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VivaTysons

January - February 2011 • vivatyson.com • \$3.⁹⁵

M A G A Z I N E



Tyson's on the Move!

2011: New Year, New You

Metro & HOT Lanes Update

Welcome to Freedom Hill

Beat the Winter Blues



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• Technology & You
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McLean \$3,100,000



Great Falls 1,860,000



McLean \$2,775,000



Great Falls \$1,510,000



Oakton \$1,375,000



Great Falls \$2,000,000



Oakton \$1,130,000



Great Falls \$1,800,000



Vienna \$1,240,000



Great Falls \$1,500,000



Vienna \$980,837



Great Falls \$1,900,000



McLean \$1,750,000



Great Falls \$1,425,000



Oakton \$1,250,000



Great Falls \$2,200,000



McLean \$2,600,000



Great Falls \$1,100,000



Oakton \$860,000



Great Falls \$945,000



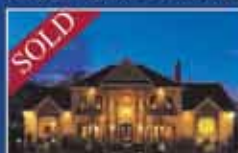
Great Falls \$777,000



Great Falls \$950,000



McLean \$1,600,000



Vienna \$3,750,000

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MONEY**



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



departments... *and more*

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January-February 2011

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Subscriptions for Viva Tysons! are available for \$12/year or \$20 for two years. Please address request to Calamity Media, PO Box 506, Dunn Loring, VA 22027. or you can subscribe online at www.vivatysonsmag.com

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FROM THE PUBLISHER...

2011...And Tysons is on the move....

Plans for rezoning have been submitted. The Silver Line is on the way to becoming a reality... and our new town is beginning to take shape. Our Editor, Dennis Alloy has put together a few feature articles about the change which is coming that you won't want to miss. Rezoning, HOT Lanes, Metro updates and some amazing pictures, illustrations and previews of what's to come. We are truly in for a real change.

Our friend, Keith Loria shares some thoughts on Freedom Hill Elementary School and talks to our local theatre hero Phil Charlwood, who has been setting the stages for our young aspiring actors for years.

Skiing...hours away? You bet...and Brittney Rouse shows you where to find the best skiing close to home. Beth Chung continues her "Green" crusade, Cindy "starts us up" ... and Judy says getting festive in the kitchen can help with the winter blues.

Alexander Casmay has a great piece on beers to warm the heart and soul, and the new DIYA is open. Alison gives us an in depth review on Assaggi Osteria in McLean. We have some tips on "Resolution Dieting" from Chef Bonita, and Debbie Casey dines at our beloved Café Renaissance. Choose your ice melt carefully, review the "Resort Fashion Options" with Leigh, and Casey says "love the one you're with."

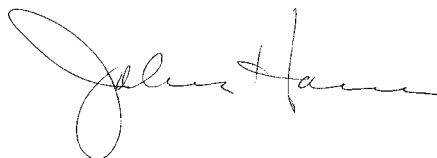
It's a new year, and as always, we resolve to do more for our health and wellbeing. We are fortunate to have many of our area professionals share some insights to help guide us when making some choices to improve our overall health and wellness. Thanks doc!

We have the decorating trends for 2011 from Denise and an interesting coffee glossary from Michael Amori. Some re-modeling tips, selected area events, community venues, the arts and theatre, merchant news and Dennis to keep us "In the Loop."

Our local economy seems to be recovering ... the malls were jammed this year and our local merchants are telling us "it's better."

Our New Year's resolution? We resolve to keep doing more to "illuminate" our independent merchants and service providers, keep you posted on the changes in our landscape and never forget how lucky we are for this magnificent town and the people who make "Tysons" their home. Please know we take your time, readership, and your support seriously and will continue to look for ways to enhance the "Tysons Experience."

From all of us, we wish you a safe, healthy and prosperous New Year.



Johnny Hanna
Publisher, Viva Tysons Magazine



JANUARY

JANUARY 10 - 13

Mid-Atlantic Band Battle 4 Preliminary Rounds

Jammin Java - 7pm
227 Maple Avenue East, Vienna
(703) 255-1566, Tickets: \$10
Jamminjava.com
24 bands of all genres from up-and-down the East Coast compete to prove that they have what it takes to win \$2500 CASH, a headline show at Jammin Java, studio time and gift certificates from Chuck Levin's Washington Music Center.

JANUARY 14

The Peabody Trio

The Barns at Wolf Trap - 8pm
1645 Trap Road, Vienna
(703) 255-1900, Tickets: \$35
Wolftrap.org
Since winning the prestigious Naumburg Chamber Music Award in 1989, this trio has established itself as an important presence in the chamber music world as vivid interpreters of the classics of the repertoire, advocates for new music, and dedicated teachers and mentors to a generation of young musicians.

JANUARY 15

Bruce in the USA- Tribute to Bruce Springsteen

State Theatre - 7pm
220 N Washington St, Falls Church
(703) 237-0300, Tickets: \$18
Thestatetheatre.com
Bruce in the USA is much more than just another tribute... it's a shore thing! This high-energy musical experience is a note-perfect and visually accurate re-creation of a Springsteen show that turns into one giant Jersey party!

JANUARY 15

Mary Ann Redmond

1st Stage - 8pm and 10pm
1524 Spring Hill Rd, McLean
(703) 854-1856, Tickets: \$20
1ststagespringhill.org
Redmond is well-known in her home base of Washington, DC,

where she's won a staggering 14 WAMMIE Awards from the Washington Area Music Association.

JANUARY 16

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

McLean Community Center -
5-7pm, Ingleside Ave, McLean
(703) 790-9223
McLeancenter.org
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.

JANUARY 17

The Toasters (30th Anniversary Tour)

Jammin Java - 7:30pm
227 Maple Avenue East, Vienna
(703) 255-1566, Tickets: \$12
Jamminjava.com
Considered by critics and fans alike to have launched the phenomenon which came to be known as 3rd Wave Ska, the band has taken their trademark sound worldwide and blazed a trail worldwide. This show will be standing room only - with very limited seating.

JANUARY 20 - 21

Chicago City Limits "America Idles"

The Barns at Wolf Trap - 8pm
1645 Trap Road, Vienna
(703) 255-1900, Tickets: \$24
Wolftrap.org

Hailed by The New York Times as "perfect masters of improvisation," this high-energy troupe relies on the audience for inspiration in American Idles, a new show poking fun at the fame-obsessed culture of today. Chicago City Limits is the longest running comedy show in New York, and its National Touring Company includes some of the most talented young comedians out there.

JANUARY 22

Family Fun Bingo

McLean Community Center -
2:30-4pm, Ingleside Ave, McLean
(703) 790-9223; \$10/\$5 McLean district residents; Under 2 Free
McLeancenter.org
Join us for this family fun-filled afternoon of Bingo! Win great kid-friendly prizes, play guessing games, enjoy light refreshments and more. Space is limited; advance registration is recommended.

JANUARY 23

Oberlin at Oakton Concert Series

Unitarian Universalist - 7:30pm
Congregation of Fairfax
2709 Hunter Mill Rd, Oakton, VA
(703) 281-4230, Free admission
Performance by honor students from the Oberlin College Conservatory of Music.

JANUARY 29

Hobey Ford's Golden Rod Puppets - Animalia

Alden Theatre - 2pm
Ingleside Ave, McLean
(703) 790-9223, Tickets: \$12/\$8
McLean district residents
McLeancenter.org/alden
Hobey Ford's beautiful production of Animalia explores the world of animals through movement, music and visually stunning puppetry.

JANUARY 29

John Eaton

The Barns at Wolf Trap - 7:30pm
1645 Trap Road, Vienna
(703) 255-1900, Tickets: \$25
Wolftrap.org
From Gershwin to Porter, this

long-time Wolf Trap favorite and local jazz pianist presents popular American songs with entertaining observations and interpretations.

FEBRUARY

FEBRUARY 2

Chorus Opera Concert

George Mason High School
7:30-9:30 pm

FEBRUARY 4 - 27

Fuddy Meers

1st Stage - 7pm and 8pm
1524 Spring Hill Rd, McLean
(703) 854-1856, Tickets: \$15-\$25
1ststagespringhill.org
Everything seems fuzzy in Pulitzer Prize winning playwright, David Lindsay-Abaire's dark comedy about family, memory, and the futility of communication. Amnesiac Claire awakens each morning as a blank slate on which her husband and teenage son dutifully imprint the facts of her life. Claire pieces together the mystery with the help of a dirty puppet, an ex-criminal and a fake cop, taking control of her life and wiping the slate clean.

FEBRUARY 4

Super Bowl Party

Vienna Community Center -
3:30 pm, 120 Cherry St SE
(703) 255-6360, Viennava.gov
No matter who is playing, we will be celebrating. We will have fun football games, food, arts and crafts and more. Make your prediction for the big winner. Come dressed in your favorite player's jersey and win a prize.

FEBRUARY 4

My Mother's Italian, My Father's Jewish & I'm in Therapy with Steve Solomon

The Barns at Wolf Trap - 8pm
1645 Trap Road, Vienna
(703) 255-1900, Tickets: \$30
Wolftrap.org
One of the longest running one-man shows in history, this master dialectician/comedian brings characters to life in the

hysterical retelling of what it's like to grow up in his family.

FEBRUARY 5 **4th Annual McLean Jewelry Showcase**

McLean Community Center - 11-5pm, Ingleside Ave, McLean (703) 790-9223, Tickets: \$3 Mcleancenter.org
This fabulous showcase will feature a variety of quality, handmade jewelry collections and designs by jewelers from around the region. Many of our jewelers will take custom orders.

FEBRUARY 12 **SteveSongs**

Jammin Java -3 shows
10:30am, 12:30pm, 2:30pm
227 Maple Avenue East, Vienna (703) 255-1566, \$15 for 1yr+ Jamminjava.com
Steve Roslonek of SteveSongs has been writing/performing award-winning music for families for ten years. Steve blends smart lyrics, catchy melodies and thoughtful messages into fun participatory songs that kids love and adults find irresistible.

FEBRUARY 12 **Puppetry Festival**

McLean Community Center - 1:30 pm, Ingleside Ave, McLean (703) 790-9223; \$12/\$10 McLean district residents Mcleancenter.org
Recommended for ages 4-8
Performances by Grey Seal Puppets and Barefoot Puppets
2:30-3:30 pm Workshops
(Fee covers performances and workshops).

FEBRUARY 13
Annapolis BlueGrass
Vienna Community Center - 1:30 pm, 120 Cherry St SE (703) 255-6360, Viennava.gov
Free Concert.

FEBRUARY 13
Sunday Soirée Series- "My Funny Valentine"
McLean Community Center - 3-5pm, Ingleside Ave, McLean (703) 790-9223, Tickets \$5

Mcleancenter.org
Dance or just listen to the music of the Wayne Tympanick Trio. This is the perfect way to spend a Sunday afternoon. Refreshments will be served.

FEBRUARY 14
Valentine's Day Party
Vienna Community Center - 3:30 pm, 120 Cherry St SE (703) 255-6360, Viennava.gov
Come dresses in pink or red. Enjoy a DJ, food and fun while we celebrate the sweetest holiday of the year.

FEBRUARY 18
Mid-Atlantic Band Battle 4 The Finals
Jammin Java - 8pm
227 Maple Avenue East, Vienna (703) 255-1566, Tickets: \$10 Jamminjava.com
Final 4 bands compete to prove that they have what it takes. Winner will be selected.

FEBRUARY 25-27
Antique Show and Sale
Vienna Community Center - Times Vary, 120 Cherry St SE (703) 255-6360, Tickets: \$4.50 Viennava.gov
Enjoy browsing through one of the finest Antique Shows in the area. Dealers from all over will show and sell a variety of furniture and collectibles.

FEBRUARY 26
2nd Annual Be Fit McLean! Outdoor Adventure & Fitness Expo
McLean Community Center 10 - 4 pm, Ingleside Ave, McLean (703) 790-9223, Free Admission Mcleancenter.org
This year focuses on Outdoor Adventure & Fitness. Ever wanted to learn how to kayak or rock climb? From trail-running to geo-caching, sky diving to scuba diving, dog packing to llama trekking, this expo will have it all! Think you can win the outdoor cooking contest? Give it a try! There will also be health screenings, cooking demos, and tons of giveaways!

MARCH

MARCH 5
John Eaton
The Barns at Wolf Trap - 7:30pm
1645 Trap Road, Vienna (703) 255-1900, Tickets: \$25 Wolftrap.org
(View January 29 for details)

MARCH 12
Celtic Music Concert
Cherry Hill Farmhouse
312 Park Avenue, Falls Church 8pm.

MARCH 13
Sunday Soirée Series- "In the Groove"
McLean Community Center - 3-5pm, Ingleside Ave, McLean (703) 790-9223, Tickets: \$5 Mcleancenter.org
(View February 13 for details)

MARCH 18
Rockin' into Spring Dance
McLean Community Center- 8-11 pm Ingleside Ave, McLean (703) 790-9223; Tickets \$20/\$10 McLean residents, at door: \$20 Members of Friends of MCC: \$5 Mcleancenter.org
Join us at MCC for a rockin' and rollin' evening of dancing to the "oldies but goodies" sounds! Live music will be provided by The Fabulous Hubcaps. Refreshments, appetizers and cash wine bar. Save the date!

RECURRING EVENTS **MONDAYS**

Sweatshop Social: DIY Open Studio
7pm - 11pm, The Soundry 316 Dominion Road, Vienna (703) 698-0088
Soundry Members: FREE Non-Members: \$5.00
An open studio for Indie crafters/DIYers to get out of the house and socialize with other creative types while working on current and new projects. Share tips, socialize and have a great time being

creative. All projects are welcome.

Ranger Rendezvous- Great Falls National Park
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.

Monkeys with Typewriters Write-In
7-11pm, The Soundry 316 Dominion Road, Vienna (703) 698-0088
Attendance is FREE
Monkeys with Typewriters (MoWiTy) Write-Ins are a time to let go of your inner critic and put words down on the page. Come with your laptop or notebook and enjoy some camaraderie while writing content for your novel, story, screenplay, poetry, or blog.

TUESDAYS
Open Mic Night
8 pm, The Soundry 316 Dominion Road, Vienna (703) 698-0088
Every Tuesday night we host our Open Mic Night, popular for all ages. The mic opens at 8 pm for ALL kinds of music, including bands. Our stage has a drum kit and PA.

WEDNESDAYS
Kid Krusaders Kids Club & Mr. Knick Knack
11-11:45 am, Tysons Corner Ctr 1961 Chain Bridge Rd, McLean (703) 893-9400
Sing, dance and hop along with Mr. Knick Knack's original musical adventures in the Kid's Play Area on Level 3.

Live Jazz at Open Kitchen
5-10pm, Open Kitchen, 7115 Leesburg Pike- #107, Falls Church. (703) 942-8148
Enjoy an excellent meal and relax with a glass of wine to
Have an upcoming community event that we should know about? Email us the details at comments@vivatyson.com.

soothing jazz by guitarist Boris Arratia or Jon Ware.

Reinhardt Liebig

7-10pm, Wed, Fri and Sat
Maplewood Grill,
132 Branch Road SE, Vienna
(703) 281-0070



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.

Open Mic Comedy Night

8-midnight, The Soundry
316 Dominion Rd, Vienna
(703) 698-0088

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

10:30-11:30am, Wed and Sat
Barnes & Noble, Tysons Corner Center, 1961 Chain Bridge Rd, McLean, (703) 893-9400
Be sure to bring your little one to Barnes & Noble for morning storytimes. 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

7-10pm, Maplewood Grill
132 Branch Road SE, Vienna
(703) 281-0070

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.

Vinyl Vibrations

7-10 pm, The Soundry
316 Dominion Rd, Vienna
(703) 698-0088
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

7-10pm, Wed, Fri and Sat
Maplewood Grill,
132 Branch Road SE, Vienna
(703) 281-0070
(See description on Wed.)

Community Music Night

7pm, Caffe Amouri
107 Church Street, Vienna
(703) 938-1623
Bring your instruments to Caffe Amouri every Friday night for the Community Music Jam.

McLean Farmer's Market

8am-noon, Lewinsville Park
Chain Bridge Road, McLean

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

8-11pm, The Soundry
316 Dominion Rd, Vienna
(703) 698-0088
Nov 19, Dec 24, Jan 7.
Let your words fly! The Soundry's Friday night Verbal Assault is an eclectic mix of poetry, monologues, rants, spoken word and 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

7-9:30pm, Turner Farm Park
925 Springvale Rd, 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. For more information, visit www.analemma.org

Discovering Snakes

3-3:30 pm, Great Falls Park
Visitor Center Auditorium
(703) 285-2965, Free
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.

First Friday of Falls Church

www.firstfridayoffallschurch.com
Come join for food, fun, music, merchant specials and more the first Friday of every month!

Family Skate Nights

6:30-8:00pm, Jan 14-Mar 25
Vienna Community Center
120 Cherry St SE
(703) 255-6360, Fee: \$1/person
Bring your own roller skates or in-line skates (no scooters) and safety equipment. Parents are required to stay with their children and are welcome to participate. (No Skating January 28 and February 25)

SATURDAYS & SUNDAYS

Weekly Storytime

10:30-11:30am, Wed and Sat
Barnes & Noble, Tysons Corner Center, 1961 Chain Bridge Rd, McLean, (703) 893-9400
(See description on Wed.)

Sunday Blues Jam

6-11pm, Bangkok Blues
926 W. Broad, Falls Church
(703) 534-0095, No Cover
Open Mic for all local musicians. No cover on Sundays! Kids are very welcome. Cool live music, hot Thai food. Fun for the whole family.

Falls Church Farmers' Market

9am-noon, Saturdays Year Round



City Hall Parking Lot, 300 Park Ave.
One of the top markets in the country.

Musical Showcase

Serbian Crown Restaurant
1141 Walker Rd., Great Falls
Saturdays: Join them for dancing every Saturday night and Dancing with Michael Terence. Sundays, 4-9 pm: Russian and Balalaika Music.

Reinhardt Liebig

7-10pm, Wed, Fri and Sat
Maplewood Grill,
132 Branch Road SE, Vienna
(703) 281-0070
(See description on Wed.)

Falls Walk - Great Falls National Park

12:30-1:15pm, 3-3:45 pm
Sat/Sun, Great Falls National Park
(703) 285-2965, Free
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

1:30pm and 4pm, Sat/Sun
Overlook #3
Great Falls National Park
(703) 285-2965, Free
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

1-4pm, The Little Library
Mill Street at Church, open the first Sunday of each month.
10-11am, The Little Library
Mill Street at Church, children ages 4-12 are welcome at the Little Library the 2nd Saturday of each month from for our reading program.

Bird Watching

8-10am, Visitors Center Courtyard
Great Falls National Park, Sundays
(703) 285-2965, Free
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.

TEEN EVENTS

THE OLD FIREHOUSE

1440 Chain Bridge Road, McLean
(703) 448-8336, www.McLeancenter.org/kids-teens/old-firehouse.asp

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.

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...

Members can drop in during school breaks just to hang out for free.

DANCES EVERY FRIDAY NIGHT

Special themes:

January 14 - Black and White Night

January 28 - Vegas Night - fun gaming

February 11 - Valentines

February 25 - Red Carpet - strut your stuff!

