. and are open to the public. Tickets are not required.

December 11 - Hot Club of San Francisco

It is Gypsy jazz, and the popularity of this sometimes flamboyant, sometimes

melancholy guitar music is growing around the world.

December 17-18 - The Brothers Grimm Spectaculathon. A series of gruesome, yet hilarious fairytales combined to make one play with a lot of twists.

December 19 - The Tailor of Gloucester. 3 pm. This holiday classic by Beatrix Potter is the story of a poor tailor who works his fingers to the bone to finish a coat for the Mayor's Christmas wedding, only to run out of thread. Ages 4+

January 7-8 - The Capitol Steps
January 29 - Animalia from Hobey Ford's Golden Rod Puppets. 2 pm. Ages 5+. Hobey Ford's beautiful production of *Animalia* explores the world of animals through movement, music and visually stunning puppetry.

THE MCLEAN SYMPHONY

The McLean Symphony was established in 1971 as an all-volunteer chamber orchestra. During its history it has been dedicated to providing good music at affordable prices to area residents in a handsome venue, the lovely Alden theatre at the McLean Community Center.

December 12 - Deck the Halls! Carlos Alberto Ibay, Piano. Symphony Festival Chorus. Tchaikovsky Nutcracker Sweets, Bavel Hanukkah Rhapsody, PLUS... Seasonal selections for chorus and orchestra, including "Twas the Night before Christmas," "A Musicological Journey through the 12 Days of Christmas," and our annual audience participation Sing Along.



A good film is when the price of the dinner, the theatre admission and the babysitter were worth it.

-Alfred Hitchcock

THE MCLEAN COMMUNITY PLAYERS

2010 - 2011 Season

MCP, formed out of the Great Falls Players, C.A.S.T. in McLean, and the McLean Theatre Alliance, has been entertaining the community since about 1964. All our performances are at the Alden Theatre: 1234 Ingleside Ave, McLean, VA 22101

The Drowsy Chaperone

Jan 14 - Jan 29, 2011

Cheaper by the Dozen

Apr 29 - May 14, 2011

1776

Jul 15 - Jul 30, 2011

Acting is a question of absorbing other people's personalities and adding some of your own experience.

- Paul Newman

1ST STAGE IN TYSONS

1524 Spring Hill Road, McLean

www.1stStageTysons.org

Their mission is to hire young and emerging talent and help them develop and work with more seasoned professionals in a nurturing environment. They strive to work with and encourage the business community of Tysons and the Fairfax County communities to support a small and positively reviewed theater--the only live, professional theater in Tysons. 1st Stage won the John Aniello Award for Outstanding Emerging Theater given by the Washington DC based Helen Hayes Awards in 2010.

2010-2011 Season

October 22 - November 14

Holiday by Philip Barry follows a whirlwind romance just before the crash of 1929. A comedic clash of love and money.

December 10 - January 9

The Mousetrap by Agatha Christie -- the longest-running whodunit in theatre history -- an on stage thrilling whodunit during the holidays for family audiences.

February 4 - February 27

Fuddy Meers by David Lindsay-Abaire
Everything seems fuzzy in this comedy by the Pulitzer Prize winning playwright. Claire awakens each morning as a blank slate on which her husband and teenage son must imprint the facts of her life.

March 25 - April 27

The Understudy by Theresa Rebeck
Ego, regret, pride and more than a few laughs fuel the understudy rehearsal of a newly discovered Kafka play on Broadway.



A theatre receives recognition through its initiative, which is indispensable for first-rate performances.

-Franz Liszt

MPAartfest SUCCEEDS FOR ITS FOURTH YEAR

The weather cooperated for the 4th annual MPAartfest which brought more than 4000 art lovers to McLean Central Park on Sunday, October 3

Forty-two artists working in all types of media showed and sold their work. Artist Loren Rosenstein said, "what a wonderful and well coordinated show. The dozens of volunteers, of all ages, willing to devote an entire Sunday to supporting the artist community is amazing to me, and gratifying, as an artist."

Live music, from classical to the blues, wafted over the park all day while people art shopped and chatted with neighbors. Children created their own art in the Children's Art Tent and all ages tried their hand at figure drawing with live models.

MPAartfest was a wonderful way to celebrate the arts and support McLean Project for the Arts.



Artist Loren Rosenstein helps Lowie Fawbush pick out a silk scarf based on Ms. Rosenstein's paintings.



Live model figure drawing attracted artists of all ages.

Don't Let Graffiti Go Unreported

Fairfax County police are encouraging the public to report graffiti by calling their non-emergency number, (703) 691-2131. "An officer will be dispatched to the location to photograph and record the graffiti and incident," police said in a statement.

County regulations require property owners to remove or cover the graffiti within 15 days. Timely removal discourages continued activity. Graffiti can be seen as artistic, destructive, or gang-related (tagging), but in any case it is something that should not be left as a permanent part of any community.

The Board of Supervisors amended the Fairfax County Code in 2008 to enhance the county's ability to effectively respond to graffiti concerns.

New Publication from Local Historian: "Forgotten Roads in the Hunter Mill Corridor"

Who knew? The history of this area, from revolutionary times to just a few decades ago, has uncovered a number of long abandoned roads that played a vital part in the history of and the development of our area.

About two years ago, James Lewis Jr., Charles Balch and Kenneth Jones set out to find the road networks shown on General Irvin McDowell's 1862 map of Northern Virginia, which is a base resources for maps at that time. Using aerial photographs from the 1930's, GPS devices, and some on the ground sleuthing, Lewis and his team found the remains of many roads previously used by the community. What may look like a couple parallel berms to the naked eye becomes a path wide enough for a horse drawn wagon bringing crops to the rail station, or the path to the old courthouse, or to the numerous mills that spotted the area.

Local homeowners seem to enjoy having their property be a part of the

rich history of the community.

The 36-page book is full of Civil War era photos and maps describing what they found. It is for sale through the Hunter Mill Defense League whose goal is to preserve the history of the corridor. More information can be found at www.hmdl.org.

VDOT Studying HOT Lanes for I-66

The HOT Lanes project still has two years until completion and VDOT wants to look at expanding it. "We think I-66 is the next great candidate for HOT lanes, essentially running them from I-66/495 all the way out to Gainesville," says Virginia Transportation Secretary Sean Connaughton.

The mess along the I-66 corridor during rush hour is notorious for huge delays, even with the HOV left lane and use of the shoulders. There just isn't much of an alternative to get into town from the west. Orange Line Metro extensions and dedicated fast transit buses have been options looked at in the past. VDOT is now looking into what it would take to extend the HOT Lanes out I-66. Perhaps we should take a look at how they work on the Beltway first.

McLean Community Foundation Supports Longfellow School Water Conservation Garden

The McLean Community Foundation has awarded the Longfellow Middle School PTA a grant of \$13,868 for the "Lancer Pride of the Piedmont Water Conservation Garden". This will be the first site in Fairfax County to demonstrate as part of a full public school renovation the integration of two best management practices: above ground rainwater harvesting and rain gardens. This garden tweaks the school redevelopment plan to retain some stormwater on site

through bioretention and rainwater harvesting. The second vital purpose of the Garden is to educate the public and students about the many benefits of water conserving techniques. Longfellow plans to showcase this garden as it undergoes installation during its 50th anniversary celebration in 2011.

Owner of Pear Tree Cottage Hosts Obama for Community Meeting on Healthcare

President Obama marked the six month anniversary of health care reform at a town hall style meeting at Frances and Paul Brayshaw's home in Falls Church. He talked about the consumer protections in the new law as well as future benefits to consumers and business.

Paul has hemophilia and had reached his lifetime limits on his insurance in treating his disease. One provision of the new health care law is to remove caps on coverage.

Frances owns Pear Tree Cottage in Vienna, an upscale home accessory and design boutique in Vienna.

City of Falls Church Certified as a "Green Government"

For the third year in a row, the City of Falls Church has demonstrated implementation of and taking action toward green policies to reduce carbon emissions in their operation.

The Virginia Municipal League's Green Government Challenge is a friendly competition designed to encourage implementation of specific environmental policies and practical actions that reduce the carbon emissions generated by both the local government and the broader community.

By adopting or implementing a range of policies among eleven different categories ranging from energy efficiency, green building design,

land use and innovation. Amassing over 100 points gets the participant a "green government" designation.

More information about the initiative and the challenge can be found at www.gogreenva.org.

2010 Environmental Excellence Awards Presented

A Tysons Corner consulting firm, Project Performance Corporation, was one of three recipients of the 2010 Environmental Excellence Award. The annual award distinguishes county residents and businesses in their advancement or support of the board and county's environmental goals and policies.

"We are honored and humbled to receive this award from Fairfax County," said Matt Low, Vice President of Energy and Environmental Programs at PPC, "Giving back to our community is a core ideology at PPC, and we will continue to enthusiastically support the environmental initiatives outlined by Fairfax County Board of Supervisors."

Award recipients are selected based on their advancement or support of the Board and county's environmental goals and policy statements; their dedication of personal time and expertise beyond normal fiscal or civic responsibilities; and their leadership as a role model for others.

Maureen Goble, director of the Advanced Placement Environmental Science Program at Lake Braddock Secondary School, was recognized for her critical assistance in the recruitment of student volunteers for riparian buffer restoration projects and her success in establishing a strong environmental stewardship and volunteer ethic among her secondary school students.

Meghan Fellows, a natural resource specialist and invasive management coordinator for the Fairfax County Park Authority, was recognized for her dedication, leadership, vision and outreach efforts in the development and implementation of the Fairfax

County Park Authority's Invasive Management Area Program.

County Events for Older Adults and their Care Givers

The Adult and Aging Services Division of Fairfax County's Department of Family Services presents events geared toward the needs of older adults and their caregivers. You can find more information at www.fairfaxcounty.gov/dfs/OlderAdultServices.

Fairfax County Telephone Support Group for Family Caregivers of Older Adults

Find support and learn about community resources without having to travel. The next one-hour free session is on Tuesday, November 9 at 7 p.m. Register online beforehand or call 703-324-5484, TTY 711 for more information.

Long Distance Caregiving Seminar, Tuesday, November 16 at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Register online

or call 703-324-5205, TTY 711. This free seminar is sponsored by Fairfax County Department of Family Services Fairfax Area Agency on Aging.

24th Annual Caregiver Conference: "Chicken Soup for the Caregiver's Soul." Thursday, November 11 from 8 a.m. to 3:30 p.m. The event features LeAnn Thieman, co-author of 10 Chicken Soup books, including "Chicken Soup for the Caregiver's Soul," First Baptist Church of Alexandria 2932 King Street, Alexandria. Register online or call Fairfax County Department of Family Services, Fairfax Area Agency on Aging, 703-324-7839, TTY 711. \$25 registration fee covers breakfast and lunch.

Fairfax Area Commission on Aging Meeting, Wednesday, November 17 1:00 p.m. at the Sully District Governmental Center, 4900 Stonecroft Boulevard, Chantilly. Share your ideas and concerns during the public comment period. Contact 703-324-7746, TTY 711 or go to Fairfax Area Commission on Aging for more information.

Fairfax County's Services for Older Adults

We can help you find the services you need.



recreation • care management/social work • caregiver support • insurance counseling • in-home services transportation • meals on wheels • nursing homes/assisted living • adult protective services adult day health care • and more

703-324-7948 TTY 711

8 a.m. to 4:30 p.m. Monday - Friday



www.fairfaxcounty.gov/dfs/OlderAdultServices

News and Events from the Woman's Club of McLean

The Woman's Club of McLean is celebrating more than 50 years of volunteer service to the greater McLean community.

Annual House Tour on December 2nd to Raise Money for Local Causes

The McLean Woman's Club Holiday Homes Tour on Thursday, Dec. 2, will feature five large, elaborately decorated houses located close together in west McLean. The houses are on and near Holyrood Drive and Countryside Court, in Countryside Estates near Balls Hill Road and Georgetown Pike.

Dubbed the Homes of Holyrood, all five houses are designed in the Williamsburg style and are centered on 1-acre lots with tall trees that once overlooked farmland.

The annual, self-guided Holiday Homes Tour will be the 44th such event organized by the Woman's Club to raise money for local charities and nonprofit organizations. These include Share, Inc., Alternative House, the McLean Project

for the Arts, Claude Moore Colonial Farm, the McLean Volunteer Fire Department, Fisher House and the McLean Symphony. Honorary co-chairmen of the event will be TV news figure and longtime McLean resident Roger Mudd and his wife E.J., a published poet and writer.

The tour will be officially kicked off at 10 a.m. on Dec. 2 with a ribbon cutting at Balls Hill Road and Holyrood Drive,



where Mr. and Mrs. Mudd and other officials will be present. The event will continue in all five houses until 3:00

p.m. In addition to holiday decorations, three of the houses will contain vendors. One will be one selling original art work, another will conduct a "Chinese auction" of gift certificates and other items and the third will contain arts and crafts tables with Christmas and other decorations for sale. There will be holiday music off and on in some of the houses and perhaps outside.

Tickets for the tour are available at Mesmeralda's Ltd., of McLean; Karin's Florist, Inc., of Vienna; and Great Dogs of Great Falls. They may also be purchased on the website for the Woman's Club of McLean, www.mcleanwc.org, or at the first house on the tour. The cost is \$25 if purchased before the day of the tour and \$30 if obtained at one of the houses. Parking will be available on neighborhood streets and at Oak Crest School, at Balls Hill Road and Holyrood Drive.

Woman's Club Members Model Fall Fashions

On Tuesday, September 7, the Woman's Club of McLean highlighted the first meeting of its 2010-2011 year with a display of fall fashions provided by Coldwater Creek, a woman's store at Tysons Corner Center. Seven club members modeled a total of 14 outfits to a commentary by club Vice President Kathryn Mackensen. Representatives from the store, Debbie Woodcock and DeeDee Vachon Lee, assisted with the fashion show.

Woman's Club Awards Scholarships to Local Students

At its October 5 meeting, members of the Woman's Club of McLean were introduced to the two winners of its Annual Catherine Hart Scholarship, \$1,000 each went to two George Mason University students. The award, designated for women students at George Mason or Northern Virginia Community College who are reentering the work force, went to Amy Bean and Melissa Pinder, each of whom is studying and working part-time. Amy is pursuing

a graduate degree in information technology after a 20-year absence from the work place. Melissa is an undergraduate business management major and works at a Fairfax law firm, where she is an administrative assistant controlling the firm's data base.

Also speaking at the meeting were Assistant Principal Debra Woolfolk and Reading Specialist Karla Barnes of Falls Church's Lemon Road Elementary School in McLean. They thanked the club for their support of the reading program at Lemon Road. The Woman's Club rewards the participants in the Summer Reading Challenge, and members act as "reading buddies" with students at the school.



Woman's Club Members Model Fall Fashions from Coldwater Creek. From left to right: Kay Burnell, Kathryn Mackensen, Cece Kimble, Ginny Sandahl, and Susan Cooper. Not shown: Nancy Lang, Marianne Polito.

Debra Woolfolk, Karla Barnes, Woman's Club President Marianne Polito, and scholarship winners Amy Bean, and Melissa Pinder





Everyone decorated their helmets but this picture shows the Sheridan family's 50 miles sticker!

The Eighteen Remission Riders. Back Row: Katie Krisko, Jean Wyman, Jack Zolldan (standing in back - tall blond) Stephanie McMahon, Joe Paulini, Kathy Paulini, Mary Heppner, Courtney Adam, Scott Wisseman, Gabe Kadonoff, Scott Kappler, Fran Keillor, William Sheridan, Suzanne Zolldan, Valerie Kappler, Stephen Sheridan, Elizabeth Sheridan, JJ Head

Vienna Residents Raise \$18,000 to Fight Lymphoma

Eighteen Vienna residents were on the "Remission Riders" bike and fund-raising team in the fourth annual Lymphoma Research Ride on Sunday, October 3rd in Barnesville, Md. In these lean economic times, the team worked hard to raise money for lymphoma research aimed at finding a cure for this disease. They were successful in raising more than \$18,000 through community events and from donations from family and friends in support of their bike ride.

Valerie Kappler, a 47-year-old mother of four, was diagnosed in November of 2008 with lymphoma. Because of this research, she was able to participate in a clinical trial and, thankfully, is in full remission. Suzanne Zolldan's husband, John, was diagnosed 18 years ago and annual check-ups continue to show that he remains in remission. Other team members have also had family members and friends stricken with this disease. However, remission is not a cure. The cancer has a high probability of one day reoccurring, and it is the goal of the Lymphoma Research Foundation to find a cure. "Dr. Bruce Cheson of Georgetown chaired the ride and is one of the leading doctors in this research which literally saved my life. If you have

been diagnosed with lymphoma, he is the doctor to see," said Valerie Kappler.

It was once typical for lymphoma to strike men in their mid-60s yet the number of lymphoma patients has nearly doubled in the recent years, and it's striking much younger people. In 2010, there are more than 600,000 people living with lymphoma or are in remission. It is estimated that more than 74,000 new cases will



Mary Heppner, Valerie Kappler, Suzanne Zolldan, and JJ Head raising money at Cafe Amouri in Vienna

be diagnosed this year as well. The numbers for this disease are growing. Keeping with tradition, "Remission Riders" won first place in team spirit decorations. "The ride was exhilarating," said team member Courtney Adams; "I'll definitely do it again next year." "The scenery is breathtaking, the course is challenging with hills, but extremely

well thought out with rest stops and options of either 25 or 50 miles." There were over 250 riders this year; many of whom were riding as survivors, or in honor of someone touched by this illness.

Valerie Kappler and Suzanne Zolldan expanded last year's two teams to 18 to include Valerie's son, Scott Kappler, Suzanne's son, Jack Zolldan, and two other teen-aged boys. Elizabeth Sheridan, a cancer survivor, and two of her sons completed the 50 mile route. The team also increased their fund-raising goal. "The amount of support from the Vienna community is heartwarming. We had various fundraisers, with support from local businesses including a coffee at Cafe Amouri, a dinner at Plaka Grill, a car wash at the local Shell station, a Cabi clothing party, and donation boxes all over town," said Kappler. "Our team was the only one that did not have a large corporate sponsor or significant individual donations, yet we placed 6th overall. We worked hard to raise this money, and we really have the generosity of the community and our friends to thank," added Zolldan. This year's fourth annual Lymphoma Research Ride brought in more than \$350,000. The four-year total raised through the Lymphoma Research Ride is \$1.5 million.

Longfellow Middle School Kicks Off Its 50th Anniversary

Longfellow Intermediate (now 'Middle') School kicks off a year of 50th anniversary celebrations by inviting its alumni to a special brunch on Sunday, November 21 from 12-2 pm in the school's new library. Former students, faculty, and staff from the 1960-2000 era are all warmly invited. Tickets are available at www.longfellowpta.org.

The school is undergoing a full renovation, so this is your last chance to see if your initials are still carved in the band or shop room. Come take a tour, see old teachers and friends, maybe show someone special around your old stomping grounds at 2000 Westmoreland Street in Falls Church. And please mark your calendar now for a major community music and remembrance celebration, LONGFEST, on June 12, 2011. For more information, please visit <http://50th.longfellowpta.org>.

As Demand Grows, More Cell Towers will find a Home in Neighborhood Schools

Oakton and McLean High Schools have one, Madison just got approved as did Thoreau Middle School. Cell phone towers that connect the ever growing number of smart phones to the internet, and a few more voice calls.

It's big money to schools, a lump sum direct to the school that can be in the tens of thousands of dollars plus a cut of the rent Fairfax County Public Schools gets each month. That is not chump change in these days shrinking budgets. FCPS has collected close to \$4 million in rents in the last five years. That's forty percent of what the tower owner gets from the carriers.

Other than the aesthetic aspect (Madison's Tower will be twenty feet taller than the existing light poles and Thoreau's will be kind of camouflaged with fake greenery), the biggest concern is the health question. We have all heard about the radio wave

connection to cancer, but there hasn't been much definitive proof either way. In any case, the standards set by the FCC on the amount of radio waves emitted from the towers are hundreds if not thousands of times higher than the towers actually emit.

So there is a balance. How much do we want the easy, affordable and reliable access to the internet from our smart devices, or how much do we reduce the perceived risk of the tower radio waves? Given the uproar at many of the public



Here is a cell tower camouflaged as a tree. Thoreau's tower will "hidden" in a similar fashion.

hearings, the health issue is obviously getting vocal. Only thing is... demand for services is growing daily.

New Parking Restrictions in Vienna for RV's, Boats

The Vienna Town Council passed an ordinance in October making it illegal to park an RV, boat, trailer or other restricted vehicle on a public street.

The law used to allow a vehicle on the street for now more than 48 hours. Apparently residents have been taking advantage of the law's leniency and parking trailers and RV's on the street for great lengths of time to the annoyance of neighbors. Though most of Vienna is void of the home owner associations that normally deal with these matters effectively, there was no recourse in the town until now.

It does put an additional burden on those who try to abide by the rules.

Hooking your boat up on the street overnight to get an early morning start is now illegal.

Kilmer Middle School Symphonic Band Gets Highest State Honor

The Kilmer Middle School Symphonic Band, directed by Brett Dodson and assisted by Emily Morgan, will be playing at the 2010 Virginia Music Educators Association's State Conference on November 19 in Norfolk. They will perform nine selections in their one hour performance. A preview of the performance will be held at Madison High School on November 16. Congratulations to all the students, the additional time, effort and rehearsals really paid off.

Old Law Driving More Ticket Writing

It started in mid-September. Fairfax County police officers started writing tickets for being distracted while driving.

While the General Assembly has laws against texting, there isn't much bite behind them. Tell an officer you were looking up an address, not texting, and there is not much they can say. The laws are too vague. Only a handful, of texting tickets have been written this year.

Although there's no law against eating, applying makeup, or reading while driving in Virginia, you are required to "pay full time and attention" to your driving, officials said. All an officer needs to see you do is be distracted for any reason that causes you to weave. The maximum fine is \$250, compared with \$20 for first-time offenders caught under the texting law. This is a primary offense, you don't need to be doing anything else wrong to be cited.

It's only common sense, especially around our area where there is construction, heavy congestion, discourteous drivers and those unfamiliar with the traffic patterns we deal with everyday. Take a breath and pay attention. Plenty of time to get those other things done after driving.

Falls Church Schools Ranked First in State in On-Time Graduation Rate

Based on the number of students graduating with a diploma on-time (four years), Falls Church City placed first out of all Virginia school divisions.

The State's overall rate is 85.5%, Falls Church's is 97%. Other area districts are as follows: Loudoun County 94 percent, Fairfax County 91.2 percent, Arlington County 84.2 percent, Alexandria 78.6 percent.

Master Plan Proposed for Salona Park in McLean

Salona has quite a history. The historic property was owned in the 18th century by "Light Horse Harry" Lee, was the place Dolly Madison fled to from Washington in the War of 1812, and was headquarters of Union commanders during the Civil War. The Duval family who owns the park retained 3 acres for the existing home.

Now, 41 acres of the property (that is under a permanent conservation easement) will become a park per a draft of the master plan prepared by Fairfax County. Proposed uses would be for two natural turf fields, a playground and picnic area, a dog park along with a small parking lot.

Area conservationists would like to see low-impact alternatives-such as a nature center, trails and preservations of the unique, large meadow-more fully considered for this ecological and historic gem

A community meeting on the proposal will be held on Wednesday, Nov. 17 at 7 pm at Franklin Sherman Elementary.

Holiday Donation Drive for Alternative House

Alternative House works with community members to make the holiday season memorable for the young people in their programs. Each year they ask individuals, corporate and faith groups to help out by providing



Lilly Paddox, Charlie Gabriel, Clare Brandon and Maya Duff enjoy cotton candy at the 20th Anniversary celebration of the Old Firehouse Teen Center in McLean on October 23.

the gifts their clients have on their Holiday Wish list. Most items are under \$30 each.

You will have the opportunity to fulfill these wishes. Unwrapped gifts should be delivered to them before December 14. They also need donations of wrapping paper, gift bags, tape and bows.

If you have any questions regarding their Holiday Wish Lists please contact Gina at Gina_Cocomello@TheAlternativeHouse.org or at 703 506-9191.

Optimists Raise Big Money For Growing Hope

On September 25th, the Optimist Club of Greater Vienna sponsored their 5th annual fund-raiser on behalf of Growing Hope, a local charity that provides supportive care to Northern Virginia children with cancer. This year's proceeds exceeded \$40,000, all of which was distributed between the Growing Hope foundation and Optimist Club International. The International Club then donates their entire amount to Johns Hopkins University for childhood cancer research.

This year's event featured a 3 mile walk along the W&OD trail, free children's activities, a dunk tank and a one man band. Thanks to the tireless efforts of co-chairs Bob McCormick and Sara

Byrd Goldberg, donations exceeded last year's number by almost \$10,000. "The people, the businesses of Vienna opened their hearts and their wallets for this event. They gave so generously," said Byrd Goldberg, who vowed that next year's walk will be even greater.

Growing Hope was founded in 1998 by three parents whose children were cancer patients. From their personal experience, they realized there was a lack of non-medical support for children undergoing treatment and their families. Growing Hope has been changing that with help from sponsors like the Optimist Club of Greater Vienna which forged a partnership in 2006. www.optimistsclubofgreatervienna.org



Past and current presidents Sheryl Friedley and Tom Fraim along with co-chairs Bob McCormick and Sara Byrd Goldberg present this year's contribution from Optimist Club of Greater Vienna to Margy Jost and Paula Lackey, directors of Growing Hope foundation.

Shepherd's Center of Oakton-Vienna:

Living a Life That Matters

The Shepherd's Center of Oakton-Vienna (SCOV) has been serving the Oakton and Vienna communities for thirteen years, providing services and programs to older adults. SCOV provides volunteer and participation opportunities for adults 50 and over to live fulfilling lives through education, social programs, and service to the community. Some of the services offered include free medical and companion transportation (for older people who are no longer able to drive), Friendly callers and visitors provide reassurance and support to those home-bound. We have a twice monthly caregivers support group that provides guidance and support for family caregivers caring for a loved one.

SCOV's enrichment classes, called Adventures in Learning, are offered in three eight-week terms. Classes include year-round bridge and T'ai chi. Other classes include a national and world affairs series that features many interesting speakers and lively topics.

Quarterly lunches provide an opportunity for friendship and a simple meal. SCOV partners with Marshall High School's Davis Center and the Tzu Chi Society to cater and serve these tasty luncheons. The Tzu Chi ladies, a Buddhist group in the area, serve

the lunches as an outreach to the Shepherd's Center. Lunch is always followed by a speaker or musical entertainment.

All SCOV services are provided free of charge, thanks to the support received from our 19 supporting congregations, local businesses, civic groups and individual donations. Free services are also made possible due to the many generous volunteers at SCOV who give their time, talent, and resources to serve others in our community.

To find out about volunteer opportunities or to learn more about the Shepherd's Center of Oakton-Vienna, please visit our website at www.scov.org or contact the Volunteer Coordinator at 703-281-5088 or volunteer@scov.org.

The 12th Annual Interfaith Thanksgiving Service

Tuesday, November 23, 2010 at 7:30 pm hosted by Our Lady of Good Counsel Catholic Church, 8601 Wolftrap Road, Vienna Virginia. Please join them. Clergy will lead the service with prayers for peace and thanksgiving. Choirs from participating congregations in our community will join together to provide an evening of inspiring music. An offering will be collected to help support local food banks. For additional information, 703-281-0538.

Historic Vienna, Inc. Announces Winner of Christmas Card Contest

Each year a photography contest is held to determine the front of that year's Christmas card to be exclusively sold in boxed sets at the Freeman House in Vienna.



The First place winner of our 2010 Christmas Card Photo contest is Vienna Photographic Society member Patricia Deege. Runners up for the contest were Richard Frasier, Melissa Mailett, and Laura Goyer.

This photograph of the caboose located near Church Street will be used for Christmas cards that will be available for sale at the Freeman Store. Submitted photos are on display at the Freeman Store.

Spring Hill REC Re-opens after Renovation

Spring Hill Recreation Center reopened in October after closing in August for a major renovation. There are many small changes like paint, and doors and lighting. The largest component of the interior work involved replacement of much of the heating and air conditioning systems. Though not very visible, it will make for a much more comfortable facility, particularly in the pool area. This is the center's first major overhaul since it was constructed in 1988.

The only major component remaining is the new entrance on Spring Hill Road and the doubling of the parking at the center. This should be completed by June, 2011 with a new traffic signal on Spring Hill at the entrance.



"Volunteering with the Shepherd's Center is fun!" Left to right: Maryanne Ibach, Elaine Leo Stahl, Kathy Tugendhat, Carol Downs, Mary Ann Hankin.

Capital One Bank Supports Liberty Swing at Clemyjontri Park

Thanks to Capital One Bank, Clemyjontri Park in McLean, VA will be showcasing a one-of-a-kind swing specifically designed for children in wheelchairs, the Liberty Swing. The swing accommodates wheelchairs so that all children can experience the same feeling of freedom and flight others enjoy in a conventional park swing. Capital One Bank generously provided a \$25,000 grant to the Fairfax County Park Foundation to make the Liberty Swing a reality. The partnership is the latest example of the efforts of the Fairfax County Office of Public Private Partnerships (OP3), whose mission is to catalyze public private-partnerships that address community needs to improve the quality of life in Fairfax County. Clemyjontri Park is one of the first large-scale playgrounds in the nation specifically designed for children with and without disabilities to play side-by-side. Its unique play equipment and carousel have brought smiles, exercise and self-confidence to thousands of children who are unable to enjoy conventional playgrounds. However, one piece of equipment has been missing—a swing that can support wheelchair-bound children. Gary Logue, the Park Authority Americans with Disabilities Act

coordinator, said the lack of a wheelchair-friendly swing is a common complaint of Clemyjontri visitors. Parents always ask, "When are you going to get those swings?" he said. "When you think of playgrounds, swings are a staple. The Liberty Swing is that missing component that we're trying to draw support for."

The Fairfax County Park Foundation dedicated itself to raising funds to purchase the Liberty Swing. The nonprofit secured over \$100,000 in grants, individual contributions and in-kind donations to purchase and install the specialized swing.

"With the Park Authority suffering from significant budget cuts the past two years, community support was going to be a critical factor in the success of the project," said Roberta A. Longworth, Executive Director of the Fairfax County Park Foundation. "The Liberty Swing was a team effort that included residents, local corporations and the Clemyjontri Park Friends group."