CLUB PHOENIX

Vienna Community Center, 120 Cherry Street SE, Vienna (703) 255-6360

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.

NEW IDEA:

KIDS COOKING CLASSES

JANUARY 29

Child & Parent: Pizza Party

Culinaria Cooking School - 9:30-12:30pm

110 Pleasant Street, Vienna

(703) 865-7920, Class: \$65

culinariacookingschool.com

Once you make this meal together, you won't ever want to order delivery pizza again.

FEBRUARY 6

Hands-on Class: Teen Cuisine — Tortilla Party!

Open Kitchen- 6:30pm

7115 Leesburg Pike, #107, Falls Church

(703) 334-1504, Class: \$69

openkitchen-dcmetro.com

Teens, in this class you'll have fun working with Chef Inderpal to make tortillas and chips from scratch. You'll even learn how to make a dessert tortilla!

FEBRUARY 12

Child & Parent: Valentine's Day Brunch

Culinaria Cooking School - 9:30-12pm

110 Pleasant Street, Vienna

(703) 865-7920, Class: \$65

www.culinariacookingschool.com

Bring your little sweetheart to create these Valentine's Day-inspired dishes.

MARCH 12

Teen Cuisine: Cooking for Friends

Culinaria Cooking School - 9:30-12:30pm

110 Pleasant Street, Vienna

(703) 865-7920, Class: \$65

www.culinariacookingschool.com

Impress your friends at your next hangout with these amazing creations made by you.

FOR THE LITTLE ONES

Jammin Java

Jammin Java - 10:30-11:30 am

227 Maple Avenue East, Vienna

(703) 255-1566, Tickets: \$5

Jamminjava.com

Weekday shows, range from magic to sing-alongs and more. Fun for parents as well. See their web site for details and schedules.

Vienna Community Center

Vienna Community Ctr, 9-10am

120 Cherry Street SE, Vienna

(703) 255-6360, Tuesdays and Thursdays

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.



Master of the Theatre

By Keith Loria

As you walk into the makeshift “shop” that sits behind the garage of Phil Charlwood’s Vienna home, you’ll see plenty of power tools, a top-of-the-line work area and a shark head.

The latter is just one of thousands of props or set pieces that Charlwood has collected, designed or constructed over the past decade. Whether it’s creating set pieces for theatre programs at schools, designing decorations for churches, adding uniqueness to a wedding or even crafting a parade float, the Good Samaritan is always around to lend a hand.

Need a car for ‘Grease’? Check. A bed for ‘Once Upon a Mattress’? Um hum. How about a giant animated tree that can grow on stage over the course of 100 years? Yep, he’s got that too.



Phil Charlwood as seen in the makeshift “shop,” filled with bits and pieces of all the sets and props he’s made in the past.

“It’s all in my head. I can’t remember names but I could find something I haven’t used in 20 years and know what box it’s in and where,” says Charlwood, who estimates he has helped out with 3-4 dozen plays through the years. “I save everything. I get calls all the time from people throwing things away to see if I want any, and I put them in the shop.”

The “shop” is actually a custom-made three-story garage that Charlwood designed himself, saying he was “destined to fiddle with things.”

A Fairfax resident most of his life and the father of 15-year-old twin daughters Audrey and Ellen, Charlwood was approached to help create a theatre program at Flint Hill Elementary School about seven years ago.

“I was not a theatre person. When my kids were in second grade, my wife was lamenting the fact that we didn’t have a theatre program at the school,” he explains. “I’m a stay-at-home dad and I was basically accosted by this seven-months pregnant woman who wanted my help in starting a theatre program.”

The woman was Stacey Jones, now CEO of Stage Presence LLC, who has volunteered her time to direct some of the best school productions in the state. She recalls going after Charlwood to help because he had a reputation as being “Mr. Do Everything” around the school.

“Phil is one of those wonderful people who sits down with you to listen to your ideas. He is willing to train kids and adults and everyone comes out of it wiser,” she says. “Because of Phil’s help I was able to make the program into something that was so professional looking. A lot of it is because of the look he can create on a zero budget, and his coming up with wonderful ideas. The final results are awesome.”

The successful collaboration, Charlwood says, had just as much to do with her.

“We did a spring show that first year and it was amazing. Stacey was absolutely driven and set the bar so high and the kids accomplished so much with it,” Charlwood says. “We did ‘School House Rock’ and it was just phenomenal. We would regularly sell 1,500 tickets for a 3-day show and even people who didn’t have kids in the school would come to see it.”

Before getting involved in the theatre program, Charlwood was known as the man who brought the GRACE Art program to the school (run by the Greater Reston Arts Center).

“It’s a really cool program. Your school signs up for it and they provide you with eight portfolios of different artists and you organize volunteers in the school to go into each classroom and work with the kids,” he says. “I did something in the school every day. You give them projects to do relative to the artist or the type of art it is. Anytime you can get these kids to be creative, it’s great.”

The walls of his home are still decorated with many of the artwork that was done by the students during the GRACE Art years.

One of the first projects he did with the school happened when his kids were in third grade.

“I always loved the Vienna Halloween parade and I thought we should have a float for the school,” he said. “I set up the first GRACE Art program for the year to build a float for the parade. Now, there’s a whole different set of skills between the kindergartners and the sixth graders, but I set it up so they all had different aspects of the float to build, and my one rule was that everything that was made would be used.”

When it came to the plays, anything that didn’t have to do with

the actually theatrics of the kids, he did. That boiled down to making a lot of sets and getting most of the items necessary for the show to look good.

"I went through a period of about 15 years where I did these huge New Year's Eve- and Halloween-themed parties, spending about a month decorating my house, and those were pretty wild," he says. "I've always been a tinkerer and a builder so it all came pretty natural."

For any new production, Charlwood makes about three-quarters of the sets and props, utilizing what he already has as a base.

When Bernie DeLeo came on board as drama director of Thoreau Middle School two years ago, he was thrust into putting on the spring musical and didn't know where to begin.

"The last theater tech class or set work I did was 25 years ago in college and I had to somehow come up with a complicated set for Rodgers & Hammerstein's 'Cinderella', and I'd never designed or built a set before," DeLeo says. "Fortunately, I had Phil and he literally saved my bacon. He wasn't just helping, he was there every day, building sets, painting flats, and building complicated props and pieces."

DeLeo says that he was looking for "real magic" onstage and whenever he asked Charlwood for something that seemed impossible at the time, it normally would be built and waiting for him the next day.

Even though the twins have moved on to high school, Charlwood has continued to offer advice and helps to build key pieces when needed at Thoreau.

"He loves theater and he especially loves engaging kids. I got spoiled my first year, yet it was like being enrolled in a Theatre Tech/Set Design 101 class with him," DeLeo says. "Phil's a selfless, funny, wonderfully creative man, and he's affected the lives of many children at a whole bunch of schools."

Charlwood's license plate reads "XX rules," which basically tells you how much power he has in his household. Not that he minds. Doing special things for his daughters just comes naturally to him.

When the twins were graduating from Flint Hill, he wanted to make it memorable so he created the designs of an end-of-the-year dance that no one in the school will ever forget.

The theme of the dance was New York, and Charlwood had the idea to turn the gym into the roof of a New York City skyscraper, complete with a working elevator.

"We built a 5-foot square elevator with air cylinders at the entrance of the gym and put the kids in and closed the door, and when they pushed the button, the floor dropped down about a half an inch on springs," he describes. "On one wall, there was a window and I put a scrolling brick wall so it felt like you were going up. It felt like you were riding up to the roof."

For Charlwood, just about everything he does comes back to looking out for the kids.

"It's important that the kids know we are paying attention to them," he says. "I always felt that we don't give kids nearly the amount of credit we should and as parents we should put as much effort into everything because they are watching.... Besides, I'm a big kid myself so it gives me an excuse to play."



McLean
Community
Center
The Center of It All

Here's What's Happening at MCC

8th Annual Martin Luther King Jr. Day Celebration

**Embrace the Dream:
A Blues & BBQ Dinner**
Sunday, Jan. 16, 5-7 p.m.

\$5 adults; \$3 children age 10 and younger

Travel and Adventure Film

**The Steamboat Story: Voyaging
Alaska's Inside Passage**
Wednesday, Jan. 19
7:30 p.m.

Family Fun Bingo

Saturday, Jan. 22, 2:30-4 p.m.
\$10/\$5 district residents

Hobey Ford's Golden Rod Puppets
Animalia

Saturday, Jan. 29, 2 p.m.
\$12/\$8 district residents

4th Annual

McLean Jewelry Showcase
Saturday, Feb. 5, 11 a.m.-5 p.m.
Admission: \$3; take \$1 off with this ad

Puppetry Festival

Saturday, Feb. 12, 1:30-4 p.m.
\$12/\$10 district residents

**BeFit
McLean**

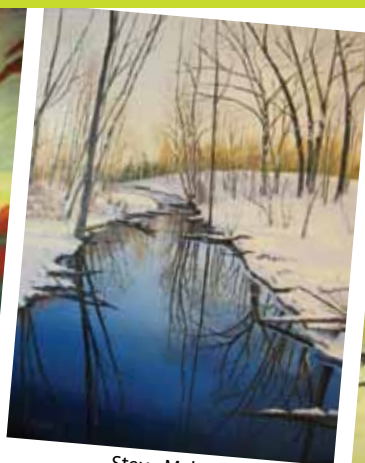
2nd Annual Be Fit McLean!
**Outdoor Adventure
& Fitness Expo**

Saturday, Feb. 26, 10 a.m.-4 p.m.
Free Admission

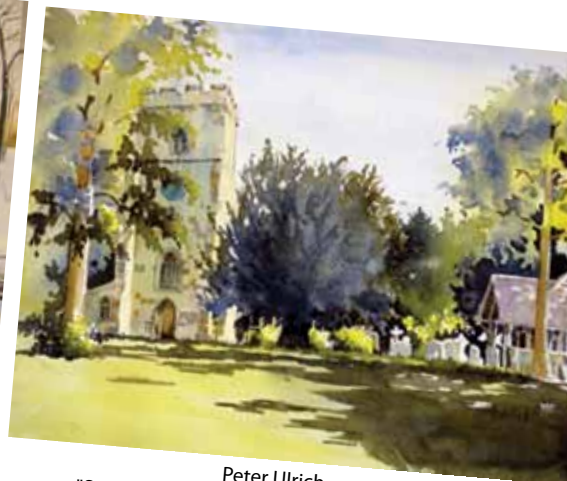
The McLean Community Center
1234 Ingleside Ave., McLean, VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org



Suzanne Vigil
"Kings and Queens of the Food Court"



Steve Myles
"Winter Reflections 2" -- oil on canvas



Peter Ulrich
"St. Leonard's" as shown at 1st Stage Theater

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

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.

Saturday, February 11

Family Art Workshop

March 6 – 22, 2011

*Youth Art Exhibition: Elementary Schools
All Galleries*

March 25 – April 10, 2011

*Youth Art Exhibition: Middle and High Schools
All Galleries*

McLean Project for the Arts Announces New Officers and Board Members

The Board of Directors at McLean Project for the Arts elected 5 new board members and new officers. New members are Howard Forman, Charlotte Cameron Marshall, Ed Shahin, Margi Vanderhye, and Joe Wetzel. Karen DuVal was elected Chair; Bill DuBose, Vice-Chair; Karin M. Gifuni, Secretary; and Nyka Jasper Feldman, Treasurer.

MPA is a non-profit visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. The mission of

McLean Project for the Arts is to exhibit the work of emerging and established artists from the mid-Atlantic region; to promote public awareness and understanding of the concepts of contemporary art; and to offer instruction and education in the visual arts.

MPA/Corcoran, an educational partnership, offers art classes for children and adults taught by instructors from the Corcoran College of Art + Design. MPA also presents the Art Reach program for area schools, gallery talks, MPAartfest and day trips to area museums and galleries.

McLean Project for the Arts is located at 1234 Ingleside Avenue in the McLean Community Center. For more information about MPA, visit www.mpaart.org.

GREAT FALLS STUDIOS

www.greatfallsstudios.com

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 GFFFA 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.

MAVERICK MOSAICS

145 Church Street NW, Vienna
www.maverickmosaics.com

Maverick Mosaics is an educational art studio, dedicated to nurturing and expanding creative expression through the art of mosaic. A variety of workshops and learning opportunities for all ages and skill levels; and a Visiting Artist Series, provide unique

Painting is so poetic, while sculpture is more logical and scientific and makes you worry about gravity.
-Damien Hirst

educational experiences. Our studio also 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 throughout the winter including:

Pet Portrait in Mosaic: January 15 & 16

Introduction to Mosaics: January 22 & 23

Mosaic Window: February 5 & 6

Open Studio every Tues 5:30-9:30pm and Wed 12:30-5pm.

VIENNA ARTS SOCIETY

115 Pleasant St NW, Vienna
www.viennaartsociety.org

Hours at both the Pleasant Street Vienna Art Center and the Village Green VAS Art Gallery are Tuesdays through Saturdays from 10 AM – 4 PM.

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.

January

The January show at the Vienna Art Center on Pleasant Street features artists from around the region who won awards at the 41st Annual Juried Treasury of Art Show: Jacqueline Saunders, Ardythe Jolliff, Jill Banks, Lassie Corbett, Debi Marshall Elliott, Carolyn Gawarecki, Susan LaMont, Harris Miller and Teresa Ahmad.

Those interested in learning new painting techniques or expanding their experience should check out the workshops and classes beginning this month on our website.

On Thursday, Jan. 13, at 10:00 AM, the public is invited to a demonstration on creating "Shapes and Shadows" in watercolor by award winning artist Carolyn Gawarecki.

Lassie Corbett and Vivian Attermeyer begin their winter series this month: details can be found on the VAS web site or by calling 703-319-1420.

The featured artist at the VAS Art Gallery in the

Village Green is Steve Myles, whose works in oils have been juried into many shows.

February

Former "Artist of the Year", Nancy Hornstein, will be honored with a retrospective exhibition at the Vienna Art Center on Pleasant Street in February. The public is cordially invited to meet Nancy at her reception in early February: call 703-319-3071 for time and date.

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.

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.

RED CABOOSE GALLERY & VIENNA ARTS SCHOOL

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

JANUARY: Julianne Giamapa

FEBRUARY: Suzanne Vigil

APRIL: Joan Marie Giamapa

MAY: Karen Hubacher

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!

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'l 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 is 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.

VIENNA PHOTOGRAPHIC SOCIETY

www.vps-va.org

The Vienna Photographic Society, now in its twenty-third year, is an exciting, energetic club for photo enthusiasts. Our membership, which numbers close to 100, is comprised of hobbyists, amateurs and professionals all interested in advancing their understanding and appreciation for the creative and technical aspects of photography.

PHOTO CONTEST AND EXHIBIT

at the Vienna Community Center assisted by the Vienna Photographic Society.

Open to Metropolitan Area Amateurs

Entries Accepted:

March 17: 5 - 8:30 p.m./March 18: 12 - 3:45 p.m.

Exhibit Dates:

March 19: 10 - 3:00 p.m./March 20: 12 - 3:30 p.m.

Entry Fee:

\$10 per person limit four photos with a maximum of two in any one category.

Applications will be mailed out on February 1, 2011. Local professional photographers judge the show. Ribbons will be awarded in eight Categories: animals, architecture, digital, nature, pictorial, photojournalism, portraiture, and scenic. There will be a separate Middle School and High School Section for students.

*Practice what you know,
and it will help to make
clear what now you do
not know.*
-Rembrandt van Rijn

THE MCLEAN SYMPHONY

The McLean Symphony welcomes you to its annual event at Pulcinella Restaurant, conveniently located at 6852 Old Dominion Drive, McLean, Virginia, for a benefit. The Symphony's goals are to provide affordable high quality performances to the general public and foster educational programs for aspiring young artists. The dinner takes place on Monday, March 7, 2011, at 6:30 p.m. Enjoy an evening of fine food and fabulous music with Maestro Dingwall Fleary and musical guests. The cost of the dinner is \$ 50 per person and is tax-deductible. The McLean Symphony is a 501(c)(3) not-for-profit organization. For reservations, please call (703) 356-1786, or e-mail to mcleansymphony@gmail.com.

To experience the sounds firsthand, mark your calendars for The McLean Symphony's next concert on Saturday, March 19, 2011 at 3:00 p.m. at the Alden Theatre of the McLean Community Centre. Call (703) 991-7197, for more detailed information or visit our website at www.mclean-symphony.org.

ARTSPACE FALLS CHURCH

FCA Gallery

410 S. Maple Avenue, Falls Church

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.

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.

Passport to the World – 2011 FCA All-Member Show

Gallery hours:

Saturday & Sunday:

January 15 & 16, noon – 4:00 pm

Fridays, Saturdays, & Sundays:

January 21 – March 6, before and after "Passport to the World" musical performances

Thursdays:

January 20 – March 3, 6:00 – 8:00 pm

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



The McLean Community Players (MCP) present the D.C. area premiere of "The Drowsy Chaperone" this January in McLean's Alden Theatre. Director Wade Corder leads an award-winning cast and production team in presenting this rollicking, infectious musical to D.C. audiences for the very first time. The production runs January 14–29 with performances Fridays and Saturdays at 8 p.m., and Sunday matinees at 3 p.m.

"The Drowsy Chaperone," a "Musical within a Comedy," celebrates American musicals of the Jazz Age. It all begins when a die-hard musical-theater fan plays his favorite cast album—a 1928 smash hit "The Drowsy Chaperone." As he listens, the musical magically comes to life in his apartment. With him, the audience is immersed in a delightful, uproarious tale with glamorous brides, tap-dancing groomsmen, and a madcap group of fellow characters. With book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison, the production opened on Broadway in 2006, featured Sutton Foster and won the Five Tony awards that year including Best Book and Best Score.

MCP's production is led by Director Wade Corder, an emerging directorial leader on

the D.C. theater scene. Combined with fellow creative team members, Musical Director Paul Nasto and Choreographer and Assistant Director Amanda Cane, the group has garnered four local award nominations or awards in recent productions.



THE ALDEN THEATRE

At the McLean Community Center
www.aldentheatre.org

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.

January 19

Travelogue

Cooking Demonstration: Alaskan Cuisine:

6:30 p.m. – free, registration required

Voyaging Alaska's Inside Passage:

7:30 p.m. – \$10/\$8 residents

January 29

Hobey Ford's Golden Rod Puppets

Animalia 2 p.m. \$12/\$8 residents Ages 5+

January 30

Violinist Josef Spacek

3 p.m. Twenty-three-year-old Josef Spacek ranks among the foremost representatives of today's young violin generation.

February 2

INSIDER KNOWLEDGE a speaker series

Free and open to the public

A Parent's Guide to Children's Music

Wednesday, 8 p.m. With musical artists

Cathy and Marcy and agent Alisa Carr Kaeser.

February 9

Martha Graham, the Pioneer

8 p.m. With George Mason University dance professor Dan Joyce and choreographers Christopher Morgan and Dana McLeod.

February 16

Islam in Pop Culture: Stereotypes, Stigma and Shtick 8 p.m. With Georgetown University professors of Islamic Studies Dr. Laurie King-Irani and Dr. Adel Iskandar.

1ST STAGE



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

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.