The installation of the swing is expected to be completed by early November. There will be a ribbon-cutting event in the near future involving Capital One Bank, Hitt Contracting and all of the other supporters at Clemyjontri Park in the near future. Please check the Fairfax County Park Foundation web site, www.FairfaxParkFoundation.org for more details, or to donate or volunteer for Clemyjontri Park.

Local Volunteers Always Welcome... and needed!

Meals on Wheels is looking for volunteers in McLean

Ensure older neighbors, who cannot shop or prepare meals for themselves, receive a nutritious meal and a brief friendly visit. Find a Meals on Wheels program near your neighborhood or job. Meals are delivered Monday through Friday, 11:30 am to 1 pm. You can deliver meals once a week, once a month, or as a substitute. The program also needs treasurers, driver coordinators, and group coordinators. Find out more at Volunteer Solutions or call 703-324-5406, TTY 711.

Optimist Club Holds Annual Christmas Tree Sale In Vienna

The Optimist Club of Greater Vienna will once again conduct their Christmas Tree sales event beginning Saturday, November 27th at 9:00 am in the parking lot in front of Giant Food at the corner of Maple Ave and Branch Rd. in Vienna. Weekend hours will be between 9:00 am and 9:00 pm and weekdays will begin at 2:00 pm and end at 9:00 pm until trees sell out. All proceeds will be donated to charitable and community service projects to benefit the youth of the area. More information about the club can be found at optimistclubofgreatervienna.org.

The Optimist Club of Greater Vienna has been serving the greater Vienna Community since 1955. Vienna Optimists conduct community service projects and provide a helping hand to youth through scholarships, awards, sponsorship of educational and school activities and by recognizing accomplishments of the youth of our community.

In addition to the many charitable events, scholarships, and deeds the Optimists are involved with, they maintain the W&OD Caboose #503 at the Town's Centennial Park on Church Street NE.



This photo shows the type of swing to be used at Clemyjontri Park thanks to the generous support of donors like Capitol One.

Bad cellphone reception? Try installing a mini-cell tower

Verizon, Sprint and AT&T are now selling gadgets that act like mini cellphone towers. They broadcast wireless phone service over a small area, like one house. If you have really bad cellphone reception and reliability, a mini-tower could cure the problem. You plug any of the various devices, called femtocells, into your broadband network, through which they acquire a signal from your provider's network.

AT&T and Verizon don't tend to mention it, but they are giving away their devices to selected customers who have very poor reception.

The Wall Street Journal's Walter Mossberg says the towers won't do much if your reception is already pretty good, but they can be a godsend for those who need it. He recommends the MicroCell.

AT&T's MicroCell, made by Cisco, is an 8.5-inch tall, white plastic gadget. It costs a one-time charge of \$150, though AT&T will knock off \$100 if you buy an optional \$20-a-month plan that gives you unlimited voice minutes while using the MicroCell. It's sold only by AT&T. MicroCell can cover a 5,000 square foot house, will serve up to 10 phone numbers and takes about an hour to install.

Verizon's device, which isn't 3G-capable, is called the Network Extender. It sells for \$149 with a \$100 rebate and no monthly fee. Verizon is working on a unit that will be 3G-capable.



"It says, 'Wednesday is no good, how about Thursday?'"

Sprint's version is called Airwave. It costs \$100, but requires a monthly plan ranging from \$5 to \$20. It has 3G capacity.

Driverless Car... by Google

Google recently unveiled an automated car that can drive itself. The Google founders Larry Page and Sergey Brin want to solve really big problems using technology. That is why the founded Google in the first place. The goal with the Google autonomous car is to help prevent traffic accidents, free up people's time and reduce carbon emissions.

The automated cars use video cameras, radar sensors and a laser range finder to "see" other traffic and detailed maps to navigate the road. This is all made possible by Google's data centers, which can process the enormous amounts of information gathered by the car when mapping the terrain.

Google not alone... Driverless taxi can be summoned with iPad.

The idea that a car could drive itself seemed like comic book science fiction. As mentioned above, Google has demonstrated it's possible, but the DARPA Urban Grand Challenge in combination with ongoing research around the world suggests driving might truly become a hobby rather than a necessity sooner than we think. As reported in Gizmag, the Berlin-based AutoNOMOS group unveiled its latest project earlier this year. Known as FU-X "Made in Germany," the tech-laden VW Passat uses GPS, video cameras, on-board laser scanners and radars to navigate autonomously, giving it the potential to be used as a driverless taxi cab. Its latest trick – you can now hail it with an iPad.

Businesses using more customized iPads

Companies that would not approve of the iPhone for use by employees are increasingly adopting the iPad, especially by mobile workers.

Their objections to the iPhone were based on its lack of connection to Exchange, the Microsoft email software that is the mainstay of the business world. Further, IT managers couldn't

remotely erase data on the handset in the event it was stolen.

The latest versions of the iPhone and iPad address these problems and make the units easier for tech departments to manage.

The IT people can now internally distribute specially developed apps for the iPad without going through Apple's App Store.

Some companies are offering iPads as an alternative to laptops. Not only are they more convenient to carry, but they cost less than the laptop computers most companies buy.

Another advantage: They are more convenient than laptops when employees travel, work standing up or give a demonstration.

The Wall Street Journal reports that Mercedes-Benz Financial, the provider of car loans and leases, has equipped some dealerships with an iPad loaded with its app.

The goal is to begin the credit application process while customers are standing near a vehicle.

In the medical world, they are being used and tested for viewing medical images, such as X-rays and CT scans, and accessing medical records.

Investors put the spark in Bright's IDEA

General Motors, already a player in the electric car business with its Volt, has joined the federal government to invest in the development of a plug-in hybrid commercial truck.

The truck, brainchild of Bright Automotive, targets corporate fleet buyers who are looking for vans that are cheap to run, easy to operate, and inexpensive to buy. Bright plans to fit into that market with its new IDEA, a lightweight panel van, scheduled to come off the production line in 2013.

Like other electric hybrid vehicles, IDEA would have plug-in power from a battery that has a 30-mile range. After the 8 kilowatt-hour battery is drained, a 4 cylinder, 2-liter engine fires up. The gas engine will run another 300 miles.

John Waters, chief executive of Bright Automotive, quoted in *Fortune*, says the van's clean aerodynamics, highly-

efficient drive train and electric battery will produce great fuel efficiency. A typical delivery van that travels from 50 to 70 miles a day could get up to 100 miles per day. That savings could add up to \$3,000 per vehicle, Waters says.

The huge corporate delivery fleet market accounts for about 3 percent of industry van sales.

General Motors has invested a token sum of just \$5 million in Bright, added to the government's \$450 million loan and other cash grants. Bright plans to set up shop in Anderson, Indiana, where about 1,000 employees will begin working on 50,000 vans a year.

Meanwhile, with several companies now eyeing all-electric vehicles, the government is looking for a way to provide these cars and trucks with convenient "juicing" through a network of electric filling stations. Only a widely-scattered 100 exist at present. Federal funds of \$115 million will pave the way to expanding the number to 16,000 by 2012. Currently, the United States has 117,000 gasoline stations.

New Phone Recap

The **BlackBerry Torch** smart phone has a revamped mobile operating system, BlackBerry 6, at its core. It's a complete update of the system. The combination of touch-screen, trackpad, navigation and keyboard make it revolutionary.

IT experts say it gives business customers the best of all worlds in security, activation, IT wireless policy and management. You don't have to change your servers to upgrade anything, and all the third-party applications you paid for will work.

There are a lot of games for BlackBerry, and more are coming.

The **Droid X by Motorola** will ship up to 14 million units by the end of 2010. Motorola says the Droid X smart phone allows customers to hold the phone any way they want and there is no jacket required. At 4.3 inches, it has a bigger display than the iPhone.

Its Swype technology never requires users to lift their finger as they type. Instead they just drag their finger from one letter to another as they write an email or input text into a browser.

The **Dell Aero** smart phone weighs

3.67 ounces and costs \$99. It has a great camera. The 3.5 inch display allows you to crop and rotate photos. You can also use social networks and the Web. It has GPS, allows you to watch Flash videos and operates with the AT&T 3G network with access to Wi-Fi hotspots.

Sony Internet TV Arrives for the Holidays

Earlier this year Sony and Google announced an alliance to develop Android based hardware products. Like most HDTVs now coming out, the Sony has internet connections. The big difference: Dual View, which lets viewers watch TV and surf the internet at the same time.

The ability to surf the web to find the name of some actor, tweet about what they're watching or check their gmail without losing a minute of their favorite show will no doubt appeal to many people. Built on the Android platform, it runs the Google Chrome browser and is powered by an Intel Atom processor. The TVs all include wi-fi, USB ports, and 8 GB of built-in storage, Sony's Video on Demand with a variety of preinstalled apps. In early 2011, users will be able to add apps from the Android Market.

List prices range from \$600 to \$1,400. Those looking to get onboard with Sony Internet TV but who don't want to buy a new TV can opt for the NSZ-GT1 Blu-ray Disc Player priced at \$400.

The New Styrofoam. From Mushrooms?

Styrofoam is thought to take up nearly 25% of landfill space due to its volume and it essentially never goes away. Add the fact that it takes almost a third of a gallon of petroleum to produce one cubic foot of Styrofoam and you can see the clear problem.

EcoCradle is a new packaging product made essentially from useless agricultural byproducts like corn husks, oat hulls, and buckwheat husks that are cleaned, cooked, and pasteurized mixed with a natural binding material that actually grows into the product. What binds it? Mcelium, the root system for mushrooms. Basically, over a few days after adding, the root system grows into the material

creating a natural polymer from a matrix of millions of tiny fibers, but without digesting the base product.

Not only is it cost effective (about the same as synthetic materials), this new material has many of the same properties you would expect from Styrofoam. It can be insulating, moisture and vapor resistant, fire-retardant, and can absorb mechanical and acoustical impacts. It can be used for heavy items, or for shipping food and perishables.

So why is this better than Styrofoam? It is totally compostable, plus if you happen to put it into a landfill it does not need oxygen to decompose. You can shred it for mulch in your garden to retain moisture. Since it is manufactured without extensive additions of heat or pressure, it uses many times less energy than current products.

How Much Does a Kilogram Weigh?

Think about it. It is actually based on a 130 year old platinum-iridium. The Cylinder is kept in a vault at the International Bureau of Wights and Measures in France. Let's just assume they got the weight right in the beginning. The issue is that the cylinders mass is changing over time, and there is a move to make a change to a more definitive model of a true kilogram. The answer? It involves a lot of complicated quantum physics, but the new kilogram will be defined in terms of the Planck value h , a physical constant. Unfortunately, it won't change the bathroom scale much to your favor.



Madden Unplugged

Cool Tech Gift Ideas



Microsoft Zune HD

Price: \$220-\$290

The iPod gets all the press, but Microsoft's portable media player is actually a better device for people whose interests are focused on music and video. Sure you don't have access to the app store, but the music selection is vast and the Zune HD's LED-lit screen is the best to be found on any portable device – bar none.

mPro120 Pocket Projector

Price: \$349

3M's newest miniature projector has obvious uses for the corporate road warrior. The handheld sized unit is lightweight, connects to virtually any device, has bluetooth, wifi, and is an effective way to show your Powerpoint presentation to a large group of people. It's just as effective for casual travelers, though, as it projects crisp, clear images from your DVD player or handheld gaming console, giving you an alternative to the hotel's pay-per-view options.



JVC Piccio GC-FM1

Price: \$200



JVC had entered the portable video cam in a big way, or should we say small. The Piccio records in 1080p HD, captures 8MP still images and has a HDMI outlet. The compact design fits in any pocket. A perfect way to catch that perfect moment, then easily play it back on the big screen.

TREKBOT

Price: \$20

Cool things can come in small packages. Desk Pets International has created a hubless micro-robotic remote control racer. Whether you're racing, battling, or just exploring, TREKBOTS' four color, four frequency system allows for multiple users to race at the same time. The angled wheel design makes it easy for racers to perform flips and spins at the touch of a button. When it's time to recharge, simply plug the retractable USB remote into your PC, or Mac. 30 minutes of charge provides a full 15 minutes of intense playtime.



Freehands

Price: \$18-\$70

In this world of texting, emailing, tweeting, and updating on the fly, you can't be left out of touch just because of the temperature drop of winter. No reason to freeze those valuable communicating appendages. Freehands allows you to free up your index finger and thumb to be sure you keep the world informed. Don't knock it until you try it... they do come in "handy".



Powermat

Price: \$100

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From the first encounter with 2941 Restaurant, you are instantly, magically transported to another realm.

At the very entrance, you begin to absorb the tranquil sound of the illuminated waterfall as you pass koi-filled lily ponds flowing steadily toward a rock garden of Weeping Blue Atlas Cedar. You naturally decompress, relax, and gradually begin to breathe so deeply you want to toss your yoga tape right out the window. This oasis nourishes not only the body and the senses, but also the spirit – not to mention the palate.

2941 Restaurant is set flowing down to the edge of Fairview Lake, punctuated by a shimmering fountain – and last night, by the reflection of a crescent moon peeking through the towering oaks. Three-story windows overlooking the lake lend a certain air – celestial by day, theatrical by night. Its palatial grandeur, artistic aspect (a Rodin sculpture of one of the Burghers of Calais, a Salvador Dali by the lake, and fine paintings adorning the soaring, mirrored dining area), and by culinary genius, culminate in an unforgettable dining experience. This is a precious and rare jewel, and what's more – and here's the big surprise – it's just inside the Beltway.

Originally from Auvergne, France, Executive Chef Bertrand Chemel, at 2941 since 2007, got his start and early culinary training at Restaurant Michel Gaudin and La Bastide St-Antoine in Grasse in his native France; Hotel du Rhône in Geneva, Switzerland; and the Savoy Hotel in London. After honing his skills under chefs throughout Europe, his path led stateside to perform his culinary magic at New York's Cello, finally culminating in a six-year stint working under much-acclaimed chef Daniel Boulud, as sous-chef at Daniel, then rising to the rank of Chef de Cuisine at Café Boulud on Manhattan's

Upper East Side, in the highly competitive and creative restaurant scene of New York City.

At this year's Rammy awards, announced each year by the Restaurant Association of Metropolitan Washington, 2941 also took the coveted prize for Best Fine Dining Restaurant of the Year, and Chef Chemel was nominated for Chef of the Year. Recently, to add to this prestigious list, Chef Chemel was named Rising Star in the D.C. area by StarChefs. It seems he has realized his promise. Yet for all the accolades which have so deservedly been bestowed upon him in culinary circles, Chef Chemel comes across as an unassuming and delightful gentleman.

Chef Chemel strives to create seasonal French-American menus with vibrant Asian touches, reflecting his passion for these far-reaching cuisines. Chef de

Cuisine Kevin Takafuji's Hawaiian origins only enhance this flavor portrait. The lakeside herb garden is replete with the freshest oregano, basil, and parsley, as well as more intriguing herbs such as caraway thyme, spicy orange thyme, chocolate mint, and lemon verbena, which grace not only the savory dishes, but also desserts and cocktails. And breadmaster par excellence Patrick Deiss's combos of cranberry pecan, rosemary olive, and cherry chocolate (ooh, dessert before dinner!) indicate time well spent at the San Francisco Baking Institute.

For starters, tasting menu canapés such as aromatic arancini, with a hint of butternut squash, lemongrass and ginger, are a tantalizing twist. These take nonna's arancini to a completely new level. The wagyu tartare with caviar and clementine is regal. Red endive and black mission gelée with pecan oil refreshes. And the melt-in-your-mouth, almost cloudlike gnocchi with shaved Burgundy summer truffles is a must-try. Next, the delicate balance of sweet and nutty chestnut ravioli, with lemon, sage, brown butter, with those mouth-watering Burgundy truffles, will toast you through and through, whether or not you find yourself at a table near one of the inviting fireplaces.

One of Chef Chemel's unique offerings at 2941 is an ever-so-tender Cervena New Zealand venison, far better than I



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**2941's Lakeside Koi
Ponds by Night**



experienced down in Queenstown on the South Island, served with spaetzle, blackberry coulis, and the most luscious porcini mushrooms I may have ever tasted. Waterside dining beside such alluring scenery, however, puts me in the mood for a really nice fish, such as the succulent Hawaiian striped marlin with smoky pioppini mushrooms and unique mole sauce.

2941 currently offers a prix fixe three-course lunch for \$24 and a prix fixe four-course dinner for \$58 Monday through Friday, as well as an elaborate six-course tasting menu for \$110 Monday through Saturday. Even the vegetarian version, at \$65, is irresistible. For an additional cost of \$65, the tasting menus can be nicely complemented with wine pairings meticulously selected by the resident sommelier.

Naturalistic niches for holiday parties, receptions, celebrations, and private banquets include the secluded Waterfall Room, nestled alongside a spectacular waterfall, and the peaceful Koi Room, which looks out to the gentle koi pond. Or just stop in for a clever cocktail at the waterfall bar with its cool alabaster bar. In the springtime and summer, you may even get the chance to dine on the lakeside terrace by the fountain. And the Chef's Kitchen Table offers an opportunity to enjoy an intimate and exclusive evening of private fine dining for up to eight guests. Soon they'll really be gearing up for their special Thanksgiving and holiday menus.

True to the consummate eye for detail at 2941, sommelier Matthew Carroll's extensive wine list unexpectedly confers full bragging rights straight to suburbia, with a constantly evolving balance of around 700 wine selections from both old world and new world growing regions, up to 20 by the glass, from sparkling to white to rosé to red. Well beyond the usual Mediterranean suspects of France, with its Bordeaux and Burgundy; Italy, including Piedmont's Barbera d'Alba, Barbaresco, and Barolo; and Spain, offering a clean and elegant effervescently citrus-forward Cava, a Tempranillo from Rivera del Duero, and some beautifully smooth Albariño blends, this viniferous tour jets off south of the equator to reach



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the Malbecs of Argentina and Chile's Curicó Valley, stopping in South Africa on its way down under to Australia and New Zealand, and then back to our own respected and not-to-be-overlooked Pacific Coast, with varietals such as smoky claret-colored Pinot Noirs from Oregon's Willamette Valley, as well as such intriguing selections as a sparkling California rosé from the Russian River Valley, (and even one from New Mexico), and finally home to California's fertile Napa and Sonoma, with over 40 selections between them. A velvety red Chateaufort-du-Pape, not to mention Gigondas, sent me straight back to my days studying in the Rhone Valley in the south of France, without even leaving my neighborhood. Located in Fairview Park, at the confluence of 495 and Route 50, 2941 is just minutes from Tysons Corner. You might even say it has its own exit.

Before you leave, revel 2941's talented Pastry Chef Anthony Chavez' palate cleanser of mascarpone sorbet with

a powerful kick of Ceylon cinnamon, pistachio cream, and candied quince. And for a nice finish, his delectable interpretation of Poire Belle Hélène, honey-roasted Bartlett pears, graced by Guayaquil dark chocolate ice cream and a gold-flecked crunchy toasted almond brioche. Presented with expert Virginia vintner Doug Fabboli's honey-hinted pear port, fortified with pear brandy distilled from Doug's Asian pears over at Cacocin Creek Distillery, this dessert pairing doesn't miss the mark. And on a final elegant note, diners may delight in an encore surprise of pumpkin and hazelnut tartelettes and pear shumai. This restaurant is so divine, it might just be a sin to keep it a secret. Such a paradise insists on being visited again and again – just so you know it wasn't a mirage. So pinch yourself – it's real.

2941 Restaurant
 2941 Fairview Park Drive, Falls Church
www.2941restaurant.com

EAT GREEN THIS THANKSGIVING

Here are a few suggestions to help with less over-eating and more at delicious, and healthy, eating.

By Judy Caplan

Everyone loves Thanksgiving, gathering with family and friends to give thanks for our abundant lives. While Thanksgiving is truly a special day (even in these hard economic times), there is increasing interest about how to avoid overeating and making the Thanksgiving meal healthier.

Think Green

This year let's focus on making Thanksgiving green...that means including more vegetables! Eating more veggies is the perfect solution to cutting calories and increasing the nutrient content of your meal. Preparing, cooking, and eating vegetables not only connects you to the earth, the Pilgrims, and increases the color quotient of your meal, but also gives you a head-start on all the vegetables you can eat keep serving over the winter when you tend to crave heavier comfort foods. Thanksgiving is a great time to start thinking about what you want to accomplish in the coming year!

Picture Your Table

The turkey and/or other protein (can be veggie protein) takes center stage along with the stuffing. A basket of warm whole grain rolls accompanied by some Land O'Lakes Olive Oil Spreadable Butter or a dish of olive oil infused with fresh chopped garlic, red pepper flakes, parmesan cheese, and salt sits nearby. In a large ceramic bowl a salad of fresh arugula, dried cranberries, toasted pine nuts, chopped granny smith apples, red onion, and crumpled goat cheese takes a seat next to a platter of roasted asparagus, a family favorite.

Think Colors other than Green

You can build from there. Add sweet potatoes. There are so many recipes to choose from that you are sure to find one your family will enjoy. Remember when Thanksgiving is over sweet potatoes, served with a little butter and cinnamon, are always a good choice on a cold winter's night.

SESAME GLAZED ROAST SWEET POTATO

Ingredients:

- 5 orange-fleshed sweet potatoes (yams), peeled
- 2 tbsp olive oil
- salt and freshly ground black pepper
- 2 tbsp sesame seeds
- 1 tbsp honey
- 1 tbsp soy sauce

Directions:

Preheat the oven to 400°F (200°C). Cut the potatoes into large chunks and place on a baking sheet. Drizzle with the oil and season with salt and pepper. Roast the potatoes for 30 minutes, turning halfway through, until almost tender.

Mix together the sesame seeds, honey, and soy sauce. Pour over the sweet potatoes, and toss. Roast 20 minutes more, or until well-glazed and tender.



Think Earthy

That means root veggies, and there are lots to choose from: beets, carrots, celery root, ginger, parsnips, potatoes, and turnips.

MIXED ROOT GRATIN**Ingredients:**

- Butter for the pan
- 2 medium parsnips, peeled and thinly sliced
- 1 large baking potato, peeled and thinly sliced
- 1/2 small celery root, pared and thinly sliced
- 2/3 cup whole milk
- 1 garlic clove, crushed pinch of nutmeg salt and freshly ground black pepper
- 1/2 cup shredded Gruyere cheese
- 1 3/4 cups organic half and half, plus more as needed

Directions:

Preheat the oven to 350°F (180°C). Butter the gratin dish, overlapping the slices; layer the parsnips, potato, and the celery root.

Mix the half and half, milk, garlic, and nutmeg, season with salt and pepper. Pour over vegetables. Sprinkle with the cheese. Bake for 1 hour, or until tender and golden. Let stand 5 minutes then serve hot.

Think Spicy

Add a dish or two with zing. Wake up vegetables with chilies and mint.

ROAST SQUASH WITH GINGER**Ingredients:**

- 1 butternut squash, peeled and seeded
- 5 tbsp olive oil, plus more for the pan
- 2 fresh hot red chilies, seeded & minced
- 2 inch (5 cm) piece fresh ginger, peeled and cut into julienne
- 1 tbsp honey 1 tsp salt
- 3 tbsp chopped mint

Directions:

Preheat the oven to 350°F (180°C). Cut the squash in half where the bulbous part meets the "neck." Slice the squash into strips about 1/2 in (1cm) thick. Spread in an oiled roasting pan. Whisk the oil, 2 tbsp warm water, chilies, ginger, honey, and salt. Pour over the squash and mix well. Bake, shaking the pan occasionally to discourage sticking, for about 40 minutes, or until tender. If the mixture seems dry, add a little more olive oil or water.

Transfer the squash to a large platter and sprinkle with the mint. Serve warm, with the lime wedges for squeezing.

Think Low Calorie

Non starchy vegetables are a great way to add color, nutrients, and lower calories. (You will have more room for dessert!) Here are some ideas: warm green bean salad, cauliflower salad with caper and raisin dressing, green beans with caramelized red onion and mushroom topping

CITRUSY BRUSSELS SPROUTS**Ingredients:**

- 1 pound Brussels sprouts
- 1 shallot finely chopped
- 1/3 cup freshly squeezed orange juice

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- 1 tbsp. Land O'Lakes Spreadable Olive Oil Butter
- Finely grated zest of one orange
- 1 tbsp. of freshly squeezed lime juice

Directions:

Using a small knife, remove the outer leaves from the Brussels sprouts. Cut an "x" into the bottom of each sprout so that they cook evenly and quickly.

Bring a large saucepan of lightly salted water to a boil over high heat. Add the sprouts, return to a boil, and cook about 8 minutes, or until barely tender. Drain well. Let sprouts stand until cool enough to handle, then cut each in half lengthwise.

Melt the butter in a large frying pan over medium-high heat. Add the shallot and cook, stirring often, about 3 minutes, or until golden brown. Add the sprouts and cook, stirring often, about 2 minutes until heated through.

Stir in the orange zest and juice and cook for 2 minutes, or until the liquid is reduced by half. Remove from the heat and stir in the lime juice. Season with salt and pepper. Serve hot.



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.

Acne Treatment

What Are The Options?

By Ali Feisee
Vivia Center for Cosmetic Therapy
www.viviacycenter.com

If you've been plagued by acne, chances are you've thoroughly researched the topic and have followed every nugget of advice you can find. Maybe you have given up on chocolate and fried foods only to find that really didn't help at all. Perhaps you've tried every acne medication on the drugstore shelf, and tried oral antibiotics, too. If this sounds like you, you're not alone. Trying everything to get rid of acne only to feel frustrated all the time is common. However, the good news is acne treatment has experienced a big breakthrough in the last two decades, and more than likely, there is now a solution for you.

Here's a brief rundown on traditional treatments that could possibly work for you as well as the latest treatments available.

Nonprescription Acne Treatment

The treatment you need is often determined by the severity of your acne. Also, not all products work the same, so you need to understand the factors causing your acne in order to make an informed choice.

Alcohol and acetone medications

– When these two chemicals are combined in nonprescription medications, they can be effective for some. Alcohol works as a mild antimicrobial and acetone is a decreasing agent.

Benzoyl peroxide – This chemical has been a mainstay for nonprescription acne treatment. It works by reducing the bacteria that causes acne, P. acnes, and removing dead skin cells that contribute to whiteheads and blackheads. One of the side effects is excessive dryness so

make sure you use as instructed. Benzyl peroxide also has a bleaching effect so you need to take care with clothing, towels, and sheets.

Salicylic acid – Non-inflammatory acne can benefit from salicylic acid treatment. This chemical helps correct clogged pores, abnormal skin cell shedding, and can prevent lesions. However, it doesn't affect sebum production or the bacteria responsible for acne.

Prescription Acne Treatment

Today there is a vast array of prescription medications to treat acne. They can be either topical (directly applied to the skin) or in more severe cases the medication treatments are systemic, meaning they work internally. Prescription medications address the different causes of acne.

Corticosteroid injections are used to treat severely inflamed acne cysts and prevent scarring. A dermatologist injects a diluted corticosteroid solution into the cyst. The cyst seems to "melt" over a few days as the solution lessens inflammation.

Oral antibiotics are a common treatment and they work to reduce the P. acnes, which in turn reduces inflammation. There's always the possibility of developing resistance to antibiotics so you may have to try more than one.

One of the biggest breakthroughs to occur and acne prescription medication over the past 20 years is Accutane. It can potentially clear severe acne permanently and sometimes only one course of treatment is necessary. A course of treatment is typically five months.

Accutane is a member of a group of

drugs known as retinoids. It's extremely powerful in fighting acne, however the potential for adverse side effects is enormous. Accutane has been known to cause miscarriage as well as birth defects. In addition, it has the potential to cause serious problems that affect the liver, eyes, intestines, and skeletal system. Psychiatric problems, including depression, have been reported by some patients.

Physical Procedures for Acne Treatment

At times dermatologists may recommend a physical procedure to treat acne. Two popular and effective options are chemical peels and laser therapy.

Chemical peels are helpful in loosening blackheads and decreasing acne eruptions.

Laser therapy for acne has been proven very beneficial in treating one factor that causes acne – P. acnes. Though therapy may not always be a comprehensive treatment for eliminating acne, it can be a highly effective tool in your acne-fighting arsenal.

Light pulses are delivered through the skin to target a compound generated by P. acne. This compound is light sensitive and when exposed to laser light, reacts in such a way that bacteria is destroyed. 91% of patients using laser therapy saw a big improvement in their acne. Discomfort is very mild, similar to a slight popping of a rubber band.

A skilled dermatologist knows when to use laser therapy as a component of an overall acne treatment regimen. And if you are suffering with acne scars, laser technology is used to treat scarring with great results.

Regular workouts mean less stress and more joy! Give the gift of health this Holiday Season!



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Drugstore: shaving cream, milk, toothpaste... and a flu shot

Don't delay. It's time to get your flu shot! It takes about two weeks after immunization for full protection to develop. By November, it will be flu season very soon. This year, the shot features protection against the seasonal flu as well as the H1N1 (swine flu). There will be a high dose version offered as well that is recommended for those over 65.

The Centers for Disease Control and Prevention (CDC) estimate that between 150 and 180 million flu shots will be distributed this year. Many of them will be given by pharmacies such as CVS, Walgreens and Rite Aid. The CDC predicts there will be enough vaccine for all comers. The shots cost \$25 to \$30 but are covered by health insurance and Medicare Part B.

The big numbers are no surprise since, instead of picking out various age groups that should be immunized, it is recommended that everyone get a flu shot, except for babies less than six months old. This year, adults between 19 and 49 are included in the pool.

Doctors are already pretty busy, so they may not be able to accommodate millions of people who need a flu shot. Clinics at various locations will help, but people have to be there on

a certain day at a certain time. Pharmacies are gearing up for the demand. CVS will take appointments made by computer or in person, but will take walk-ins whenever they are open. Walgreens has 25,000 pharmacists that will give flu shots. It offers gift cards for shots. The chain administered 7.5 million flu shots last year, and predict 30 million this year. Rite Aid has tripled the number of pharmacists who can administer flu shots. They gave 250,000 last year but ordered a million doses for 2010. Some pharmacies are using the flu shot as a marketing tool. Safeway gifts a 10% off grocery coupon when you get a flu shot at their pharmacy.