All the best performers bring to their role something more, something different than what the author put on paper. That's what makes theatre live. That's why it persists.
 -Stephen Sondheim

VIENNA THEATRE COMPANY

2010-2011 Season

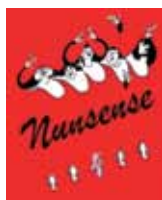
Vienna Community Center

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

Tickets \$13 / \$11 (Student/Seniors)



Almost, Maine by John Cariani
 Directed by Suzanne Maloney
 Performance dates: January 21, 22, 28, 29, February 4 and 5 - 8:00 pm
 January 30 and February 6 - 2 p.m.



Nunsense by Dan Goggin
 Directed by Jessie Roberts
 Fridays and Saturdays, April 22-May 7 at 8.
 Matinees May 1 and 8 at 2.



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The good die young but not always. The wicked prevail but not consistently. I am confused by life, and I feel safe within the confines of the theatre.
 -Helen Hayes

Westwood CC Votes for Major Renovations

Westwood Country Club members voted to go forward with some major capital improvement projects. The proposed \$8.5 million renovation project would include the golf course and the pool house. With interest rates at historical lows, it made sense to take advantage of more affordable financing.

The golf course will be closed from mid July 2011 through mid June 2012. New irrigation and storm water management systems along with rebuilt greens, bunkers and tees are part of the plan. Hole 7 would become part of an expanded driving range.

As for the pool house, expanded locker rooms and a new screened porch and dining area along with a new multi-purpose room and deck overlooking the pool is planned. Pool house work will occur over the winter of 2011-12.

It's never easy to close a country club golf course for a year, but it should be a great improvement.

Head of Fairfax County Economic Development Authority Awarded 2010 Business Person of the Year

Virginia Business magazine is honoring Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA), as its 2010 "Virginia Business Person of the Year." The award recognizes a leader whose work has transformed a company, an industry or a sector of the commonwealth's economy. Gordon is the focus of the cover story of the magazine's December issue, which also features a profile of Fairfax County as a business location.

The magazine highlights Gordon's efforts to expand and diversify the Fairfax County economic base as the county has become one of the world's leading business and

technology centers. "I regard this not as recognition of an individual but rather of all those who work in local governments generally and in the profession of economic development specifically," Gordon said. "This award validates the great value of collaboration between the public and private sectors in creating the kinds of places in which businesses want to locate and grow."

Gordon has been with the FCEDA since December 1983. In that time, "Fairfax has morphed from a bedroom community for Washington, D.C., into a prime business destination," the magazine notes. "In the past three years, Fairfax has landed five major corporate headquarters — CSC, Science Applications International Corp. (SAIC), Volkswagen Group of America, Hilton Worldwide and Northrop Grumman."

Helen O'Donnell presented at recent McLean Newcomers luncheon

Pictured at a recent luncheon of McLean Newcomers Club is Helen O'Donnell, who is the daughter of Kenneth P. O'Donnell, the Chief Political Aide to Presidents John F. Kennedy and Lyndon B. Johnson. Ms. O'Donnell authored *A Common Good*; *The Friendship of Robert F. Kennedy and Kenneth P. O'Donnell*. She is a research assistant for Chris Matthews of "Hardball" on MSNBC and



Helen O'Donnell presents to Newcomers Club.

a contributor to the online magazine "The Wrap" which covers Hollywood. Ms. O'Donnell is currently writing a book and developing a movie project about the legendary Frank Sinatra and the "Rat Pack" called "The Hollywood Hotel."

The McLean Newcomers is a club that was founded in 1969 to create new friendships, provide opportunities for socializing and acquaint residents with the community. They sponsor many group activities including book discussions, bridge, canasta, cultural tours, gourmet groups, house and garden Tours, and more including monthly luncheons with speakers. It is a wonderful opportunity for those new to the McLean Community to quickly get involved.

If you would like to know more about McLean Newcomers Club, telephone 203 770 6995 or visit their website www.mcleannewcomers.com.

Fairfax County Park Authority Wins Coveted Gold Medal Award

The Fairfax County Park Authority received the parks and recreation industry's highest honor when it was awarded the 2010 National Gold Medal Award for Excellence in Park and Recreation Management. The award was presented to the Park Authority by The American Academy for Park and Recreation Administration in partnership with National Recreation and Parks Association (NRPA) at NRPA's

Annual Congress & Exposition held last week in Minneapolis, Minnesota.

The Gold Medal Award honors communities throughout the United States that demonstrate excellence in long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition.

The Park Authority was selected in the Class I category, a tier for park agencies that serve a population of 250,000 and over. The other three finalists were Miami-Dade County Park and Recreation Department, FL, New York City Department of Parks and Recreation, NY, and Mecklenburg County Park and Recreation Department, NC. The Park Authority has been honored with Gold Medal Awards twice previously and received several finalist designations throughout the years.

Online Auction to Benefit Longfellow Middle School in February

A beautiful new lecture hall and community room is being built as part of the renovation of Longfellow Middle School, adjacent to the front parking lot. Once open and furnished, it will be a valuable school and community asset for meetings, testing, etc.

To raise the necessary funds to outfit the community room with tables, chairs, and technology equipment, an online auction is being planned by the PTA to benefit the Longfellow Legacy Fund. This fund seeks to bridge the shortfall between the actual needs of Longfellow students and the funds allocated to the furniture and technology budgets.

Donations by businesses and individuals are welcome. Contributions of local services and small, high-valuable collectibles are especially sought after. Donations are tax-deductible as charitable support of the Longfellow PTA. To make a donation, please contact auction@longfellowpta.org.

The auction will start January 28 and run for one month. Please participate by shopping on line at <http://www.biddingforgood.com/longfellowlegacyfund>. The school community is most grateful for the support of its neighbors and friends. Thank you kindly for your support.



Rendering of new Great Falls Fire Station.

New Great Falls Fire Station to Get a Septic System- to the dismay of some drivers

Construction is moving along for the new Great Falls Fire Station. Part of the project will be a new septic system. Due to the issues with existing septic systems in Great Falls, the original plan was to have a pump-and-haul system. Many failing systems in the commercial districts of Great Falls currently are needing to haul sewer waste.

The project was brought in under budget, so the adjacent land was purchased for the new system. One issue, the project will be eliminating the current cut through from Walker Road to Georgetown Pike. Local residents aren't happy about it since it was an easy way to bypass the lighted intersection that can get extremely congested.

The new station should be open by the end of next year. The total cost will be just over \$12 million including the land for the septic field.

FCPS accelerates school renovation calendar

Fairfax County Public Schools has found itself in an interesting position. An increasing enrollment, a surplus of funds, and less expensive construction and financing costs. The result: several of our area schools will be moved up the calendar for needed renovations.

The closing of Pimmit Hills Alternative School and Clifton Elementary and lower than anticipated construction

costs have provided a surplus of \$31 million dollars over the last three years in the capital improvement budget.

Assuming all the ducks get lined up, the referendum should be on the ballot in the fall to approve the spending. The school system has been growing at a higher rate than anticipated. At about 175,000 students in the system, it has increased by over 11,000 since 2006 and is expected to increase by at least that much by the 2015-2016 fiscal year. That increasing enrollment-- along with current less expensive construction costs-- drives the change in schedules.

The local schools that will be moved up on the schedule are Thoreau in 2014, Westgate 2014, Haycock 2014, and Langley High School 2015.

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THE BIG REACH OF MCLEAN'S SMALL FOUNDATION

The McLean Community Foundation Leverages Small Contributions for Big Impact

For over 25 years nine McLean citizens have met monthly to consider proposals for investments to improve the quality of life in the community. The volunteer board, elected by the McLean Citizens Association (MCA), has invested over \$1 million. The money comes from contributions from individuals and businesses and the income on a small endowment.

The Foundation was created in 1978 when the McLean Citizens Association sold a plot of donated land off of Balls Hill Road. The MCA empowered the McLean Community Foundation (MCF) to work "for the benefit of McLean". The intervening years have seen many communities organize such foundations. McLean's, with a current endowment of just \$1 million, is probably the smallest in the Metro Washington area in spite of the apparent wealth of the community.

The foundation honored long-time political leader, environmentalist and McLean resident Vincent Callahan by establishing a special fund in his honor. The \$9000 fund is earmarked for projects that enhance the environment, long a priority of the foundation.

Foundation president Pamela Danner said that "The foundation has been able to provide about \$20,000 a year to community organizations. It is a fraction

of the amount that is requested of us, but it is carefully targeted for maximum impact." The foundation's grants are generally restricted to projects for



Members of the McLean Community Foundation, Fairfax County Park Authority and Foundation members at the newly renovated Bryn Mawr Park in McLean accomplished with the grant from the MCF.

tangible assets that provide permanent benefit or for the initiation or expansion of activities for which continued support from other sources is reasonably assured. Grants have ranged from several hundred dollars to \$50,000 each for the McLean Central Park bandstand and tot lot, The

Fitness & Fun quadrant at Clemyjontri Park and specialized equipment for the McLean Volunteer Fire Department.

Many of the brass plaques around McLean do not mark historical events; they identify McLean Community Foundation investments. They are in every corner of the community including on the Share, Inc. truck and on the McLean Volunteer Fire Department heavy rescue vehicle. MCF has also made investments in the Claude Moore Colonial Farm, the McLean Community Center, McLean Orchestra, Alternative House, Family Respite Center, Langley and McLean High Schools, McLean Project for the Arts, Hospice of Northern Virginia, Longfellow and Cooper Middle Schools, Churchill Road Elementary School, Spring Hill Elementary School, and Franklin Sherman Elementary School among many others

The list continues: flooring for a building, house rehabilitation, library display racks, hospital beds, security lighting, playground equipment, trees, sound equipment, garden benches, water drainage equipment and even

large bat houses!

Information on the three annual grant cycles is available on the foundation's web site at mcleancommunityfoundation.org.

Thanks to Gary L. Filerman for contributing this article.

Tysons Connector stopped running at the end of 2010

The free midday shuttle that was implemented to help relieve traffic congestion and to help Tysons workers get around during the midday hours for lunch and errands is no longer. Why? Lack of use.

The shuttle operated in ten minute intervals from 10 am to 2:30 pm on weekdays. The number of users just didn't warrant the continued operation. The only

options now are the Fairfax Connector and Metro bus lines that intersect Tysons. They run at much longer intervals and funding for the Fairfax Connector service has been drastically cut.

It is a shame that the service was not more widely used. Workers and residents in this area should start getting use to public transportation as it is a key component to the new Tysons plan. I guess we just aren't ready to wait ten minutes to get to lunch. We would rather wait ten more minutes in our car (and another ten to find a parking space).



Woman's Club of McLean sponsors successful home show

The ribbon-cutting (pictured below) kicked off the 44th Holiday Homes Tour sponsored by the Woman's Club of McLean. Preliminary results show that the tour was highly successful in meeting its goals of supporting local charities and nonprofits.



From left: Honorary Co-Chair of the tour Roger Mudd, former TV news anchor; "Honorary Mayor" of Countryside Estates Dick Schmitt; tour co-chair Kay Burnell; and Woman's Club President Marianne Polito.

City of Falls Church Recycles Most in Virginia

The City of Falls Church holds the highest recycling rate in Virginia, according to the Virginia Annual Recycling Rate Report issued recently by the Virginia Department of Environmental Quality. For calendar year 2009, 57.6% of the City's total waste stream was recycled compared to the statewide rate of 38.6%. The report compares recycling rates of 324 Virginia cities, counties, towns, and solid waste planning areas. The 7,183 tons of materials recycled in Falls Church in 2009 included paper, cardboard, glass, plastics, metals, yard debris and leaves.

While Falls Church's recycling rate is highest in the state, the City has a more ambitious goal. The City of Falls Church Solid Waste Management Plan, a 20-year plan adopted by the City Council in June 2004, sets a recycling rate goal of 65%.

McLean Government Center looks at future renovation

There was a hearing December 13 about improvements to the McLean Government Center building and property. The building currently is home to the McLean District police station, Supervisor Foust's offices, and the McLean Chamber of Commerce.

Improvements will include nearly doubling the current building size to nearly 40,000 square feet, lighting the soccer field that is on the property and increasing the size of the secured police station parking area. There is no increase in the current 55 spaces for employee, visitor and public use. With the soccer field lit and two added community rooms to hold meetings, parking will get even worse. Just ask the neighbors.

Construction should start first quarter 2012 and be completed by mid 2014.

Great Falls looks at options to deal with failing septic systems

Georgetown Pike and Walker Road, the center of Great Falls, has a problem. The life cycle of their septic systems is coming to an end. With no public sewer currently available, there are many systems that are trucking waste and dumping it into the Fairfax system at a great cost.

You probably never noticed the sewer trucks parked at Colvin Run at Route 7 discharging the waste into the manhole. That is where the current sewer service area ends. Those few miles to extend it up to the commercial area of Great Falls will be expensive. Estimates range from \$7-\$10 million. But cost isn't the only issue. Sewer will ultimately result in greater development potential, and that is what the residents in Great Falls fear the most.

There will be more informational meetings in January to discuss options.

New multi-use trail to be built over Dulles Toll Road

There will be a new bridge to better accommodate bikers and pedestrians along Trap Road near Wolftrap Farm Park. The new \$3.6 million trail will connect an existing trail just north of the park and extend across a new ten foot wide, 2,700 foot long bridge across, the Dulles Toll and Access Roads to a sidewalk on the south side of the road.

The trail will result in extending the Northern Vienna Trail Network, giving pedestrians and bicycles more options to travel in an area that is not very pedestrian friendly.

Construction on the trail that will better connect the two communities dissected by the Toll Road should start toward the end of 2011.

US Census numbers show big growth in Virginia - people as well as money

There are nearly a million more people in Virginia than a decade ago according to the latest census figures. The state topped the eight million mark, a 13% increase from 2000.

As for money, our area is home to four of the top ten median incomes in the country. #10 Fairfax City, \$96,232; #3 Fairfax County, \$104,259; #2 Loudon County, \$112,021; #1 City of Falls Church, \$113,313. Now don't get too excited, we need a math refresher. Median is the point where the same number of incomes are higher as lower, average is the addition of all the incomes divided by the number.

Do you have a community announcement, event, or pat on the back you would like to see in the magazine? Let us know! Send us your info and large photos to info@vivatysons.com

Rotary Club of Tysons Corner Donates \$4,000 to Local Charities

At the annual holiday party, the Rotary Club of Tysons Corner spread good cheer to local charities. They gave \$1,000 to Alternative House, Alzheimer's Family Day Care and Pimmit Hills Senior Center. Two other groups – Chesterbrook Residences and Lewinsville Senior Center received \$500 each. Checks were presented to the recipients by Club President Denise Dixon-Basil and Club Foundation Chair David Danner.

Alternative House works with "at risk" teens and their families. They provide an emergency shelter, a community outreach program, assistance to young mothers and a homeless youth initiative. Receiving the check was Gina Cocomello, the group's Development Director. She thanked Rotary for its support over the years – including providing weekly meals for teens and staff at their house on Gallows Road.

Alzheimer's Family Day Care in Falls Church provides programs and services for patients, family caregivers, and lay and professional members of the community. Nancy Dezan accepted the check on behalf of the center.

Pimmit Hills Senior Center and Lewinsville Senior Center offer opportunities for active adults to make friends, stay on the move, and learn new things. Fairfax County residents age 55 and over may join any of the 13 senior centers sponsored by the Fairfax County Department of Community and Recreation Services. Senior centers offer classes, health and wellness programs, computer and Internet access, trips and tours, and opportunities to socialize with others and stay connected with the community. Steve Campbell, Executive Director, received the check for Pimmit Hills Senior Center. Anne E. Chase, Executive Director and Ed Shahin, one of the seniors, accepted the check for Lewinsville Senior Center.

Chesterbrook Residences is a not-for-profit assisted living facility in Falls Church. It offers an active assisted-living lifestyle to

adults age 62 and older. Chesterbrook Residences features a variety of one- and two-bedroom floor plans for Fairfax County residents with low to moderate income. Accepting the check was the Executive Director, Marilen King.

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

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



The Rotary Club of Tysons Corner presents \$1,000 checks to Alternative House, Alzheimers Family Day Care, and Pimmit Hills Senior Center as well as \$500 to Chesterbrook Residences and Lewinsville Senior Center.

Bankok Blues supporting music for youth

Bangkok Blues has partnered with Carry on the Tradition, a non-profit organization whose mission is to secure the tradition of music through our youth. This organization offers music scholarships to young people who want to pursue the art of music but don't have the financial means. To help further their mission, Bangkok Blues will be hosting some young bands throughout the year to give them an opportunity to perform in front of a live audience and

hopefully help encourage them to pursue their musical interest. Check their calendar/newsletter for these upcoming events. For more information including how to donate go to their web site www.bankokblues.com.



Do you have a community announcement, event, or pat on the back you would like to see in the magazine? Let us know! Send us your info and large photos to info@vivatysons.com

State of the Art, Minimally Invasive Treatment of Varicose Veins

Do you experience leg discomfort, swelling or varicose veins? If so, you may be one of 25 million Americans who suffer from venous reflux. Traditional painful vein stripping surgery is now outdated and has been replaced by simple outpatient procedures that are available at Virginia Vein Care. With local anesthesia, these procedures can be done with very little discomfort or downtime and are usually covered by private insurance and Medicare.

Although a variety of physicians offer vein care, the consumer should know that vein disease is not a cosmetic problem. Varicose and spider veins are often the result of an underlying disorder of the circulatory system known as venous reflux. Veins are part of the circulatory system, as are the heart

and arteries, and deserve the care of a cardiovascular surgeon with specialized training, knowledge and experience in treating disease of the heart and blood vessels.

At Virginia Vein Care, we focus exclusively on disease of the veins. Dr. Lawrence Markovitz, the founder of Virginia Vein Care, is a Board Certified cardiovascular surgeon and a Fellow of the American College of Surgeons. He has been a practicing cardiovascular surgeon since 1990.

Varicose veins are known for their bulging appearance on the skin and characteristic blue color. Spider veins are a mild form of varicose vein disease. The cause of both is venous reflux. Normally, the veins carry blood from the feet to the heart, against gravity. A series of paper

thin valves keeps this process functioning properly. Varicose veins are caused by damaged valves and the backward flow of blood within the legs, a condition known as venous reflux. This leads to the formation of varicose and spider veins. Besides being ugly, varicose veins can cause significant symptoms which include swelling, aching, throbbing and itching as well as leg heaviness, tired legs and restless legs. Left untreated, they can lead to venous ulcers, phlebitis and bleeding.

A complete consultation at Virginia Vein Care includes a painless ultrasound examination and a detailed evaluation by Dr. Markovitz to discuss your particular needs and the treatments available.

For an appointment please call 703 506-VEIN (8346).

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The once unsightly varicose veins can now be easily treated in the doctor's office.

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www.VirginiaVeinCare.com

Cell Phone Volume Too High?

New evidence suggests that cell phones are jeopardizing our hearing. Mobile phone users tested over a year's time showed some damage to the cochlea, the organ deep within the ear that turns sound waves into nerve impulses sent to the brain.

It's not clear whether the damage increases over time, but researchers are suggesting the mobile phone users turn down the volume, especially when they walk and talk at the same time. We won't even get into the issue of distracted walking and talking... Focus people!