Latest way to make it easy for you: drive thru. Salt Lake City's Healthy Aging program offers drive thru service at their government center's parking lot.



Managing Osteoarthritis With Exercise

By Cindy Pavell, M.S.

Health Educator & Fitness Specialist

703-298-8198 www.fitnesspluswellness.com

Osteoarthritis



Healthy Knee Joint



Hypertrophy and spurring of bone and erosion of cartilage

Arthritis means “inflammation of a joint”. Osteoarthritis is a degenerative joint disease. It is also one of the oldest and most common forms of arthritis. Osteoarthritis affects about 27 million Americans over the age of 25. Unlike rheumatoid arthritis (inflammatory disease), a degenerative joint disease stays localized in the affected joint. Osteoarthritis is characterized by a progressive loss of cartilage – mostly in hands, spine, hips, and knees. This breakdown removes the buffer between bones causing a bone against bone friction. The result of this degeneration is joint pain, swelling, limited range of motion, and stiffness. As the opposing cartilage surfaces wear away, the knee collapses causing deformities such as being bowlegged (varus) or knock kneed (valgus). These deformities can contribute to pain and functional losses of the knee.

How does osteoarthritis develop?

Genetics, joint injuries (sports, accidents, work-related), obesity, and aging are the most prominent risk factors that cause the development and progression of osteoarthritis.

Osteoarthritis should be diagnosed by your doctor and X-rays can confirm the condition.

Can exercise help?

The short answer is “yes”. Vigorous exercise, jogging or running (if the hip or knee is involved), is not

recommended. Instead, select low-impact or non-impact activities – walking, elliptical, swimming, or biking. Wearing shock-absorbing shoes or using a cane can be helpful. In the recent past, flexibility exercises were the standard recommendation to help maintain or improve joint mobility. The goal of improving flexibility is still vital, but muscle exercises to improve strength are also recommended. Your physician, physical therapist, or trainer can instruct you on the proper use of equipment (tubing, weights, isometric exercise). Flexibility exercises are most beneficial if done daily. Depending on your current fitness condition, strength training and cardiovascular training should progress gradually. Switch routines regularly so that the joints are stressed from different angles and with different intensities.

Alternative Treatment Choices

Nonsteroidal anti-inflammatory drugs (NSAIDs) can relieve pain and reduce inflammation. Over-the-counter NSAIDs include ibuprofen (Advil, Motrin, others) and naproxen sodium (Aleve). Stronger versions of these NSAIDs and others are available by prescription. Oral NSAIDs can cause stomach upset, so some prescription NSAIDs come in a patch that you affix to your skin or in a gel form that you can rub on the painful joint.

Working with a fitness specialist or physical therapist, there are heat

and cold therapies that can reduce inflammation and ease pain.

Managing weight can have a significant positive effects. The more weight your knees and hips need to carry and balance, the more damage will be caused over time. Reducing weight will help lessen the progression of osteoarthritis.

There are also surgical options ranging from injections to joint replacement. Viscosupplementation involves injections of hyaluronic acid derivatives (Hyalgan, Synvisc) and may offer pain relief by providing some cushioning in your knee.

In joint replacement surgery (arthroplasty), a surgeon removes your damaged joint surfaces and replaces them with plastic and metal devices called prostheses. The hip and knee joints are the most commonly replaced joints. Surgical options should only be used when severe osteoarthritis is present with pain. Consultations with a physician can determine whether that course would be necessary.

Additional Resources for Information

Arthritis Foundation – www.arthritis.org/conditions/exercise/default.asp

John Hopkins Arthritis Center – www.hopkins-arthritis.com.jhmi.edu/mngmnt/exercise.html

Medline Plus – Arthritis: www.nlm.nih.gov/medlineplus/arthritis.html

Landmark diabetes study shows moderation is key

Because heart disease is a major concern for people with diabetes, aggressively controlling high blood sugar, high blood pressure and high cholesterol seems to make sense.

But the ACCORD study of 10,000 people with type 2 diabetes shows that lowering these factors may not be best.

Seriously lowering of blood sugar

Study subjects in the Intense Therapy group had A1c ratings of 8.1 percent (7 is recommended by the American Diabetes Association). They were given glucose-lowering drugs or increased dosage of drugs they already took, some with a goal of lowering A1c to less than 6 percent.

The bad news: After 3.5 years, the death rate in this group was 5 percent versus 4 percent in the standard therapy group or one extra death for every 95 patients. Researchers stopped the trial, concluding that such blood sugar lowering could do some patients more harm than good. Moderately low blood sugar was best for people with heart disease risk.

Seriously lowering blood pressure

The second aim of the ACCORD study focused on lowering blood pressure. They wanted to lower patients' blood pressure below 135 or 140 (top number) in diabetes patients.

At the end of five years, researchers found these patients were no less likely to have heart problems. But they were three times as likely to experience serious side effects from treatment, such as an irregular heartbeat. The study was helpful because it determined that systolic blood pressure in the 135 to 140 range was acceptable.

Seriously lowering cholesterol

Researchers assigned more than 5,500 type 2 patients to two groups. The standard group received Zocor. The Intensive Therapy group received Zocor and TriCor, a fenofibrate.

The study showed that the combination therapy was not necessary for people with diabetes.

It concluded that moderately high levels of blood sugar, blood pressure and cholesterol are acceptable.

Does Wild Game Have the Same Health Issues as Red Meat?

It is more likely during the holidays than other times of year to be served game meat such as elk, deer, rabbit, antelope etc. Should you be as concerned about fat and cholesterol?

Not really. Due to the natural diet and much more active lifestyle of these animals, they tend to be leaner with much less saturated fat and higher protein than the typical mega-mart mass produced beef.

Nutritionally they are closer to skinless chicken breast, but have a similar mineral and vitamin composition to beef, so they are a good source of iron and B vitamins.

Environmentally, these choices may be the better. Game animals do not use or ingest much of the fertilizers, pesticides, hormones and other chemicals found in mass produced meat. They are probably among the most energy efficient and least polluting food choices you can make.

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. - Mark Twain

STAY WELL!



The belly: a big problem if you're nearing age 50

Want to live 10 years longer? Your chances are good if you can reduce the size of your waistline.

The problem comes as you approach age 50 and move beyond that milestone. People who may not have gained a pound have decreased muscle mass and increased fat stores, especially at the waist. Scientists say belly fat secretes proteins and hormones that contribute to inflammation, interfere with how the body processes insulin and raises cholesterol levels.

According Internal Medicine, men and women with the biggest waistlines have twice the risk of dying over the coming decade. Individuals with four extra inches around the waist had a 15 percent to 25 percent increased risk of dying within 10 years.

The most common causes are respiratory illness, heart disease and cancer. Some studies link waist size to dementia, asthma and breast cancer.

At age 50 and over, more than half of men and 70 percent of women have belly fat. What can you do? Consume fewer calories and burn more calories with walking, biking or other aerobics.

November 18:

The Great American Smokeout

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Kick butts!

Dining with Debbie... at Ristorante Bonaroti

When asked my favorite ethnic food, I rarely hesitate. Italian. Hands down... Italian. And no one does it better than Ristorante Bonaroti in Vienna.

I've always loved this restaurant, although like an old friend I often take it for granted. But like an old friend it never disappoints... it is always there for me. I must admit, in the years I have been dining there, I'm not certain I have ever ordered from the menu. And the reason being is I cannot get past their specials. Special appetizers and special entrées. All prepared fresh...thus making them very special. They are so numerous that I am always amazed at the ability of the server to recite them. On our recent visit, we shared Carpaccio di Salmone, thin slices of salmon marinated with lemon and evoo (extra virgin olive oil) and served with red onions and capers. But the real challenge was in selecting the second appetizer. Raviolis made in-house. Too difficult to choose just one, so we asked if we could sample a couple of each, and they were happy to accommodate our request. (Allow me to digress from the subject of food for a second and tell you that never have I been to a restaurant where the host and waiters have been more gracious and professional). OK..back to the ravioli. Loved, loved, loved the lamb-stuffed ravioli topped with a demi glace sauce and sprinkled with crumbled blue cheese. The sausage ravioli with diablo sauce had just the right amount of spice to it, and the more classic ricotta

cheese stuffed ravioli with pesto sauce and a touch of cream was equally delicious. This was a meal in itself... but I have a job to do, so I continued on to the entrées.

Again from the day's special we chose a Chilean sea bass grilled with garlic, extra virgin olive oil, white wine and fresh herbs, a monkfish with a lobster sauce, and a grouper. All cooked to perfection and served with a mushroom risotto and a vegetable. Okay, so here's my problem (one of many... but that would be another column). I have NO room for dessert! But I peeked at the menu, and I can imagine how delectable the home-made tiramisu, the assorted mousse cakes or the cannolis would be. I think when I write my next review, I will start with dessert so as not to miss out.

Although Cindy and myself were of like minds in ordering fresh seafood dishes, I know from having dined there on numerous other occasions, that they offer a variety of poultry, lamb, and veal dishes. Their osso bucco is outstanding. If, unlike me, you get to the printed menu, you will find the offerings to be extensive. Bonaroti's is molto eccellente!

Located at 428 E Maple Ave in Vienna. Monday-Friday Lunch & Dinner. Saturday Dinner. 703-281-7550.

Reservations are suggested. www.ristorantebonaroti.com

-Debbie Casey

Recipe

From Nancy Robinson, Mrs. Robinson Cooks!

www.mrsrobinsoncooks.com



In 2003, Nancy Robinson launched her business, Mrs. Robinson Cooks! LLC, which provides personal chef and catering services. Nancy appears regularly on WUSA 9 (CBS) with her own cooking segment and is a contributing writer for several food columns. She also speaks and conducts classes on cooking and business topics.

Wild Rice Salad with Cranberries, Walnuts, and Oranges

This colorful and flavorful recipe substitutes nicely for traditional canned cranberry sauce.

Ingredients:

4 cups water	½ cup orange juice
1 cup uncooked wild rice	2 tablespoons white wine vinegar
1 cup orange/clementine sections	1 tablespoon Dijon mustard
½ cup diced celery	1 ½ teaspoons olive oil
1/3 cup dried cranberries	¼ teaspoon garlic powder
1/3 cup chopped walnuts (optional)	½ teaspoon salt
	¼ teaspoon pepper

Bring water to boil in a medium saucepan, stir in rice. Partially cover, reduce heat, and simmer 45 minutes to 1 hour or until tender. Drain; cool.

Place rice, oranges, celery, and cranberries in a bowl. Combine orange juice concentrate and remaining ingredients; stir well with a whisk (or use a glass jar with a tight-fitting lid and shake to blend). Pour over rice mixture; toss well. Cover and chill.



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 115.

Cocktail

The Perfect Crown Royal Manhattan

Compliments of David Payne, serving cocktails at JR's Stockyards Inn since 1979

- 1 ½ ounces of Crown Royal
- 2 teaspoons Dry Vermouth
- 2 teaspoons Sweet Vermouth

Shake above ingredients with Ice until chilled.

Strain and serve in chilled tall "up glass" and add cherry.

Enjoy.

Michel Rene Salon & Spa



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The New Culinaria Cooking School Opens in Vienna

Sharing a passion for the culinary arts and wine with the community.

You've always thought you could cook well. Your dinner parties bring raving compliments and somewhere in the back of your mind you dream of pursuing a cooking career. Haven't we all thought about the glamour of owning our own restaurant, bar, or bed and breakfast?

Cooking has become part of pop culture. Look at the popularity of the Food Network and the recently added Cooking Channel. Top chefs are now recognized across a broad demographic. The interest in food is astounding and the numbers back it up. Stratford University's culinary program in Tysons has seen a jump of more than 15% in enrollment in the last year. This new addition to our community intends to share their passion for the culinary arts with our community.

Culinaria Cooking School opened at 110 Pleasant Street in Vienna in November. A culmination of the dreams and passions of Stephen Sands and Pete Snaith, the new school intends to share their expertise in a welcoming and professional environment where students can learn new techniques, improve on the ones they already have, and expand their knowledge about foreign cuisines, fine dining,

and wines. They have brought together a knowledgeable and experienced staff to make it successful.

So how did two former engineers decide to make the career change?

Stephen's interest in cooking started with family. His grandmother was a professional chef and his mother "should have been," per Stephen, but his father didn't want her to work. Watching her prepare meals sparked a curiosity. He patiently absorbed many of the recipes and techniques he still uses today. His grandmother's repertoire of recipes was a book of "chicken scratch" that needed to be translated from Italian.

He paid for college by cooking in a small mom and pop diner. "Pop" had a stroke, and he stepped up and took over the cooking until the owner got back on his feet. This was his first real food business experience.

After graduating, he ended up as an engineer at the Nuclear Regulatory Commission for 35 years. He still had his passion for food and decided to get credentialed at L'Academie de Cuisine in Maryland. He entered their part-time professional program and ultimately taught there for over fourteen years. Where he met Pete.

Pete's family was a little different. His English Mother was an incredible person, but a terrible cook. He remembers going out to an Italian restaurant with his family and finally realizing what pasta was supposed to taste like. The food bug bit him. From a young age, he read cookbooks and watched Julia Child, someone he thought truly changed how Americans cooked and ate. Paul Prudhomme was another influence who was able to take complicated recipes and make them seem so simple. He soon published his own cookbook, a big step toward his dream. Definitely a labor of love, it sold 150 copies.

Pete's career was in engineering in the construction trades, electrical and mechanical. He was also taking courses at L'Academie. About two years ago he was laid off and did anything he could to get by—some catering, but mostly construction related work.

The two started a company called Cook's Quest in 2004 with three others. This was a way to get the business experience necessary to grow into something viable and to help educate bankers and investors. They taught in places like the Reston and Vienna Community Centers. It never took off like they thought, so Stephen and Pete moved on.

A permanent cooking school was the goal. A place to share their lifelong passions. Stephen retired from his job in 2004,



Meet the team at Culinaria Cooking School (from left): Chef Brian Batsel, Office Manager Stefanie Sacripante, Chef Robyn Alexander (Director of Programs for Youth and Families), Chef Stephen Sands (CEO and co-owner), Chef Pete Snaith (executive VP and co-owner), Chef Bonita Woods, and Wine Director John Peters. *Photo by Steve Barrett Photography, Inkandescent Public Relations*

and the search was on. After looking at many places, they found their current space in Vienna. Leasing just didn't make financial sense for the amount of investment they were going to make, so they made a successful offer to purchase the building. Their engineering backgrounds helped them do much of the preliminary design to get things exactly how they wanted before going to an architect.

An incredible amount of detail goes into every construction project that involves starting from a gutted space, but when you are building a facility with two kitchens, well, it can get overwhelming. Everything was poured into the space-their blood, sweat, heart and soul. There were numerous last-minute setbacks including a roof leak and permit issues.

These setbacks left their planned September course schedule "a little off." They finally opened in November.

Much of the team they have recruited to be part of Culinaria have roots from L'Academie, and all the chefs graduated from there at various times. Brian Batsel was part of opening Red Sage in Washington as well as Chef de Cuisine at the Ritz-Carlton in Tysons and Amelia Island. He brings his knowledge of many cuisines from around the world to Culinaria. Bonita Woods brings a knowledge of using fresh and healthy ingredients in cooking. She worked with institutions like Sidwell Friends and the local Chesterbrook Residences to move menus more toward fresh natural foods. Robyn Alexander, who was a private chef after graduating from L'Academie, has taken the lead on culinary instruction for children. John Peters has a lifetime of experience selling and selecting fine wine and will head the wine programs at Culinaria. Even their office manager, Stefanie Sacripante, brings years of banquet and hotel management experience to Culinaria, including a stint at New York's legendary Le Cirque. There is great synergy within this team, as each person can feed off each other in sparking new ideas and teaching techniques.

The kitchen is now built, the team is in place, the dream has come to fruition. Now is the time to share. Culinaria's course offerings are published quarterly. They include a variety of participatory and demonstration classes, that not only includes a different cuisines and cooking techniques and skills, but on topics like fine dining and wine. There are classes focused on kids, couples, college students, parents, and more. The shared knowledge encompasses all facets of food, wine, and entertaining.

Plans include having local celebrity chefs demonstrate some of their signature dishes. New ideas include bringing in top chefs specializing in different cuisines. Bringing in someone from Korea or the Culinary Institute of Florence is on their list. Other sessions may include team building events, kids' parties, private group events-even a bridal shower event to get that bride (or groom) a little better prepared in the kitchen, in a fun group participatory class.

New and interesting businesses are always a welcome addition to a community, but one that offers a culinary learning adventure in learning in a dynamic and inviting facility is something everyone would find intriguing. Check out all the information about classes, schedules, and other details at their website www.culinariacookingschool.com.

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Food Truck Revolution Hits Tysons

Maple Ave Restaurant in Vienna joins the food truck revolution by launching Maple Avenue Xpress also known as "MAX". Chef Owner Tim Ma is taking cuisine to the street. It's been a year since the well received restaurant opened, and the focus of using products from local and sustainable farms continues through his custom built food truck.

The unique street food will be regularly changed to bring varied options right to the corporate masses. Some menu items are taken from the restaurant menu with a twist such as: bulgogi banh mi (sweetly marinated rib eye served in a french baguette style role with jalapenos, kimchi puree, pickled carrots, cilantro), pulled pork sliders (grass fed pork from Steve Baker Farm and Polyface Farm, homemade bbq sauce, pickled slaw), fish tacos, bulgogi tacos and their famous chocolate dumplings.

You've seen them on Food Network, downtown, and (the lower end versions) at construction sites, now you'll find premium offerings at a local parking lot near you. Locations and menus can be found via twitter at [maple_ave_147](#) and Facebook at Maple Ave Restaurant.

Seasons 52 to Open in 2011 in Tysons Corner Center

Seasons 52, the highly acclaimed fresh grill and wine bar restaurant, has selected Tysons Corner Center in McLean as a site for future expansion. Expected to open in Summer of 2011, the new restaurant will be the company's first location in Virginia, increasing the total number of Seasons 52 restaurants to 18.

Seasons 52 changes the menu four times a year with weekly fresh features to truly capture the flavors of the season. Nothing on the menu is more than 475 calories, from its signature flatbreads and other appetizers, to all entrees and its mini indulgence desserts, which were originally created at Seasons 52 in Orlando in 2002. The

300+ seat restaurant will have interior and exterior patios along with a piano bar with live music nightly.

Capital One Makes History at The Washington Post

The Washington Post ran its first front page ad in the history of the paper on September 19. McLean based Capital One took a two-inch ad that ran along the bottom of the front page. Advertising revenue is getting harder to find at newspapers and it seems that the Post couldn't resist the premium revenue. Though the price wasn't disclosed, the ad promoting the name change from Chevy Chase Bank had to be pretty high. Other premier newspapers like The Wall Street Journal, The Los Angeles Times, and The New York Times have all run front page ads, a practice that historically was frowned upon.

Crown Plaza Now Offers Unique Meeting Option

The Crowne Plaza Tysons Corner hotel has recently launched a unique and contemporary northern Virginia meeting space designed to facilitate creativity and collaboration called The Ideation Room. This Tysons Corner meeting facility is unlike any other meeting space in the DC area. In fact it is currently only one of two in the world.

Cutting edge technology and modular furniture makes the space completely customizable to allow attendees to make the room "their own" by allowing different set-ups to conform to their needs. The 850 square foot space on the second floor, formerly known as the Vienna Room, can comfortably accommodate 25. "The Ideation Room is an intimate, yet vibrant and productive meeting environment that is perfect for small group meetings, brainstorming sessions, hands-on training, or simply a refreshing change of pace from your normal regular staff meetings," says David Attardi, Director of Interactive Marketing for the Crowne Plaza Tysons Corner.

Some features to help make a meeting more productive: easily configured modular furniture, high speed internet

access, moveable white-erase boards around the perimeter of the room that are moveable to other parts of the room, a 3-in-1 Eno Board that incorporates a magnetic board, white erase board, a projection screen that can be used interactively with special markers. The entire collaboration can then be saved to a single file. a 47 inch plasma screen complements the Eno. There is an Ideas Store in one corner of the room that includes several shelves worth of brain-teasers, puzzles, unique fact books, and other unique tools to get meeting attendees' brains and other creative juices flowing.

"Conventional meetings in traditional settings, like a board room, can sometimes be very stale and dull," Attardi adds, "so the Ideation Room is designed to be the remedy to the 'bored' room meeting. Everything in the room, from the furniture to the technology, is intended to be vibrant and energizing."

See it in action at [www.TheIdeationRoom.com](#).

Newest McLean Addition: McLean 1910 Restaurant

McLean Family Restaurant is opening their new endeavor across the street from their current restaurant. McLean 1910 will be serving upscale casual American cuisine. This was the old Three Pigs Barbeque space that has been completely remodeled. It will seat close to a hundred. Plans call for a late November opening.

Local Companies Highlighted by the White House for New Small Business Jobs Act

The Small Business Jobs Act was signed by President Obama on September 27th. In the White House press release were descriptions of a variety of small businesses around the country that will directly benefit from the Bill's provisions. Of those mentioned, two are located in the Tysons area:

Noel and Glen Mouritzen, Greystones Maritime International, Inc. (Vienna, VA) Noel and Glen are in the process of transitioning to a new company, Greystones Aviation Worldwide, which will perform warranty repair work on

fuel systems for helicopters, located in Vienna, Virginia. They are currently on the waitlist for an SBA Recovery loan - once the funds are made available Noel and Glen plan to set up their repair station and hire four to five workers.

Larry Poltavtsev, Target Labs, Inc. (Vienna, VA)

Larry Poltavtsev is the CEO of Target Labs, Inc., which offers technology solutions, located in Vienna, Virginia. Target Labs, a green, 100% wind powered company, has experienced recent steady growth and employs over 50 people. Twelve employees have been added since July as a result of an SBA backed loan. Larry is currently hiring for five positions and hopes to add 15 more before the end of the year, however, in order to further expand Larry will need additional access to capital.

Some of the features of the Bill include removal of capital gains taxes on certain small business investments, accelerated depreciation of assets, deduction of health insurance costs for the self-employed, among others. One of the key features is the extension of the SBA Recovery Loan Provisions, which immediately freed up nearly \$680 million for the 1,300 businesses that have been waiting in the recovery queue.

Child Time Magic Party Place Offers a New Choice in Children's Entertainment

For the past ten years, Louis Meyer has been performing magic. From birthday parties to charity events, he travelled to different locations to stun his audience with his slight of hand and illusions. Last summer that all changed.

Being on the move has its limits. Wasting time on the road doing one event at a time, well, you can only do so much. Though there are many places to have a children's party, it was rare to find one with live entertainment. So Louis decided to open a physical location on Dominion Road in Vienna.

Now parents have a new option. Having a party at Child Time Magic Party Place gives a new twist to a birthday party. The event takes place in three stages.



Celebrating one year at Open Kitchen in Falls Church: Left to Right: Aisha Salazar, Kenneth Hughes, Forest Boyd, Hue-Chan Karels, Holly Camalier, Chau Agon, and Emily Baran.

First, an area of his building is set up for moon bounces. Then the kids shift to another room with a stage and seats for a live magic show. Then it is off to another room for cake and singing. The whole event encompasses about two hours.

The advantages? For the customer a new and unique offering. For him, less travel, and the ability to run multiple parties as they move through the building. See all the options at www.magicpartyplace.com

Barston's Child's Play Toys Takes Former Tree Top Toya Space

It's tough being an independent retailer. You need to compete with the national chains on rents, prices, and more. What they can provide though is better personal service. That is what Barston's is about.

Barston's Child's Play has opened in McLean in the old Tree Top Toys space in the Langley Shopping Center. This is the fifth store of this independent local company with other locations in DC, Maryland and Arlington. This family business has been providing a huge selection of toys, games, puzzles, books and more in an inviting environment with knowledgeable staff for over 24 years.

Open Kitchen Celebrates One Year Anniversary

Time flies when your having fun. It's already been a year since the inception of Open Kitchen in Falls Church, and they celebrated in grand style at their recent anniversary party held at their restaurant. This bistro, cooking school and shared kitchen has been a unique addition to our community. Everyone should try this place whether to take a class, host a social function or corporate team building event, or have an excellent meal while schmoozing with the staff. Congratulations! www.openkitchen-dcmetro.com

Bed Bath and Beyond Relocating to Former World Market Building

As we reported last summer, Trivett's Furniture lost their lease just as their permanent sign went up. Bed Bath and Beyond will be relocating from their current location to the 55,000 square foot building at Boone Boulevard and Route 123. This will be the largest Bed Bath and Beyond in the DC area. They anticipate opening by year end, but doesn't everyone?



Color Wheel's President Charlie Boswell, founder Elisabeth Boswell (second generation), Executive Director Renate Boswell Eschmann, and Kimberleigh Boswell (fourth generation)

Colorwheel Re-Opens as a Benjamin Moore Signature Store

Color Wheel, a third generation family business, is celebrating their 45th anniversary and grand re-opening as a Benjamin Moore Signature Store at 1374 Chain Bridge Road in McLean.

Established in 1965 by Earl and Nellie Boswell, the recently remodeled 6,400-square-foot location is three stores rolled into one, featuring an extensive décor showroom, a custom picture framing studio, and paint and specialty finishes.

Color Wheel Paint Center, also a Benjamin Moore Signature Store located at 2802-D Merrilee Drive in Fairfax, features premium Benjamin Moore coatings. www.mycolorwheel.com.

Michel Richard's "Michel" Now Open at the Ritz

The long-anticipated restaurant that occupies the old Maestro space at the Tysons Ritz, Michel, is finally open. The completely redesigned restaurant has some details taken from both Citronelle and Central, along with some similar, but still unique menu themes. Levi Mezick of The Jockey Club fame will be the new chef. Dinner entrees are expected to average \$28.

Super Chicken Opens Tysons Location in November

Falls Church favorite Super Chicken has opened a second location next to Penn Camera in the Marshall's Square shopping center on Leesburg Pike. Fall off the bone Peruvian rotisserie chicken is their specialty, but there's a lot more. Always nice to have a food option outside the mall.

Starnut Gourmet Gets New Lease

The battle between McLean's Starnut Gourmet and Chain Bridge Bank is the kind of community merchant dispute no one wants. Fortunately, a deal has been reached. The coffee shop and the bank have signed a new lease for five years, giving the bank the right to half the space, allowing Starnut to stay.

"They are a great tenant and an asset to the community," said Peter Fitzgerald of Chain Bridge. "While we need new space, we balanced our needs against the needs of the community so we decided to renew the lease."

"We are indebted to our community," said Starnut owner Joe Shehadeh. "The lease was extended because of the pressure of the community." He also said, "We realized they are absolutely determined to want the space for their expansion needs, and they realized what the community wanted."

Carr Workspaces Opening New Location in Tysons

Their second Tysons location will be located in 21,000 square feet at 1750 Tysons Boulevard.

Their concept is based on an executive suite, but offering more flexible and cost-effective services for those needing both fixed and virtual office space. From no-frills month to month space to a full service office with all the bells and whistles, Carr Workspaces can provide it. Tech services, meeting rooms, catering, receptionists and lobby presence will make your home-based business feel all grown up, and your growing startup feel like one of the big boys.

Ooh La La Decor now open in Vienna

Deborah Brehony has opened a new residential and commercial design firm. A variety of services range from minor updating the look of a room, to staging a home for a quick sale, holiday decorating, faux painting, even complete new construction through their affiliated companies Commonwealth Builders and JP Brehoney Homes. www.bellemaisonvienna.com

Alarm.com Featured on Extreme Makeover in September

Local Tysons company Alarm.com had one of their high tech home alarms featured on TV's Extreme Makeover on September 26. The 11,000 square foot house was the largest home built to date for the show. The Baltimore home will be used for an all-girls residence for the local chapter of the Boys Hope Girls Hop organization. Their installation included a complete remote security and monitoring system. www.alarm.com

If you owe the bank \$100 that's your problem. If you owe the bank \$100 million, that's the bank's problem.

J. Paul Getty

Two Local Companies in Top 25 Best Places to Work

Entrepreneur Magazine recently ranked the best companies to work for. In the medium business category two local companies made the list.

Custom T-shirt maker CustomInk in McLean makes every day a casual day, not just Fridays. Employees also get 20 days off a year from the beginning. Breakfast and lunch are brought in twice a week (and feedback surveys are taken about the meals!) Plus employees get free snacks.

Tech company Noblis in Falls Church reimburses training up to \$13,000. Free snacks, beverages, massages, and a good bonus package are all part of the program. New hires attend a one day "212 Experience" program (based on the boiling point of water) that instills how just one degree can make a difference.

he Pure Pasty Company Opens in Vienna

It took awhile, but it finally happened. The Pure Pasty Company opened on Church Street next to Bikes@Vienna on October 1. Featuring the Cornish pastry turnover, a pasty (pronounced like "last" plus a "y"), along with soups and salads, it is sure to be a hit as a new quick, filling casual meal.

Originally developed for tin miners as a nourishing meal that kept warm or easily reheated in the mines, the pasty has taken off as a popular alternative to a sandwich. Prepared in an open kitchen and baked right behind the counter where it is served fresh and hot, it is quite a treat. Choose from a variety of fillings from the traditional beef and potato, to Masala Chicken, to a vegetarian and more.

The perfect quick lunch stop for those on the go. They'll soon be selling out of a food cart in Arlington as well. www.purepasty.com



The crew at Pure Pasty on opening day: from the left, Jennifer Smith, Joshua Andrus, Mike Burgess, Nicola Willis-Jones, Mike Smith

Ideaventions Opens in Oakton

It's a pretty simple concept. Provide interesting and enticing science-based activities for kids. Locals Ryan and Juliana Heitz spent a great deal of time trying to find enriching, entertaining, and most of all hands-on activities for their kids. Ideaventions was born from this idea. Curiosity, problem solving, critical thinking, along with a large dose of fun make up the classes, labs and workshops you can find at Ideavention. For ages 3 to 13. www.ideaventions.com

MicroTech of Vienna Named Fastest Growing Private Tech Company in Metro Area

Not only ranked as the fastest growing privately owned tech company in the Metro area on the Deloitte 2010 Technology Fast 500, it has been named the fastest growing Hispanic company in the nation for two years in a row. So what do they do? Techy stuff, integration, etc, etc, but remember the hype about Obama using an unsecured Blackberry during his transition into office? They were the ones who supplied the hardware and made it work for his entourage. Now you know.