Microsoft develops motion gaming system

Microsoft's new Kinect sensor eliminates the need for a handset. It mimics your movements with an infrared camera that tracks 48 points on your body.

Made for the Xbox 360 gaming console, it accurately depicts what you are doing in three-dimensional space, which makes it impressive.

Unlike the Nintendo Wii or Sony PlayStation Move, Kinect has no handset. You just move your hands as though you were holding a tennis racket, steering wheel or whatever, and your avatar imitates your movements.

The unit's facial recognition software lets up to eight people jump in and out of a two-player game. And the system can follow voice commands. The facial command may soon integrate with



"Say you want to huff and puff and blow house in...there's an app for that."

Windows Live services as well so that when you are using the Xbox, it will know who you are and inform you of new messages, etc.

Analysts for Time say you can pause the movie you are streaming from Netflix just by saying, "Xbox, pause." Or you can rewind or fast-forward by waving your hand to the right or left.

The Kinect add-on for the Xbox is priced at \$149.99 or it can be bundled with a new Xbox starting at \$300. The Wii costs \$200. A PlayStation 3 that comes loaded with Sony's new Move handset costs \$400.

The family friendly Kinect includes no shoot-to-kill games at this time, but a Star Wars game is in the works.

At the same time, Xbox Live, an online multiplayer gaming service that costs \$50 a year, draws more than 25 million users and is predicted to keep growing. Players using Windows 7 phones can compete with each other.

Smart electronics on vehicles are becoming a way of life

More automobile manufacturers are equipping new autos so they match up with applications on today's smart phones. Motorists can be just a jingle away from automatically starting their car to checking its fluid levels.

The 2011 Volt, the all-electric car from General Motors, is equipped with its own application. It enables the driver, or passenger for that matter, to get directions, order stuff online, check in with friends on Facebook, identify songs being played on the radio, and look for nearby lodging and restaurants.

Additionally, the application will allow motorists to track how much power and battery life the car has left, find a charging station and schedule the recharging of batteries.

iPhones using Google's Android software mean that GM has just the right app for you. The Leaf electric vehicle by Nissan already has a similar wireless for smart phones, and it looks like this type of option may be headed for standard equipment.

Similar features are now being added to OnStar, GM's satellite-tracking system for automobiles, which aids its drivers in

time of need.

iQ Power, Chrysler's touch screen power system, is being placed in its 200C four-door electric auto.

Also on the Chrysler scene, a new tracking system that will help locate stolen vehicles is being honed by engineers.

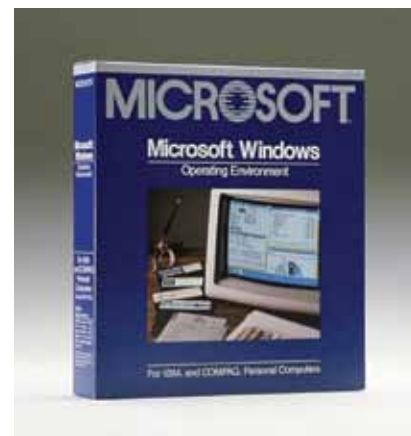
Warning systems for backing and self-parking electronics are almost old hat now with the first of these technologies emerging in the Lexus LX 460 in 2006. Now, Ford, Lincoln, Mercury and Toyota offer similar parking aids.

Most cars have optional rear warning systems and computer readouts on pending engine and drive-train system problems.

Most also have read-outs on dates for needed vehicle service, a built-in compass and outside temperature readings.

Microsoft Turns 25

Love it or hate it, Windows turned 25 at the end of 2010. Late in 1985 Microsoft released an extension to its Disk Operating System (DOS) that gave users a graphical, mouse controlled environment to interface with their computers. Bundled with the new setup were a few applications like a drawing program, a simple word processor, an appointment calendar and a clock. You could launch each program could in its own window



and view all the tiled programs on the display screen. It wasn't hyped as a great success, but marked the start of a personal computing snowball that sees Windows being used on nearly 90 per cent of the world's computers today.

Lastpass of Vienna acquires XMarks

We previously reported on Lastpass, a Vienna company whose password management software was taking off. They have now acquired XMarks, a browser bookmark syncing software company that has been struggling. Its two million users would be a benefit to Lastpass's nearly 900,000 users of which about 5% pay for a premium subscription. The acquisition should allow them to offer an upgrade to include the bookmark software for a more complete and most of all secure web experience. See lastpass.com.

Prototype cars

A projection published in a recent Kiplinger Letter predicts that by the end of this decade, there will be cars that drive themselves and can fold up to fit into tiny parking spaces.

GM's prototype EN-V is a third of the length and weight of today's average car, thanks to an all-electric rechargeable power system. There is no bulky engine, transmission or braking system.

The all-electric CityCar made by MIT can squeeze its eight-foot length into five feet to fit teeny parking spaces.

"Do not track" will become standard sooner than later

Nearly all companies with a big Web presence, and search engines in particular, are known for gathering the user's browsing history and other personal information to improve on the services they offer, such as by offering better targeted advertisements. A preliminary report compiled by the Federal Trade Commission (FTC) addressing the lack of transparency and user control over how companies gather Internet browsing data from their users, proposes a "Do Not Track" feature for Internet browsers that would allow users to opt out completely and protect their privacy.

Because end-users don't always have control over the amount or even type of data that is stored by companies, there's a chance that sensitive data could be inadvertently sent to third parties or used by the company against the user's wishes. Google allows users to keep this data

in check for those who own a Google account, but this is not the case for all search engines. Unless explicitly blocked, all the major search engines gather history (including searches, visited pages, etc.) for a period of time that usually ranges between three and 18 months.

The preliminary report filed by the FTC states that industry efforts to address privacy through self-regulation "have been too slow, and up to now have failed to provide adequate and meaningful protection". To combat this it suggests implementation of a "Do Not Track" option that could be activated on the Web browser's end, so that users won't need to harvest the information on how to implement privacy measures from the lengthy terms and conditions of every single service they use on the Internet. Microsoft has already announced that their IE9 will have privacy options. Of course, the default is *not* to implement them, but they are still ahead of others like Google and Yahoo.

Public comments and further input on the report can be submitted to the FTC and will be accepted until January 31, 2011.

The new Nook Color reader has many new features

Barnes & Noble's new Nook Color is a luxury model in the e-reader world. At \$249, it packs many features into its 1-pound case, including a big color touch screen, experts say.

It connects to the Web using only Wi-Fi. Its browser is great for tasks like reading favorite sites and checking Facebook. And its digital bookstore is redesigned to make shopping for books enjoyable.

The Nook Color is aimed at people who are primarily focused on reading but crave some of the iPad's color and versatility, according to The Wall Street Journal's Katherine Boehret.

Its library has 2 million downloadable books and over 100 magazines and newspapers. Users can highlight passages from books and share them with friends through Facebook or Twitter. For kids, there is a feature where popular stories are read aloud by people rather than a computer voice.

The unit is built on the Android 2.1 operating system, the same system used

to run many smartphones. It is to be upgraded to Android 2.2 shortly, allowing it to play Flash videos. It also has apps for Pandora Internet Radio, chess and Sudoku. It lets you listen to the music you choose while working a Sudoku or doing a crossword puzzle.

Microsoft's Quickoffice for Word, Excel and PowerPoint comes built into the Nook Color. Users can view, but not edit, documents in these programs if they are loaded onto the device.

Windows 7 phone sports a few advantages

Critics have been quick to point out features Windows 7 is lacking, like fewer apps than the iPhone and the Android. Here are a few things it does really well.

It has a built-in version of Microsoft office and also of its popular Xbox Live gaming service, which interacts with Xbox game consoles.

Tech expert Walter Mossberg praises its feature that allows the camera to be used quickly, even if the phone is locked. Mossberg says the search function works particularly well, including a mode that allows you to enter search commands by voice from any screen.

The tiles on the Start screen are dynamic and can show things like rotating photos of friends.

Windows 7's phone calling works fine and has good voice quality. It has an easy connection to Bluetooth devices.

Its People hub has an elegant interface so you can flick left and right to see just recent contacts or to see your friends' status updates.



"How does he get away with it? If he's not playing with the mouse, he's sleeping."

VETERAN REMODELER RE-ENTERS PROFESSION AS SPECIALIST IN UNIVERSAL DESIGN, ACCESSIBILITY

Life Changes Inspired Russ Glickman's Search to Add Value Where It Counts

By John Byrd

When two paths converge with perfect timing the synchronicity can't be ignored.

Last fall, Indian-born Ganesan Krishnamoorthy was wondering if his American dream of homeownership was still within reach. The forty-three year old computer programmer and his family had been renting a house, and—after years of saving—were poised to buy a new home of their own.

There were many affordable deals. But as Ganesan and his wife Latha began to investigate, they gradually realized their choices were restricted by practical considerations entailed in accommodating 6-year old daughter, Sai, who was showing symptoms associated with Rett Syndrome and would need to be in a wheelchair friendly environment.

Regrettably, purchasing a custom-home designed for special needs was not economically feasible, Ganesan points out, yet none of model homes the family had visited really worked.

"We wanted a floor plan suited to Sai's future mobility requirements," Krishnamoorthy recalls. "We can carry her to the upstairs bathroom now...but we need a plan that will support her when she's mostly getting around in a wheelchair."

All of this was familiar turf to Russ Glickman, president of Glickman Design Build, who had reached a similar cross-road over twenty years ago when he learned that his son, Michael, has cerebral palsy. Although a highly-regarded professional with over 33 design awards to his credit, the remodeler suddenly realized that there were considerations to universal design—a specialty building discipline—that he hadn't mastered, and that even the most experienced professionals were still learning.

"Every special-needs scenario is unique," Glickman points out. "Accessibility planning, aging-in-place, universal design...each area has distinctive protocols and a lot of professional literature to absorb. But, beyond

this-- you want a plan that is appropriately rationalized for every member of a household." "On that score, a new model home is difficult to retrofit—mainly because developers aren't prepared to plan for these kinds of contingencies."

Embracing the mission fully, Glickman became so passionate about the housing realities facing people with special needs that he temporarily suspended his construction business—spending more time with his son's caregiving, and immersing himself in an extensive catalogue of housing industry



Russ Glickman and his son Michael
Photo by: Deborah Stevens

certification programs.

But, last year, with five new certifications to his name, Glickman decided to resurrect his remodeling practice—and not a moment too soon for the Krishnamoorthys, who were actively looking for special-needs qualified remodelers through the local physical therapy community.

"Russ was at the top of the list and quickly proved the advocate we'd been hoping for," Ganesan recalls. "I could spend a whole day describing our needs to a new home building

supervisor, but they couldn't really help us, or even tell us where to get help. We were just locked out, so Russ was a miracle."

Working initially without compensation, Glickman accompanied Latha on house-hunting expeditions—simultaneously concentrating on Sai's prognosis and probable needs.

"I wanted to help make economic sense out of some tough facts," Glickman recalls. "Since it's far less expensive to design a modular floorplan than to retrofit a completed structure, we mostly looked at model homes in phased developments that were selling contracts in advance of construction."

"The idea was to find a prototype that could be readily adapted to Sai's needs. Happily, the process shaped up quickly and we narrowed the search to a particular home style, a location, and a builder who was receptive to our program."

Glickman's recommendations primarily centered on creating an alternative infrastructure in key parts of the house that would allow for several space plan contingencies. Anticipating, for instance, that Sai might need a full bath with a roll-in shower close to her first floor bedroom, Glickman's blueprint anticipates converting the existing first floor half bath and laundry to new requirements.

Meeting with the building project supervisor, Glickman drafted a framing plan that calls for a "dropped floor" (needed for drainage) concealed beneath a removable flat-surfaced floor. The plan also considers optimal placement for the 220 volt junction box that powers the dryer—eliminating electrical hazards that might arise from adding a shower. Under this plan, the laundry moves to the basement where all the needed hook-ups are already in place.

After looking at several front façade access strategies, the Krishnamoorthys opted for a wheel chair lift secured at the ground level by concrete footings. Part of the railing surrounding the front stoop was replaced with



Russ Glickman specializes in construction to accommodate customers with special needs to include features like elevators, ramps, and specially designed walkways.

an architecturally-sympathetic swing gate. Interior walls and doorways were converted to wheel-chair access widths.

"You have to introduce modular elements while the house is being built," Glickman observes. "After construction, the changes can be cost-prohibitive—if they're even possible."

While still in demand for his signature additions and large-scale upgrades, Glickman notes that his sabbatical enhanced both his professional repertoire and his appreciation for evolving needs that are driving new owner

expectations.

"A public interest issue that has really emerged is a home's sustainability," Glickman notes.

"Optimal efficiencies for heating and cooling a home are still being debated, but there should be no controversy over how to achieve the necessary air quality, insulate effectively, prevent mold, or reduce the effects of off-gassing. The only excuse for a remodeling that fails to assure a healthy interior environment is a builder who just doesn't know the requisite protocols."

In the big picture, advanced building practices are about "added value," the remodeler observes.

"There's clearly a growing demand for a home that will accommodate someone with declining physical strength," Glickman says. "And there are many people who don't see their future in a retirement facility, and just love the place they now call home. My job is make it possible for that love affair to go on—gracefully and with one's dignity always intact."



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Opened just over a year, Assaggi Osteria is a quaint little hideaway at the edge of McLean. The inviting interior welcomes its guests, with beautiful Umbrian hand-painted plates adorning the golden walls and simple wrought iron chandeliers hanging from the ceiling, while colorful flowers grace a rustic wooden table at the center. At the side is the Loggia room, and at the back, the Wine Room, bursting at the seams with wines from all over the world, including wines of Italian origin, (notably the largest producer of wine in the world despite its size), to interesting selections such as Swiss and Austrian whites, blood orange prosecco, and wines from Oregon, Napa, Argentina, and New Zealand. With 16-20 wines by the glass, (a 6 ¼ oz. pour), by the third or ‘Quartino’, or by the half-bottle, one can specify the quantity very precisely.

Assaggi is an authentic Italian restaurant, with real Italians, I might add. This of course makes a big difference in the authenticity of the cuisine, not to mention the accuracy of the menus. The delightful Chef/Owner Domenico Cornacchia, (pronounced Cor-na-kia); jovial Giovanni Cesaratto, General Manager/Co-owner; and talented Daniele Bolognesi, Chef de Cuisine, clearly form a fine team to have created such an enticing enclave for us to visit, allowing us to imagine that we are dining in the hills of Umbria, while just a lunch break in the bustling little hamlet of McLean.

Assaggi is defined as a Central/Coastal Italian restaurant, with carefully sourced, wild-caught seafood, with whole fish as the focus. By utilizing the whole fish, as well as the stocks dishes, are infused with a more natural, intense flavor. In addition to importing whole fresh fish from the Mediterranean from the Italian port of

Orbetello, and from Spain and Portugal, the chefs at Assaggi also include among their few select importers those from Alaska, importing whole halibut and ivory, wild king, and albino salmon, Norway, for organic salmon, and the Pacific Northwest for sable. In fact, you may order a whole branzino or orata, which can be filleted before you at the table.

At Assaggi, they run a lunch special for \$14, which includes a choice of entrée and either a soup, salad, or dessert.



The ‘velvety’ potato vellutata with Parmesan was a delicately balanced soup, accompanied by crusty country bread and a little finely ground black pepper. Sweet pumpkin and ricotta cheese-filled tortelli, butter and almonds, was a light combination with a nice crunch. One notable panino features New York ribeye steak with mushrooms and taleggio cheese.

Stuzzichini, little starters (also available on the bar menu), include arancini, deep-fried balls of saffron rice with Swiss cheese and peas. These are always present at the bars in Sicily to accompany a drink or start off a meal. Antipasti of

interest include creamy white polenta with wild mushroom ragu with truffle oil. Their signature dish, the mozzarella tasting, (reminiscent of their sister restaurant Assaggi Mozzarella Bar in Bethesda), includes buffalo mozzarella from Lazio or Campagna, Burrata from Puglia and sheep’s milk ricotta, imported fresh twice weekly from Naples.

This last cheese brings back wonderful memories for me of my friends’ Papa Filippo, a Sicilian shepherd, who prepared fresh ricotta in the cool early mornings for me from his stone hut overlooking the Gornalunga Valley near Mt. Etna. This cheese prepared fresh is very difficult to find, but well worth it if you can. The whey is then ‘recooked,’ after the initial step of removing the curds to form the quintessential pecorino Siciliano pepato and other varieties throughout Italy. Affettati, or cured meats, include prosciutto de Parma, aged 24 months, ‘La Quercia’ coppa, Barolo salame, and speck.

Entrées of note include the veal ravioli, with a veal reduction in sage sauce; cocotte di pesci, a succulent shellfish and fish stew similar to a cioppino, with a broth of garlic, white wine, fish stock, heirloom tomatoes, julienned red and yellow bell peppers, carrots, zucchini; halibut with balsamic vinegar and onion, accompanied by a rich mousse of smoked bacon and Brussels sprouts; and for pasta, (made fresh daily), orecchiette with Italian mild sausage shallots and pecorino cheese. Even the vegetables are taken seriously, sourced from the local McLean farmers’ market at Lewinsville Park, as well as from the Amish in Pennsylvania.

Sweet endings include tastes, or ‘assaggi,’ as the name of the restaurant suggests, of biscotti, gelati, or sorbetti, in other words, cookies, ice cream or sorbet. These are all ‘fatti in casa,’ made in-house. Or select from other light and luscious dessert creations, which change with the

imagination of the chef. And don't forget the traditional Italian doughnuts, zeppole with zabaione sauce.

Liquid "desserts" include Piedmont selections Moscato d'Asti, with hints of peach and apricot, and a fruity Gavi di Gavi. Italian liqueurs include Frangelico, Amaretto di Saronno, and limoncello, sunshine in a bottle, squeezed from the zesty, sun-drenched Sorrento lemons clinging to the hillsides along the Amalfi Coast. One can also choose from Portuguese Tawny or Ruby Fonseca ports or dessert wines such as Vin Santo (Malvasia).

We can look forward to returning again and again for more assaggi, for events such as the International Wine & Cheese Festival they organized in the breezeway beside the restaurant with 68 wines and nine vendors, to wine tastings with high-end vintners such as Sassicaia, cocktail parties, and wine dinners.

All I can say is, at Assaggi Osteria, try it, you'll like it.

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Winter Blues?

Get festive in the kitchen

Right about now the glow is fading from the holiday season. Cold weather is settling in and the skies are predominately gray. What is a Virginian to do? If you cannot flee south to some exotic, warm destination and banish those winter blues, then create your own heat by whipping up some spicy, festive dishes in the kitchen.

Once a week (Sundays are usually a good day), put on your most colorful, warm weather attire, (think Mexican, Puerto Rican, Bahamian, Floridian) turn up the thermostat, and swish on into the kitchen to start your transportation to a foreign land. Music will complete the scene. Find some tunes that make you want to dance while you cook; cha, cha, cha!

Sundays at Moosewood Restaurant is a great cookbook with wonderful recipes

from all over the globe. Think coconut milk, curry paste, lime juice, spicy red peppers, and fresh pineapple. Or what about Mexican tamales, mango salsa, tortilla casserole, and coconut flan served with Aztec hot chocolate?

The Caribbean also sounds perfect right about now. To add to the mood, purchase some paper umbrellas, and pour yourself a glass of Classic Rum Punch (a little alcohol is good for the heart). When you are warmed up and ready to cook, tropical treats like pumpkin soup, avocado salsa, and quick coconut bread will hit the spot.

Does the desert of South Africa sound enticing? Bring the Sahara to life with peanut soup, fruit and vegetable curry, banana chutney, and top it off with a vanilla tart. What about a baked sweet potato with a dab of fresh unsalted

butter and a sprinkle of cinnamon? The choices are limited only by your imagination and energy. Invite some friends over to help you cook.

Now is a good time to pick up some new, colorful serving pieces to spice up your everyday dishes. Platters and bowls are usually on sale in January and February. Bowls for large curried vegetable dishes, rice, and pasta are handy to have on hand. Wegmans has an amazing selection. Macy's and Home Goods are also great places to shop for dishware bargains.

New foods, new dishes, and a new mood can be had for lots less than a far away vacation. You only have to travel as far as your kitchen. Remember the Dorothy from the Wizard of Oz? She knew "there is no place like home."



West African Peanut Soup

(from *Sundays at the Moosewood Restaurant*)

- | | |
|---|-----------------------------------|
| 2 cups chopped onions | 4 cups vegetable stock or water |
| 1 tbsp oil | 2 cups tomato juice |
| 1/2 tsp cayenne or other ground dried chilies | 1 cup smooth peanut butter |
| 1 tsp grated peeled fresh ginger root | 1 tbsp sugar (optional) |
| 1 cup chopped carrots | 1 cup chopped scallions or chives |
| 2 cups chopped sweet potatoes | |

Saute the onions in the oil until just translucent. Stir in the cayenne and fresh ginger. Add the carrots and saute a couple more minutes. Mix in the potatoes and stock or water, bring the soup to a boil, and then simmer for about 15 minutes, until the vegetables are tender. In a blender or food processor puree the vegetables with the cooking liquid and the tomato juice. Return the puree to a soup pot. Stir in the peanut butter until smooth. Taste

the soup. Its sweetness will depend on the sweetness of the carrots and sweet potatoes. If it's not there naturally, add just a little sugar to enhance the other flavors. Reheat the soup gently, using a heat diffuser if needed to prevent scorching. Add more water, stock or tomato juice for a thinner soup. Serve topped with plenty of chopped scallions or chives. Serves 6-8.

Who would have though that tomato juice and peanut butter would go together? This easy soup does great reheated in a crock pot to take that winter chill away. Think warm West African beaches...



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.

Fruit, vegetable consumption

Americans still aren't eating enough vegetables and fruit, according to the Centers for Disease Control and Prevention. Their Healthy People 2010 targets call for Americans to eat at least two daily fruit servings and three or more vegetables per day. But only a third of Americans are eating enough fruit, and about half are eating three vegetables a day.

A 2009 CDC study shows orange juice to be the most popular fruit item, and potatoes are the most popular vegetable, but many of those potatoes are eaten as french fries.

Personalities, heart disease

Type-A personalities and Type-Ds may be almost the opposites of each other, but they carry similar heart risks.

Type-A people are very competitive, impatient, sometimes hostile, and often are perfectionists. They focus on external rewards such as power and status. They are more likely than the laid-back Type-Bs to have heart problems.

Now comes the Type-D personality (D stands for depressed). They have a negative outlook on life, are stressed, and tend to hide their true feelings. Studies at Harvard

and elsewhere show that Type-Ds are more likely to have a heart attack or stroke than other types.

If you recognize yourself, even partially, in either of these categories, an attempt to move away from the super-competitive category, or negative and depressed area, could have big health benefits.

Women and gout

The inflammatory arthritis known as gout always used to strike more men than women. Now it's becoming more common in women.

Researchers say sugary sodas could have something to do with the trend, according to Time magazine. A study of 79,000 women shows that those who drank two or more sweetened sodas per day had more than twice the risk of getting gout than those who drank sweet soda once a month or less.

The painful condition is caused by a buildup of uric acid, a by-product of the fructose in the drinks.

Food labels can aid in healthy food buying

Only 61 percent of shoppers check the labels on food they buy. The American Dietetic Association says if buyers did this,

they would buy foods with less total fat, fewer calories, and less sugar.

Only 51 percent of shoppers check the ingredient list, 47.2 percent look at serving size, and just 43.8 percent consider health claims when buying a food product.

To protect your brain: Work up a sweat

Harvard researchers have come to some conclusions about how much exercise will protect you from dementia. They say people engaging in moderate to heavy physical activity are 45 percent less likely to develop any kind of brain problems.

In the study, activities were categorized in three categories:

* Light: standing and walking.

* Moderate: faster walking, housework, yard chores, climbing stairs and light sports, such as bowling and golf.

* Heavy: major housework and intensive sports such as jogging.

One way the study was different from others: it mainly focused on older people. Other studies included people of all ages. This study shows that even for older people, moderate exercise is protective.

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Sunless Tanning: Safe, Customized, Beautiful

by Robin Kennedy, Smooth Exposure
www.smooth-exposure.com

Remember the episode of the TV show *Friends* in which the character Ross has a particularly bad experience spray tanning? It was hilarious, but like so many other life experiences it was funny because there is some truth to it. The spray tanning booth has a reputation for providing an orange, unnatural color, uneven application and for giving some people a claustrophobic, uncomfortable feeling. But, you'll be glad to know that sunless tanning has changed dramatically in the past few years.

you've probably seen a few Tysons area residents shopping or out to dinner, who have also had customized spray tans and you didn't suspect those weren't real either!

Spray tanning in the Washington area can differ from spray tans found in places where the weather is warm throughout the year. A person receiving a tan in Los Angeles, Las Vegas or Miami would look great with a dark, bronze tan any time of year. Social events in these cities occur near the ocean or around pools, in swimsuits or revealing resortwear, so having a dark tan would

not look inappropriate. In warmer months the same is true for our area, but between September and April a very dark tan looks out of place. A customized spray tan can be "tropical dark" or provide just a hint of color. Fall and winter activities in our area focus around parties, charity events and military balls as opposed to outdoor venues. Enhancing your pale winter skin color with the glow of customized spray tan can make anyone feel more confident in a

strapless gown in mid-winter!

If you are planning a warm-weather vacation this season, getting a spray tan before you leave allows you to show up tanned – don't spend precious vacation time "laying out" trying to get a healthy glow, get one before you arrive. A spray tan does not provide UV protection so you will still need to wear sunscreen but you won't show up looking "winter white".

Many Tysons area residents have taken advantage of safe, sunless tanning –

professional and amateur dancers and performers, TV personalities, beauty pageant contestants, models, and bodybuilders. They know that a tan can enhance their appearance and help to camouflage cellulite, stretch marks, scars, and uneven pigmentation like freckles and sun damage. Spray tanning can do the same for you, even if you aren't on stage. A custom spray tan provides the healthy glow so many people crave – everyone thinks they look better with a little color – a quick pick-me up – a "mental-health" tan if you will!

Another benefit of spray tanning is that it is instant – no hours of time spent in a UV tanning bed or lying in the sun. Because there is no UV exposure, there is no risk of premature aging of the skin or skin cancer. After all, who wants tanned but wrinkled skin?

Custom spray tans are applied by a professional, not by a nozzle in a booth. The application takes only about 15 minutes for an evenly applied, custom color tan. Once applied, you will need to refrain from exercise or showering for 8 hours so that the tan can fully develop. After that, your tan will last 5-10 days. Products for maintaining your tan at home are recommended to help you keep your glow as long as possible.

Don't be afraid of having a "Ross experience"! Whether it's for a onetime event, in preparation for a beach vacation or to keep a bronzed look throughout the warmer months, your Tysons area professional spray tanner can have you looking your best! You'll never go back to messy and uneven self-tanners or the harmful tanning bed. All you need is 15 minutes to experience the most beautiful, natural looking sunless tan available.



While tanning booths are still widely used, a better method has recently entered the market – a fully customizable booth-free tan. You've probably seen this type of tanning on TV as well but with much better results. The E Channel show *Sunset Tan* introduced many viewers to the concept of professional and personalized spray tanning. Celebrities such as Gisele Bündchen, Heidi Klum, and Jessica Alba use this type of tanning with results so natural that you may not have even known their tans weren't real. In fact,

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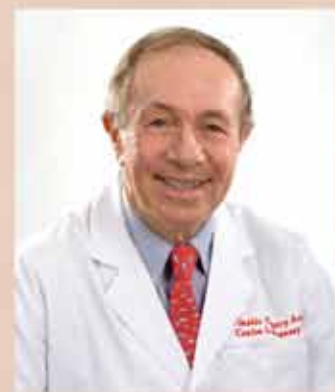
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Other anti-aging options include the Fraxel laser, Thermage, Botox, Dysport, Juvederm and Restylane. For those seeking a more long term solution, there are new advances in surgical procedures.

How to enhance your own natural beauty is very much a personal choice. However, one thing is clear. There is no better time than now to rejuvenate and revitalize. It's a New Year.....Rediscover a New You.



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EXERCISE –

How To Get Started and Keep Going!

By Cindy Pavell, M.S.

Health Educator & Fitness Specialist
www.fitnesspluswellness.com

January 1st is a beginning for many new exercise enthusiasts. Brimming with hope and desire, people's motivations are high and invigorating! New shoes and workout clothes, new membership (for some); everyone is ready to implement new healthy behavior. People are determined and disciplined. They make a schedule of when and where they are going to exercise. Many start with a 5-day-a-week routine, at least 30 minutes a day. Although this regimen will yield results, assuming your goal is weight loss and general conditioning, the majority of new exercisers will not maintain this routine 6 months down the road.

While perusing several lists of popular New Year's resolutions, "getting fit" was in the top 5 on each list; this makes

we reduce this drop-out rate? There are many variables to consider before starting an exercise routine:

- **What is your motivation? How will you stay motivated?**
- **What is your ultimate goal (value-based)?**
- **Where are you going to exercise – at home or in a gym?**
- **What type of exercise?**
- **How do you learn to do what it is you want to do?**
- **Do you need a Personal Trainer?**
- **How do you find the time?**
- **Are you going to exercise alone or with a partner?**

Read those questions again. Motivation is key - to look and feel good is generally not a strong enough. Your motivation has to be tied to your value system;

for as long as I can." The love for his/her grandchildren, how much he/she values their grandchildren, and longevity are the motivators. You can see how much deeper this motivation runs. To feel and look better are fine motivators, but I am challenging you to go deeper. Why do you want to look and feel better? What is that going to do for you? How is it going to add to the quality of your life? A few values are listed in the center of this page. Pick some that speak to you. Being more physically fit will enhance each of these values. Connect your exercise goals with some of your values, and you will be exercising longer and more successfully!!

Practically speaking, the number one component of any successful exercise program is CONSISTENCY! Start slowly and build up over time versus going

*Love - Honesty - Achievement - Diligence - Friendship - Family - Personal growth
Leadership - Quality Relationships - Meaningful work - Self-respect
Inner harmony - Integrity - Wealth - Stability*

Which of these speaks to you?

sense because people want to look and feel good! However, in my experience, "wanting" and "doing" are two different things. The drop-out rate for New Year's exercisers is so predictable that fitness facilities will sign more people than the facility can hold. These facilities know that between 60-90 days most "resolution" people will be gone (30-50% depending on the source). How can

it has to be something internal. Your values determine much of who you are and why you do what you do every day. Hence, when you can tie exercise to your values you will have a much deeper and longer-lasting motivation. Example: "I love my grandchildren and I want to be fit enough to play with them, to take them to Disney, and to be here

gangbusters the first 2 months. So how do you decide what is right for you? When thinking about "how often" and "how long" the numbers you come up with have to feel like an 8 to a 10 in your heart and mind (10 being "it is definitely going to happen", 1 being "no chance it is going to happen"). Be honest with yourself. If 2x per week for 20 minutes is what feels like an 8-10, then start



there. This is not a race; stay far away from comparing yourself with what others are doing. After a period of time, this routine will feel too easy and you will want to increase it. If your exercise routine becomes drudgery, it will slowly eke its way out of your life...guaranteed. Try new and different activities. Take group classes. Join activity groups – hikers, skiers, adult leagues. Work with a Personal Trainer. When people pay for a service, they will show up. Exercise with a friend, co-worker, or spouse. Partner training has a much higher success rate than exercising alone.

Adding exercise to your life is a commitment – it is not a simple decision. It takes time and effort. Give yourself permission to really examine all the variables. Ask for help. Step outside of your comfort zone; we have to do this in order to implement change. Be kind. Brow-beating yourself (I have to, I ought to, I should) will only work for a little while...IT DOES NOT PROMOTE LASTING CHANGE. When you connect exercise with what you value, maintain consistency, and invite another person to workout with you, your chance for developing this life-enhancing habit will at least triple!!

Low-tech tests help doctors diagnose complex diseases, predict risks

Sometimes common objects can be used by doctors to give preliminary information about a variety of conditions. They cost almost nothing, while CT scans and MRIs are expensive.

- **The tape measure:** A waist size over 40 inches for men and 35 inches for women indicates a higher risk for diabetes. It is also helpful as a test for sleep apnea, cholesterol, and blood pressure to quickly screen a patient's risks.
- **The bathroom scale:** A weight gain of just few pounds is a signal that heart-failure patients are retaining fluid and at risk for hospital admission. Doctors and nurses ask heart-failure patients to weigh themselves every day.
- **The paper clip:** A bent paper clip can be used instead of calipers to assess nerve impairment in patients with carpal tunnel syndrome. A patient should be able to feel both ends of the paper clip when they are pressed into a finger. It is less expensive than using calipers for the two-point discrimination test.

- **A handshake:** At no cost, a firm handshake can help assure that a patient is healthy enough to make it through heart surgery. A weak grip can warn of possible complications. Surgeons also judge frailty by how easy it is for a patient to get out of a chair or get up on a table for an exam.

- **A stop watch:** Testing how long it takes an elderly heart-surgery candidate to walk 15 feet helps predict surgical risk. The gait speed test is a validated measure of frailty in elderly people and a predictor of physical and cognitive health. It should take no longer than six seconds to cross the finish line.

The poorest man would not part with health for money, but the richest would gladly part with all their money for health.

- Charles Caleb Colton

He who has health has hope, and he who has hope has everything.

- Arabian Proverb

STAY WELL!



Chronic asthma:

New procedure is first non-drug treatment

About 22 million Americans suffer from asthma, an inflammation of the airways in the lungs that causes coughing, wheezing and shortness of breath.

Doctors at the Cleveland Clinic say chronic asthma often causes thickening and twitching of the smooth muscle lining the airways. Irritants can cause the airways to almost close down. A new procedure called bronchial thermoplasty uses radiofrequency waves to shrink the muscle, a new approach to treating asthma symptoms. It's a very promising technology for those who have been taking all available medications and whose symptoms are still not completely controlled.

In the procedure, a bronchoscope with a thermoplasty device inside is inserted into the patient's mouth or nose as far as possible down each airway.

Electrodes on the tip are then heated with radiofrequency energy,

shrinking the muscle and creating a larger opening in the airway. The effect appears to be permanent, though patients have only been followed for four years.

National Jewish Health in Denver, which specializes in respiratory diseases, is one of about 30 medical centers in the United States currently offering bronchial thermoplasty.

Unfortunately, because the operation is so new, most insurers don't cover it yet. The total cost ranges from \$12,000 to \$18,000. Patients must be at least 18 years old.

Because there are no nerves inside the airways, the treatment is not painful. Patients can go home a few hours after the procedure. The throat can be a little sore from putting the tube down, and there is a lot of mucous to cough up, which is why the procedure is divided into three treatments.

Those treated with the device had a 32 percent reduction in asthma attacks, an 84 percent reduction in emergency room visits, and a 66 percent reduction in lost work days or school days due to asthma.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing. -Redd Foxx

Dining with Debbie... at Cafe Renaissance.

I have a group of girlfriends who commemorate every event with lunch at Cafe Renaissance. There is a number of reasons for this tradition. For starters we make our way across the Glyndon Shopping Center parking lot as a group of middle aged housewives but upon crossing the threshold we are greeted and welcomed by our host as "beautiful, lovely ladies" (BLL). Now transformed, we waltz our way over to our elegantly appointed table usually at the farthest end of the restaurant, since we typically evolve into the very boisterous BLL. And that brings me to another reason why we love this intimate restaurant. They pour a generous glass of wine.

Being ladies who love "the grape" we appreciate the quality of the wines as well as the size of the glass. But we would not continue to return if not for the EXCELLENT food. Eight of us gathered on our most recent visit to celebrate a Christmas Eve birthday as well as a Holiday gift exchange.

After our wine glasses were filled and our bread baskets emptied we listened attentively to our waiter recite the daily specials. Here is another restaurant where I never order from the printed menu opting instead for one of the mouth-watering specials. On this occasion I selected the cremini

mushroom and leek soup to begin my meal and chose the corvina fish topped with a scallop and drizzled with a lobster cream sauce as my entree. Many at the table order the Cafe Renaissance salad. Always delicious. Stuffed mushroom caps are also a great choice. The Beautiful Birthday Lady (although her recollection a bit fuzzy) declared her mussels to be "fantastic" and another described her stuffed eggplant as "scrumptious"...not overcooked or hidden with too much sauce. The Dover Sole too is always well received.

Because we love the chef (and the feeling appears to be mutual) he sends out a lovely sampling of desserts. This festive luncheon ended with an elaborate table side serving of Irish coffees. And much like Cinderella, our celebration ends. We exit to the parking lot and resume our former (anonymous) identities only to anticipate our next celebratory luncheon at Cafe Renaissance.

Located at 163 Glyndon St SE, Vienna 22180 703-938-3311.
Open weekdays 11:30-2:30 5PM - 10PM. Saturdays 5-10 PM and Sundays 5-9 PM. Visit their web site to view their full menu at www.caferennaissance.com.

-Debbie Casey

Cocktail

"Reed's Passion"

*Compliments of Reed Thompson,
bartender at Chef Geoff's Tysons*

½ oz. vanilla vodka
½ oz. raspberry vodka
½ oz. of peach schnapps
½ of Malibu rum
¼ oz. OJ
¼ oz. pineapple juice

...combine in shaker over ice.
...shake and strain into a martini glass.
...enjoy!



Greek Broiled Potatoes at Maggio's

Not since a kid with my Mr. Potato Head have I spent so many hours dreaming about potatoes. We frequent Skorpis-Maggio's quite a bit, and every trip includes those Greek broiled potatoes. Especially in winter, they just hit the spot!

Chris won't tell me how he makes them ... but on occasion I get a chance to watch from the counter. And this I'm sure of... he uses real chicken base and

a special marinade ... a special "festive flavor blend" which includes lemon, garlic, olive oil, oregano, and white pepper.. And he serves them graciously with his rotisserie chicken. This is truly great eating. Try them!

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DIYA Comes to Tysons

By Keith Loria

A diya is a small oil lamp made from baked clay that is a fixture at celebrations throughout India. The brilliance of its light is believed to bring vitality and energy to all feasts and festivals.