Orthopedic Foot and Ankle Moves to Merrifield

Orthopedic Foot and Ankle made a move from Arlington to new their new office in early November to 2922 Telestar Court in Falls Church. The practice offers advanced and comprehensive care lead by their award winning team of doctors Steven Neufeld M.D & Matthew Buchanan M.D. Their new state of the art facility is located in a 10,000 square foot building using eco-friendly innovative technology. Their record keeping is all digital. They have an in-house gym for physical therapy, fifteen private rooms with whirlpool equipment, and a retail shoe store offering comfort shoes with expert fitting.

The "Health Nut" Moves to Park Street

That got your attention. We mean Judy Caplan's company Nutrition Ammunition has moved to new digs at 129 Park Street #12 in Vienna. This registered dietician can help get you and your kids on the right track toward improving your nutrition, making the better choices and getting healthier, without the anxiety and dread that comes with many diets. By the way, she writes us a great column on nutrition every issue in our health section. See more at www.gobefull.com

Small Stores are "Big Presents" for the Community.

It's a simple idea. Before you choose to shop in one of our area's publicly funded big box stores, consider the small mom and pop down the street. They are the businesses that pump the greatest percentages of their revenue back into the local economy which we live in. They are a gift to our kids, our schools, our baseball and junior sports programs, and of course, the tax base which allows our municipalities to provide services. According to the 3/50 Project, for every \$100 spent in locally owned stores, \$68 returns to the community through taxes, payroll and other expenditures. If you spend that amount in a national chain, only \$43 stays here. Online purchases return us nothing. For more information on the 3/50 project, please visit www.the350project.net.

This holiday, please consider a few purchases from our local merchants... They live where you live!

Local Business Sells Unique Holiday Gift Idea

Tysons resident Tom Pho has an interesting business. For the last fifteen years, he has been selling orchids at his store, Orchids for You, in Vienna. You've probably driven by it a thousand times on Maple near Beulah.

The store is pretty simple. Racks of orchids, lots of lights, planting containers, etc. There are a couple gauges measuring humidity and temperature, but during my visit the doors were open to the rear of the building where more plants were under a screen canopy. During the winter he houses them in a small green house behind the Vienna Quilt Shop.

My initial reaction was "who buys orchids?" To my surprise a great number of people. During my brief conversation to learn about his business, he sold five plants. It took me completely by surprise. Orchids seem pretty popular. Where have I been?

Contrary to common belief (I guess for all us non-orchid people), orchids don't need extra special conditions or unique care to grow. In fact, it is a misconception that orchids are a difficult plant to keep. It is a perfect holiday gift, or house-warming gift, or a just a pleasant addition to your home. They bloom during the winter months and blooms may last two months or more. According to Tom, once a customer gets a gift of an orchid, they're hooked. Though cut flowers have their place, there is something extra special about a live blooming orchid.

With 25,000 species and perhaps 100,000 hybrids that have been bred, there is a great variety to choose from. It can take three years or more to get blooms from plants so they can be sold. Commercially grown orchids are forced to bloom at off times of year in order to sell, but they fall back into a schedule after the first year. Though it is true there are priceless rare orchids out there, commercially grown orchid prices are reasonable. Sale items can be as low as a few dollars, and they go up in price based on age, color, scent, bloom etc. His web site does a pretty thorough job of showing what is available.

Tom is happy to explain all the details about choosing and caring for that special orchid. See him at 390 East Maple Avenue in Vienna. www.orchidsforyou.net



Northern Virginia Grounds

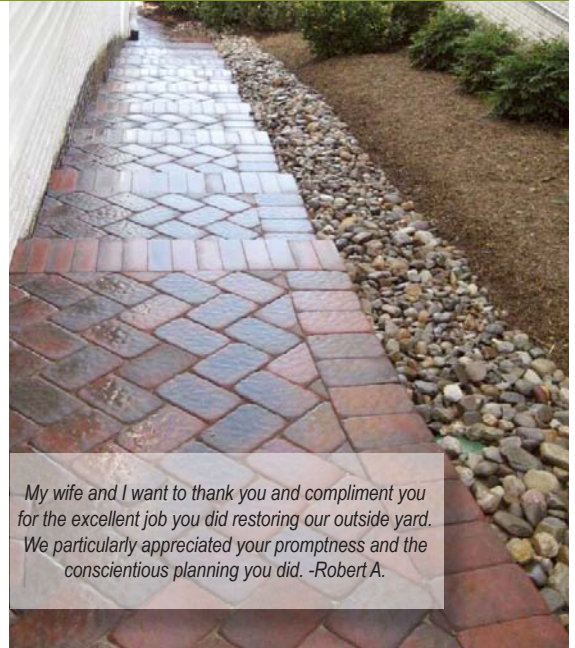
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With just a few speed bumps for area drivers, Metro construction makes visible progress and hits major milestones

Significant progress is taking place all along Phase 1 of the 11.5-mile Dulles Corridor Metrorail Project from Falls Church to Reston. With completion of construction above 25 percent, crews are working day and night.

One of the most complicated areas of construction is where the Dulles Connector Road (Route 267) breaks away from I-66 near Falls Church. This is where the rail extension will merge with Metro's existing Orange Line.

Over Memorial Day weekend, Metro shut down rail service between the East and West Falls Church stations so that pier construction and testing could take place close to existing tracks in this area. Now piers have been completed and bridges to carry the aerial tracks across I-66 are visible.

Drivers using I-66 westbound frequently find that the highway is closed, forcing them to detour to the Dulles Connector Road, to Route 123 to the I-495 to continue west toward Centreville or to use local roads to get to the City of Falls Church and other neighborhoods near Idylwood Road.

Other detours include access to Eastbound I-66 from Southbound Route 123. Follow the signs that loop drivers to Colshire to Old Meadow back to Northbound 123 to get to the I-66 ramp. Also on Southbound 123, the ramp to Route 7 is closed, replaced by a new exit to Frontage Road (past Da Domenico and Clyde's) to access Route 7 West. The widening of Route 7 is close to complete, with the final sections near Tyco Road

opening soon.

The widened Route 7 allows for the construction of the piers and stations that will be within the median of the road. Pier foundations started in October. There are visible shored excavations in the median of Route 7 where the track will be below grade as it enters into the tunnel going to Route 123. There will be future lane shifts at this location where the train will pass under Route 7.

As for the tunnel, a huge milestone was the opening of the final section of the outbound tunnel. On Oct. 20, crews "holed through" the west end of the outbound tunnel, just more than a year after beginning excavation under the intersection of Route 7 and 123 in the heart of Tysons Corner. During the past 15 months, miners have worked 12-hour shifts, day and night, to accomplish this feat. Miners worked through last winter's blizzards, only missing times when highways were impassable. The stunning pictures of how the workers broke through can be seen to the right. The inbound tunnel should reach the same point sometime around the end of the year. The team hosted an internal celebration with management and other project officials in the western end of the tunnel in early November. Attendees had the opportunity to walk through the entire length of the tunnel. The tunnel was necessary as this area (where the radio tower is located) is the highest point in Fairfax County. The elevation difference was too great to make it work otherwise.

Construction along Route 123 has

visibly progressed. The number of piers that have been completed is growing. The two bright blue and yellow trusses are placing the nearly 2,800 unique segments of guideway between the piers. Rizzani de Eccher, headquartered in Italy, is the subcontractor for the aerial construction, and is operating under the direction of Dulles Transit Partners.

The first truss started along the Connector Road about five months ago. It is now ready to cross Route 123 toward the Tysons East station. Segments are lined up along the piers on Route 123 ready to be hoisted into place when the truss makes its way.

The second truss is moving from the Westpark Bridge to cross the Beltway. The crossing of the Beltway is an extremely complicated project that will take close to a year to complete. Expect multiple lane closures over the next year. They will be announced well in advance (sign up for email notices at www.dullesmetro.com).

Metro is now obviously moving along. The sites are pretty striking as the photos on the following pages show. We'll keep you up to date as will Dulles Metro Partners who is managing the project.

Thanks to Marcia McAllister, Jessica Labukas, Shea Daugherty and the whole team at Dulles Transit Partners for the photos and the updates. You can get all the detailed information about the project at www.dullesmetro.com.



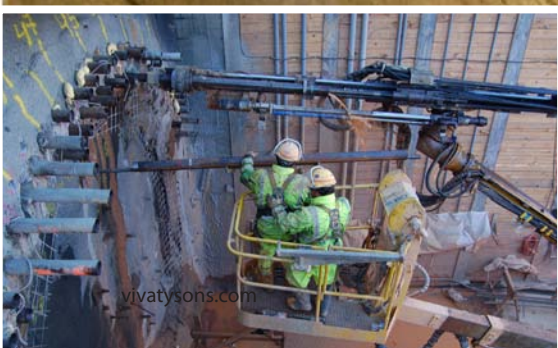
(Above Left) **MOVING TOWARD THE FINISH LINE:** Miners push toward the holing through point on the day before the actual push through. Workers are preparing to construct the reinforce Shotcrete ring bean at the portal entrance.

(Above Right) **HOLING THROUGH:** A miners hand breaks through the shoring at the invert of the West Cut and Cover Tunnel that opens toward Route 7. Congratulations!



(Left) **OUTBOUND SUCCESS:** Tunnel miners inside the last saw tooth section of the outbound tunnel that will carry the tracks from the International Drive area to the Tysons Central & Metro Station in the median of Route 7. This photo was shot when excavation was completed to the west portal face at the West Cut and Cover section of the tunnel.

(Bottom left) Just a year ago in our last November issue we showed a photo of the tunnel just starting excavation. (below) Look at it now.





(Bottom) A second truss is working its way from the Westpark Bridge over the Beltway which will take about a year to complete. You can see the first truss in the distance. (below) Workers lift and place each segment with the help of the truss. The toothed pieces are sealed and epoxied in place.

(Top) The first truss is now making its way across Route 123 toward the Tysons East Station from I-66.

(Above) Along the Connector Road a large concrete segment is hoisted into place to create spans between piers. It takes about a full week to complete each span.

(Center) The erection truss picks up a segment from the truck that delivered it to the Tysons work site from Dulles Airport where it was created. Nearly 2,800 unique segments will be put together with each one weighing from 25-40 tons. These guidways will support the rails for the trains.





(Top) Along the connector road, looking north, girders are in place along piers in the foreground.

(Right middle) Between the lanes of the Connector Road between I-66 and the Toll Road, crews place reinforced concrete decks in place of out-bound piers. Dulles Transit Partners crews use a Bid-Well Bridge Finishing Machines

(Left middle) Another tunnel? Crews work at the site of the tunnel that will carry trains into the West Falls Church Yard.

(Bottom) Precast concrete segments can be seen stacked along the piers on Route 123 ready to be installed.





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LOCAL CHEF'S CORNER

Seasonal Recipe

Chef Tim Ma of Maple Ave Restaurant shares a best selling recipe of the season for you to enjoy, their signature Butternut Squash Soup. We asked Tim why it is so good.

"We use local butternut squash from Tuscarora Organic Growers, but butternut squash is easily available from many local producers. Second, we use a creme fraiche from Kendall Farms in California that holds up well to being heated without breaking. I've never tried with Vermont Butter and Cheese Creme Fraiche but I think it should probably hold up fine as well. I would maybe cool the soup slightly before incorporating the creme fraiche. Lastly, you need an excellent blender to give this soup the creaminess that we get at the restaurant. A commercial VitaMix blender is what we use at the restaurant."



Butternut Squash Soup

Makes 8 servings (8-oz each)

Ingredients:	4 thyme	1 tbsp nutmeg
2 med butternut squash	10 black peppercorns	1 tbsp clove
2 medium red onions	2 garlic cloves	1 tsp cardamom
2 tbsp butter	2 bay leaves	1 tbsp salt
chicken stock to cover	3 tbsp creme fraiche	1/2 cup brown sugar, packed
4 parsley stems	2 tbsp cinnamon	

1. Peel, then cut the butternut squash at the base of the neck.
2. Firmly holding the bulb of the squash, cut in half and scoop out the seeds.
3. Cut the bulb and the rest of the neck of the squash into 1-inch by 1-inch cubes.
4. Slice the onions along the grain thinly.
5. Wrap parsley, thyme, garlic, black peppercorns, garlic, and bay leaves in cheesecloth and tie tightly with kitchen twine.
6. Melt butter in a large stock pot, sweat the onions over low heat until translucent.
7. Add the squash and coat with butter and onions.
8. Cover with enough chicken stock to just come over the squash.
9. Add cheesecloth with aromatics.
10. Bring to a simmer and simmer for 20 minutes or until squash is tender.
11. Remove cheesecloth of aromatics and discard.
12. Working in batches, ladle squash into blender and cover with enough liquid.
13. Leave an air gap in the cover of the blender to prevent hot soup from splashing out after blending.
14. Start with low speed, move up to maximum speed slowly until soup is smooth.
15. After completing all of the squash, add creme fraiche, spices, and sugar, and whisk until incorporating.
16. Taste and adjust as necessary.

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8137 Leesburg Pike, Vienna
703.448.0080 | www.Tyson'sBagelMarket.com

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How to Build The Custom Wine Cellar of Your Dreams

Getting a beautiful wine cellar comes down to determining your needs and hiring a talented design/build firm.

Here's how the MacAllisters did just that.

By Tracey Longo

Ever dream of building the type of wine cellar that will help you take your wine collection to the next level? That's exactly where Craig and Diane MacAllister of Fairfax found themselves back in 2007, when their quest for new wines for their growing collection was thwarted by their home's limited storage.

Their solution? Build the type of high-end, custom redwood wine cellar that encourages and even rewards their frequent wine-buying trips to Europe and California.

Today, the MacAllisters use their state-of-the-art wine cellar almost every day. The room is 100 square foot of retrofitted luxury, with custom redwood and mahogany racking and

shelving, rich granite and tile work, glass front cabinetry and doors, two tiers of lighting and the kind of perfect 24-seven 55 degrees that fine wines require.

It's a sumptuous wine cellar that not only protects the MacAllister's growing wine collection, but gives them the perfect place to host impressive tastings and kick off wine dinners.

"We love collecting wine and it's so communal," says Diane MacAllister. "We get to serve wines that our guests would probably never taste otherwise, and will probably never taste again. We also get to buy wines by the case when we find great vintages, like we just did on a trip to Napa and Sonoma."

After a long search for the right builder, the MacAllisters chose

Michael Nash Design, Build & Homes, Fairfax, because of the firm's extensive expertise building wine cellars and storage. Customers get to see that experience and attention to detail first hand in the two complete wine cellars the company built in its 8,000 square foot Lee Highway showroom.

Wine cellars are complex and need careful attention to electrical, cooling, lighting and moisture control to protect wine collections—all facts that became apparent to the MacAllisters as they did their research and began to interview builders.

"Be careful," Diane MacAllister warns. "We had a gentleman come out and all of his work was subcontracted to others who could only work in the evenings and on weekends. Another





A granite tasting table, racks for a variety of bottle sizes, warm finishes, and custom climate control make this a beautiful yet functional wine cellar and a perfect venue for guests to experience fine wine.

gentleman showed us a glossy flyer with pictures of wine cellars we knew he hadn't built. Yet another firm had Better Business Bureau complaints.

"We had certain expectations for quality and appearance and we wanted a company that had the on-staff people with experience in the multiple concerns necessary to take this on as a turnkey project," Diane MacAllister says. "When we saw the wine cellars in the Michael Nash showroom, we knew we found the right firm."

The award-winning design and build firm, which routinely wins national and regional COTYs (Contractor of The Year awards), is proud of the work it does for wine connoisseurs throughout Virginia, DC and the mid-Atlantic, says Michael Nash president and CEO Sonny Nazemian.

"I think what really sets us apart is we use our own skilled employees to design and build wine cellars and wine rooms, which gives us the ability and flexibility to really meet our customers' every need," Nazemian says.

The MacAllister's wine cellar was built into a 10 by 10 unfinished storage area in the basement of the couple's Fairfax colonial. "The project had a lot of the types of challenges we relish," Nazemian says. "We had to seal the concrete foundation to prevent

moisture, build in electrical and an additional ductwork for cooling, as well as insulate, do a vapor barrier and wrap the walls," Nazemian says.

There was also extensive plumbing, mechanical and gas work involved in the project, all of it absolutely necessary. Wines not stored in a stable, cool, dry environment can begin to ferment or turn, in essence becoming undrinkable. "We connected to the existing electrical system, adding a split cooling system to their existing HVAC. The HVAC for the cellar has its own ductwork and compressor system, but ties into the existing system for drainage," Nazemian says. The firm had to build soffits to cover air ducts as well as hide a sump pump. The cellar holds up to 1,700 bottles of wine, using an amazing configuration of clear Hardy redwood cabinets and mahogany racking. "The MacAllister's chose custom-built double wine racks, traditional racks, open diamond racks, six-column racks, magnum racks and curved corner racks, to meet the MacAllister's design needs," Nazemian says.

Custom glass doors adorn the top cabinets of the cellar and a custom etched-glass door enhances the cellar's entryway.

A custom granite tasting table with a barrel curved edge, tile and tile

border flooring and custom touches like murals of wine barrels and carved wood decorations on the cabinetry add to the ambience of the room. The wine cellar is completed by multi-tiered lighting, including recessed lighting and LED lights that run along the shelving to throw off a glow so the labels of the wine bottles can be read.

The room beckons the MacAllisters daily. "We go down to enjoy a glass of wine or grab a bottle for dinner. Now we get to wow our friends and family and kick off wine dinners with champagne and fruit served in the wine cellar. And it gives us the opportunity to buy cases from private wineries that don't sell in stores. We love pairing food with wine and hearing guests' "ooohhs" and "aaahhs." It's pretty amazing.


"We were also very pleased with all of the assistance we got from Michael Nash," Diane MacAllister says. "They thought of all of the things we didn't think of. We couldn't be happier. I don't think we'll ever sell our house, because we won't be able to part with the wine cellar."

---Tracey Longo is a Washington, DC-based journalist who covers real estate for the Washington Post. She is the author of several books, including her most recent, *CliffNotes: Investing for the First Time*.

Save Energy this Winter...

Update your window coverings!

By Denise Willard




As the seasons change and we enter into the cold weather season, we all look for ways to heat our homes without breaking out 'piggy banks.' While some people have the disposable income to upgrade all their windows to take advantage of the most recent advances in energy efficiency, most homeowners aren't able to make such a significant financial investment. This is especially true during one of the most expensive times of the year—the holiday season.

Unlike upgrading all your windows, investing in energy saving window treatments and coverings is a cost-effective solution to winter time heat loss. While energy efficient windows are long-term investments that take years to pay for themselves, energy saving window coverings can almost instantly provide home energy savings.

Window treatments don't just reduce heat loss and heat gain; they also enhance home decor and all at a fraction of the cost of new replacement windows.

So, you might be wondering, what the options are when selecting energy saving window coverings for the cold months of winter? There are basically two types of solutions to consider:

- 
1. Year Round Energy Saving Window Treatments that effectively reduce both heat loss and heat gain year round.
 2. Insulating Window Coverings that effectively halt heat loss during the fall and winter.

How Do I Choose?

There are many factors and design decisions that need to be considered before making

a decision on a particular window covering. Each homeowner is different in terms of his or her functional needs, design aesthetic and window frame restrictions. As such, before making purchases, you should consult a window covering expert to ensure that the final solution is going to meet all your requirements.

What Are My Options?

When shopping for cold season energy efficient solutions for your windows, be sure to ask a window covering professional about the options below to discover which one is the best fit for your home, budget, functional requirements and design aesthetic.

Year Round Energy Saving Window Treatments

- Insulating window blinds and shades such as the popular honeycomb shades can halt up to 86% of heat gain and 80% of heat loss. These window treatments are also excellent decorative alternatives to standard mini blinds.
- Insulating window film can reduce summer heat gain by as much as 72% and insulate up to 55% of household heat during the winter, while maintaining almost the entire window view.
- External window shutters, if fitted tightly, are almost equally as effective at reducing heat loss and heat gain. However overall energy efficiency will also depend on how often these insulated window coverings are used.

Insulating Window Coverings

- Interior storm windows provide homeowners with many of the



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same benefits as double paned windows. These energy saving window coverings can reduce winter time heat loss by 50% or more.

- Plastic window insulation film is a do it yourself window treatments can serve as temporary interior storm windows. They provide much of the same benefits as more permanent inside storm windows and at a fraction of the cost.
- Insulating window blinds and shades use pleated fabrics to trap and insulate household heat very effectively.
- Low e window film can be applied to the interior of a home's window panes to reduce heat loss.

Do it Yourself Energy Saving Window Coverings

- If you cannot afford to hire a window film vendor to add protective film to your windows, you can do it yourself! Installing energy saving window film on average sized windows is a relatively easy project. In fact many manufactures offer do it yourself window film kits. Interior plastic window insulation film is also sold in kits, allowing homeowners to install temporary interior storm windows, and all in a matter of minutes.

Still confused about which option is best for your home? Contact us to learn how easy it is to cut through all the options, and stay warm and cozy this winter season without breaking your bank account.

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A CAFFE CHRISTMAS TALE

By Michael Amouri, Owner of Caffe Amouri
www.caffeamouri.com



T'was the night before Christmas and we had to decide
What coffee to put out for Santa's big ride
The cookies are baked, all ready to eat,
But we need a great coffee to be Santa's treat
For Santa will want treats not just to eat,
but to take along with him to complete his great feat.

What we don't want, no definitely not
Is a coffee that tastes like it's burned in the pot.
We need a REAL coffee... rich, mellow and hot
Let's check Santa's route, and see what we've got.

Sumatra, perhaps that's where we should start
The bean is so creamy with nary a tart
It's earthy and smooth, full bodied and sweet
Yes Sumatra's a bean that cannot be beat
We look at the globe we study it keen
Oh where else to look for our special bean?

Guatemala with soil so ashen and nice?
They do send us beans with chocolate and spice
Cinnamon and fruit, they all do comply
In a flavor so rich....it's hard to deny.

But the hours goes by, last presents need wrapping

What coffee to serve before I go napping ?
Brazil, when it's natural and laid out in the sun
with rich dry fruit flavor that's second to none?
So nutty and soft and bitterly sweet?
A cup of Brazil? A true Santa treat!

Ethiopia, the place where the first bean was first found?
With Harrar and Yergacheffe (aren't those pirate sounds?)
One has rich chocolate, blueberry and spice
The other is citrusy, sunny and bright
it's a coffee that Santa could take on his sleigh
and with a wink and a nod....be on his way.

Perhaps a nice blend would be Santa's choice
Combining great flavors into one voice
'Nic's Sugar and Spice' just might be the one
With Guat and Harrar lightly tickling his tongue .

Whatever we choose, we know Santa will love
The coffee he'll sip as he soars way above.
And as we approach the end of our story
Peace and Love to you all
From Caffe Amouri.

Merchant Spotlight:

Michele Pecora of Heron Hill Flowers in McLean

Michele Pecora, owner of Heron Hill Flowers in McLean is quite the artist. The family owned and operated floral shop was established in 2010 after several years of designing and creating floral arrangements for friends, family and non-profits. With a valid CPA license and an MBA from Marymount University, one would ask "How did a CPA develop an interest in flower arranging?" The answer is simple. Prior to studying business and accounting, Ms. Pecora was a professional dancer for ten years, teaching and choreographing for the most part in Boston and the DC area. (And, yes, she holds an MBA in Fine Arts from Ohio State University.) Her enthusiasm for creating floral arrangements is rooted in her studies in textures, colors and flow. It helps to have a business background. By applying a "just in time" inventory and business models learned in business school, she is able to deliver the freshest and highest quality flowers, while passing on the savings to her customers.

Her resume is impressive: Masters in Modern Dance, CPA, Artist, Business Woman, Volunteer, and Caterer.

Her upcoming floral designs will include decorating a home for the 2010 Holiday Tour for the Women's Club of McLean on December 2.

You can see more of her work and read testimonials about Michele at www.heronhillflowers.com.

Quotes from Michele:

"Flowers can bring a deeper level of experience to your private event. They can help deliver a more meaningful message for your family, friends, or clients."

"Flowers deliver an emotional appeal to your event. Something so simple, created from nature can make your guests feel important..."



Michele Pecora, owner of Heron Hill Flowers, is seen here during her time as a professional dancer and choreographer.



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Dramatic new entrance, larger dining room, and living room with new floor to ceiling windows was a large part of the transformation.

NEO-CRAFTSMAN STYLE ARCHITECTURE TRANSFORMS MCLEAN RAMBLER INTO DISTINCTIVE, SMALL-SCALE ESTATE

By John Byrd

Begin with a 3-bedroom, 2-1/2 bath brick rambler in McLean, mix with elevated owner requirements. What do you get? "A small-scale estate," says Bruce Wentworth, AIA, who supervised the transformation of a circa 1960s production house into a substantially larger neo-craftsman style contemporary with outbuildings.

"The rambler's low ceilings and the dark rooms were just too confining," the architect continues. "The owners were looking for a wholesale makeover of the entire property—one with clearly differentiated architecture."

This made sense in their upscale neighborhood, especially given the size of the lot -- nearly half an acre. Almost immediately, construction of a detached wing was discussed: a two-story carriage house with dormers, very estate-like in its visual effect. It would be fully insulated, with its own HVAC system and "roughed-in" plumbing. But in the near term, it would function as a 3-car garage.

"The trick was wresting many parts into a coherent vision," says Wentworth. "We had a one-story suburban rambler with a new massive wing attached. Fortunately, the solution was a good marriage of form and function." The height difference had been addressed far in advance -- at least conceptually. Put simply, a tower-like vestibule would be inserted as the focal point of home's front elevation. Though only slightly higher than the existing roofline, this glass-encased entry would soften the height disparity, even as it flooded the north side of the house with sunlight. "The vestibule has transformed the home's interior," says Wentworth. "The clerestory windows pull in light, no matter what time of day. There are vertical sidelights on either side of the front door and both sides—so it's an effective indoor/outdoor transition."

To make way for the vestibule tower, a large bay window was sacrificed -- but the home's original front entrance was re-incorporated into the new look. Between the old front door and the new vestibule entrance, a small flagstone patio was laid out -- the culmination of a flagstone "procession" linking the grounds to the home's primary block.

Once inside the vestibule, the interplay of old and new is even more fascinating. A highly stylized dining room lies straight ahead -- but the visitor is blocked from wandering in by a waist-high railing. To proceed, you first enter a small foyer on the right -- then step inside the main part of the house.



The striking before and after pictures show the dramatic transformation.

"We continue the "procession of events" that started with the landscaping," says Wentworth. "You're standing in this glass tower surrounded by plants and flowers -- yet you're looking into a paneled dining room with a low ceiling and a fireplace. It's a calculated effect."

That low ceiling -- standard on the suburban rambler -- is given Craftsman-style accents by a pair of hanging beams running the length of the dining room. Though lowering the ceiling another 8 inches, the 7x10-inch painted pine rails serve to elegantly define the dining area, which is not otherwise delineated.

The open space flanking the dining area -- which supplanted the home's original living room -- are, in effect, parallel hallways leading to the rear of the home. From the vestibule, it's a straight shot to the new garden room. From the old entrance, the kitchen is just as easily accessible.

John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in House Beautiful, Architectural Digest, Southern Living and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. He can be reached byrdmatx@comcast.net



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Favorite Spaces

Special rooms to call your own.

By Josh Baker, President, BOWA



Most homeowners have a favorite room in their home, whether it's a spa bathroom where they can escape the hassles of a long day, or a gourmet kitchen they use to prepare meals the whole family can enjoy. Perhaps it's a home bar to entertain family and friends, or they take comfort in their child having a perfectly safe play area in their own home. A well-planned renovation can take an ordinary space and turn it into something truly extraordinary.

Upper-Level Family Room

For example, a rooftop terrace that was causing leaks and other problems in one home was transformed into a cozy upper-level Family room. Glass windows now encase the room, showing off the beautiful view of the Tyson's skyline, while a set of doors still make the balcony accessible. The sturdy ceiling of beams and planks adds texture, while the custom-built entertainment cabinet serves as another focal point of the room.

Sports Court

Kids and adults alike are both big fans of

having a Sports Court area in the house. With a multipurpose recreational room you can have basketball games the whole family can participate in, a volleyball tournament for a family reunion, or a weight and exercise room to get in shape for that upcoming vacation. Common elements of these rooms are padded walls, unbreakable glass, and real athletic flooring.

A Lofty Idea

Some homeowners are opting to include a loft area when planning an addition to their homes. A unique design for one couple in Arlington featured a "crow's nest" style loft off the master bedroom, complete with a wooden ladder-style staircase. Using this type of staircase, rather than a more traditional style, not only saved space but also added to the nautical theme of the room. The couple happily plans their boating trips in this room, with spectacular views of the Washington Monument in the distance.

A Tranquil Oasis

Turning a master bathroom into a spa-like retreat is all about creating a room focused

on comfort, warmth, and relaxation. In one particular home, the floor looks like a hardwood floor, giving the room a warm look, but is actually heated ceramic tile – perfect for those cold winter mornings! Contemporary elements include glass-walled showers, glass and marble mosaic tiles, and soft colors such as blues and grays.

Stu, Stu, Studio

Whatever your passion is, whether it's your life's work or just a hobby, creating a studio in your own home offers many benefits. A professional photographer was able to create a space in his home not only just for his photography needs, but also an area to meet with his clients and display his work. Have a budding singer in your family? Consider creating a recording studio for the next Taylor Swift. Whatever your craft may be, a design/build expert can help create the perfect area to pursue your talents.