Taking its cue from the celebrations the name represents, the recently opened Diya Restaurant in Vienna offers a vibrant dining experience and enough room to host a party catered for any taste.

Situated on the corner of 123 and Old Courthouse, Diya specializes in Indian and Pakistani dishes and the restaurant has been finding a loyal following since opening at the Tysons location in October.

The restaurateurs behind Diya have more than 25 years of experience in serving authentic South Asian cuisine to the Washington, DC metropolitan area and they have been providing top notch catering in the area as well.

"I was born in India and moved to Northern Virginia when I was young, and my father opened up a restaurant," says owner Rahul Arora. "My first restaurant went up in 1988 in DC and we now have four locations."

Two restaurants in DC are called "Naan and Beyond" and a third is known as "Indian Experience" (formerly Ascot Caterers).

The decision to move into the Tysons spot that most recently housed a TGI Fridays came from the desire to be in a prime location.

"We have been involved in catering in the metropolitan area for the last 25 years and over the course of the last 3-4 years, we saw a trend of people not wanting to come down to DC like they used to

and we decided to come to the Tysons area, with it being one of the premier areas around," Arora says. "We needed presence in Virginia and I have been living in Northern Virginia most of my life—from McLean to Vienna to Great Falls—and this was a very important move for us."

When Arora first saw the size of the location, he knew it was just what he and brother Ajay were looking for. Gutting the interior and transforming the place with traditional décor created an ambiance that offers an authentic Indian dining experience.

The focus of this location is a large banquet room that can seat 250 guests. For those finding local hotels or country clubs too big or too costly, the banquet room is a great place to host a party.

"The size of the location was also important because we wanted to put in a banquet facility. This gives us a bigger market share of what we have to offer to our clients as it seats 250, one of the biggest in the area outside of hotels. Not everyone can afford those hotels," Arora says. "This is the middle level where we can hit the average market as well as the high-end market."

Diya is also utilizing the space for the dining room as well, so on busy nights when there is an overflow, they can use part of the banquet room for dining purposes.

Events run the gamut from 50th anniversary parties to child birthdays to wedding receptions. Plus it's not just Indian and Pakistani food, as there are menus for American continental, Italian, Greek



DIYA is now open at 2070 Chain Bridge Road at Old Courthouse. This upscale Indian restaurant has a banquet room (below) that seats 250+. Owner Rahul Arora stands by the bar in the contemporary lounge.



and other types of delicacies.

Accessibility, he says, was also key, as the restaurant can attract the large Indian and Pakistani market nearby from places such as McLean, Potomac and Rockville, Md.

"A great thing about this location is the parking. There's a major parking problem in the area, especially in the daytime, so we started a free valet service for lunchtime so it can help speed things up for customers," he says. "In the evening, there's always ample parking because there's no one else in the building."

For the past 20 years Chef Mohammed Tanveer has been Arora's right-hand man, serving as head chef. Though he knows little English, the Pakistani chef understands how to create a great meal, and he is a master at both Pakistani and Indian dishes.

"They have different flavors, so depending on who the party is, he will gear the flavor towards their preference of Indian or Pakistani," Arora says. "We have a pretty diversified menu. We have some recipes that no Indian restaurant in the area is doing."

With Diya bringing the taste of India a little bit closer to the people of Tysons, Arora promises to continue in the tradition that has made his family restaurants so popular in the DC area.

"We're providing a service to the clients and trying to meet their needs and see what we can do better every time they come in," he says. "We try to come out with our best foot forward and present the best food possible. When the party goes well and they are happy about it, they will tell 20 others. That's what's been keeping us going for so long and we hope to be doing that for another 25 years."

Coming soon will be an outdoor patio with a Hookah lounge to cater to our prestigious clientele.

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04/02

Local McLean Company Looks to Improve Your Golf Game

Aero-X Golf, Inc. of McLean produces a golf ball that corrects hooks and slices by up to 75% or more. While the golf equipment industry has mostly focused on distance (exacerbating hook and slice issues), their Polara ball is focused on keeping itself on the fairway. The initial market is for the high handicap players who want to improve their game (obviously they've seen me play).

So why the big deal? The game of golf is lagging behind other sports in attracting new and younger players due to the frustration factor. Who needs to chase balls out of bounds all day? Their studies have shown that novices would pay more for balls knowing it would improve the enjoyment of the game.

They are currently in the market to raise capital for inventory, production equipment and marketing.

See the ball at www.polaragolf.com.

Panera Bread opening a new store in Vienna

A new corporate owned Panera Bread will take about 4,000 square feet of Hamilton's Sofa Gallery at 138 Maple Avenue. Depending on construction scheduling and permitting, they could be open later this spring.

Panera's building permit had the Tuesday Morning address that lead to some speculation that Tuesday Morning would be leaving or down sizing. They will be staying in their current space.

Feld Entertainment Boosts their Presence Across the Border

The Washington Post reported that Tysons based Feld Entertainment, which produces Ringling Brothers and Barnum Bailey Circus, Monster Truck Jam, Disney on Ice, and others, will be nearly doubling their presence in Mexico in the coming years. A

huge potential boost to their revenue (nearly \$100 million over five years), they plan on expanding their shows from ten weeks to eighteen weeks per year. Many of the shows will be tweaked for a Mexican audience. An official announcement should be made in 2011.

Burger 7 opening at Idylwood Plaza

Burger 7 owners Ramzi Iskandar and Hamzah Jaber are bringing a new burger concept to our area. This will be the first of three they are planning to open in 2011.



Opening in the old Burrito Brothers location, Burger 7 will have a simple menu based on freshly ground organic grass-fed Angus burgers, along with hot dogs, fries, shakes, and a large variety of toppings. Are you in the low-carb mode? Get your burger as a lettuce wrap! Look for them to open later in January, they've had permit issues that have delayed. www.burgerseven.com

LA BOXING opening in Tysons

LA BOXING, home to The LA Boxing Workout™, opened at 1524 Spring Hill Road in Tysons. They claim their one hour workout burns 800 to 1000



calories, so it looks like a great way to "kick" off your New Year's resolution. Their group exercise programs draw

on their twenty years of experience as one of the largest kick boxing, boxing, and mixed martial arts gyms in the country.

Got kids? At LA Boxing's kids programs, boys and girls learn self-defense, self-confidence and discipline while having fun in a safe and entertaining group class format. And it's a great way them to get out their energy and frustrations too. Look for them in January.

Jammin Java starts new record label

Vienna's premier music venue, Jammin Java, has launched its own record label, Go Team! Records, in November.

Their first signee is folk band Deep River. Luke Brindley is a member of the band and brother to Daniel and Jonathan who own Jammin Java. Daniel looks after the label. It was a natural addition since they own a venue and manage the band. There is no real pressure to make money.

Building on their strong support of local talent in the area, Jammin Java has become a nationally known venue and has been called the best music venue under 250 seats on the East Coast.

Cafe Nemooneh

Cafe Nemooneh has opened in the Village Green Shopping Center at Nutley and Maple. Their signature offering is authentic hand made Persian and other Middle Eastern pastries from their scratch bakery in Chantilly. A wide selection of gelato, and espresso drinks are also available.

Fifty years ago the Maleki family opened a bakery in Tehran. In 2004 they brought their expertise to the bakery in Chantilly, and now to Vienna.

The small shop used to be home to Fort Myer Television. With the Iranian Community School just down the street catering to the large Persian population of the area, it is a viable spot for their niche baked goods. With a dozen or more varieties of baklava available, they will soon be

enticing more than just the Persians with their sweet delights.

The Fresh Market is coming to Vienna

A new grocery choice is coming this spring in Vienna. The Fresh Market, a 100+ store grocery based in North



Carolina will be taking the former That's Amore and Hancock Fabric spaces in the Danor Shopping Center.

Conveying the atmosphere of an old world European market, the open layout invites you to peruse the many departments. An old style butcher and fish market, delicatessen, florist, bakery and produce along with a variety of prepared foods.

This should be a welcome addition to our area (other than more traffic on 123). Their goal is to be "an out of the ordinary food destination store for those who enjoy cooking and good eating." Seems to be a bold move to open across the street from Giant. Look for them mid 2011. www.thefreshmarket.com

Cox Farms closes Vienna location

For the last 38 years, Cox Farms has been providing fresh local produce, fun halloween pumpkins, Christmas trees and more. 2010 was their last year at their Vienna location on Route 123. There have been many memories of area residents going to Cox's as kids and then taking their own kids to this home town produce market.

Reasons given focus on the Cox-Richardson family wanting to grow their much larger 116 acre Centreville location. This Vienna landmark will be sorely missed.

DePaul's Urban Farm will continue

the tradition of Cox's and they should be open sometime in March. The DePauls have owned the property for 50 years and will continue to support the community with quality plants, shrubs and fresh produce in spring, and pumpkins, apples, Christmas trees and wreaths in the fall. The property owners are local and they hope to keep the same traditions that have always been found at that site over the last four decades.

Vienna Plaza merchants dealing with consequences of fire damage

A fire broke out in the Dunkin Donuts in Vienna Plaza last November just before they were due to reopen from a several week renovation. Paper goods were too close to a hot water heater. Though the flames were contained to their space, the smoke damage was extensive. The Greek Grill, Diplomat Cleaners, and Trousseau had the worst of it. These merchants had carpeting and (worst of all) clothes that sucked up the foul stench of the smoke.

The cleaners had to reclean all their customers' clothes, sometimes more than once, the Greek Grill had to have the ceiling replaced, carpet and walls cleaned, but worst of all was the entire inventory of Trousseau that became unsellable.

Trousseau immediately went to work to completely replace the interior of their store and their stock for the holiday shopping season. They are now back and better than ever in a fresh new and odorless interior. You'll want to take a look!

McLean 1910 now open

George Kapetanakis of McLean Family Restaurant fame has brought a new upscale American dining establishment to McLean. Steaks, chops and seafood adorn the varied menu.

The pleasant atmosphere with the new modern interior finishes is a huge step up from the former Three Pigs restaurant that was previously here.

Why expand when you already have something that works? George says he has family interested in staying with the business and he wanted to bring a new fine dining experience to McLean. Find them at the Langley Shopping Center.

Bank of Georgetown to open branch in Tysons

Bank of Georgetown will be occupying about 7,000 square feet at 1850 Towers Crescent Drive, the newest building in Tysons that now is home to Microstrategy. This will be their ninth branch.

They will hire about a dozen new employees when it opens late Spring 2011. This will be a larger than average branch for the bank. Over a third of the space will be dedicated to offices for business developments and commercial lending staff.

Building bomb replicas brings in bucks for local company

A-T solutions, a Tysons based company with an operations center in Fredricksburg, has found a unique niche in military contracting. Since 2002, A-T solutions had been instructing the military on how to disarm IEDs (improvised explosive devices) using replicas.

The replicas are built as realistically as possible from information gathered by their own teams in the field as well as from classified material provided by the Pentagon. The company builds the replicas soon after information on a new device is made available, so the models can be quickly incorporated into training. They strive to turn around authentically built replicas in about 96 hours. Realism and functionality (obviously without the "boom") is their strength. Having replicas of the latest bomb designs used in Iraq and Afghanistan is essential for our troops' safety.

Former Navy bomb disposal technician Ken Falke founded the company in 2002 when they did under \$250,000 in sales. That didn't last long. This

is no longer a small niche business. Last year they had \$100 million in gross revenue with 500 employees (including 150 bomb technicians).

Sweet Leaf coming to Vienna

Sweet Leaf is coming to 256 E Maple Avenue in the new contemporary style building at Glyndon. They should be open in April.

Sweet Leaf opened in McLean about a year and a half ago. The popular sandwich, salad, ice cream and frozen yogurt shop occupies the old Morenko's Ice Cream store. The owners had originally opened Sweet Stuff on Old Dominion near Spring Hill.

This community minded cafe should

be a great fresh and healthy addition to the local food scene. We're looking forward to it. www.eatsweetleaf.com

Local restaurateur offers culinary adventure to Peru

If you have ever eaten at Idylwood Grill, you probably have met Marco Escudero greeting you at the door, suggesting a notable wine of value, or describing the best entree of the evening. This restaurateur not only knows how to make your meal as enjoyable as possible, he has found a way to share his love of food and wine through guiding customized gastronomic tours to Lima, Peru.

The burgeoning restaurant scene in Lima is the result of a diverse geography and history offering an incredible array of unique ingredients.

Widely considered the culinary capital of South America, Marco customizes tours to fully engage his clients in the culinary adventures that Lima has to offer.

The typical tour is seven days with five full days in Lima experiencing ten of the finest restaurants he has personally selected. Additional excursions are available to popular area sites as well as to lesser known interesting sites.

Marco loves to talk about his food adventures. Reach him at otravezmarco@hotmail.com or 571-225-1029.

Paisanos opening Tysons location in February

Paisanos will be opening on

Schmitz Exxon feeling the squeeze with new Spring Hill Road design

Since 1955 Schmitz Exxon has been serving area customers with gas, snacks, service and more. Many of those would enter Schmitz from the southbound side of Spring Hill Road. No longer. The new concrete median installed on Spring Hill as a result of the Metro project extends just to the edge of the entrance to Schmitz. There is also a brand new "no left turn" sign. Who would have thought a couple dozen feet of concrete and a small sign would create such an uproar?

It definitely has Schmitz in an uproar, maybe as much as his loyal clients who have received tickets for making the now illegal turn. It the time it took to take the pictures shown, eight vehicles took the turn. They were lucky; many times there is a policeman waiting for those who take the risk.

So what is the option? Get back to westbound Leesburg Pike and fight the traffic to make a right turn into the gas station. One of the goals of the new Tysons vision is to

create alternate routes to keep people off the major roads for short trips. But the plan also includes redesigning Spring Hill Road to keep traffic moving without the delay caused by people making left turns. The

fact that there is a fire station in that block does not help, as they want as little backed up traffic as possible. What to do, what to do?

Schmitz wants you to contact Supervisor Linda Smith and make sure she knows you're not happy. There are signs posted all over the station.

There is a big reason they want you to complain. This small business is, well, losing business. They claim over half their customers come from Spring Hill Road and they are down about 60,000 gallons a month in sales.

All this due about 25 feet on concrete and a metal sign. Perhaps as the new Tysons moves along toward its final designs, a couple of reconsiderations can be made to help out a staple of the community. At least until their property will ultimately become part of a larger development sometime in the future.

The new 'no left turn' sign on the new median hasn't stopped many from entering Schmitz Exxon from Spring Hill Road. There are yellow signs posted everywhere around the station hoping customers will ask Supervisor Smith to get things changed.



Westwood Center Drive in Tysons sometime in February. This newest location of the local chain will have seating as well as their signature broad menu of Italian favorites, pizza, subs, strombolis, salads, wraps, and much more. The full menu can be delivered and it can easily be ordered online. www.pizzapaisanos.com

Bikes at Vienna says farewell to founder, hello to new owner

Tim Fricker, the head mechanic at Bikes at Vienna on Church Street, is now the new owner. Founder John Brunow made the decision to move closer to family in Iowa after 13 years of owning the very hometown bike shop. They had made a name for themselves in the specialty bike market including recumbents, folding bikes and bikes for those with special needs.

John will be sorely missed as an active member of the Vienna community

and we wish him the best of luck in his future endeavors. Please stop by and say hi to Tim. You'll find Bikes at Vienna down the alley off Church next to the Pure Pastry Shop.

Red Mango Opens in Vienna

Red Mango is the latest frozen dessert place that has opened in Vienna. The new store is one building east of Joe's Pizza at 431 W Maple.

Started in South Korea, this yogurt chain serves the healthier "tangy" kind of yogurt. With a large selection of flavors and a variety of fresh toppings, it has become widely popular across the nation. This location is self serve where you pay by the ounce.

What's different about them? There yogurt is not the old style "soft ice cream" type of yogurt. It is fresh, real yogurt with all the nutrition and the probiotics. and active cultures that true yogurt has, thus the tangy flavor. www.redmangousa.com

Monaco Wood Fired Pizza and Deli Now Open in Great Falls

A new pizza option has opened at Colvin Run and Walker Roads in Great Falls across from the Serbian Crown. Step past the brick oven and see the glow of the wood giving an irresistible crispness to their hot subs, pizza and more. There also offer New York style deli sandwiches, salads and Italian specialties.

Owners Hany and Amal Amir have built a totally brand new space. Dine in, carry out, or get your meal delivered seven days a week. www.mymonacopizza.com

We want to know! Send your merchant news to dennis@vivatyson.com.

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— Arnold H. Glasgow



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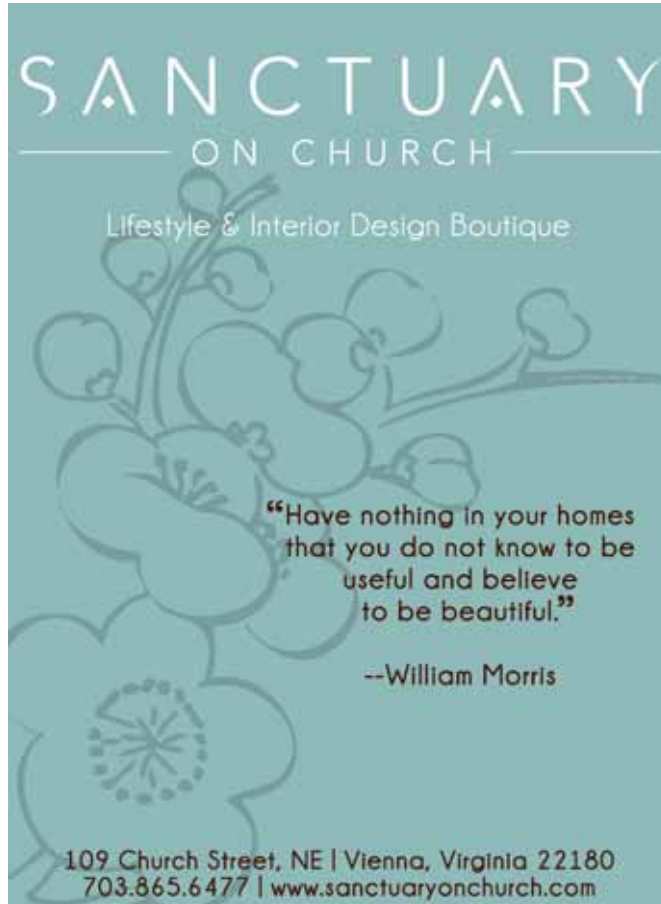
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Winter Safety Tips

Can Carbon Monoxide Be In Your Home?

Carbon Monoxide (CO) is an invisible, odorless, tasteless, toxic gas. It causes about 300 accidental fatalities in homes each year; thousands more are treated in hospitals for CO poisoning. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Symptoms of carbon monoxide poisoning exposure include: headache, fatigue, nausea, dizziness, and confused thinking (victims do not think clearly enough to get assistance). Without treatment, the victim will lose consciousness and possibly their life. Carbon monoxide is produced by the incomplete combustion of fuels.

Common carbon monoxide causes include:

- Faulty gas or oil furnaces and water heaters.
- Using a generator inside or too close to windows.
- Cracked chimney flues.
- Indoor use of charcoal grills.
- Use of a gas oven or range to warm a room.
- Running a car in an enclosed area.
- Closing the fireplace damper before the fire is completely out.

Carbon monoxide accidents are preventable. Actions you should take to protect your family include:

- Have a qualified technician inspect your gas furnace and appliances.
- Never allow your car to run in an enclosed area, especially if it is attached to your house.
- Make sure your fireplace is in good repair and do not close the damper before the fire is out.
- Install CO alarms to give your family a warning if CO is building up in your house.

Carbon Monoxide alarms can be purchased at many local hardware stores. Ensure the alarm that you purchase has an Underwriters Laboratory (UL) label. Carbon Monoxide alarms should be located on every floor and mounted according to the manufacturer's instructions. Install at least one carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. If the alarm goes off, everyone should get out of the house at once and call 911 from a neighbor's house. Do not ventilate your house by opening doors and windows. When first responders arrive, they will obtain CO readings in different areas of your home to determine the source of the leak.

If you have questions about your gas furnaces or appliance, contact your gas company. If your CO alarm gives a warning signal, get out of the house and call 911.



Keeping Warm: Alternate Heating Source Safety Tips from the Fairfax County Fire and Rescue Department

The cold winter is upon us. This causes many of us to seek out alternative sources to heat our home and keep warm. Alternate heating sources are a major contributing factor in residential fires. The following safety tips will help you keep a safe home.

- Keep at least three feet of clearance between your alternate heat source and anything combustible.
- Do not keep or store combustible materials in closed areas or near a heat source.
- Never leave a heater on when you are not in the room or when you go to sleep, and never leave children or pets unattended near heating sources.
- If you use an electric heater, be careful not to overload the electrical circuit.
- Avoid using electrical heaters in bathrooms as they may come in contact with water.
- Only use heaters that have been tested to the latest safety standards and certified by a nationally recognized testing laboratory, such as Underwriters Laboratories (UL). These heaters will have the most up-to-date safety features, such as automatic shut-offs. It is important to install and use heaters according to manufacturer's recommendations.
- Do not use a range or oven as an alternate heating source. This is a safety hazard and may be a source of toxic fumes.
- Do not use fuel burning appliances without the proper room ventilation.
- Never fill a kerosene heater while it is in operation or hot. Avoid overfilling.

Getting the In-law Suite of Your Dreams

How the Chaudry's of McLean Built a Luxurious and Seamless Family Suite

By Tracey Longo

The newest generations of in-law suites aren't just for in-laws anymore. In fact, the 1,000 square foot suite the Chaudrys of McLean, VA, built over their large garage was never intended for in-laws at all. The sumptuous apartment was designed for their son-in-law and daughter, who is expecting to continue her medical training with a cardiac residency in the area soon.

"For us, it was all about maximizing space and making the home feel larger in a seamless and customized way," said Sonny Nazemian, president and CEO of Michael Nash Design & Build and Homes, Inc., the award-winning Fairfax, VA firm the Chaudrys hired to design and build their suite.

Nazemian and Michael Nash Design & Build, lived up to their reputation, winning the coveted 2009 National Southeast Regional Coty Award for residential additions priced between \$100,000 and \$250,000, for the suite, which was designed with a separate entrance and privacy in mind.

"The space is so beautiful overlooking our pool and gardens that my daughter decided to have the rehearsal dinner for her wedding on our property," said Sayda Chaudry. "We think it completes our french colonial seamlessly, with its matching brick and arched French doors, which we can throw open and look out over the pool.

"We always dreamed of adding the space to our house which we've owned more than 30 years," Mrs. Chaudry said. "Helping our daughter and son-in-law during her medical residency was a great reason to take the plunge. We knew it would help them out financially, while she works 80 or 90 hours a week. We've used the suite many times even before she moves in, especially during her wedding when we had out-of-town guests."

The Chaudrys became so caught up in the design and build process with Michael Nash, that they kept enlarging the space until it spanned the home's double garage and part of a bedroom in the main house. One of their main concerns was giving their daughter and her husband privacy, which

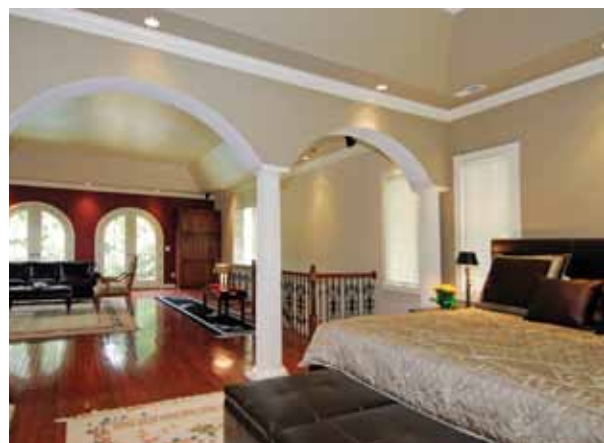
they did by placing the suite off of a guest bedroom at the end of the house and providing two separate entrances.

The 1,000 foot suite is luxurious and looks and flows like a penthouse in one of the best New York City hotels. It contains a bedroom area, living area with built-in bookcases and a sizeable kitchenette, along with a master bath, a large shower and stacking washer and dryer hookup. Sumptuous materials including warm granite and cherry wood were used throughout the apartment, along with hardwood floors, decorative arches and columns, which give the suite feel of a finished home instead of an addition.

"Integrating the new exterior into the existing architecture was critical, but we took it a step further and carried it into the interiors," said Nazemian. "The coordination between the old and the new, both inside and out is seamless, right up to the roofing, which is Equistar high efficiency maintenance-free slate." The addition, which mirrors the main entrance, is now the focal point when pulling into the Chaudry's home, which is sited in a pretty cul-de-sac.

"No one wants an addition to look like it was tacked on. We needed to match the home's roofline, fascia, columns, windows and brick or you run the risk of devaluing the home and even the neighborhood," Nazemian said.

No construction project is without its challenges and the Chaudry's suite is no exception. Michael Nash Design & Build and Homes had to reinforce the walls of the bedroom with engineered joists to carry the weight of the large second story addition. The firm also had to match the color of the golden brick, no easy feat considered it is no longer manufactured. They did that by using three different colors of brick, blending beiges and browns, to create a matching pattern that ties in seamlessly with the older brick. "The repeated decorative touches in the home are both aesthetic and functional, such as the support columns in the bedroom area and the arched French doors," Nazemian added.



Homeowners Sayda and Vijay Chaudry couldn't be more pleased. "The addition was finished in six months, on time and in time for our daughter's wedding and well within budget," Sayda Chaudry said. "It just blended in seamlessly with the rest of the house and the brick matched perfectly, so it doesn't look like it was plunked on. We're delighted with the suite," she added.



Our guide to regional

Ski Resorts

Skiing, snowboarding, cross country, tubing, lounging in a comfy lodge, even swimming...

we spotlight the nearby resorts just close enough for a quick winter getaway or mini vacation.

by Brittney Lynn Rouse



Catching a little air at Camelback in Pennsylvania.

This winter, escape from the city for a mini-vacation just a few hours drive away. Even though you can't quite get away from the chill of our area, take advantage of the weather by visiting a ski resort. There are a wealth of easily accessible resorts that cater to all levels of skiers and snowboarders. Families with young children will benefit from many of the resorts' young beginner ski packages, and many places also offer lessons for adults who are beginners. To save money, consider visiting a resort mid-week, when lift ticket prices are less expensive than weekends and holidays, and there is less of a crowd. Check for discounts, as most offer free lift tickets for children under age 5, and discounts for college students, seniors and members of the military. To make a week or weekend out of your mini-vacation, many resorts offer condo, townhouse or mountaintop chalet rentals.

WHITETAIL

The closest ski resort to our Metro area is Whitetail, just an hour and a half away in Mercersburg, Pennsylvania. For the 2011 season, Whitetail has invested more than four million dollars in improvements to its 23 trails, nine lifts, half-pipe and two terrain parks. Whitetail offers daily rentals for a fee, and there are many options for lift tickets. Night skiing is from 5 to 10 p.m. and is a great option for after-work and after-school skiing. There are also tickets for four and eight hour flex sessions, and extended tickets for "die hards" that allow skiing all day until 10 p.m. For those who plan to visit often, Whitetail offers individual, family, night and mid-week season passes. Buying a season pass is a great value because passes are also valid at its sister resorts Ski Roundtop and Liberty Mountain Resort, both in Pennsylvania. Check the Whitetail website for prices on lift tickets, rentals, packages and season passes. The Whitetail website has a downloadable online rental form, so be sure to fill this out and bring it with you to save time at the rental counter. Though Whitetail does not have its own lodging, their website lists ten local hotels and bed-and-breakfasts with contact information. For snacks, meals and warm drinks, the resort has a marketplace, a Starbucks and their Windows Restaurant. Whitetail Resort, Mercersburg, PA; skiwhitetail.com; 717-328-9400, 1½ hours from Washington.

LIBERTY

Just an hour and forty-five minutes away from D.C. is Liberty Mountain Resort in Carroll Valley, Pennsylvania. Recently the resort became more environmentally friendly by adding more snow guns, converting 65% of the mountain to more efficient, computerized snow-making. There are eight lifts and 16 trails at Liberty, as well as a terrain park and snow tubing park. All the trails at this 600 foot drop resort are lighted for night skiing. The resort offers rentals, four and eight hour flex tickets, night skiing, extended tickets until 10 p.m., and season passes for families, individuals, students and seniors. Check the resort's web site for lift ticket, lesson, season pass and rental prices, as well as discounts for college students, seniors, military and juniors ages 6 to 12. After a long day on the slopes, visit the resort's Starbucks location. If you'd like to spend the weekend skiing or snowboarding, stay at the Liberty Hotel, which offers convenient and comfortable rooms and suites. Liberty Mountain Resort, Carroll Valley, Pa.; skiliberty.com; 717-642-8282. 1½ hours from Washington.

ROUNDTOP

Roundtop Mountain Resort is located in Lewisberry, Pennsylvania, about two hours and twenty minutes from the D.C. area. For the more adventurous skier or snowboarder, Roundtop offers a Friday Night Race League for those age 21 and

older. The resort is home to 16 trails, nine lifts, a terrain park and a snow tubing park. Like Whitetail and Liberty, Roundtop has four and eight hour flex sessions, night skiing, extended skiing and season passes. Check the Roundtop website for rental and ticket prices. The resort offers special discounts including College Wednesdays, Home School Thursdays and Ladies' Day on Tuesdays and Men's Day on Wednesdays, which include free play care, starting January 4. Check out the Fireside Pub and Grill for a drink or meal as well as live entertainment. Roundtop Mountain Resort, Lewisberry, PA, skiroundtop.com; 717-432-9631.

BRYCE

Just two hours away from our area in Shenandoah County is Bryce Resort. Though Bryce is a small resort with eight trails, two chair lifts and five carpet lifts, the resort is known for its beginner-oriented atmosphere. Bryce was also the recipient of the 2010 OnTheSnow.com's Visitor's Choice Award for the most family-friendly resort in the mid-Atlantic/southeast region. For beginning skiers, Bryce features the nationally-acclaimed Horst Locher Ski School. The resort offers rentals and lift tickets for day, extended day, half-day, twilight and night skiing, as well as discounts for seniors and active military and their dependents. Besides skiing and snowboarding, Bryce features Ridge Runner's Tubing Park and a ski racing



Masanutten offers an alternative for those not skiing at their large and thrilling tubing slope. They even offer waterless tubing for the warmer seasons.

team. Though the resort does not have lodging, guests can rent nearby condos, townhouses and chalets. Bryce offers many dining options, including the Restaurant at Bryce Resort, Fireside Grill, Express Grill and Copper Kettle Bar and Lounge. Bryce Resort, Basye, VA, bryceresort.com; 800-821-1444.

MASANUTTEN

Masanutten Ski Resort is located 45 minutes south of Bryce Resort just off Interstate-81, a two and a half hour trip from D.C. January is Learn-to-Ski-and-Snowboard month at the resort, and from January 3 to 13, you can receive \$10 off a Pathway Program Lesson. Masanutten's 1,100 foot drop features 14 trails (all lighted), seven lifts, a terrain park and Peaked Mountain Express Tube Park. For winter sport beginners, visit the resort's Learning Center for lessons. Visitors can purchase four and eight hour flex sessions, night and extended day lift tickets and

family members not in the winter mood? The resort has a heated, 42,000-square-foot indoor water park where you can pretend it's summer all winter long. There are many dining options at the resort, including Fareways Restaurant and Lounge, Woodstone Deli and Pizzeria, Blueridge Buffet and the Ski Lodge. Masanutten Ski Resort, McGaheysville, VA, massresort.com; 540-289-9441.

WISP

For skiing in Maryland, visit Wisp Resort in McHenry near Deep Creek Lake. Just a three hours drive from D.C., Wisp is home to 32 trails, 12 lifts and Bear Claw Adventure Park, which includes a Mountain Coaster (the only one of its kind in the mid-Atlantic), ice rink and snow tubing. Wisp averages 100 inches of snow per year. At Wisp, visitors can take a cross-country ski or snowshoe tour at the Wisp Outdoors Nordic Center, as well as a guided snowmobile tour. Rentals are available and

adult and student season passes. Check the resort's website for equipment rental, season pass, package and lift ticket rates. For extended stays, Masanutten has condos for rent with a partial or full kitchen, fireplaces and decks. Have some

Hotel, or rent a local vacation home. Wisp's many dining options include DC's Bar and Restaurant, Wispers Mountainside Bar, Bear Claw Café and a food court. Wisp Resort, McHenry, MD; skiwisp.com; 301-387-4911, 3 hours from Washington.

WINTERGREEN

Three hours south of D.C. near Charlottesville, Virginia is Wintergreen Resort. Voted as "Best Snow-skiing Spot in 2009" by the Washington Post's Express Best of 2009, Wintergreen has 26 slopes, seven lifts, a snow tubing park and two terrain parks. Wintergreen has its version of the bowls of the West with their 2,000 foot drop Outer Limits. For the beginning skier or snowboarder, Wintergreen offers its Snowsports School for adults and kids. Lift tickets can be bought as half-day four hour sessions, full day eight hour sessions, extended day and night skiing sessions. To save time, Wintergreen offers paperless online pre-registration. Check their web site for more information on pre-registration and for lift ticket, season pass and rental prices. Besides skiing, tubing and snowboarding, guests can ice skate at Shamokin Ice, new to Wintergreen as of December 2010. For extended days, the resort offers 300 villa-style condos and homes for rent. After a long day of skiing, visit one of the resort's dining options: The Copper Mine Bistro, Devils Grill, The Edge and Stoney Creek Bar and Grill. Wintergreen Resort, Wintergreen, VA; wintergreenresort.com; 434-325-2200, 3 hours from Washington.

SEVEN SPRINGS

Seven Springs Mountain Resort is just three hours and forty minutes away from the D.C. area. As Pennsylvania's largest ski and four-season resort, Seven Springs has 32 slopes and trails, ten chair lifts, five terrain parks and snow tubing. The resort offers day, twilight, night and all-day lift ticket sessions. For those who ski often, Seven Springs has season passes for individuals, college students, families, seniors and juniors. Visit the resort's website for lift ticket, season pass and rental equipment prices. To stay for the weekend, Seven Springs offers the Main Lodge Hotel and chalets, condos and cottages for rent.

Seven Springs offers five different skiing areas offering a variety of terrains including this wide and gently trail through the snow covered trees.



While relaxing at the resort, check out one of their many dining options. For casual dining, there is The Grille at Sporting Clays and Tahoe Lodge at Seven Springs, or for fine dining visit Helen's Restaurant or the Slopeside Dining Room. The resort also has quick dining places with pizza, hot dogs, hamburgers, pastries and hot drinks. Seven Springs Mountain Resort, Champion, PA; 7springs.com; 800-452-2223.

BLUE KNOB

Blue Knob Resort, just about three hours from D.C., has the highest skiable mountain in Pennsylvania with nearly a 1,100-foot vertical drop. The resort has 34 trails and six lifts, as well as snow tubing, ski racing and Nordic skiing. There are many challenging trails at Blue Knob, including the Extrovert, which has been compared to small bowls out West. Blue Knob offers four hour flex and open-to-close lift tickets, and discounts for juniors, seniors and military. For the more avid skier or boarder, the resort offers individual adult, junior, senior, super senior and military season passes. Check out the resort web site for pricing on lift tickets, season passes and rental equipment. For dining, Blue Knob has The Black Bear Inn, The Clubhouse Bar and Grill and Mueller's Pub. To stay overnight at the resort, guests can rent a fully-furnished condo with a full kitchen and fireplace. Blue Knob, Claysburg, PA; blueknob.com; 814-239-5111.

CAMELBACK

Camelback Mountain Resort, about four hours away from the D.C. area in Pennsylvania, is home to 34 trails and 15 lifts. For lift tickets, guests can purchase an open-to-close ticket or a night skiing ticket from 3 p.m. to close. Discounts for youth ages 6 to 18, military and seniors are available. The resort also has season passes for adults, juniors, college students and seniors. Lift tickets purchased online are less expensive than those purchased at the resort, check the Camelback website for ticket and season pass pricing. Buy-one-get-one-free tickets are available online and can be redeemed on Wednesdays for Ladies' Day. Though the resort does not have its own lodging, there are many nearby home rentals and hotels, as well as

the Château Resort and Conference Center. For meals throughout your mini-vacation, check out dining locations such as the Big Pocono Family Eatery, Eastside Bistro, Presto Pizza and the Thirsty Camel. Camelback Mountain Resort, Tannersville, PA, skicamelback.com; 800-233-8100.

CANAAN VALLEY

Canaan Valley is about three and half hours from our area. The Allegheny Mountain resort features 39 trails, an 850-foot vertical drop, and more than 18 miles of cross-country trails. Due to its elevation (the town has the highest elevation in West Virginia), it gets a great deal of light powder. It is the only Mid-Atlantic resort to offer the new sport of air-boarding, in which athletes can reach speeds of up to 80 mph while coasting down the mountain on a high-tech inflatable sled. Other activities at this resort include snowboarding, tubing, snowshoeing, and ice skating. There's an indoor pool, sauna, and fitness center. Lodge rooms are motel-style but a good deal, and there are cabins and cottages to rent. Canaan Valley Resort, Davis, WV, canaanresort.com; 800-622-4121.

SNOWSHOE

Located four and a half hours away by car is Snowshoe Mountain in West Virginia. Snowshoe is a large resort with 60 slopes and trails, 14 lifts and a terrain park. Snowshoe may offer some of the most challenging skiing this close to our area. Lift tickets are available for adults, seniors, students



A skier tackles the black diamond Ditch Glades at Blue Knob in Pennsylvania. Blue Knob has the highest skiable mountain in Pennsylvania.

and juniors as single day sessions or multi-day passes. Skiers who visit frequently can purchase season passes for adults, seniors, students, military, juniors or mid-week passes. Check the Snowshoe web site for pricing on lift tickets, season passes and rental equipment. For a unique dining experience, visit The Backcountry Hut, about two miles from the main Snowshoe village. The hut accommodates up to 18 dinner guests, and offers overnight accommodations for up to eight people. Snowshoe has many other options for dining, including Cheat Mountain Pizza Company, Foxfire Grille and Boathouse. For accommodations, Snowshoe offers hotel rooms, as well as condos, cabins, town homes and mountaintop chalets for rent. Snowshoe Mountain Resort, Snowshoe, West Virginia.; snowshoemtn.com; 877-441-4386.