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All photos by Bob Narod

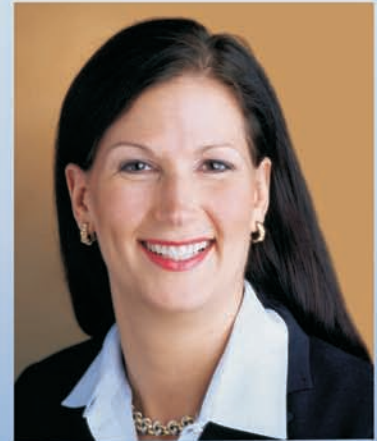


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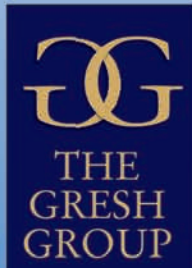


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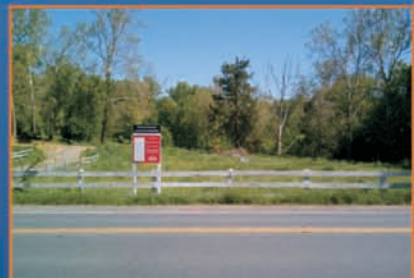
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Ask the Expert



The Last Hurrah

By Casey Margenau

Okay, Northern Virginia, here it is. This fall & winter may be your last chance to get a great deal.

There, I said it. In March 2005, I told people the market was too high, not to get caught up in it, and not to spend too much. I remember telling a buyer in August 2005 not to buy, but to wait for prices to go lower. By October, the price for the property had dropped from \$465,000 to \$419,000, and she was chomping at the bit to buy. I told her again, just wait till they come down a little more. Well, by December she wasn't going to wait anymore, and we bought the best deal we could find for \$390,000. Today the home is only worth \$340,000. At its lowest point, it dropped to \$290,000. The price has bounced back since then, and in a few years it will rise back up to what she paid.

Now, if you had asked me in 2008, I would have told you it was the time to buy, as the prices were at the bottom. But now, most of the houses have found their "market value," and prices have stabilized. There is a lot of talk of the next wave of foreclosures, but frankly it may only have some effect on the \$1 million and under range. The number of homes in Fairfax County is too low to have a major lasting effect. On the \$1 million price range and up, the market has been slow for the last four years. Prices have been falling as sellers seemed reluctant to lower their price to the new reality. But over the last year, reality has finally sunk in, and buyers are coming back into the market.

Since prices have now come down to these realistic values, and the rates are at historic lows, the smart money is moving to real estate here in Northern Virginia. In 2005, homeowners were not done moving up; they just saw that prices had gotten out of hand and decided that they could wait. Those who did watch the market fall apart now see that today's market gives them the opportunity to upgrade their principal residence at a good value, as well as getting a great long-term interest rate.

What has happened over the last two years, and more so over the last two months, is that the best homes on the market have sold. The inventory on the upper end of the market has decreased and there has been no real major construction over the last four to five years. By the 2011 spring selling season, it will be hard to find good properties in the decreased supply, and with the naturally higher demand, the great values of this fall and winter will be gone. This is not even taking into consideration the fact that we will, at some point, experience inflation, inevitably taking hard assets like real estate up as the dollar falls.

So here is what I am telling my clients. If you want to upgrade your home or are looking to buy your first home, this fall and winter may be the last chance to hit the bottom of the market and still have a good selection. But as with all real estate, you need to make sure you are looking at a long-term purchase, as it's difficult to benefit from real estate in the short term.

A little mortgage humor (very little)

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Mortgage interest rates are the lowest in half a century, and the 15-year rate is lowest of all.

Some mortgages are being offered at 3.75 percent for the 15-year. A year ago, the average rate was 4.68 percent.

In the past, many people would have opted for a 15-year instrument instead of one for 30 years, but couldn't afford the higher monthly payments. The gap on monthly payments has now decreased.

A 30-year mortgage holder on a \$200,000 loan at 7 percent would pay about \$1,330 in principal and interest for 30 years. If the \$200,000 mortgage was taken at 3.75 percent interest, the monthly payment would be just \$124 more, or \$1,454 for only 15 years.

Twenty-year loans have also become a good choice. At today's rates, a borrower with a 30-year loan at 6.5 percent and a \$200,000 principal balance could save some \$70,000 in interest over the life of a shorter 20-year mortgage.

According to HSH Associates, a publisher of mortgage and consumer loan information, the shorter terms are especially attractive to people who want to build equity more quickly and those who want to pay off mortgages in a shorter period of time. About one-third of refinancers are moving to 15-year or 20-year loans.

One lender, quoted in *USA Today*, says more homeowners who are in their middle years are applying for the 15-year mortgages. Their income is higher now than it will be at retirement, and they can afford to pay off the loan before they retire.

About a quarter of residential properties are now worth less than the amount owed on a mortgage. If they can afford it, some people are paying cash up front to move from a more-expensive mortgage to a cheaper, shorter-term loan.

Low interest on 15-year mortgages brings many refinancing deals



How to show (and sell) your home during holidays



What months are best for attracting serious buyers to view your home?

November through January are not usually thought of as prime home-selling months, but they have advantages. Buyers who are house-hunting during those months are more serious about sealing a deal and moving. Additionally, fewer homes are being actively marketed during the holiday season, so there is less competition among sellers.

- Because prospects are more likely to preview homes on the web during inclement weather, giving them a tour of your place with high-quality photos on a web site can help.
- Include photos of your property as it looks in summer and fall.
- Make curb appeal a top priority. Decorate the front door with a nice wreath and place small evergreens in red ribbon-decorated pots around the entry.
- Inside, do decorate your tree, but don't overwhelm prospects with big decorations and holiday collections.
- Reduce the number of family photos you display. Let buyers visualize themselves in the home.
- Experts at HGTV recommend giving house hunters a nice place to escape from the cold. Make your home feel cozy and inviting during showings by cranking up the heat, playing soft classical music and offering homemade holiday treats.

Encouraging buyers to spend more time in your home gives them an opportunity to admire its features.

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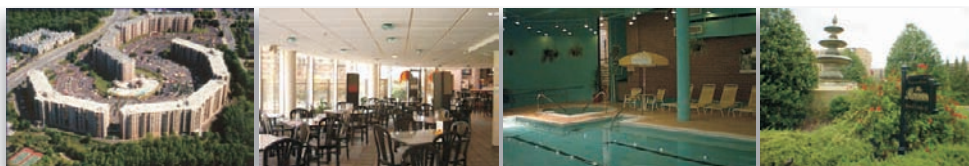
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Foreclosure Sales Up in Maryland and Virginia

RealtyTrac, Inc. has reported that sales of foreclosed homes in Maryland and Virginia increased from first to second quarter this year. Though they increased in one quarter about 15%, the number of foreclosure sales dropped over 16% from the same time a year ago.

BJ's Property in Falls Church Sold by Developer for \$26.5 Million

JBG Rosenfeld Retail sold the 8.5 acre site where the new BJ's has opened near the Eden Center to Zuckerman Gravely Development. The tax concession that the developer secured from the City will stay in place as will the 60 year ground lease that BJ's holds on the property

tw Telecom Signs New Lease

Colorado based tw Telecom tripled its existing McLean office by signing a new lease at 8484 Westpark Drive for over ten thousand square feet. The publicly traded company provides secure data, voice, and internet services.

Park Crest II to be built by new owner Avalon Bay

AvalonBay Communities said it has bought a 2.64-acre parcel off Westpark Drive in Tysons Corner for \$13.3 million, where it plans to build a 354-unit luxury apartment complex within walking distance of the shopping malls and future Metrorail stations.

"We expect that Avalon Park Crest's convenient location and first-class amenities will be well received by residents

employed in Tysons Corner and throughout the Dulles Corridor," said Jon Cox, Avalon Bay senior vice president, in a statement. He said it would be the first of many new projects the Arlington-based company will begin in coming years.

DLJ Selling Seven Office Buildings Recently Purchased from West Group

After purchasing the real estate portfolio of West Group, DLJ is now looking to sell seven of those buildings. The largest real estate portfolio in Tysons is going to get smaller in order to be liquid enough to focus on the transit oriented development resulting from the Metro. Only three months after acquiring the West Group portfolio, they have listed the seven buildings sitting on almost forty acres. Bids have been made and we should hear more news soon.

Northern Virginia Homes Selling Faster, and Higher. Just not as many.

Long and Foster, one of the area's largest real estate companies, reports that most homes being put on the market are selling within two months. As of August, all of Northern Virginia averaged 50 days on the market (about a 2% decrease since last year), with Fairfax County coming in at 39 days on the market, a 7% drop from a year ago.

As for sales price, median prices have overall been increasing (other than Arlington) with Fairfax County median prices in August up 10% from a year ago.

As for September, single family home prices jumped up 13%, but the number of sales

took a tumble from September, 2009 due to the tax credits that were available last year. Total number of sales dipped below 1,000, down over 22%. Some great news-over half of sales in September were on the market less than a month.

New Appraisal Rules Set by the Fed

The housing melt-down and the demise of Freddie and Fannie caused Congress to demand new rules for appraisals. The interim rules, which are scheduled to take effect in December, prohibit outside interference in appraisers' valuations and require lenders to report evidence of appraiser misconduct. It also says that appraisers must be paid "customary and reasonable" fees.

The problem has been that lenders don't want to pay decent fees for decent appraisals. Many times the fee you pay to a lender are split with less than half going to the appraiser. With low cut rate fees, the appraisers tend to be less experienced, not familiar with the market and are forced to turn work around quickly that makes many mortgage deals collapse from an appraisal that could be tens of thousands lower than it should be.

You get what you pay for. Good appraisals take time and can't be done for a sub \$200 fee. Established local appraisers charge between \$275 and \$400 for an appraisal.

Lenders will still try to get around the restrictions by making cut rate appraisers sign agreements that stipulate the fees as reasonable. Like any rule changes, enforcement will decide how productive the changes become.

September Sales Figures for Area Zip Codes

source: Metropolitan Regional Information Systems Inc., October 8, 2010

Numbers may change and should be used only as a rough guide to the market at the time.

Zip	Number Sold 2009/2010	Average Price/ % change	Days on Mkt 2009/2010
22066	18/20	\$1,185,589/23%	149/106
22101	16/40	\$2,059,750/22%	49/103
22102	22/25	\$791,485/22%	52/82
22124	20/18	\$667,175/42%	61/83
22180	23/24	\$658,555/23%	75/70
22181	10/17	\$517,600/(-22%)	36/75
22182	17/18	\$816,647/15%	72/84



The latest site plan for the Dunn Loring Metro project show Harris Teeter taking first floor space facing Gallows Road.



Halstead Square's first of four buildings is under construction just south of the Courtyard Marriott on Gallows Road.

Merrifield Update - Latest tenants announced!

Last issue we ran a spread about the new developments that are on their way in Merrifield. Here are a few quick updates.

The Mosaic District is moving along. The multiplex is gone and they have stockpiled the crushed cinder block and concrete to re-use as part of the foundation material. Basically there is a bunch of site development equipment, storm water pipe, and piles of dirt and gravel as they continue on the sitework.

As for tenants, the Mosaic District has signed restaurants Matchbox, Taylor Gourmet, and a new concept from Black's Restaurant Group. We mentioned last issue that MOM's Organic Market, a two story Target, and the arts theatre Angelika Film Center. Recently announced is the boutique hotel, Hotel Sierra. The town homes will be developed by EYA. They are launching a new website soon, so check out www.mosaicdistrict.com.

Halstead Square is under construction. As seen in the photo below, the contractor is progressing. This is the first phase of construction that will ultimately have 900+ condos, a boutique hotel, retail and more.

The Dunn Loring Metro parking lot will soon see some action, first with the construction of the parking garage probably beginning at the end of the year.

Trammell Crow Residential has changed their name to Mill Creek Residential. Still mostly the same people running the show, they just split up the corporate structures.

Harris Teeter has been announced as a signed deal for 52,000 square feet on the first floor of a multi-level residential building. This grocer will be a welcome addition to the surrounding community. No other tenants as of yet.

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AROUND THE HOUSE:

Tips on Maintaining and Upgrading a Fine Home

WINTERIZATION

By John Byrd

With winter right around the corner (and memories of last year's Snow-mageddon still lingering) what better time to address the critical home maintenance challenge of effectively winterizing of your home?

For tips and insight, we turned to the members of Your Trusted Contractors, LLC, a newly-formed local alliance of home remodeling and upgrade specialists.

What distinguishes YTC is their common commitment to performance excellence and to each other. All members are independent professionals with at least 10 years experience and a long list of satisfied customers and third party endorsements. Companies join the alliance by invitation only, and are bound to each other (via written agreement) to maintain a collective high standard.

"The idea began when clients I've had for years asked me for recommendations in various specialty disciplines," explains founding member David Foster. "My customers were saying, in effect: we want you to recommend someone we can trust as much as we've learned to trust

you. Now, that's a serious proposal for someone who has built a business on long-term clients and the continual exercise of good will. But the more I thought about the request, the more I appreciated the significance of being asked for responsible informed assistance-- and the more I warmed to the peace-of-mind a client receives knowing I've staked my professional judgment on recruiting the best fit possible for their needs."

"Needless to say, this is--by definition-- a deliberate departure from the kind of paid referral service that has become commonplace in our industry."

For relevant field perspective, we also interviewed homeowners about maintenance projects they have undertaken in the recent past. While the list of activities is long, the consensus is that securing "the envelope" (barriers between the inside of the home and the unpredictable weather outside) is always a priority.

On this score, effective insulation, a moisture-free foundation and thermally-resistant windows were ranked highest as essential to a home's satisfactory functioning during winter months.

Windows: Surprising Options

Given the burgeoning technology in glazing products, finding a window

solution that satisfies both comfort and budget can be a tricky business.

Case in point: the local owner of a classic circa-1922 Cape Cod was justifiably pleased with his home's period authenticity which includes a course of large (53" x 99") single pane windows on the rear elevation overlooking a private garden. Nevertheless, after spending \$1,200 a month on heating last winter, he'd concluded that it's time for an improvement. Naturally he's concerned about preserving home's classic design and the striking visual continuum. But also wants good value.

Vinyl windows, he decides, are out of the question, too anachronistic. Yet wood replacement windows (even small ones) are \$800 to \$1,200 each.

So what did glazing expert Tom Patterson, president of The Window Man, recommend?

"High-performance storm windows," Patterson replies, acknowledging that some homeowners are initially skeptical when he touts this—probably owing to associations with the builder-grade variations that were introduced in the mid-1950's."

"The essential distinction in what we offer is the integrity of the product, Patterson says. "Cost-wise, a very air-tight storm window is less than half

the price of a comparably-sized wood replacement window. Yet it provides superb insulation and noise abatement, and even satisfies the very restrictive design covenants you find in historic districts."

Patterson should know. He's specified storm windows for landmark homes in Old Town Alexandria, Georgetown, Capitol Hill, and finds they're a flexible and sensible complement to any architectural style or window configuration.

"These are aluminum-framed windows with a very flat profile that fit unobtrusively into an existing frame. The thermal benefit is significant. Installed in front of the primary window, the storm window forms a 2" pocket of dead air that provides thermal-resistance comparable to what you will find in far more expensive double-ply Argon-filled windows. Low E treatment, which we also recommend, further boosts performance."

But isn't this more typically a commercial application?

Interesting point. When Patterson first started carrying the Monray storm window line almost 15 years ago the previous supplier was primarily affiliated with commercial construction.

"I was helping a homeowner who wanted a noise abatement solution and realized how perfectly this brand meets

a whole range of homeowner requirements," Patterson recalls. "Today, about 90% of our storm windows are installed in homes simply because they satisfy so many owner requirements."

Patterson executes some 75 to 100 residential storm window assignments a year.

"The Department of Energy is now actively promoting Low-E treated secondary window," Patterson says. "But we still run into homeowners who are stuck in the past."

Insulation: Strategies That Address A Home's Varying Needs

Last February, all Craig Mattice knew was that his Mansard roof was plagued with ice dams and his 10-year old 600 sq ft addition was so cold the pipes would freeze. No amount of thermostat adjustment would change the situation much.

"The draftiness was a little surprising after living in the house for over 25 years," owner Craig Mattice recalls. "It wasn't just that the winter was colder



A sprayed insulation can dramatically change a home's comfort by eliminating many of the drafts found in older, less insulated homes.

than usual...it was beginning to look like a systemic problem—particularly in the new wing—which was five degrees colder than other rooms."

To address the immediate threat posed by ice-clogged gutters, Mattice called in David Foster, principal of Foster Remodeling Solutions, who had completed a number of home improvements for his son, Matt.

"The damming was, literally, the tip of the iceberg," Foster recalls. "And when I inspected the attic it was clear that the envelope was not adequately sealed, insulated or ventilated— which is why the upstairs was also too hot in the summer."

Add to this the fact that homes built before 1980 specified less thermal resistant insulation (R-19) than the R-38 now required by the county building code, and the outlines of a common problem with older production homes begins to come clear.

"It's not unusual to find that the existing insulation just isn't the best application for all the weather conditions the house is likely to encounter," Foster observes. "Moreover, different parts of a house often call for different insulation strategies."

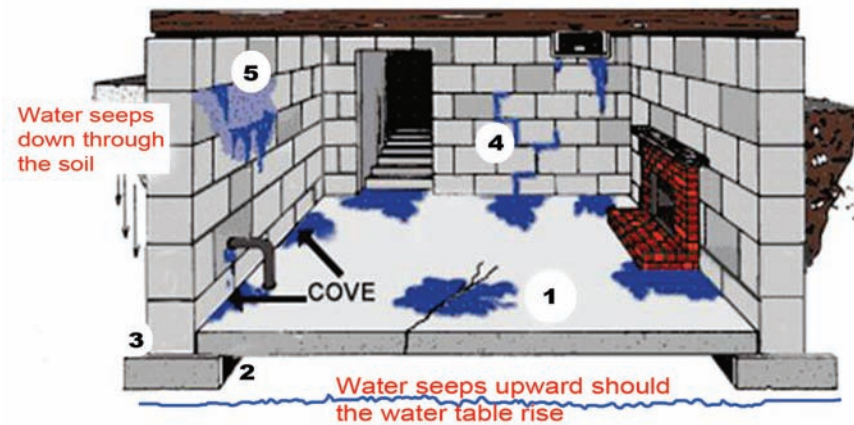
Since the goal for the attic was to dramatically increase R-value, Foster rearranged the old insulation— adding soffit baffles to improve ventilation.



Before (left) and after (right) of storm window installation. Modern storm windows have a thin profile and are much more aesthetically pleasing than those of just a few years ago.

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The Five Ways Your Basement Can Leak



1 Through cracks in the floor 2) Under the footer 3) Over the footer
4) The mortar between blocks 5) Sweating through wall

The real piece de resistance, however, entailed blowing in an R-25 fiberglass spray, raising the attic's thermal resistance to R-44.

"One of the real benefits of fiberglass is that it wraps everything...creating an air-tight insular envelope," Foster says, "This makes all aspects of the home's heating and cooling more efficient."

The kitchen and family room was another matter, however. Turns out the artfully-designed 600 square foot new addition was built over an unheated crawl space, and the HVAC duct wasn't even connected in the kitchen.

"Specifying insulation starts with a kind of forensics," Foster notes. "Where is a wall, ceiling or roof exposed to outside conditions? What are the challenges to regulating temperatures?"

Given the problems inherent in insulating a living area built over an unheated crawl space (which also played a vital role in air circulation), Foster re-engineered the entire thermal equation: existing fiberglass batt was removed; a sprayed-in closed cell foam was then applied to the underside of the floor system. This elevated the thermal value to R-20 while providing a draft-free air-tight seal to the kitchen floor.

So how does the change perform? "Beautifully. It's noticeably tighter

than before and has made the new wing much more comfortable in all seasons," Craig Mattice says. "The whole house heats and cools much more efficiently; we're thrilled."

Waterproofing: Systemic Solutions

Kent Lundberg, a technical consultant at B-Dry Waterproofing, recalls an assignment to fix lower level leaks in a McLean home that turned out to be sourced to an underground stream.

"We're pretty aware that, historically, the building sites for some of the homes in northern Virginia have less than ideal," Lundberg notes. "On the other hand, in this case, a surprise leak source was threatening to turn the basement into a swimming pool."

Eventually, the B-Dry team implemented a deft solution, diverting the stream to a nearby creek. But the object lesson remains: the topography under some of the area's most prestigious communities is so interwoven with the Potomac's far-reaching tributaries that it's not surprising when a home's lower level gets a bit damp.

Even without visible leakage, though, musty odors, mildew, mold, peeling paint, warped or bowing wood as well as rust on appliances may be indications of excess moisture in a home. The conscientious owner should determine if the cause is condensation (the result of trapped moisture trying to get out) or

seepage (water penetrating from the outside).

On that score, Lundberg recommends a simple test: tape a small piece of plastic to your home's foundation wall, tape all the edges and check back in a few days. If water droplets form on the outside of the plastic, there is condensation; droplets on the plastic's wall-side point to seepage.

There are five ways water can enter a basement, Lundberg says. But the core problem with seepage is pressure—specifically, hydrostatic pressure—which builds indefinitely until something gives. This is literally water seeking its own level; yet it's one of nature's most persistent phenomena and eventually exploits every weakness in a membrane, displacing all in its path.

Alleviating hydrostatic pressure requires systemic solution: introducing a drainage system along the inside perimeter of the footer and conducting water to a sump pump designed to discharge it away from the house. Overall, this approach needs to be clog-free, crush-proof and able to address all the ways water can enter a home.

Because any real remedy must be self-sustaining, a warranty for work and product is, therefore, essential. Settle for nothing less.

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A One of a Kind Resource Now Open in Our Community

Jill's House provides short term care options for families with special needs children that can rarely be found at this scale anywhere else in the world.

Until it is personally experienced, it is hard to imagine the additional effort, sacrifice, and love it takes to care for a child with special needs. With so many other stresses encountered in our everyday lives, the additional responsibilities of caring for a disabled or special needs child can deprive parents and guardians of their own social and personal needs, as well as those of other siblings.

After seven years of planning and research to develop a unique respite care facility for those with intellectually disabled children, Jill's House opened its doors in October. Focused on providing unique care and enjoyable activities for those children during short-term stays (one to two nights), it allows parents a chance to spend time together, to visit friends, or to give some exclusive time to other children, all with the confidence that their child will be properly cared for. The availability of this type of respite, a break from the constant responsibilities faced every day, is a resource that can help prevent the breakdown of families that so often happens as a result of the additional burdens.

The nearly \$13 million dollar facility provides resources rarely found in this area, and perhaps the world,

at this scale. Jill's House will have thirty bedrooms, half private, half semi-private. The semi-private accommodations are for those who may have a sibling stay or if there are two children who are friends and the parents agree it would be suitable or beneficial to have them stay together.

The rooms have plenty of natural light and are appropriately appointed. Bedrooms are basic but comfortable. DVD players and wall mounted flat screens are in each



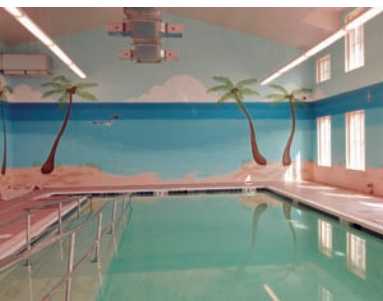
www.JillsHouse.org

room to accommodate any nightly routines a child may have to ensure a most comfortable experience. Some have special equipment to handle special physical needs.

Each wing of 10 bedrooms has a themed sensory room, as the name says, a place to stimulate the senses with tactile objects, fun lights, etc. Each wing also has large multi-use spaces for activities, playing, dining, watching a movie and more. There

is also a "serenity" room, a place where a child can gather and calm themselves with a caretaker when needed. Each wing also has a nurse's room to fulfill any medical needs a child may have. The bedrooms and bathrooms have been equipped with state of the art lifting equipment for those who physically need it. Aesthetically pleasing, the three living areas have themes: a mountain lake, a sci-fi space, and a wilderness exploration setting. The hand painted-murals on the walls bring a warmth and hominess, far from an institutional feel.

But an institution it is. Every aspect and detail of the facility was thought through from the finishes, to the equipment needs, to safety, and accommodations for those that have physical disabilities. Walking into the lobby, you are welcomed by a high ceiling great room with comfortable seating and freestanding stone fireplace along with a flexibly partitioned meeting room (decorated more like a homey library). There is a full commercial kitchen to provide food for the staff and guests. Some of the special amenities for the guests include an indoor swimming pool (complete with ramps and lifts to make accessible to everyone), an indoor gym, an art area, a music room, a library, a computer room and a couple classrooms. A well designed



Open to children of all faiths, the state of the art facility has amenities to keep their special needs guests active and comfortable. Pictured above is the indoor pool, the library, a bedroom, and the indoor gym.

large outdoor playground at the back of the building provides a great place for children to spend time outside.

So how does it all work?

It doesn't work like a hotel. There is a lengthy intake process for each child prior to being able to use the facility. Factors like nutrition, behavior, health, and physical disabilities all are taken into consideration in developing a needed plan so that the child is properly cared for during their stay. Unlike the impression many of the local neighbors had during the planning process, it is not a long-term therapy program, but it has therapeutic value. There is a limit of two nights of use per month. It is an amenity to the community, a place where a large number of families with special needs children can access it as they see fit.

It is not only the facility that is catering to the children, but more importantly the staff. Every child with intellectual and physical disabilities has individual special needs that need to be specifically addressed. It is far from one plan fits all.

Initially, they are only opening a third of their rooms for weekends only in order to be sure that they can properly staff the facility with trained and certified employees who can provide the care and safety needed. Once a pattern of operation is developed, it will open more rooms and more days of the week.

For the staff, it's not just the



Pastor Lon Solomon, his wife Brenda, and Jill, for whom Jill's House is named.

experience and knowledge that brings success, it has to do with attitude as well. Development Director Lee Vaughn made the point specifically as he gave a tour of the facility. To properly care for these children, their goal is "to see their ability, not just their disability." Catering to a child's strengths while understanding their disability is a key to being successful. As a relatively new concept, the staff-to-child ratios will be kept high and only lowered as the program matures and the requirements of each child staying at Jill's House is better understood.

Jill's House is an integrated affiliate of McLean Bible Church. Understanding the history behind its concept starts with the Church's Access Ministries. Family support, daytime respite, and specialized activities are provided through Access Ministries along with a summer camp program and annual conferences focused on the entire realm of caring for those with disabilities. It was through these programs and the experiences provided by them, that it was

>>>>>con't

determined that a broadened range of care at an overnight respite facility could ensure services to a much larger segment of the population that needed them.

The driving factor behind Jill's House (and its namesake) is the daughter of McLean Bible Church's Senior Pastor Lon Solomon and his wife Brenda. Shortly after Jill was born, she developed a severe seizure disorder that left her physically and developmentally disabled and in need of constant permanent care. They were fortunate to have resources of family, friends, professionals, and Access Ministries to help give them a break. Brenda makes the case simply. "Respite gave us hope. It changed our lives. I don't know where we'd be today if we hadn't gotten it. Lon says he doubts he'd still be in the ministry; perhaps our marriage wouldn't have survived." Understanding how many others did not have access for respite was the idea behind Jill's House. Having a resource to give parents

and guardians a needed break via a place where they felt comfortable that their child will be well cared for provide some relief from the constant responsibility that many times can cause a breakup of a family. Jill's House was born in 2003 from that idea.

Though a Christian organization, Jill's House is open to any family of any faith. They serve children from the metropolitan area ages six to seventeen with intellectual disabilities. The cost is greatly subsidized through generous donations. Currently at \$75 per 24 hours stay, Jill's House is an affordable and needed resource in our community.

The inaugural weekend went well. There were six children who stayed at Jill's House and they appeared to greatly enjoy it. Everything seemed to run smoothly. No real hiccups, and no dramatic changes are anticipated after the weekend ended, just continuing evaluation to be sure that the kids have the best experience possible.

Flexibility will be the key in providing for the children since each has their own individual needs.

In the metropolitan area, there are roughly 40,000 children with special needs. There is an overwhelming unmet need for respite in Northern Virginia with over 60% of surveyed parents saying that they cannot get the service they need. Financial and social hardships typically follow the birth of a special needs child due to the additional demands involved. "Jill's House was created to provide loving care and therapeutic activities for children with special needs like Jill and a much needed break for their families," said Jill's Mother, Brenda Solomon.

Jill's House is located next to the McLean Bible Church at 9011 Leesburg Pike. For further information, details about using the facility, or for making needed donations, please visit their website at www.JillsHouse.org.

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Inside and outside: Keep ladder safety in mind when decorating for Christmas

November has become the month of preference for outdoor holiday decorating. There are two reasons. If you live where winter is cold, it's not as cold in November as in December. No matter where you live, decorating when you aren't rushed is easier and safer. Second, Thanksgiving Day is the new most-popular day to light decorations. Guests for Thanksgiving like to see your outdoor lights go on for the first time.

Whether you're decorating a big evergreen outside or placing a topper on a tall indoor tree, you will need a ladder. The first order of the day is: Don't climb alone. Have someone there to steady the ladder or help if you lose your balance.

The Home Safety Council gives these further instructions for safety:

- Check the ladder for loose screws or rungs before taking it outside.
- Don't place your ladder on ground that is uneven or very soft. Put boards on the ground for a solid ladder base.
- Stay in the center of the steps when you climb and don't lean too far in either direction.
- Never step on the top of the ladder, or the rung below it, because your center of gravity will be too high. Get a taller ladder if you need one.
- Avoid carrying too much up the ladder at one time. A study by the Bureau of Labor Statistics shows that half of ladder accidents occur because people carry too much when going up or down.
- Always hold on to the side rails.
- Skip the beer and cocktails. Drinking before climbing increases the likelihood that you will lose your balance and fall.

A survey by the council and Werner Ladders shows that many people don't use ladders safely, especially for Christmas decorating. Of 1,000 people interviewed, 52 percent say they have worked on uneven ground; 47 percent admitted reaching farther than they should; 38 percent said they hang decorations outside after dark; 36 percent said they use the top two steps of the ladder.

About 20 percent admitted to drinking while climbing.

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Gift Giving Tips

AVOID:

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

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

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

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

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

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

rather receive a good book than a ticket to a boxing match.

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

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

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

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

Reciprocity is not quid quo pro!

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

Need a last minute gift for a host/hostess?

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

Where to go? Try Silva's Patisserie or Yas Grocery in Vienna, for beautiful sweets

Gift giving tips at the office for that "secret santa" exchange:

- No matter what, be sure you understand the specifics! Find out what has been done in the past so you can follow suit.
- If there is a dollar limit, stick to it. If you are close friends with someone you work with, give that more expensive gift to them outside the office.
- Consider a person's hobbies, like golf, or cooking, or reading.
- Avoid gag gifts. Too easy to backfire on you.
- No matter what, wrap the gift. Nice wrapping will add value to what ever it is.
 - Don't be late. Nobody wants to hear you say the gift is on its way because you forgot.



The Green Life:

How to Recycle Right

With a little knowledge about local rules, it's easier than you think.

By Beth Chung

Working on green issues, I hear it all the time. “Why recycle when I can just throw it away?” “It’s too complicated,” and “what I do doesn’t make a difference.” The reasons to recycle are simple: to preserve health, natural resources, and money. It’s also the law, for good reason. You may be aware that when you toss an electric toothbrush or CFL bulb into the trash, the lead, cadmium, and mercury inside is released and contaminates air, groundwater, and soil. But did you know that by trashing a beverage can instead of recycling it, you’re actually helping to undermine American companies’ economic competitiveness?

Let’s examine the case for recycling just one element—aluminum. Failing to recycle a single can seems so minor. But the aggregate impact should make us think twice. One aluminum beverage can per person is produced every day in the US (about 110 billion cans), yet only about 25% are recycled. Americans throw away enough aluminum every three months to rebuild our entire commercial

airline fleet. So it’s actually patriotic to recycle aluminum cans—you’re helping US manufacturing companies to keep it local, reducing energy and production costs.

Most new aluminum is imported, however its domestic extraction uses nine times more energy than reusing recycled aluminum cans. These costs are passed along to consumers in the form of higher prices—

pennies on a can so you don’t notice it, but it’s there. Recycling can help keep your Diet Coke cheap, the environment cleaner, and American companies more competitive. So tailgate away, but please recycle.

What’s New in Local Recycling?

There is good news about recycling convenience for many Fairfax County residents: it is easier than ever before to recycle paper, glass, plastic, and aluminum. Just five years ago it seemed as if you needed a Ph.D. to understand local recycling guidelines.

The kids seem to know more about it than adults do, but read on, and soon you’ll have enough information to level the playing field.

Fairfax County does not own any recycling plants, so most residents contract with one of a variety of private hauling companies to pick up their recycling. Sometimes recycling pickup is on a different day from trash day. If you’re not sure which day your recycling is picked up, just call your hauler and ask.

Each hauler takes recyclables to particular plants. Technology has made things easier at the



new “single-stream” recycling plants. Giant new machines used here can sort all recyclables by weight, so the customers of haulers that use these plants don’t have to sort mixed paper out from cans and bottles—they toss it all into one bin. Because only some hauling firms use the new single-stream plants, however, you do need to check with your hauler to make sure of the sorting policy for your address. Just give your address and ask, “Is your plant a single-stream or dual-stream one?” If it’s single-stream, use a bin for all recyclables together, not plastic bags, because the bags have to be removed or they jam up the machines. If it’s dual-stream, separate mixed paper in one bin and bottles/cans in the other (bagged if your hauler requires it).

What about recycling in the incorporated cities and towns? The Towns of Vienna and Herndon and the City of Alexandria use single-stream plants. Check their web sites for more detailed information on recyclables. Some towns provide a separate recycling bin you use for only recyclables. The City of Fairfax uses dual-stream plants, so residents there are required to separate mixed paper from cans/bottles.

Recycling rates have been declining, but it’s possible to reverse this trend. Even a lazy person can recycle correctly in less than ten minutes per week. That includes the time involved in taking all to the curb. Just follow a couple of simple strategies for success.

KNOW WHAT’S RECYCLABLE. The law in Fairfax County requires residents to recycle three types of resources: mixed paper and cardboard (including junk mail), aluminum cans, and plastic and glass bottles. Ask your hauler (AAA for example) if recyclables can *ALL* be jumbled up together in one bin or bag.

Some items cannot be recycled. According to Ben Boxer of Fairfax County Solid Waste, who works frequently with children on recycling education, we should think about it as “avoiding contamination by food and human substances.” It’s pretty simple to remember. And when in doubt, leave it out, so whole loads of valuable

recyclables don’t get rejected by the companies that buy recycled materials.

The Fairfax County Department of Public Works & Environmental Services has created a recyclables chart for visually-oriented people. www.fairfaxcounty.gov/dpwes/publications/recycling/green-sheet.pdf. You may wish to pin this up on the wall near the main recycling bin until it becomes second nature.

The inset below is a comprehensive guide to recyclables by category. Please check with your local trash hauler about whether to include the “Maybes.” If your carrier uses a dual-stream input plant, you can’t recycle the maybes. If you move or change to a different hauler, remember to check into whether what you can recycle has changed.

BUSINESSES & APARTMENT DWELLERS

The regulations for businesses and multifamily units in the County differ from residential requirements. Condos and apartments built prior to July 2007 are only required to recycle mixed paper and cardboard. The same applies to businesses, office buildings, and schools. Some of the haulers at these locations will accept bagged plastic bottles and cans. Check with building management.

If you’re not happy with the recycling service provided in your building, you have two options. You can petition for better service, or take your recyclables to a drop-off center.

There are eight drop-off centers, located

MIXED PAPER

YES: All paper, newspaper, magazines, paperback books, telephone books (collected separately in the Town of Herndon), cereal, cookie and cracker boxes, all envelopes including window-types, shredded paper (bagged & tied shut), cardboard boxes, non-metallic wrapping paper, paper grocery bags, corrugated moving cartons, etc. Please break down large boxes to save truck space.

NO: grease- or pizza-contaminated delivery boxes, food-contaminated paper, napkins, tissues, tissue paper, paper towels, Styrofoam, metallic gift wrap.

MAYBE: milk & juice cartons, waxed soup/food boxes.

ALUMINUM

YES: All aluminum cans. Empty/ rinse them. Juice cans, soda cans, soup cans, coffee cans, etc. They must be free of food residue.

NO: Aluminum foil, disposable aluminum trays, empty aerosol cans (accepted in Vienna and Alexandria), cookware, silver gum wrappers.

PLASTIC

YES: Water bottles, drink bottles, ketchup bottles, drink bottles, hand sanitizer bottles, vitamin bottles, etc. with narrow necks. **CHECK** for the **NECK**. Narrow-necked bottles are in demand and can be recycled anywhere (they are used in the manufacture of new carpeting, among other things). Any color is okay. Bottle **CAPS** should be removed for plant workers’ safety, but they can be recycled.

MAYBE: Single-stream plants may accept all (number 1-7) plastic containers except those that contained motor oil and pesticides, which are household hazardous waste and must be disposed of separately. Yogurt cups, margarine tubs, peanut butter jars, empty pill bottles (please place expired medications in a sealed plastic bag in the regular trash, not down the toilet), even plastic lawn furniture (hooray for the Town of Vienna!).

NO: clean plastic zip-closure and shopping bags (accepted at many supermarkets and curbside in the Town of Vienna), bubble wrap, straws, frozen food trays, plastic trays, clamshell and dome style food containers.

GLASS

YES: Bottles and jars, any color or size

NO: Broken glass, large sheets of glass, vases, mirrors, lamps.

in Alexandria, Annandale, Fairfax, Lorton, Oakton, Reston and Vienna. See the DPWES Recycling web site for more details and hours of operation. Fairfax County Public Schools are required to recycle mixed paper/cardboard and one other type of item (plastic bottles and aluminum are increasingly common choices). FCPS haulers take sorted recycling to dual-stream plants.

TIPS TO MAKE RECYCLING A HABIT.

It's easy to make recycling a habit.

1. Add bins. Keep a blue recycling bin next to the trash bin in the kitchen, office, near where you sort the junk mail, etc. Have a collection bin next to the trash bin in rooms where recyclables are often used, so you don't forget.

2. Put a large recycling can in a convenient, central place in your kitchen or laundry room. It works best when it's right near the trash—to encourage everyone to make the right choice. Paper grocery bags work great to collect mixed paper; simply fill them and take out as needed on a recycling day. Keep one in each of the kids' rooms—it'll get used a lot.

3. Designate one place to store plastic bags from the newspaper, grocery store, etc. Once a month, take them along with you to the supermarket for recycling. Zip-close storage bags can be recycled if there is no food residue on them.

4. Keep a scrap paper box in your home office next to the printer, to reuse the back side of paper.

5. Put your children in charge of policing all the household trash bins the day before the recycling goes out. Seriously. This is one chore children love, because they have the potential to scold you: "Whose Diet Dr Pepper can might this be now, hmm?" Even paper towel and toilet paper rolls are recyclable.

6. Show the household cleaning staff exactly how you want them to collect recyclables separately.

7. Prevent disposable water bottles from entering your home. Don't buy imported spring water or disposable water bottles. This water is not necessarily cleaner than municipal tap

water (in many cases testing has shown it IS municipal tap water, and is not filtered). Its carbon footprint is six to 12 times higher than tap water. Get a home point-of-use water filter if you are concerned about contaminants or have a well. It really is less work.

8. To reduce your plastic bag consumption, choose reusable canvas or cotton grocery bags to use at the supermarket. Keep them in the car. It's taken me a year, but I've now trained myself to put them back in the trunk after every grocery shopping trip.

HOUSEHOLD HAZARDOUS WASTE

One last category of waste is particularly important not to trash. Household hazardous waste consists of items that the County does not want sent to landfills or incinerators.

Hazards include: coal tar, cooking oil, wood sealers, compact fluorescent

Remelting aluminium to return it to 'new' metal takes only 5% of the original energy required to mine it. So 95% of the original energy investment always remains 'stored' in the metal.

bulbs and regular fluorescent tubes, drain cleaner, house paint, propane tanks, nail polish and removers, poisons, pool chemicals, and yard care chemicals. Pack them up in the original containers and take them to a Household Hazardous Waste Disposal Event. They are held throughout the County all year long.

Cell phones & rechargeable batteries

Each government center has a convenient drop-off box. You can also take them to any Radio Shack store, or the cell phone store where you bought them. My experience is that these services are underutilized, and if there is one change you make this year I would suggest this be the one. Rechargeable batteries (found in children's toys, electric toothbrushes, solar yard lights and the like) contain cadmium and lithium which are bad for the environment, especially the streams. Please, don't hide them in the trash just

because they're small.

Computers, televisions, printers & electronics

Because of their toxic components, you can't put these items in the trash—you could be fined \$300. You can go to one of the periodic Electric Sunday events the County holds and dispose of them for free. The next one is Sunday November 21 from 10-3 in Fairfax at the I-66 Transfer Station on West Ox Road. The savvy will sign up for their email list to get reminders of these useful events.

Many different area stores that sell these products have started to accept these items for recycling, even though they didn't sell the particular ones you want to unload. I like to take mine to Best Buy because they are highly committed to recycling, and I have found them to be the most willing to accept items, even beyond their corporate "3 items per visit" policy. It's best to remove the hard drive before bringing PCs in.

If you belong to Staples' or Office Depot's customer clubs, you get credits for each printer cartridge you bring in to them for recycling.

THE BOTTOM LINE

Let's review our take-away information. Does my hauler take recycling from my address to a dual-stream or single-stream plant? (30 second phone call.) What day do I put my bins out (same phone call.) Where are the recycling bins? (Check.) Do I need more? (Quick trip to the hardware or office supply store.) How can I get the kids involved? (Perhaps teenagers can find household hazardous waste, and be paid to drive it away for disposal). Quick trip to a retailer with the old computer/electronic refuse this weekend. Now you're recycling right. Doesn't it feel good to stop being a free rider?

It does make a difference when we act responsibly as recyclers. Please be good to your family, your neighbors, and our charming little corner of the planet by recycling right.

Beth Ritchie Chung is a land conservation professional who consults locally to homeowners, businesses and schools via mygreenexpert.com.

Next Issue's Green Life : Know How to Go Truly Green When Remodeling.

Ask an Expert!

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There are many ways to approach cosmetic dentistry, including smiles created by dental technicians that often look fake or contrived. In contrast, DURAthⁱⁿ® veneers can create a beautiful smile that looks real and natural. The secret lies in artistically designing the shapes of the veneers, in layering the porcelain so it looks natural, and in selecting appropriate techniques so the end result does not look thick or bulky.

Generally speaking, people who have narrow smiles or have had teeth extracted or orthodontic reasons in the past can be great candidates for this exciting new procedure. We have also used this technology to "turn back the clock" for people with small or worn teeth, giving them a more youthful smile.

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Q: Does a Girl Really Need a Pedestal?

By Leigh Macdonald

A: Absolutely.

And here's why....

We raise children. We date husbands. We nurture our families. We perform in the workplace, cultivate friendships, and volunteer our time. We give blood, clean our homes, cook meals, and bake for cake walks. We care for elderly parents, remember teachers' birthdays, and coordinate ever-expanding family calendars. We excel as finders of lost things. We wrap gifts, decorate for holidays, and plan parties.

All the while, we expect nothing less than perfection from ourselves. We want to be great mothers and wives who are upbeat, well-rested, delightfully-tempered, and nicely groomed. We know that if we maintain that sort of excellence, no one will take issue with our excellence as architects, teachers, doctors, and scientists. And so . . . we stand ready to conquer anything. All the time.

Clearly, we're delirious. But . . .

For every ounce of our delirium, there's a pound of love and good intention. We only want everything to be perfect—or at least our version of perfect—because we're genetically and environmentally programmed to do it all.

When we're at our best, we see our accomplishments. We see happy children, happy homes, and productive workplaces. And in those best moments, we don't begrudge anyone for the length of our lists and breadth of our commitments. Instead, we're able to see all the rewards associated with our effort.

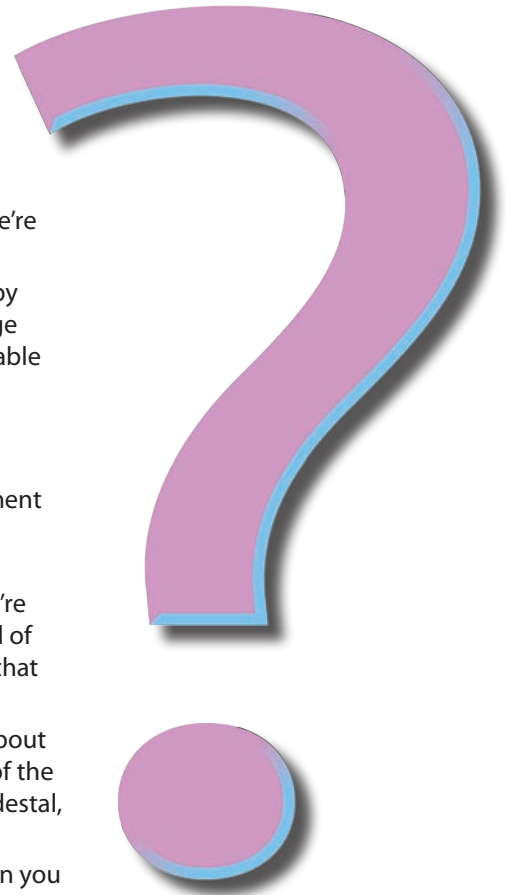
When we're stressed, we don't see things in quite the same light. We see unending commitments and a shrinking clock.

But here's an ever-important point.... The life that we see when we're in a best moment is the same life that we see in a stressed moment. The only real difference is our perception at the moment. And that's where pedestals come in.

We all have pedestals. Already. Indeed, our pedestals are the places from which we're able to see our best lives. From our pedestals, we see the fruits of our labor. Instead of views cloaked in over-commitment, our pedestals allow us to see busy lives, lives that are full of opportunities we've helped to create.

So, next time you find yourself relishing a best moment, take a second and think about how you got there. That'll be a road map to your pedestal. In fact, it'll be just one of the many possible paths to your pedestal. And once you're on the lookout for your pedestal, you'll find it more often.

So go on about your day, but remember that you have a pedestal to find. And when you find it, enjoy your view. After all, you created it.



Leigh is an attorney and former law professor, but nowadays, she's a freelance writer and Community Content Producer for WUSA 9's 53 hyper-local websites. Leigh doles out daily shoe and fashion tidbits at NiceShoesNoDrama.com, and she has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends. Leigh lives in Leesburg, VA, with her husband and two children. *Photo by Cavalieri Photography*



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Local Business Grows on Success

Randy Norton reminisces on Great American Restaurants' 36 year history.

By Alexandra Greeley

When hip Jackson's Mighty Fine Food & Lucky Lounge opened in Reston Town Center about 2 years ago, the restaurant created a big buzz. It rapidly became the twentysomethings' favorite hangout—drinks on the patio—and everyone else's go-to place for creative American fare served in abundant portions. Self-described as an “upbeat 1940s dinner house,” this restaurant has made its reputation by serving such tempting fare as a lobster roll with hand-cut fries and a lemon marshmallow meringue pie.

But Jackson's is just one of many big hits in the restaurant roster of Great American Restaurants, headquartered in Falls Church. Launched in 1974 by partners Randy Norton, Mike Ranney, and Jim Farley, the company got off to a somewhat shaky start, says Norton. “We opened Picco's in Fairfax City just on a whim,” he says. “A few years later, we opened Fritzbe's in Annandale. My partner Mike and I had no clue what we were doing. Fortunately, the market was forgiving.”

Norton explains that he had had no experience in the restaurant business; instead, he had worked in the animal by-products rendering business (think grease). But at the age of 26, these young men decided opening restaurants might be more fun. “It was not a big strategic set of decisions,” says Norton. “We served what we like to eat, and we modeled ourselves by other successful restaurants.” Norton admits that the partners never really had a game plan as such, but they all had a clear idea about what kind of menu would have the broadest appeal.

But with the opening of Carlyle Grand



From the top: Aquatic decor at Coastal Flats in Tysons, upstairs at Mike's Great American, margaritas at Silverado, and Coastal Flats in Fairfax.

in 1986 in Shirlington and Mike's “American” Grill in Springfield in the summer of 1987, the fledgling company underwent a major transformation. “Mike's was our 7th restaurant,” says Norton, listing the various Fritzbe's of the company's earlier restaurant days. “We had decided to move to a less sandwich-oriented restaurant menu.”

Norton quickly notes that in the intervening years, management decided that Carlyle Grand “was too serious” so the menu became much more focused on comfort foods, and the restaurant name changed simply to Carlyle. Indeed, he says, management deleted the word “Grill” from Mike's name: that made it sound too much like a steak-house chain, he says.

Until the mid-nineties, Great American Restaurants opened no additional restaurants. But, says Norton, behind the scenes the partners were remodeling restaurants. By late 1996, the company launched its first of three Sweetwater Tavern restaurants, the quintessentially cool, laid-back, good-times-for-all eateries with a menu that appeals to the inner child in us all: Louisiana pasta, fried chicken tenders, and a hickory BBQ burger, to name just a few of the contemporary dishes on the menus. In quick order, the Sweetwater Tavern brand moved from Centreville to Merrifield and finally to Sterling.

At the outset of Great American Restaurants, the partners were all more comfortable with offering solid, all-American menus, but as America's cuisine has evolved over the years, so have all the restaurants' menus to include dishes that may reflect the national melting pot kitchen. Norton tells how he and his family travel the country, sampling up to seven restaurants a day to find dishes

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that have appealed to them all. In fact, Great American Restaurants employs three chefs who work full-time on creating new menu items.

Now years later, the partners can look back over the decades at their phenomenal success, resulting in a total of 11 restaurants—Mike's "American", three Sweetwater Taverns, two Coastal Flats, Carlyle, Silverado, Artie's, Jackson's, the newly opened Ozzie's Corner Italian—and one bakery, Best Buns Bread Co. in Shirlington. "I was going to call it Crusty Buns," says Norton, "but when my lawyer, wife, and daughter said "no" we gave it a more politically correct name. That was my sense of humor."

And which of these restaurant concepts does Norton like best? That's very hard to say, he replies, but he notes that Mike's "American" may be the company's most popular. "It's astonishing how well Mike's does," he says. On the other hand, considering the long lines at the company's various restaurants, it's safe to say each has its own devoted following. "The way you can measure success," says Norton, "is to see how full

a restaurant is at the off hours."

Surely the partners are eyeing what happens at its newest venture, Ozzie's Corner Italian, located in Fairfax Corners, near its Coastal Flats location, but as far as possible from that concept. "We do all the pasta fresh in house," says Norton, "and we have no chicken Parmesan on the menu." With a zillion other Italian restaurants around the country, the partners had to carefully craft a menu that stands out for its unique approach. To do that, they visited cities known for their outstanding Italian restaurants, and came away with several ideas that formed the cornerstone of Ozzie's menu. Of these, Crazy Lasagna, the cooked-to-order lasagna with meatballs and wild boar Bolognese sauce, has become the Number 1 seller.

What's next for Great American Restaurants? Norton says he has no idea, but possibly, just possibly, the company may eye locations outside of Northern Virginia. No, it's not going nationwide, but maybe it might find a comfortable spot in Montgomery County. Who knows?

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A high-contrast, black and white photograph showing the silhouette of a person sitting on a wooden bench in a brightly lit hallway. The person is facing away from the camera, looking down. The hallway has large windows on the right side, creating a strong backlight effect. The floor is polished and reflects the light. The overall mood is contemplative and somber.

What To Do When the School Tries To Suspend Your Honor Student

By Tom Spiggle

Ever since your child was little, he has refused to eat apple slices if they are at all brown. So, one morning while packing his lunch, you include a small knife in his lunch box for him to cut his apple into slices. Your son is an honor student and has never before been in trouble at school, yet when a teacher sees him with the knife she sends him to the principal. You receive a call that your child has been suspended from school, with a recommendation that he be suspended for the rest of the year. Is this legal? Can you stop it?

This type of scenario happens all across the country more often than you may think.

If you find yourself in a situation like this, here are the first steps you should take.

1. Get information from school officials

Your first order of business is to find out exactly what happened. When you get to the school, listen and take notes. Remember, the school system has all of the facts at this point, and you need that information. Do not try to defend your child. That comes later.

Think of yourself as a reporter investigating a story. You need to know the Who, What, When, Where, and Why. What did your child do? When and where did this happen? How does the principal (or whomever you're talking to) know what she knows? Did a student report this? A teacher? What are the names of the people involved? Can you talk to them now? Did anyone provide the school with a written statement about what happened? Can you get a copy? Why is the school suspending your child? What policy did he or she violate? Can the school system provide you with a copy of this policy? What punishment does the school propose? Is the principal going to recommend a long-term suspension?

Write down everything the school tells you. Don't interrupt by attempting to defend your child. You need to know everything that the school knows. When you get home, ask your child what happened, and write that down as well.

2. Study the school policy

Next, take a close look at the relevant school policy. State law requires that school boards enact regulations for the suspension of students from school. These can generally be found in the school's student handbook or on the website for the school board, but they are sometimes difficult to locate since school boards have a surprisingly large number of policies. Read these policies carefully. Understanding the policies better than the principal may be the best way to avoid long-term suspension. For example, in the case of our honor student above, reading the policy closely could end the matter. Regulations in Fairfax County state that a student can be suspended long-term for having a pocket knife with a blade longer than three inches. If the principal didn't measure your child's knife before suspending him, and the blade on the knife is less than three inches, your child cannot be suspended for more than 10 days.

3. Determine whether your case is about policy or facts

Most student suspensions fall into one of two categories: Fact or Policy. In the first category, the facts are in dispute, but the application of the policy is not. For instance, assume that a teacher finds a bag of marijuana at your child's feet. The teacher believes it belongs to your child and tells the principal. In this situation, everyone agrees that the school can suspend a child for having marijuana. No one is arguing about the policy. But your child claims that it was not her bag. She says another student threw the bag at her feet just as the teacher walked in. This is a

dispute of fact. Is your child telling the truth or not?

Other cases involve a dispute of policy, not facts. Let's suppose that your child is sitting with his friends at lunch. One friend uses an inhaler for asthma. He says it tastes like strawberries. Curious, your child asks the friend if he can see what it takes like. The friend hands your child the inhaler, your child tries it, and hands it back. A teacher sees this and takes your child to the principal. The principal suspends your child claiming that he has violated a policy stating that a student may not use drugs at school that have not been prescribed by a physician. This is a policy dispute. Everyone agrees that your child put the inhaler in his mouth; the question is whether the policy the school is using actually applies to this situation. Does taking one puff of an inhaler to see what it tastes like really equal "using drugs?"

The category that your case falls into will drive the type of research you need to do. If yours is a fact case, then you need to find out exactly what happened. Talk to your child, the teacher, and any witnesses. Make a drawing of the scene. You will want to find out anything that suggests that the school got its story wrong.

If your case involves a question of policy, study and research the policy. Look at the exact wording. Does it sound like it applies to your child's situation? Do some Internet research to see what you can find about how other schools have used similar policies. This can be difficult research. You may want to hire a lawyer to do this for you. If you

are trying to keep costs down, try to find a law student or paralegal to help.

4. Make your argument to the principal

Let's suppose there is not a clear-cut answer in the regulations. (You would be surprised how often this is the case.) The next step is to negotiate with the principal. Once you have completed your research, sit down and write out the best argument you can come up with as to why your child should not be suspended. Then schedule a conference with the principal (or superintendent, if it has gotten that far) and make your argument to him or her.

If you can't talk the principal out of suspending your child, start preparing for the hearing. At this stage, it is crucial that you know the procedure for appealing the suspension process. Deadlines are tight and the school may not always give you accurate information about the procedure. (To find information about this procedure, search for Virginia Code § 22.1-277.04 &

5 on the Internet.)

The hearing itself is like an informal trial. You will be able to call witnesses on your child's behalf and make arguments to the panel. In most cases, the panel will be limited to determining only whether the event actually happened and will not have the authority to determine the merits of the policy itself.

For a long-term suspension in Virginia, parents have a right to appeal any decision to the school board. If the school board upholds the suspension, parents can appeal that to the county Circuit Court.

Should you hire a lawyer?

Navigating the many policies and procedures can be challenging and overwhelming. If your child is in a special education program, or if you believe that the conduct leading to the suspension is the result of a disability, you should hire an attorney to help you. This area of law is very complicated. The same is true if your child is facing

criminal charges from the same conduct that led to the suspension. Participating in the suspension process without a lawyer could hurt your child in the criminal process.

If you do not fall into one of these categories, and you do decide to seek outside help, here are a few things to think about.

1. The earlier, the better

Most parents, if they hire a lawyer, do so at the school suspension hearing or appeal. While a good attorney can help at any point in the process, he or she can be most effective when involved early in the case. A lawyer, particularly one with an investigator, can help interview witnesses and discover facts that can be crucial later in the hearing process. If you are inclined to hire an attorney, do it as early as you can.

2. Parents do not need a lawyer at the hearing level, but having one can be helpful

Most school board policies allow parents to bring an advocate to a

So what's the rule in Fairfax County Public Schools?

The current regulations can be found in Regulation 2610.24P, Student Responsibilities and Rights, Removal (Suspension, Expulsion, or Exclusion) of Students From School. This regulation details the specific procedures governing removal of students from school for conduct as well as the process for appeal.

Prohibited conduct encompasses any behavior incompatible with a K-12 educational environment and good citizenship and broadly includes but is not limited to the following: assault; disruptive or inappropriate behavior; alcohol, tobacco, and other drug violations; property violations; and weapons violations.

The prohibitive conduct is spelled out in greater detail and the regulation provides for mandatory suspensions and recommendations for expulsion on

conduct that is obviously unacceptable behavior, and is usually criminal. Punishments for many other types of prohibitive conduct that are not specifically stated are left to the discretion of the principal, whose options may include suspension. Per the regulation, "The principal may impose a short term suspension and recommend a long-term suspension and/or expulsion in any situation involving prohibited conduct when the principal believes such action is warranted, unless more stringent disciplinary action is mandated. The principal shall monitor each case to ensure that an appropriate intervention and a follow-up response have been made."

The appeals process for a suspension of ten days or less must be made in writing by the parent or guardian. The student can only be represented at the hearing by parents, guardians and one additional adult which may be a legal counsel, clergy, social worker etc. The hearing is private and it is not recorded verbatim. Decision of the appeals hearing for suspension (less than ten

days) is final.

The appeals process for suspensions of ten days or more is made at the District Superintendent's office where the decision may consider all available sanctions after considering all circumstances. The same representation rules apply. This decision can be appealed to the full school board.

Expulsion may be imposed or rescinded only at the discretion of the School Board or their designated committee. The principal shall promptly send written notice of the facts warranting a recommendation for expulsion to the Division Superintendent, the parent or guardian, and the student. The principal shall offer to meet with the student and parent or guardian, prior to a hearing, to explain the expulsion process and to discuss the facts leading to the recommendation. The recommendation is not binding and may be rescinded by the District Superintendent prior to going to the School Board hearing.

The appeals process can be best detailed by calling the Hearings Office at 571-423-1280.

school suspension hearing. School board suspension hearings, however, are not formal legal proceedings. A well-prepared parent or non-lawyer advocate can put on an effective defense. Still, there are advantages to hiring a lawyer to help you. First, a trained advocate may be able to draw out testimony better than a non-lawyer. Second, and perhaps most important, a lawyer at any point in the process can serve as a barrier between the parent and the school. A parent representing his or her child will find it difficult to stay emotionally detached, and may become distracted or overwhelmed in the hearing.

3. Cost

The obvious challenge that parents face when considering whether to hire an attorney is cost. A student suspension hearing can be lengthy and involve multiple rounds of appeal.

If you have the funds, having an attorney a) puts a seasoned professional in your child's corner, b) may result in

a decision in favor of your child, and c) can reduce the amount of stressful communications between parents and the school regarding the suspension.

However, there are alternatives. First, some attorneys may be willing to handle all aspects of your case for a set, or "flat," fee. This fee arrangement can be superior to the hourly rate, which often results in unknown legal costs. Second, an attorney may provide legal coaching and relevant legal research in order to help you present the best case possible for your child.

4. If you hire an attorney, the school will too

Most schools have their own attorney, but few want to pay to have the lawyer involved at the initial student hearing. If a parent chooses to bring a lawyer, however, the school will generally have one, too. On balance, having a school's lawyer involved can actually help the student. If the school brings a lawyer to the hearing, the lawyer may actually be able to talk the principal out of an

unreasonable or illegal suspension.

5. How to find an attorney

Unfortunately, there are comparatively few lawyers with experience in school disciplinary matters. Lawyers advertising as education lawyers are most likely to have experience in this area. Criminal defense and civil rights attorneys sometimes handle these cases. Parents unable to afford a lawyer can sometimes find help through a local legal aide office or a law school clinic.

It is true that even straight-A students sometimes find themselves in the wrong place at the wrong time, and could face a long-term suspension for something that was an accident or a misunderstanding. As a parent, you can help ensure the best possible outcome for your child by taking immediate and considered action.

Tom Spiggle is a former school-board attorney and federal prosecutor. He uses that unique background to help students who are in danger of being suspended from school. Contact him at The Spiggle Law Firm at tspiggle@spigglelaw.com or visit studentsuspensionlawyer.com.

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CHOOSING THE RIGHT CATERER

A Guide to Hosting a Catered Event

by Bunny Polmer, RSVP Catering

A quick quiz: How can you feel like a guest at your own party? How can you host the holiday office gala without a hitch? How can you make your dream wedding into a reality? The answer: hire a caterer.

Working with a caterer can help make entertaining a pleasure, but like many things, it's always valuable to have some knowledge as you approach the topic.

So here is the short course: How to Choose the Right Caterer to Create an Event to Remember:

Choose a caterer early: Fall is traditionally the start of the entertaining season. From September through New Year's Day, there are holidays, outdoor sporting events and three-day weekends (thank you Uncle Sam!) when people gather to eat, drink and be merry. And that doesn't include your own family's milestone events, celebrations and weddings.

Follow the buzz: Have you been to a great party lately? Find out who the caterer was; you'll find that the hostess will be flattered that you noticed and will gladly share the information. If the caterer impressed you, they will probably impress your guests too. Event coordinators, florists, photographers and musicians on the local circuit are also good sources for finding out who are good caterers in your area. They've been "up close and personal" at a lot of events and

see caterers in action. Also, watch for local caterers on TV or in other press or media to get an idea of who they are and what they offer.

Hire a pro: Do a little research. Find out how long the catering company you're interested in has been in business to make sure they have a good track record. Businesses with staying power are those who are proven to be reliable and professional. They will also have well trained staff. Make sure the caterer has a business license and a liquor license. Go on to the caterer's website to find out if the catering company has done events similar to yours. Look at sample menus. You will quickly get an idea of the kinds of foods the caterer offers. Look at the photos: a picture is worth 1000 words!

Call the caterer: Have some facts at hand so both you and the caterer know whether you can work together. Share with the caterer the nature of your event, the date and time (and whether that is flexible), approximately how many guests you will have, where the event will be held, the style of the event, whether you will have wine and liquor and what kind of budget you have in mind. Also ask if the caterer can create any special menus, perhaps featuring all-natural, local and/or

organic products. See if the caterer is comfortable with vegetarian, vegan or gluten-free requests. If all those questions are answered to your satisfaction, ask the caterer for two references you can call and set up a time to meet with the caterer.

Meet with the caterer: A quality catering company prides itself on working closely with you to understand your expectations for your event. Be sure to communicate clearly about your style, food preferences, cost and other services that you would like the caterer to provide. You may also ask for a tasting. Some caterers hold regularly scheduled tastings; others may offer private tastings for prospective clients. Attend a tasting to sample a caterer's specialties and to meet the staff. Group tastings are valuable because you can often sample a wide array of foods, see how the caterer presents the food and meet the professionals who will be staffing your event. For larger events, the caterer may even offer a private tasting so that you can sample the specific foods that you plan to serve to your guests.

Consider full service catering: If you are holding a large event, such as a wedding or party for more than 50 people, you may want to consider a full service caterer, one who will provide "one stop shopping." These caterers do much more than prepare and serve food; they coordinate your entire event. A full service caterer will be a great resource and have working relationships with equipment companies, talented florists, photographers, specialty vendors, ice sculptors, calligraphers, designers and event planners. Because they work with these professionals regularly, they can offer coordinated services and often, special pricing. All the pieces of your event can be handled by a skillful full-service caterer.

Working with your caterer: Once you have decided on all the components of your event, ask your caterer to draw up a proposed

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menu based on your discussions and preferences. Know that this menu is a starting point and can be tweaked. Hot hors d'oeuvres can replace cold ones; shrimp can replace crab. This is your chance to develop a menu exactly to your tastes. If a strict budget is an issue, work with the caterer to find selections that work: serve a hearty tenderloin tip stew instead of a whole roast tenderloin or roasted root vegetables instead of out-of-season heirloom tomatoes. A savvy caterer can also help create theme menus, from Asian and Cajun to anything you can imagine. In addition, creative caterers are able to develop multi-national themes, so when recently an Indian-American bride married an Irish-American man, cuisines of both cultures were represented at the wedding.

Get it in Writing: Once you have committed, get a written contract from the caterer. Make sure the contract states the number of people to be served, the date and time of

your event, and the caterer's change or cancellation policy.

Make sure you clearly understand what services the caterer will provide, and what services you must contract on your own. Be sure to ask for the complete estimated price for the event, and also, about costs for overtime, taxes and tips.

Make sure it is all about you: Every event is unique. Choose a caterer that offers not only "menu packages", but one who is willing to create a menu and a look with your specific needs and budget in mind. Finally, hire a caterer with whom you are comfortable. You should feel that the caterer cares about your event and understands your needs. When you are confident in your choice, you can relax and enjoy your special day.

Bunny Palmer is Public Relations Consultant for RSVP Catering in Fairfax, VA. For more information, or to sign up for one of RSVP Catering's quarterly tastings, call (703) 573-8700 or click on www.rsvpcatering.com.

Great Falls Tea Garden

Local resident shares her wealth of knowledge

By Alexandra Greeley

Words can paint pictures. But in the case of Laurie Bell's Great Falls Tea Garden, don't conjure up images of a tranquil Japanese teahouse with kimonoed staff. Instead, picture a caterer-turned-tea-expert who has steeped herself in the history and brewing techniques of one of mankind's oldest beverages: tea.

Tea also happens to be one of man's most popular beverages, and Americans drink nearly 3 billion gallons of tea annually, says the Tea Association of the U.S. That means that Bell has at her fingertips a sure market for her Great Falls-based business: People who love their daily cuppa'.

A Great Falls resident for 28 years and well-known locally for her now-sold catering business, A La Belle Cuisine, Bell decided to focus on a new venture in life, teaching as many tea drinkers as possible about the tremendous bounty found in drinking quality loose leaf teas. "I have been drinking tea my whole life," she says. "So when I sold my catering business, I wanted to expand my knowledge and to then educate people about the nuances of tea. So many people think tea is just black dust wrapped in a tissue bag."

No longer a caterer,

Bell decided to turn her tea fancy into a knowledge-based teaching podium, immersing herself in the study of tea's history. She attended tea conferences and read about tea's history in depth, learning as a consequence how vast the tea world is. Most Americans think the British discovered tea drinking, she says, but tea has been Asian for centuries. "Did you know that the Chinese discovered tea 5,000 years ago, but the tea plant indigenous to India was not discovered until the early 1800's?" she asks.

What Bell says surprises most people is learning that all teas—the whites, greens, oolongs, and dark-to-black teas—come from the same plant. The

differences arise from the terroir of the growing region, when the leaves are picked, and the processing of the leaf, she explains.

During her decade-long learning period, Bell earned two levels of tea certification from the Specialty Tea Institute, readying her to launch the Great Falls Tea Garden in 2008. Her first business step: educational tea tastings. "In the tastings," she says, "I have participants taste premium teas—whites, oolongs, green, and black teas. I include puerh teas, which are fermented. And then I have them taste blends to learn the differences between flavored, blended, and scented teas." Then Bell and students discuss the nuances between the different teas, which is very similar to wine tasting.

"People will learn the differences in a red wine class by tasting Merlots, Cabernets, Pinots, and Syrahs," she says. "In our class on black teas, we taste Chinese Keemun and Yunnan, Kenyan, Assam, Nilgiri, Darjeeling, and Ceylon teas. There are so many varieties in black teas, and people don't realize that until they taste them side by side."

Students also learn how to balance any astringency or bitterness in their brewed teas by controlling water temperature and brewing time, as well as adding milk, sugar, honey, or lemon juice. "Adding milk or sugar is not necessarily a bad thing," she says. "Adding lemon and honey to green tea can balance the bitterness of tea if it's been steeped too long or too hot." She points out that the British like their tea black and strong so they can add



milk and sugar. They adopted this tea-drinking habit when a British tea trader was told that the reigning Emperor at the time - a Manchurian, drank his black tea with milk, even though the rest of China has always consumed plain green tea.

After two years of teaching about tea, Bell has reached audiences all over the metro area, with classes at Cathy's Corner Gift Shop in Great Falls, in clients' homes, and for businesses and associations, such as SlowFood DC, United States Personal Chef Association, American Institute of Wine and Food, Women Chefs and Restaurateurs, and L'Academie de Cuisine in Gaithersburg.

And, of course, she has packaged artisanal teas (many are her own blends) for sale in small tins. Customers can purchase her teas from Cathy's Corner Gift Shop in Great Falls. For more tea information, contact Laurie Bell at Laurie@greatfallsteagarden.com or 703-757-6209.

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Moneywise - Tips on Holiday Saving

Save money on gifts

Set a budget. Budgeting may not seem like fun, but it can be a creative challenge. Often the carefully thought-out gifts are more meaningful than the more expensive choices.

Have a gift exchange. Instead of buying for everyone in the extended family or the office, draw names so you buy just one gift. A price limit can be established and an interesting theme put forward. Some families set a limit on price (\$20) or even the color of a gift (purple).

Make a Christmas list and take it with you when you shop so you don't buy just anything that looks attractive, regardless of the price.

Buy one or two generic gifts to give unexpected guests. Consider gift cards, gas cards, wine, a fancy food or candy. If not needed, use them yourself.

Restaurant specials

The first item the waiter tells you about is tonight's special. But be sure to check the menu. Similar items can often be less expensive. If the special dish is unique, it will likely be more expensive than other main course dishes.

More Ideas for holiday savings

We can all use a few extra bucks. Here are a few ways to help the environment while doing it.

Lighting: Invest a few extra dollars in LED lights. They use 80 to 90 percent

less energy. Set up a timer so they go off automatically at 10:30 or 11 p.m.

Wrappings: Special paper and bows are expensive and wasteful. Save a tree and some cash by using gift bags saved from last year. Try creative wrapping with fabrics, posters or magazines.

Trees: Fake trees are expensive, petroleum-based and not biodegradable. A real tree can be taken to the county recycling facility and turned into mulch.

Holiday cards: They are expensive to buy and mail. Instead, create an email greeting that could include photos. Send individually to each person, not to an entire list at once.

Financial Reform bill and you

The Dodd-Frank Wall Street Reform and Consumer Protection Act touches many aspects of a family's financial life.

The Consumer Financial Protection Bureau (CFPB): The new agency will regulate mortgages, credit cards, student loans and debt collection. It combines previous financial regulations, which were scattered among dozens of government agencies, many of which were not run with the consumer in mind.

Mortgage protections: Its goal is to make sure that the mortgage you get is the right one for you. Financial incentives for steering borrowers to more-expensive loans are prohibited, as are prepayment penalties on most mortgages. Lenders must tell buyers of variable-rate loans the maximum they would end up paying. Home appraisals for mortgages must be done by an independent appraiser.

Access to your credit score: You can get free access to your credit score if it negatively affects you in a financial transaction or hiring decision.

No small payment by credit card? The Financial Reform bill says merchants will be allowed to insist on a minimum purchase for any payment by credit card. The minimum being considered at this time is \$10.

Boost in deposit insurance made permanent: The increase in federal deposit insurance to \$250,000 per account has been made permanent.

Private student loans: Loans from banks and student loans from for-profit colleges will come under the oversight of the new CFPB.

A Private Education Loan Ombudsman will give students a central place to turn for help, according to Kiplinger's Personal Finance.

Consumers spending more on electronics

The lure of electronics, like the latest smart phones and flat-screen televisions, has consumers spending more of their disposable incomes on tech.

As electronics become their first choices, they are spending less on durable goods like big appliances, furniture and home updates, like new cabinets and floors.

Because the cost of phones and iPads is less than the cost of big ticket items, what do they do with the rest of their money? They put it in a savings account.

With the holidays approaching, clothing and home improvement stores are anxious to see whether consumers will open their wallets to buy a new outfit or to spruce up the house.

What to consider when giving a holiday tip

If you have many people on your tip list, you may be considering how much to give this year.

Though the economy is recovering, many people are still cutting back on tips, but here are the recommendations from etiquette authorities.

If you see them more, tip them more.

That includes the salon, where the price of one visit (or more) is advised. The waitress at your favorite restaurant should receive more than the mail carrier or the trash man who you rarely see.

People who work in your home more than two days a week, such as nannies and housekeepers, should get one week's extra pay, more if you can afford it



"Have a seat and I'll see if he's in."

and want to give it.

Be careful not to practice on-
upmanship with teachers. Gift cards are
a nice thought. Personalize them to a
teacher's tastes if you are familiar with
them.

Day care workers can be gifted, the value
depending upon how much time each
spends with your child, \$25 and up.

Money isn't everything, however. If
you can't give much this year, a thank-
you note or homemade dessert is fine,
especially for people you have tipped
during the year. Or send a note of praise
to a worker's supervisor. In time, that
could help them get a promotion, which
is the best gift of all.

Paper savings bonds being phased out. Payroll plans will send your bond savings to TreasuryDirect

Who would have thought? But changes
in this world are inevitable, and now they
are coming to your payroll deductible
purchase of savings bonds.

All paper savings bonds purchased
through payroll deductions are being
phased out by the Department of the
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investments are tracked for you.

To open an account, type "how to open
a TreasuryDirect account" into your
browser.

What to consider when buying new furniture

With holiday buying over, furniture stores
will be offering some nice bargains in
January. To find the good deals, however,
it takes patience and knowledge.

It's easy to find good inexpensive
furniture, but for quality that can last a
lifetime, you have to take a closer look.
If you want "better" or "best," the big
difference is in the construction of the
frame and materials put on it.

There are two basic types of furniture,
upholstered and case. Case refers to
furniture that has no upholstery, such as
tables, chests and cabinets.

When looking at upholstered furniture,
ask the salesperson if the piece has
eight way handtied construction. It's
the hallmark of comfort for sofas and
big chairs. Handtied indicates quality
construction in the frame, springs and
back support.

Ask whether a case piece is made of hard
wood or soft. Soft wood is less strong
and tends to dent more easily.

Hardwood is used to describe woods
such as mahogany, walnut, maple, oak,
cherry, birch, teak and pecan.

Soft wood is used to describe woods

such as pine, redwood and cedar. It's less
expensive and often used in ready-to-
finish furniture.

Check to see if table and chair legs have
bolt and screw construction rather than
nails.

Some basic steps to take before you hit
the stores:

- Decide just what you need and how
long you will need it. You may want
your bedroom furniture to last a
lifetime but furniture for a teenager's
room may only need to last five to
10 years.
- Know how, and how often, a certain
piece will be used. If it's a recliner
that's used every day, it has to have
better construction than a side chair
that is seldom used.
- Consider how much space you have.
Measure the spot where you will
put the sofa, chair or dresser so you
don't buy one that is too big or too
small.
- Decide how much you will spend.
Spend more on a table you will use
for many years and less for a baby
crib you'll only use for a year or two.
- Remember to keep your needs,
space and budget in mind in
order to save time when you are
shopping.
- Another consideration: If you decide
to sell your home in the future,
attractive furniture could make a
prospective buyer want to live here.



"I assume you have documentation to back up
these 27 light-years of business travel."

Think differently about gifts this holiday season

Seek out local experiences and things to share

by Brit Hammer-Dijcks



Seth Godin recently blogged, "Giving gifts is a fairly alien endeavor. In most families, even the holidays are more about present exchange than the selfless act of actually giving a gift."

Think about that for a minute. Holidays are about celebration and the best things in life are meant to be shared, right?

Rather than buying more "stuff" at the mall this holidays, seek out fun experiences for you and your loved ones to do together. And maybe even give all that stuff tucked away in your closet from last year to someone who could actually use it. Here's another idea: exchange presents that are meant to be shared.

Make a fun day out by making friends and family to historic and hip Church Street in Vienna. There's lots to do and explore, including the Washington and Old

Dominion Trail and the Freeman House & Museum (www.historicviennainc.org). And if you want to shop, I have good news: most of the stores on Church Street are run by locals.

Vienna's Annual Church Street Holiday Stroll will take place on Monday, November 29. Santa will arrive to help the Mayor light the holiday tree and will chat with kids on the front porch of the Freeman House.

Entertainment will include musical groups from the community, a petting zoo, and supervised bonfires with marshmallows for roasting. Most businesses will have special offers and stay open late that day (also on Nov. 26), and the

famed Vienna caboose will be open, too — so bring your camera! Vienna's Committee for Helping Others will be collecting non-perishable food donations, and a collection station will accept gifts for Toys For Tots.

Can't make it to the Holiday Stroll? Not to worry. Santa will also be around to chat with kids in the Freeman House parlor on Dec. 5 & 11 (1-3 p.m.).

Now, if you're itching to go shopping, consider these ideas. Instead of giving the man in your life yet another gadget, be original and give him a loaf of darn good Guinness & Gouda bread from Great Harvest Bread. Unlike his other "toys", this is one present he's most likely to share! Desperate to get the kids away from the Xbox? Let them create fabulous jeweled boxes, sculptures, jewelry, or ornaments together with you at Bonnie Fitzgerald's Maverick Mosaics Art School & Studio. Want to include Rover in your day out? Take him to Pet Spaw and let the kids give him a bath at their self-serve wash — Carol and Brian Fleming will even clean up after them!

So now for the tough ones. Forget about getting grandpa yet another tie for the collection. Instead, let him try his hand at stand-up comedy at The Soundry just off Church St. on Dominion Rd. And hey, if grandma likes to sing, let Jennifer Crawford put a mike in her hands while you, your friends and family sit back and enjoy the show with the rest of the audience!

Maybe you prefer to have a small celebration with just friends this year? Hold a themed potluck wine tasting — Out of Site Wine on Dominion Rd. and Church Street Cellars can hook you up with varietals you've never heard of but will be glad you tried. Prefer to throw a potluck dessert party with your favorite foodies? Yas Bakery and Supermarket is where you'll discover delectable Persian and European pastries — talk about taking a quick trip around the world with your taste buds!

A different twist on a shared present is to find a stylist to help you redecorate your house to feel like a home. Remember when you acquire new things to choose those that bring joy to the lives of everyone who shares your home. To that end there are several boutiques on Church St. run by locals happy to help you, including REfind, Black Eyed Susan, Artful Gift Shop, Ayr Hill Gallery, Red Caboose Art Studio & Gallery, and Applegate Gallery and Framing.

"We have stopped for a moment to encounter each other. To meet, to love, to share. It is a precious moment, but it is transient. It is a little parentheses in eternity. If we share with caring, lightheartedness, and love, we will create abundance and joy for each other, and this moment will have been worthwhile." — Deepak Chopra

Here's wishing you a happy holidays full of love and wonderful shared experiences!

Brit Hammer-Dijcks is an artist and creativity coach. A native of the DC area, she lives with her husband in Rotterdam, Netherlands.
www.brihammer.com

English

Happy Holidays!

Arabic

إجازة سعيدة!

Hebrew

חג שמח!

Polish

Wesołych świąt!

Swedish

God Helg!

Russian

С праздником!

French

Joyeuses fêtes !

Spanish

¡Felices Fiestas!

Italian

Auguri!

Portuguese

Festas Felizes!

German

Frohe Feiertage!

Japanese

時候の挨拶を申し上げます。

Chinese (simplified)

节日快乐!

Chinese (traditional)

節日快樂!

Greek

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Danish

God ferie!

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Wines to make your Thanksgiving Dinner Perfect

By Tomme Casmay, Owner
Classic Wines of Great Falls
www.classicwinesgreatfalls.com

Can you believe it? The holidays are upon us again. I so love this time of year and I personally love our Thanksgiving holiday more than any other we Americans celebrate during the year. Perhaps it is the change of season with the smells of autumn all around, or the gathering of family and friends to share a great meal, or the start of fireplace weather, that I enjoy the most. The one thing I am certain of is that I can't wait for that first bite of succulent turkey and first sip of fine wine to put me in the holiday spirit.

My wine recommendations for this article are based upon the assumption that a cooked turkey will be the "reluctant" guest of honor and centerpiece dish of your Thanksgiving meal. With this in mind, let me open the presentation by saying that—depending upon your taste—white, red and rosé wines are all suitable accompaniments to your turkey entrée. At my dinner table, I always offered at least two wine choices for my dinner guests. Given the plethora of food that covers the average Thanksgiving table, don't be afraid to offer your guests some diversity in wine also.

What I like about Thanksgiving is that it is uniquely American, just as the wild turkey is unique to North America. Many of you may know this already, but one of our Founding Fathers, Benjamin Franklin, actually proposed that the wild turkey be adopted as our national bird—being highly intelligent, extremely wary and very sociable. Alas, the bald eagle won out. Nevertheless, the turkey certainly has found its way into the hearts, history and lore of the American people (not to mention our tummies). So, let's match this impressive bird with some impressive wine.

If one thing sticks out about the Thanksgiving dinner table, it is the abundance of different foods and contrasting flavors all competing with each other. Of course, there is the turkey itself (roasted, fried, whatever) and then there is everything that surrounds it—mashed potatoes, sweet potatoes, corn, stuffing, cranberry sauce, green beans, peas, broccoli, gravy, etc., etc., etc. I think you get the idea. If anything, the turkey often gets lost in the cornucopia of foods that adorn the traditional Thanksgiving table. Hence, any wine that we serve must be able

to complement a diversity of competing flavors. That means—whether white, red or rosé—the wine must be fruit forward and expressive, or else it gets lost in the mix.

Please remember, fruit forward does not mean sweet. Fruit forward means that the natural fruit flavor of the given grape is expressive and comes out right up front on both nose and palate. Wines that are too light or delicate in flavor get lost among the diverse food flavors. Wines that are too heavy or overly oaked dominate your palate and become the centerpiece of the meal, rather than one of its component parts. But, this said, a person's choice of wine is a very individual thing. There is no right or wrong in what a person likes. The recommendations presented here are intended to serve only as a guide, and, of course, reflect my likes and dislikes developed over many years and many Thanksgiving dinners.



Some great white wine choices include Riesling, Viognier, Pinot Gris, and Gewurztraminer. While I personally am not a big fan of Chardonnay as a Thanksgiving dinner match, I know that a lot of people prefer it. If

Chardonnay is your choice, then consider choosing one that is "unoaked" as a change of pace, where the pure Chardonnay fruit flavors are not covered by a lot of woody notes. Correspondingly, I seldom serve Sauvignon Blanc with Thanksgiving dinner, even though it is one of my most favored wines. I find the finishing acidity of most SBs to be a little too lively for the occasion. So, if I am in the mood for a good Sauvignon Blanc, I will usually serve it as one of my aperitif wines.

Concerning red wines, Pinot Noir, Grenache, and Zinfandel based wines work beautifully with the big bird. They are generally medium to full-bodied in weight and offer a lot of up-front, lush fruit with red cherry/berry flavors predominant. Cotes du Rhone style wines from southern France or elsewhere in the world are great turkey matches. Their red fruit flavors work better with your turkey dinner than the black cherry/berry/currant flavors very evident in heavier wines such as Cabernet Sauvignon and Merlot. Also, try to avoid wines that are too earthy. Earthy, barnyard flavored wines are great with big red meats, but not so great with turkey. Also, consider a vibrant Virginia Cabernet Franc from one of our award winning Virginia

wineries. Cabernet Franc is arguably Virginia's finest red grape and its red berry flavor profile compliments turkey beautifully.

Finally, spread your wings a bit and try a pretty, dry Rosé as one of your turkey wine matches. Served slightly chilled, they really dress up the table. I love them because the taste profile of a good Rosé offers bright flavors of strawberry and raspberry along with red cherry notes. However, PLEASE, don't confuse a beautiful Rosé wine with "white zinfandel". There is no comparison between the two, other than both contain alcohol.

The following are a few recommendations that I think you will enjoy. Because our Thanksgiving is an American holiday, I have recommended primarily American wines, all good values at \$20.00 and under.

WHITE

Coleman Pinot Gris 2008 (Willamette Valley, OR) (\$17.99) Crisp, fruity and aromatic. Apple flavors with a touch of spice.

White Hall Viognier 2009 (Monticello, VA) (\$16.99) Dry with fruity peach and apricot flavors and a smooth balanced finish with a touch of orange peel.

Valley of the Moon Unoaked Chardonnay 2009 (Russian River Valley, CA) (\$14.99) Very clean and crisp with pear and tropical flavors and a refreshing finish.

RED

Morgan Cotes du Crow's 2008 (Monterey, CA) (\$18.99)
A medium to full bodied wine with aromas and flavors of blueberry and pomegranate and a touch of mint. A Cotes Du

Rhone style wine made with 55% Syrah and 45% Grenache out of California.

Horton Cabernet Franc 2008 (Orange County, VA) (\$13.99) A medium to full bodied wine offering red cherry and spice notes. Some pretty violet notes on the nose.

Rodney Strong Russian River Pinot Noir 2008 (Russian River Valley, CA) (\$19.99) Silky in texture with rose petal, red cherry and pomegranate flavors.

ROSÉ

Turkey Flat Rosé 2009 (Barossa Valley, AUSTRALIA) (\$19.99)
Beautiful dark rose color. This fruity blend of Grenache, Shiraz, and Cabernet Sauvignon is bright, with raspberry and strawberry flavors.

Any of these fine, reasonably priced table wines is sure to make your Thanksgiving dinner a great success. Please have a Happy, Safe and Fun Thanksgiving holiday.

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.

My living will. I told my kids that I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If it happens, just pull the plug. So they got up, unplugged my computer and threw out my wine!

"If white wine goes with fish, do white grapes go with sushi?"
- Stephen Wright

Men are like fine wine. They all start out like grapes, and it's our job to stomp on them and keep them in the dark until they mature into something with which you'd like to have dinner with.

"It seems that researchers at Colorado University say wine may help people lose weight. It's not the wine directly that causes the weight loss, it's all the walking around you do trying to find your car." - Jay Leno

"Wine is the reason I get up every afternoon." - Anonymous

"I'm like old wine. They don't bring me out very often, but I'm well preserved." - Rose Kennedy on her 100th birthday

"The only thing that should come between people and wine is the cork." - Andrea Immer

Viva Tysons!

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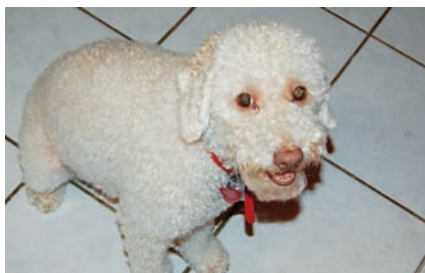
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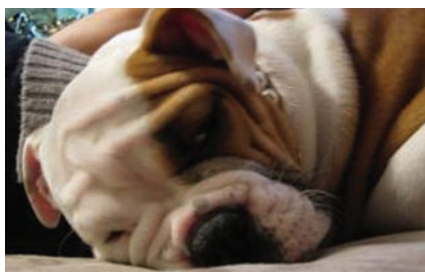
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Buddy with a new haircut from Vlenna



Angel, a Chin-wa, from McLean.



Sasha, 6 months from Centreville

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Holiday Pet Safety

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

First, ensure the flowers and plants used in your home are safe for pets or are kept out of reach. Toxic plants to avoid include: Holly, Lilies, Mistletoe, Poinsettia, Christmas Rose, and Christmas Cactus.

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

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

to help them feel more secure during the trip. Remember that pets can often become easily dehydrated when they're traveling, so ensure they have plenty of fresh water accessible during your trip.

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

Remember to avoid these toxic foods: Chocolate, Raisins, Onions, Grapes, Alcohol, and Avocados.

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

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Pumpkin Wafer Dog Treats:

- One 15 oz. can mashed pure pumpkin
- 3/4 cup cream of wheat (or rice cereal if wheat-sensitive) You can mix this dry--no need to cook it first
- 1/2 cup dry powdered milk
- Preheat oven to 300 F.
- Mix all ingredients together. Drop small spoonfuls (I use about half of a tablespoon) onto a lightly greased cookie sheet and bake at 300 degrees for 15-20 minutes.

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

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A traffic danger: Driving with dogs

Some dogs ride in a car pretty much like a person does. They will sit next to the driver and look out the window. Still, if they spot another dog, one they don't like, they could bark like mad and jump all over the car, including onto the driver's lap so he can't see.

About 60 percent of dog owners have driven while distracted by pets who were passengers, according to a survey by the American Automobile Association. Only about one in six uses a restraint, such as a harness or pet vehicle seat.

Restraints can keep a pet from distracting the driver. But in a crash, they also protect the pet and other occupants of the car.

A 10-pound dog in a crash at 50 mph will exert 500 pounds of force on whatever it strikes. An 80-pound dog in a crash at just 30 mph will exert 2,400 pounds. Further, unrestrained dogs distract drivers by interfering with the ability to steer or by crawling onto the foot pedals.

At the American Society for the Prevention of Cruelty to Animals, they recommend restraints for dogs and cats. The best way to think about it is to compare the dog to having a child in the car.

About 40 percent of American households have a dog, according to the American Pet Products Association. Dogs are like members of the family and often ride with them in their cars. Dogs need to buckle up just as people do, but you have to do it for them.

PET HUMOR: *Don't Talk to the Bird*

Mrs. Peterson phoned the repairman because her dishwasher quit working. He couldn't accommodate her with an "after-hours" appointment and since she had to go to work, she told him, "I'll leave the key under the mat. Fix the dish washer, leave the bill on the counter, and I'll mail you a check. By the way, I have a large rotweiler inside named Killer; he won't bother you. I also have a parrot, and whatever you do, do not, I repeat, do not talk to the bird!"

Well, sure enough the dog, Killer, totally ignored the repairman, but the whole time he was there, the parrot cursed, yelled, screamed, and about drove him nuts.

As he was ready to leave, he couldn't resist saying, "You stupid bird, why don't you shut up!"

To which the bird replied, "Killer... get him!"

What you call dog with no legs?

Don't matter what you call him, he ain't gonna come. (Hey, it's a joke. Lighten up!)



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Got a question? Ask the Coach.

Dear Coach Amy,

I am a 54 year young woman, and look in my mid 40's. I am very active, and enjoy a life where I can travel and play golf often. My boyfriend in LA broke up with me over the summer and wants to remain friends. Because I love being with him, I decided to go along where we still spend time golfing, shopping, going to dinner when we are able to see one another. When we were dating, I was hopeful for more. However, he was reluctant to have more physical intimacy and I accepted it. I really loved to kiss him; however, that has been it. He was always playing it safe. He has never sent me flowers or told me how he felt about me. And he acts like a parent who is always checking and double checking for my best interest which I find annoying and patronizing.

I have been working hard to disconnect emotionally and work towards being with him as a friend. We do have a great time together. He has clearly felt my disconnect and started to call more and ask if everything is okay. He is coming for a weekend next month. I am wondering if it's worth keeping the friendship.

Wondering in Washington, DC.

Dear Wondering,

He sounds like a perfect companion if you can live without the romance! Can men and women be friends after a romance? That is the age old question. Was it really a romance or were you just being hopeful that it would turn out to be so?

He was truly a gentleman with you. You've heard that actions speak louder than words. His actions

spoke volumes! He was honest with you that he is not interested in you romantically. I give him credit for that. Also, he is a person who respects you by not moving too quickly and taking advantage of your interest in being more physically intimate. Most times, when you become intimate, it changes the nature of the relationship. You would most likely have expected more of him and to act in serious, romantic nature. Clearly, he was in a wait and see mode. Because you did not get involved at that level, you are now free to pursue a friendship if you so choose to do so.

So now you have a choice- to accept that or not. Would you enjoy his company when you do see him? Since you live on the East Coast and he is on the West Coast, how often would you see him going forward?

Perhaps you should take this weekend as a test for you. You need to see how you feel just being friends and if that is okay for you. Tell him how you expect your friends to treat you and that it is okay to be interested in you and yet have faith in you as an independent, resourceful woman that you are.

I am not sure how long this relationship had gone on before deciding to be just friends. I suggest next time you may need to be more upfront about your relationship expectations and be willing to stand for what you want in a relationship which is more than kissing I assume. It's not good to be sitting in that hoping place for too long. Know that the right man will step up to the plate in a romantic way and court you. Also, know there are men (and women) who like their single status and don't really want more than companionship or any more obligations in their life. It's best to cut to the chase, earlier, rather than later.



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.



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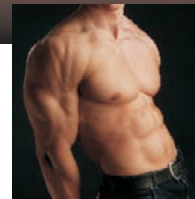
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Spring into action to store your bike for winter.

By Tim Fricker,
"Super mechanic" at Bikes@Vienna
www.bikesatvienna.com

Getting your bike ready for reduced use during the winter has an important rule of thumb to consider: there will be several days in the December through March period when the weather will be perfect for riding. Don't store your bike away so it can't be retrieved during these winter gifts.

Bike shop folk speculate on why large numbers of people wait until the first nice day in April to rush their bicycle or tricycle to the shop for attention. What they most often find is a shop with a two week wait list and disappointment. Break the mold and prepare your cycle this winter to be ready for that glorious day in April.

Start with a massage for your frame. Clean off the grit. Use a soft bristle brush and soft rags. Clean up the dirt that is attracted by the drivetrain lubricants. Get someplace with good light and look at your frame while you clean. What are you looking for? Cracks in the paint that would indicate potential danger from a frame failure.

Pump up your tires to store your bike ready to ride. A bike put away for the winter with flat tires may shorten the life of the tires. A bike sitting on flat tires distorts the shape of the tire and can weaken the sidewall. A bike with a flat will deter

you from enjoying that winter gift ride or getting out as early in the spring.

Clean your drivetrain (chain, cassette, front chainrings, and both derailleurs). Use an eco-friendly degreaser, such as Simple Green, and the left over rags from your massage of the frame to clean the chain and then apply a new coat of lubricant.

Evaluate your brake pads, look for fraying cables, and would this be the time to replace those splitting grips? Spin your wheels and see if they are running true. Bike stores are anxious for repair business for the next several months. A tune up done in December will still be good in April, and will save you the long wait time come spring.

Take a moment to go through your rack pack, underseat bag, or hydration pack. Discard the energy bar which might attract pesky rodents. Evaluate that SPF-50 sunscreen which might freeze out in the shed. Are those gloves going to last another season or should you ask Santa for a new pair?

"Winterizing" your bike is actually getting it ready for spring several months early. Remember, your bike isn't going to mysteriously go "out of tune" while being stored. Visit your favorite bike store now and avoid the spring rush.





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Hopefully your next meal there will be on us!

A few tid-bits just to give you a feel for what is happening around town....

It didn't take long for Barston's Child's Play to take over the bankrupt Tree Top Toys space in the Langley Shopping Center in McLean. It's always nice to see a family business expand in the region on their service and great selection.

Clare and Don's Beach Shack in Falls Church goes solar! Their new solar panels will supplement their electrical needs. This is one more green step they have taken along with a great recycling program, biodegradable to-go containers and they recycle their fryer oil to a company that makes fuel out of it.

Ketterman's Jewelers in Vienna has closed their doors after nearly six decades in business. The old-school home town family jeweler will be missed. No longer in Vienna, but they will still have their location in Leesburg. What will happen to that center? Rumors of an organic market abound, but no one can substantiate it. Look for the Blockbuster space to be available in May. Send us your ideas!

Food Network here we come! Fluffy Thoughts of McLean filmed a Food Network Challenge in October. Lara and her assistant Val will get eight hours to make their flour and sugar masterpiece. Which is better, the ten grand or the bragging rights? Check our web site for the airing details.

On the same Food Network topic, I have had the pleasure of

being a "celebrity" judge (their term, not mine) for "Iron Chef" corporate chef team-building events at Open Kitchen in Falls Church. Nothing like a little competition to see who the real boss of the company is. And the results are surprisingly tasty! *You've been chopped...*

Maybe your future is in professional hair design. Paul Mitchell's latest school is at Tysons Corner Center. The grand opening was November 2.

Amateur astronomers take notice! The Analemma Society has raised about \$12,000 to pay for the purchase of a telescope and accessories to be hoisted into the new observatory at Turner Farm sometime this fall. Run by the park service with volunteers from the society. Hopefully at some point you'll be able to see the views from your computer.

Favorite local carry out, Peking Express in Vienna has a new menu. Expanded offerings, new specials, and for those who are watching their waist, steamed entrees with no oil or salt, sauce on the side!

Signature Kitchen and Bath has moved from the Magruder's shopping center to a new space next to the Vienna Quilt Shop on Maple at Beulah.

We mentioned Fuddrucker's closing last issue. There has been a fairly good amount of interest in the space with several potential restaurant users getting the quick tour. Though it is fairly out of the way, it is one of the few restaurant sites available outside the mall. Currently-the hotel is storing new mattresses and box springs in there. We'll see...

Al Nakheel in Vienna has new owners. According to our publisher, they have the best grape leaves anywhere and they're still the same. A great Middle Eastern restaurant and market.

Thanksgiving is coming! Make life easy and pickup dessert and call it your own (shame on you!). Whether you are serving at your home or bringing a gift as a guest, Silva's Patisserie in Vienna has some pretty incredible pies. My personal favorite: pecan. (don't forget the ice cream!)

As we insinuated last issue, Office Depot

is gone. Their space and the Thomasville Furniture space is being marketed for lease. Maybe they'll chop up the big boxes for some independent retailers.

Le Grand Cafe aka as Il Forno is "closed for remodelling" as the sign on the papered windows says. It also says that no one can enter without permission of the Landlord... assume what you want about that. Word has it that a pizza place is taking the space. Wasn't that what Il Forno was supposed to be in the first place? Maybe they'll be back... stay tuned.

My food picks for this issue:

For lunch: When I'm not on the run grabbing a pasty in Vienna, I'm sitting down and enjoying the port wine blue cheese burger at Joe's Burgers in McLean. Delightful burst of vibrant flavors topped the perfectly cooked juicy burger. Don't feel embarrassed licking your fingers, it's worth it. Pay the extra for the sweet potato fries: hot, crispy and perfectly salted as they should be.

For dinner: The all lump crab cake over mushroom ravioli with red cabbage and leeks at Idylwood Grill in Falls Church. A wonderful combination of textures, colors, and flavors. Paired with a nice glass (or bottle) of light pinot... well, *I'm* happy.

I used to be one of these, but the Falls Church Chamber of Commerce has launched its Young Professionals Networking Group to cater to those 20 and 30-somethings. A good chance to mingle with other business people in that age bracket. Do it while you can... you'll be too old before you know it.

Black's Restaurant Group has a deal at the new Mosaic District, Merrifield's town center. Our neighbor down the road is beating Tysons to the punch. When will we get started on some mixed use projects driven by Metro?

Best quote for our area: "The shortest distance between two points is under construction." -Unkown Author (but probably a Tysons resident)

Peter Pagonis of the Mykonos Grill has his permits and is under construction at 8100 Boone Boulevard, the old Chutzpah Deli space across from Morton's.

One of my favorites, Open Kitchen in Falls Church, is now serving dinner on Wednesdays. Not only can you can a great meal that day, but enjoy live jazz Wednesdays as well. Worth checking out.

If you haven't taken a drive into Pimmit Hills during the holidays, well you've been missing out. Some of these small post-WWII homes go over the top in decorations. It all started back in the 1950's when the Pimmit Hills Citizens Association had a decoration contest. Well, some of these old timers know how to do it up right- nice and tacky (but beautiful!) Take a drive down Lisle Avenue, and Pimmit Run and just look for the glows of all those lights.

Tyson's Design Center at Westwood Center and Route 7 has been having a sale, or liquidating for a while. JBG will be starting the first phase of their large redevelopment of that site as part of the new Tysons plan. Probably mid next year, they won't commit a schedule yet.

Betsy & Cornelia's now open in the old Dessange space at 1355 Chain Bridge Road in McLean. Vintage, eclectic, antique furnishings, clothing, jewelry and more. It is one huge space for this type of store.

Happy anniversary! Great Falls Library celebrates 10 and Tysons Pimmit Library celebrates 25 years of providing a great service to our communities. Don't think so? Tysons Pimmit serves over 30,000 customers per month.

Cafe Nemooneh is opening at Maple and Nutley in Vienna in the old Fort Meyer Television space (not quite there at the time of print). This is the second location of the Chantilly bakery. Handmade Persian baked goods, coffee and more.

Zpizza is a favorite of mine. Though they are in Falls Church, I always used to hit the one on Gallows until they tore the building down. They're coming back! The "coming

soon" sign is up on Lee Highway between Prosperity and Old Lee.

Are you in a band or have a local favorite? The annual Battle of the Bands is coming up at Jammin Java in Vienna. 24 bands vying for \$2,500 cash plus more prizes. Rock on!

Chipotle moves in Tysons Corner Center! Big news for my addicted kids, I can take it or leave it. This was one of three tenants that had to be relocated due to the arrival of American Girl that will be taking a two story 23,000 square foot space facing International Drive in the Bloomies wing.

So the Exxon on the Run at Old Dominion and Change Bridge is now a 7-Eleven. No relation to the one across the street. Exxon will still be the gas brand.

Simply stated, I can't wait for Lost Dog Cafe to open next to the Anderson Road Safeway. The problem is I'll be waiting until January when they anticipate opening.

Other food anticipations: Merrifield's Town Center, the Mosaic District signed Taylor Gourmet and Black's Restaurant.

The old Verizon utility building on Beverly behind Greenberry's in McLean is vacant. The owners have been talking to a new tenant, possibly an indoor sports training company. No deal as of yet. They've cleaned the property up pretty nice.

On the topic of vacant buildings, no word as to what will happen to the McDonald's on Elm. The McDonald's franchisee confirms the sale of the property, but no news about what is destined to be. And by the way, the urban rumor about a Chipotle is just that.

Molly's Yogurt, Red Mango, Plush Gelato, and maybe... Pinkberry's? The California frozen yogurt chain is taking a look in the DC area and Tysons is may be in the cross hairs of consideration. They've been a dominate player in bringing the

"tangy" frozen yogurt into popularity.

Speaking of- Plush Gelato and Coffee opened at Park and Maple in Vienna just in time for the Halloween parade. Pretty good stuff, but where to park, where to park, where to park.

Are you ready for some belly dancing? Alf Layla Wa Layla on Westwood Center Drive opens in November! A true Arabian experience. I'll be checking it out, but the only issue... tough name to remember.

Get ready for toll increases. 2011 will see the main toll plaza go to \$1.25, and then to \$1.50 in 2012. Exit ramp fees should stay at 75 cents. Paying for Metro one quarter at time.

Looking for a different gift idea? Stop by Maggie's Timeless Treasures in Vienna and ask for Chris. I promised we were going to have an antique and consignment guide this issue but it won't happen until January. He has some interesting stuff that may make the perfect unique gift.

Congrats to Andrea Beck on landing her new job at the Greater McLean Chamber of Commerce! She'll be a great asset to their members.

The Vienna Halloween Parade. I can't say enough good things about it. Yes, it is a hometown, hokie, corny, long event that draws the whole community together, lets our kids feel special, highlights all the great organizations, talent, and cultures we have, and we get a chance to see some fun costumes. Need I say more. BTW, I was the "Anorexia Survivor" with the clown wig. Thanks for the compliments!

Don't forget to watch those pedestrians taking their life in their hands crossing our busier than ever streets. Traffic is always a stress, but around here we need to be extra vigilant to be more careful and, of course, more courteous. Yes, I find it hard as well. Don't block the box- think about it. See you around town. -D

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 and subscribe online at www.vivatyson.com. Support a home town magazine owned, written, published, and sweated over by Tysons Corner locals.

Isn't this column alone worth a couple bucks?

PLEASE NOTE: An electronic version of this column will be sent, about twice a month, along with some awesome and exclusive local deals from various area merchants. Best part? It's free! Sign up at www.vivatyson.com. Yes we promised it over the summer, but it will definitely start at the end of September.

You can keep up to date via Facebook, search Viva Tysons Magazine, and follow us on Twitter @VivaTysonsMag to get the latest local updates. This magazine can easily beat Northern Virginia and the Washingtonian in the number of Facebook fans! OUR GOAL: 5,000 people "liking" us on Facebook by 2011! Help us out! Read the posts, no waste of time here.

Try to answer them all before turning the next page for all the answers.



"...and after the feast, the Indians and Pilgrims loosened their belts and watched football for the rest of the day."

An errand boy was collecting boxes of cakes for the Summer Fair. He collected boxes from various people in his local village and each box was labelled in Roman Numerals with the number of cakes in the box. By the time the errand boy had collected the last box, he was quite hungry, and really needed to eat at least one cake. Luckily the last box was marked with an underlined XI, meaning there were 11 cakes in it. He had the brain wave of turning the box around and underlining the number again to give the impression there were IX, that is 9 cakes. However, after eating the 2 cakes, he was still hungry. How can he easily change the number shown on the box again and eat more cakes? (no erasing allowed!)

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.

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

A man wanted to enter an exclusive club but did not know the password that was required. He waited by the door and listened. A club member knocked on the door and the doorman said "twelve." The member replied "six" and was let in. A second member came to the door and the doorman said "six." The member replied "three" and was let in. The man thought he had heard enough and walked up to the door. The doorman said "ten" and the man replied "five." but he was not let in. What should have he said?

Thanksgiving Guest Crossword

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

Across

1. Wharton grad
4. Amount of hair
9. "Dig in!"
10. Devastation
11. "___ Doubtfire"
12. Swelling
13. Texas oil city

15. Indefinite article
16. Not together
18. "___ You Like It"
20. Boozers
23. Type of scallop
25. Neighbor of Wash.
26. "Farewell,

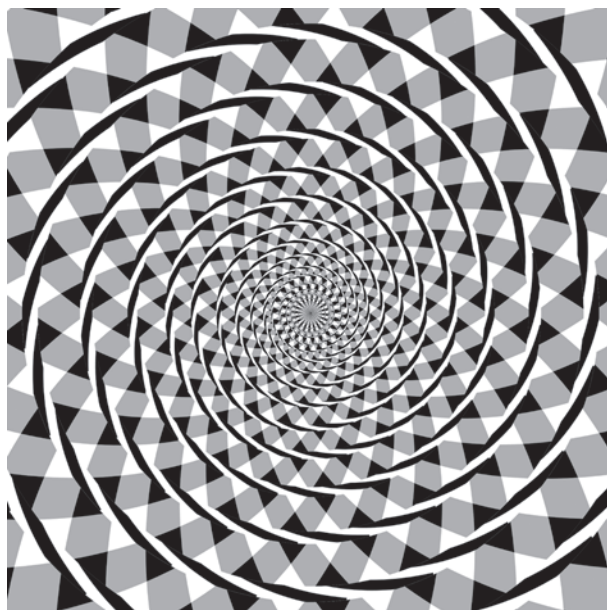
mon ami"

27. Chill
28. Stands for
29. Acquire

Down

1. ExecÖ's note
2. Poet
3. Bewildered
4. Synonym finder
5. Navigation aids
6. "The Three Faces of ----"
7. Body
8. Diagnostic test
14. Ire
17. Flip-flop
18. Sandler of "Big Daddy"
19. Pro or con
21. ClevelandÖ's lake
22. Aug. follower
24. By way of

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



The Fraser spiral illusion is an optical illusion that was first described by the British psychologist James Fraser in 1908. DO YOU SEE THE SPRIRAL? Actually the assumed spiralling lines are just circles. Cool illusion.

I told my wife that a husband is like a fine wine; he gets better with age. The next day, she locked me in the cellar.

● My psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you're ugly too. -Rodney Dangerfield

Knights of the Round Table

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

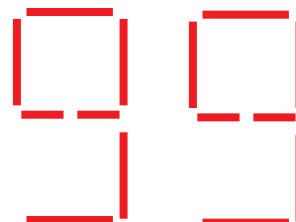
AVALON
BORS
CAMLAN
DAGONET
ELAINE
EXCALIBUR
GALAHAD
GARETH
GAWAIN

GUINEVERE
IGRAINE
JOUST
KAY
KING ARTHUR
KNIGHT
LANCELOT
MERLIN
MORDRED

MORGAN LE FAY
PERCIVALE
ROUND TABLE
TINTAGEL
TOR
TRISTRAM
UTHER

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, 'Do these turkeys get any bigger?'
The stock boy answered, 'No ma'am, they're dead.'

Given this 99 and moving only two lines, can you turn it into 25?



Can You Do It???

1. Can you spell 100 valid words within 100 seconds? However they MUST NOT contain the letters A, B, C or D?
2. Name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday.
3. Removing an appendix is called an appendectomy, removing tonsils is called a tonsillectomy. What is it called when they remove a growth from your head?

Thanksgiving Laughs

What did the mama turkey say to her naughty son? If your papa could see you now, he'd turn over in his gravy!

Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," little Timothy wrote, "I am thankful that I'm not a turkey."

If a man wants to eat a turkey on Thanksgiving, what does a turkey want? It simply wants to run away.

If April showers bring May flowers, what do May flowers bring? Pilgrims!

Why did the turkey cross the road? It was the chicken's day off.

Why can't you take a turkey to church? Because they use such FOWL language.

What do you get when you cross a turkey with an octopus? Enough drumsticks for Thanksgiving.

When does Christmas come before Thanksgiving? In the dictionary.

What's a turkey's favorite song? "I'm Dreaming of a White Christmas."

A Brainbat is an indirect representation of another word or phrase using other letters and words. Can you figure these out? Write down your answers and then check them on the next page. (example: VISION VISION = double vision)

sdraw
back back back
S U I T
ha ir
H I J K L M N O
getgetgetgetmenot
C H I M A D E N A
Schubert's Symphon
S E S A M E
ecabt
N O M M A G

I eg
S S S S S S S S S E
ha rm on y
O N A L L E
dice dice
S P E L E R
A B C D E F G H J M O P Q R S T U V W X Y Z
Dr Dr
B U S I N E S
W O W O L F O L
S T E P P E T S P E T S

Way
lookkool
D 12"12"12"12"12"12"
T U N E T U N E T U N E T U N E
soiudte
O L I N F E T C I E M E
hrooobd
D E E F
habirdnd = butwosh
mce mce mce

"Coexistence... what the farmer does with the turkey - until Thanksgiving." -Mike Connolly

An optimist is a person who starts a new diet on Thanksgiving Day. -Irv Cupcine

Tyson's Quick Guide

The Best Italian Sub

A grinder, a hoagie, a po'boy, a wedge, a grinder, a hero, a sub. No matter what you call it, it is basically sandwich of italian meats and cheeses, vegetables, spices, and dressing on a long italian roll. We've broken it down to some basics: Genoa Salami, Sopressata, Mortadella, Pepperoni, Capicola, and Prosciutto as the Italian meats (any combination of them) along with Provolone cheese, lettuce, tomato, onions, sweet and/or hot peppers, Italian seasoning like basil and oregano, and olive oil. Italian dressing could be used for the oil and seasoning, but no mayo (unless you personally, for some unholy reason, feel the need). The bread can be a soft or hard roll, but must be fresh and hold up to the dressing. The meats should be sliced thin, fresh and kept in balance with the quantity of other ingredients. The dressing should be adequate enough to flavor the sandwich, soak into the bread, without making it a dripping mess. As for the bread, there is always an argument about soft versus hard. No matter what it has to be fresh and the right size not to hide the ingredients. People have been known to travel pretty far for a good Italian sub, but these options can be found just around the corner, and they're pretty darn good.

Deli Italiano: 762-B Walker Road, Great Falls. www.deliitaliano.com

The Italian Gardens: 8500 Leesburg Pike, Tysons Corner. www.italiangardens-food.com

Listrani's Italian Gourmet: 6808 Old Dominion Drive, McLean. www.listranis.com

The Italian Gourmet: 505 Maple Avenue West, Vienna. www.the-italian-gourmet.com

The Italian Deli: 6813 Elm Street, McLean.



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

M	B	A	T	R	E	S	S	C
E	A	T	H	A	V	O	C	
M	R	S	E	D	E	M	A	
O	D	E	S	S	A	A	N	
A	S	A	P	A	R	T		S
D	I	V	E	R	O	R	E	
A	D	I	E	U	S	I	P	
M	E	A	N	S	G	E	T	
9	4	5	1	3	6	8	7	2
2	3	6	5	7	8	4	1	9
8	7	1	4	2	9	3	5	6
5	8	9	7	1	3	2	6	4
7	6	3	9	4	2	5	8	1
4	1	2	6	8	5	7	9	3
1	2	4	8	9	7	6	3	5
6	9	7	3	5	4	1	2	8
3	5	8	2	6	1	9	4	7

Boxes of Cakes: Add an "S" in front to make SIX.

Club Entry: Should have said "three", the number of letters of the number the doorman said.

Can You Do It? 1.

Write the numbers from "zero" to "ninety nine".

None of the letters are used! 2. Yesterday. Today, Tomorrow 3. A Haircut.

Brainbots (down each column):

Column 1: backwards, back to back, space suit, split hair, H2O, For Get Me Not, Made in China, Open Sesame, Cabinet, Backgammon

Column 2: Broken Leg, Tennessee, 4 Part Harmony, All in One, Paradise (Pair of Dice), Bad Speller, Missing Link, Paradox (Pair of Docs), Unfinished Business, Wolf in Sheep's Clothing, One step forward, two steps back.

Column 3: One Way, Look Both Ways, Defeat, Fortune, Inside Out, Once in a Lifetime, Robin Hood, Feedback, One in the hand is worth two in the bush, Three Blind Mice.



2010 HOROSCOPE

NOVEMBER

DECEMBER

ARIES: Co-workers and bosses have had their say in how things have gone for you over the past couple of weeks, and their influence will continue into next month. Don't voice your objections yet. Stay calm.

TAURUS: You seem determined to get "everything" done before the Thanksgiving holiday. But can that really happen? Organize your work and time, but remember to save some of yourself for the holiday.

GEMINI: Autumn leaves have stirred the gypsy in your blood and you're feeling the urge to get going. If the big dinner is at your house, you can't go now. If it's not, visit someone in another city.

CANCER: Your flexibility will be tested soon. You may have the chance to work on a project that seems unrewarding, but could be an opportunity in disguise. Away from work, eat wisely at holiday get-togethers.

LEO: Crisp autumn weather invigorates you this month, both in a physical way and in your creativity. Answers to problems will come to you if you think about them. Your extra energy will serve you well.

VIRGO: It's time to be thankful for family, friends and all the good things in your life. People and circumstances are never ideal, according to your calculations, but you do have a great deal to be thankful for.

LIBRA: On Veterans Day, take time to recall those in your family history, friends and acquaintances who have served in the Armed Forces. When you encounter a veteran, thank them for their service.

SCORPIO: Your spending habits could use a tune up. Consider reining in all plans for unnecessary purchases during the next couple of months. This year could be happily free of holiday bills by the end of January.

SAGITTARIUS: The full moon on November 21 could perk up your love life with that special someone or your partner. The loving aura could last through Thanksgiving Day, one more thing to be thankful for.

CAPRICORN: Your decorative tendencies come to the fore as you trim the tree early so Thanksgiving visitors can enjoy it. Invite children to help you so they, and you, will remember the event for years to come.

AQUARIUS: Though you are in love, your partner's TV habits could drive you to ... boredom. Don't be a wimp about it. Negotiate a couple of nights a week when you will control the remote. Have fun.

PISCES: Gather people you know who won't be going home for Thanksgiving. Create your own family-for-a-day. Bake a turkey and have them carry in the rest of the feast.



ARIES: Your desire to stay close to home is understandable at holiday time. You have lots of ideas for upcoming celebrations that don't include travel. Have fun, but be realistic about how much you can do.

TAURUS: Is that the real you? Normally, you don't speak without thinking, but your impulsiveness now could shock family, friends and co-workers. Take advantage of holiday time off to get stress under control.

GEMINI: Big decisions keep clouding your mind. This is not the time to think about them. There's too much going on. Just keep an eye on spending but have a good time getting together with family and friends.

CANCER: Love is in the air! Give that special someone a little extra attention and your feelings will be returned in ways that will please you. The love of children is emphasized now. Enjoy it.

LEO: You may want to get everything done at the office before the holiday break, but working long hours could wear you out. Be realistic and go into the holidays with a little energy to spare.

VIRGO: Santa has a special message for you: Stay safe in December! Allow enough time to drive to your destination without rushing. If it snows, watch your back while shoveling. Check the door locks tonight.

LIBRA: If travel is on your mind, go for it! A trip to visit family members is good, but hotels and resorts have much to offer right now. Check your options, pack up and leave.

SCORPIO: If it's too cold outside to get out and walk, exercise indoors or at the gym. Take a quick survey of your health and any problems you should be dealing with. Then do it. It's important.

SAGITTARIUS: Listen to the pros and cons about solving a problem. You might have to compromise, but that's better than not working on it at all. Investigate alternatives carefully.

CAPRICORN: Consider whether you are labeling people or pigeonholing them in your mind. If you decide they are stubborn, argumentative or uncooperative, it reduces your opportunities to deal with them.

AQUARIUS: Don't deny friends your presence at their various get-togethers. Crowds become you right now and you could become the center of attention. Watch for an old friend who is a little touchy.

PISCES: News from a distance or a telephone call brings much happiness. At work, choose a partner to help. One-to-one relating brings more progress. Away from work, try that new restaurant.



**It's hard to wrap a Caesar Salad....
...it's messy and never arrives chilled!**

This year, give them a gift they'll use and enjoy. A gift certificate to one of these local culinary establishments is sure to please everyone on your list. From a smooth latte, or a bottle of fine wine, to a comforting meal prepared by one of our area's many celebrity chefs, a gift certificate is always in great taste. Start your shopping today at one of these fine establishments offering gift certificates... *and be sure to remind them where you got the idea!*

Bazin's on Church 703.255.7212
Plaka Grill 703.319.3131
Serbian Crown 703.759.4150
Chef Geoff's 571.282.6003
Clyde's of Tysons 703.734.1901
Clair and Don's Beach Shack 703.532.9283
German Gourmet 703.379.8080
Maplewood Grill 703.281.0070
Mylo's Grill 703.533.5880
Metro 29 Diner 703.528.2464
Café Renaissance 703.938.3311
Idylwood Grill 703.992.0915
Da Domenico 703.790.9000
Silva's Patisserie 703-255-6880

Evo Bistro 703.288.4422
Panache 703.748.1919
Ristorante Bonaroti 703.281.7550
The Greek Grill 703.938.8600
Neighbor's Restaurant 703.698.8010
Sophia's Café 703.734.2233
Starnut Gourmet 703-749-9090
Peking Express 703.281.2445
Maggio's 703.938.7777
JR's Stockyard Inn 703.893.3390
Classic Wines of Great Falls 703.759.0430
El Tio Grill 703.204.0233
Café Oggi 703.442.7360
The Old Brogue 703.759.3309

Open Kitchen 703.942.8148
Ruth's Chris Steakhouse 703.848.4290
Church Street Cellars 703.255.0550
2941 Restaurant 703.270.1500
Church Street Pizza 703.938.1155
Silva's Patisserie 703.255.6880
Vienna Vintner 703.242-9463
The Virginian 703.938.2333
Greenberry's Coffee 703-821-9500
Ireland's Four Provinces 703.534.8999
Maple Ave Restaurant 703.319.2177
Tysons Bagel Market 703-448-0080
Caffe Amouri 703-938-1623
Cedars Gourmet 703-204-4547

Lilian Jorgenson

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FX7439766



Vienna \$1,750,000
FX7133016



McLean \$3,795,000
FX7293719



McLean \$4,950,000
FX7328588



Arlington \$1,799,000
AR7381725



Vienna \$1,950,000
FX7457461



Vienna \$1,099,000
FX7299871



Alexandria \$850,000
FX7455522



Vienna \$749,000
FX7455951



Vienna \$1,025,000
FX7446415



Vienna \$625,000
FX7456015

***"I would love to hang
a SOLD sign on these
properties."***



Vienna \$849,900
FX7446828



Vienna \$899,900
FX7397497



Oakton \$1,050,000
FX7436132

***"Let's write
a contract
together!"***



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Diplomat The American Pediatric Dentistry
Assistant Professor, Howard University College of Dentistry



Shohreh Sharif D.D.S.
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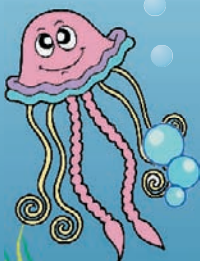
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