Camelback Mountain in the Poconos offers 34 trails of varying difficulty all with 100% snowmaking capacity: think one foot of snow over 2 acres each hour.



Local Chef's Corner

Seasonal Thoughts and Recipes



New Year's Resolution = Diet Time!

By Chef Bonita Woods
Culinaria Cooking School
www.culinariacookingschool.com

With the holiday festivities mostly behind us, and with our behinds a little larger behind us... it is once again time for the most popular New Year's resolution: Diet Time!

For many of us, the New Year's Diet is an annual tradition that might make it to Super Bowl Sunday... or even a week longer. ...or maybe a slice of chocolate cake will blow it on day 3... Believe me, I can relate.

The truth is that dieting in the winter is hard! Our bodies are cold. They want that added insulation. We may have evolved, but our bodies are still primitive. They are convinced that food is hard to forage or hunt in the cold. I have explained the benefits of modern refrigeration to my metabolism many times, but to no effect. My genetic self responds "No. I am pretty sure you live in a cave and a famine is just around the corner. But it's OK! I will store lots of fat for you so you won't perish!" It is impossible to get my body to listen to modern reason when it's cold.

Warm weather is different. Our bodies want to be more active. Salads and yogurt have a far greater appeal. In the summer I love to run and swim and play. I burn a lot of calories and eat refreshingly healthful food without thinking about it. But as soon as the weather turns cold... forget it! I become a happily sedate person. I curl up on the sofa with a book and some cookies and hot cocoa. Then I add the holiday parties... and festive food... and drinks with friends...

and now we are at the time of year where I have mysteriously gained a couple (OK, 12) pounds...all centrally located.

Now it's January and time for (drum roll, please) my annual and well announced Winter Diet! My mom calls me and says "Let's do lunch!" and I reply "OK, so long as it is light. I'm on a diet." My friends text "drinks 2nite?" and I reply "OK if at a café - on killer die-it! LOL" I figure, if I tell everyone, the weight will come off quicker. Isn't that how group support works?

There are all kinds of diets out there to meet any need or purpose. One good strategy is to think about what you did to gain the weight and then reverse your actions. But no matter what diet you are on, here are a few simple tricks that can help:

Eat a variety of fruits & vegetables!

The color is an indicator of the vitamins & nutrients inside. High fiber produce (think: takes longer to chew) helps keep your intestinal tract clean. The high moisture produce keeps things moving through your system and prevents constipation. The more you mix up the produce color & texture, the greater nutritional spectrum you will get.

Remember that lots of ingredients have protein: meat, soy, gluten, whole grains, beans... Mix up your protein format to get a better rate of absorption. (Do you see a "Mix it up!" theme here?)

I always keep cooked whole grains (brown, red or black rice, kamut, quinoa, spelt...take your pick) in my refrigerator.

Also some cooked fibrous vegetable like kale, Swiss chard or broccoli. That way they are easy to grab and add to every meal. One of my favorite work day breakfasts: sautéed greens & grains (pre-cooked & in your fridge, remember?) scrambled with an egg and wrapped in a sprouted wheat or whole grain tortilla. Maybe add a sprinkle of cheese. This takes a minute of effort to make and gives hours of tummy satiation and enduring energy. Seriously, lunchtime will arrive before you expect it!

I try to only eat 1 big meal a day. Maybe oatmeal and fruit for breakfast, a sandwich for lunch and as much fruit & raw veggies through the day as I want. Then a well deserved dinner that is heavy on the vegetables & whole grains and packed with as much added health value as I can think of.

Another food trick that cons my gut every time: I eat half the food on my plate, take a 20-plus minute break, then I eat the rest slowly. This gives my gut time to digest and spreads the calories consumption out, making me ingest over a longer period of time. With this technique, I can cut out 1 meal or several snacks a day without emotionally suffering.

In the winter, I LOVE pasta. I can eat as much as I want with this trick: However much pasta I usually cook, I only cook half. I make up the volume with fibrous greens and other vegetables - so long as 2/3 of the dish is vegetable & lean protein. This leaves enough pasta to satisfy the starchy carb craving

and increases the nutritional value while lowering the calories.

Stuff your vegetables: So simple to make yet and it fills you completely!

1. Make a "cave" or "pocket" in your fruit or vegetable of choice. (examples: apple, zucchini, tomato, bell pepper, baby pumpkin, canned pear or peach)
2. Make some whole grain stir fry. Any type will do. You can mix cooked rice with pine nuts, butternut squash, zucchini, spinach, cauliflower & cheddar, eggplant, mushrooms, olives, orange wedges... leftovers from yesterday's dinner...
3. Put some filling in the pocket and put the rest under it, in a small, oven safe baking dish. You may need to add a little oil, broth or sauce if the filling is dry. Cover (so the rice doesn't dry into little pebbles) and bake until the hollowed produce is wilted & steamy. The sweet-savory combination you get with this cooking method is really satisfying.

If, like me, you absolutely have to have chocolate, here is a recipe for you.



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Chef Bon's Super Healthful Chocolate Cherry Yum Bar

- 1/2 cup cashews or nuts of choice (roughly chopped)
 - 2 cup oats
 - 1 cup whey based protein powder
(You can use chocolate flavored!)
 - 1/4 cup cranberries
 - 1/4 cup dried cherries, roughly chopped
 - 2 tablespoon dried pomegranate seeds
 - 1 teaspoon ground cinnamon
 - 1/4 cup flax seeds (whole or ground)
 - 1/4 cup hemp seeds
 - 3/4 cup honey
 - 8 ounce dark chocolate chips
1. Combine all the dry ingredients in a large mixing bowl. Mix well so all fruit lumps are broken up and everything is well coated with powder.
 2. Gently heat honey in a small pot until melted and hot. Remove from heat. Add chocolate chips then quickly add to the rest of the ingredients and mix well.
 3. Press mixture into a greased or non-stick cake pan and pack down well. Use a 13x9 cake pan for thinner bars or 11x7 for thicker bars.
 4. Bake at 275° F for 20-25 minutes. Cut to the desired size before baking or soon after. They are difficult to cut after they have baked and completely cooled.
 5. If you are missing an ingredient, just make up the volume with another comparable one. It is OK to play with this recipe!

Note: For a less dessert style version, toss the dry ingredients with 1/2 cup hot honey then add the chocolate chips. Also, you can reduce the amount of chocolate chips and add chopped dried figs.



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703.442.7360 | www.CafeOggi.com

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8180 Greensboro Drive, McLean
703.883.0557 | www.BoulevardCafeCatering.com

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Panache

1753 Pinnacle Drive, McLean
703.748.1919 | www.PanacheRestaurant.com

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Choosing the Best Ice Melt

Think before grabbing the first bag you see.

By Keith Loria

As Virginia residents learned last year, when a heavy winter storm hits, it's important to be prepared with the correct ice melting chemicals to make sure that the pavement, sidewalks and roadways can be cleared and made safe for vehicles, pets and people.

Safety is the primary reason to use ice melt products, but it also helps control damage from heavy ice buildup and is just plain convenient to keep traffic areas clean. So how does one choose what's best for them?

Justin Stalcup, owner of Stalcup's Hardware in Vienna, says that most people are looking for environmentally-safe options. "We carry a number of things, but we won't carry rock salt because it's bad for environmental surfaces," Stalcup says. "It's not good for plants and it's not good for pets, because it can get in their paws."

Among the store's options are a magnesium/potassium combination called Lavamelt, and the ice melter PureMelt, which contains a calcium magnesium acetate that is non-corrosive and has a melting point around 0 degrees Fahrenheit.

"Those are both a little more expensive but safe for pets and doesn't hurt the concrete," Stalcup says. "We also carry magnesium chloride, which is not as harsh and melts to about 25 below."

The cheapest ice melt is sodium chloride, commonly known as rock salt. People used this for years but because of the way it affected their cars on the roadways, and the negativity for the

deterioration of plant life, they started to move away from it. Still, it is the most commonly used for people who are just looking for basic melting on their sidewalks and driveways.

"We carry almost everything but rock salt," says Glen Wiggs, owner of McLean Hardware. "We have magnesium chloride, calcium chloride and also have something called Petguard that is marketed for those with pets."

Although calcium chloride has the lowest melting temperature of -20 degrees Fahrenheit, it is also corrosive and can damage lawns, trees and shrubs since the runoff solution created when using the product seeps into the ground.

According to a recent report commissioned by Federal U.S. Highways, magnesium chloride offers the lowest environmental detriment.

"We still get people coming in asking for a bag of salt, but what they really want is potassium chloride or magnesium chloride," Wiggs says. "Most people ask about the safety and we direct them to the proper ice melt."

Potassium chloride is a good choice for warmer areas as plants can handle a lot of potassium since it's one of the three main plant nutrients. But it's not effective at very low temperatures.

Scott Hommel, owner of Falls Hardware in Great Falls carries a blend called Zero Ice that is his best seller. "It's a blend of magnesium and potassium and sodium chlorides," he says. "It has less sodium than most of them and it's quite safe for where concrete wasn't poured within a year. It's pet safe and won't kill plants." This particular blend works because it has three separate ions working and can work down to temperatures as low as 4 degrees Fahrenheit. "We won't sell sodium chloride because we are in the bay area and it's bad for the water in general," Hommel says. "We offer Petsafe as well, which is very expensive, but we don't sell much of it."

Currently there is no product that can definitively claim the green mantle in the industry and there is more misinformation on the subject than there are products.

For example, someone may choose to label their bag of salt as "all-natural," which could be true, but that doesn't mean it won't kill their grass. Or they can choose to make the claim that their product "will not harm vegetation when used according to label instructions," and the instructions of course read to not get it on their vegetation.

People have a very strong allegiance to the brands they use. Because of liability issues with slips and falls, once they find something that like, they stick to it. The important thing to remember is every product, even those safer for the environment, can do damage.

"People use more than they need and that can cause problems," Hommel says. "People generally put down way too much and need to just scatter it around so you have 3 or 4 crystals in a 2-inch square."

One thing that all three hardware stores can agree on is that it's better to be proactive and have your ice melt ready than to be caught in a storm and fighting with others to buy it at the last minute.

"You should get it before the first snow comes down," Wiggs says. "We ordered 6 pallets [in early December] before any hint of anything. It depends on the size of your driveway but a 20-pound bag will get most people through the winter."

As people learned last year, come February, the stores may not have any left. Stalcup said when the harsh winter arrived last year, most people weren't prepared. "It was an interesting season. I remember at one point getting to the store in the morning and there were people lined up all down the way cheering as I got out of the truck," he says. "I ordered 400 snow shovels and lots of ice melt."

Green may be the color of money, but for manufacturers of ice melt products, green has had a much more valuable connotation in recent years, as "green" ice melters have become more the norm, providing an environmentally-friendly service that helps the entire planet.

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FOREVER LILY

Local McLean Woman's Incredible Adoption Journey Leads to Book, Charitable Foundation, and New Company

When you consider the events in Beth Nonte Russell's life that inspired her book *Forever Lily*, it seems quite unbelievable. Perhaps something out of a soap opera or made for TV movie. *Forever Lily* is the story of unexpected love bringing not just a new addition to her life, but inspired her to address the issue of child abandonment throughout the world and start a company to support that cause.

In 1999, Beth accompanied her friend Alex to China. Alex was to adopt a baby girl; Beth joined her trip for support and companionship and to experience an exotic foreign country. Once in China, Alex had second thoughts about how she could deal with a newly adopted baby. Her actions seemed non-committal; there was a lack of sincerity and purpose. When Alex decides she can't go through with it, Beth makes the decision to adopt the baby herself. Her husband Randy fully supported her decision, having grown children of his own. This incredible decision spawns a series of life changing events for Beth.

Forever Lily is a memoir about her experience in adopting Lily. There is a definite spirituality that shines throughout the story. There are dream sequences interspersed throughout the narrative that bring her experiences to a level approaching fate. The dreams seem to affirm what is happening to her in the book: her unexpected love for Lily seems more like destiny than pure chance.

Beth initially never intended to publish the book, just to document her experiences, dreams, thoughts and feelings. It became a way for her deal with all the emotions the adoption experience produced. Though she had always thought of publishing a book one day, she never thought that this would be the one. But it was just too passionate a story not to tell.

It took two years. The first year was consumed by caring full-time for Lily. In the second year, she started spending

time writing and remembering details of the experience. The details about China are extensive, particularly her experience at the orphanage, but in the end they seem to positively embrace the culture and country (aside from the issue of child abandonment). Beth took Lily and a friend to the beach and wrote nearly full-time. After six weeks, she had a manuscript, and it took more months to edit. She was never sure about publishing. Friends and family kept asking about it. She made several copies at Kinko's and it went a little "viral" as it got passed along from friends and family to others.

Her sister knew a friend that was a publisher so she passed it along. Beth ended up self publishing a self-designed book. That took about six months. She still thought it would just be for friends and family.

In 2004, she went to China for second adoption (Lily wanted a sister). Her hardcover books came the day before she left. On plane she met someone whose sister was a literary agent, just what every person trapped on a plane wants to hear. But the agent thought the book was great. Ultimately, Simon and Schuster picked it up. Fate? It seemed as coincidental as many parts of her story.

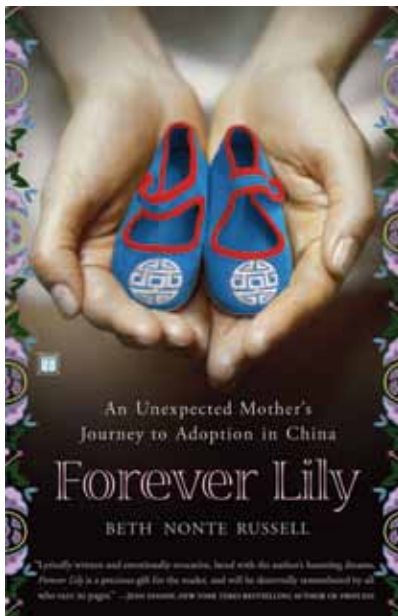
Back with new baby in 2005, the publisher reworked the book and, with the new *Forever Lily* title, it was published in the spring of 2007.

Beth and her husband were thrown into the adoption scene relatively quickly. Beth saw firsthand the conditions of the orphanage in China. The real issue is what happens to the girls that never get adopted. Older children present a special problem: who will help them? This was a cause Beth became passionate about. Beth and Randy Russell formed The Golden Phoenix

Foundation in 2005 to address the issues of child abandonment around the world. Realizing that relatively few of these children would ever be adopted, it made sense to begin thinking of ways that the environment in which these children were living



Randy, Beth, Lily, and Jaden.



could be improved. They partnered with Dr. Pat Mason, Director of the INOVA Fairfax International Adoption Center, who became their medical director. He was already doing similar work in Honduras improving conditions for orphaned children. Beth and Randy say it best on the foundation's web site. "The look in the eyes of the children left behind in orphanages-that is why we started The Golden Phoenix Foundation. Behind these eyes stands enormous human potential. Every child in an orphanage deserves the opportunity to reach his or her full potential. We at The Golden Phoenix Foundation are committed to helping create this opportunity for each one of them."

They pondered how to best raise money for their foundation. Raising money from many small donors can be burdensome. The idea to launch a product line based on the Forever Lily story seemed like a good idea. Beth's brother was in the giftware industry and had some experience. First thoughts were a doll with Lily's image, but they were not happy with the product or design. She was still working on her book during this time and had to find something to capture the essence of her experience.

Beth always had an interest in perfume and scent, but never imagined that these two parts of her life would come together as a success. Scent was something that was found throughout the book. It was a great way to honor Lilly and fulfill her interest. She had no idea how to do it. Who could help create it?

She contacted a perfumer she found in a catalogue that marketed a line similar to what she was looking for. When the perfumer heard her story, she was convinced by the cause and Beth's story. They sent a set of scent samples, and there was one that worked. It was unusual to be able to pick a scent so quickly. The next challenge was the packaging. The packager she contacted was a FIFI award winner and loved the story. It took about two years to get the product to market, an extremely fast schedule for this industry. The scent base, the "juice," is made in California, the package designed in New York, and the manufacturing is done overseas. After the 2008 product launch, the goal was to build their base of retailers and market their online store.

Perfume was the perfect product as it could easily expand to other cosmetic lines. Good True Beautiful, Inc. was established to make and market the new scent and other products. The name came from Beth's college sorority pledge: Do the right and good thing. This was the basis of the campaign.

A fellow Hoosier came on board to help her with the retail marketing, and she became CEO of the company. Soon there was a kiosk at Union Station to support the online sales. Her brother Paul had sales and marketing experience on how to reach retailers. Everyone in the organization is a jack of all trades. Their products can be found in the China pavilion at Epcot Center at Disney. Beth has told her story several times

there. Her products can be found around the country in spas, beauty stores, and other retailers around the country. At least 10% of the sales proceeds go to the Golden Phoenix Foundation.

So how does Lily feel about all this? A perfume and other products, a book, and more, and she just turned 12. Overall she is a little standoffish, though she sometimes appears engaged in what it's all about. As a twelve year old, she probably feels it's kind of cool, but rarely shows it. There is a strong effort not to make it all about her. There are some images of her, but the marketing is not focused on her. It's all about the story and the cause.

There's a story behind every product, a story behind every cause, a story behind every person. Beth Nonte Russell has many stories: her experience in adopting her daughter Lily, the mission to help abandoned children around the world through her foundation, and her company selling products inspired by her experiences in order to support her charitable cause. Forever Lily is an interesting story full of inspiration, emotion, and spirituality.

Beth and her husband Randy live in McLean with Lily and Jaden. She's working on a screenplay based on her book. Learn more about her achievements and her unique story at www.goodtruebeautiful.com and www.goldenphoenixfoundation.org.



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Winter Beers to Warm the Heart and Soul

By Alexander Csamaj
Premium Beer Consultant
Classic Wines of Great Falls
www.ClassicWinesGreatFalls.com

What is wonderful about winter? Several things come to mind right off the bat—snow for skiing and snow boarding, ice when it is an excuse to work from home or for ice skating. Cold weather gives us an opportunity to wear bulky clothing to hide the fact that we have been eating butter-laden foods for several weeks, and have the body mass to prove it. Truth is, cold gets old, and ice isn't nice, especially when you have to drive on it. I don't know about you but I like the sun and the opportunity to generate some vitamin D, so, if I am not snow boarding, I am usually inside feeling the early signs of spring fever. Winter is great but it gets old quickly. Having friends or family over to my house for a heart-warming meal, to play a game, watch a movie or sporting event, plus enjoy some liquid libations is a perfect winter cure for what "ales" us!

Food helps make winter more fun. And remember, beer is food. If you are a beer lover, you know what I mean and might even be sipping on a brew right now. If you don't consider yourself a serious beer drinker, this is the season to experiment a little bit. When the world gets cold, do what you must to warm yourself. I recommend taking a

mouthful of one of these magic potions to raise your spirits during what can be a very long winter season.

Whether you are a serious beer person or just an occasional fan, the following are a few beers that, in my mind, are well crafted, tasty, and perfect when the temperature dips outside: Samuel Smith's Oatmeal Stout from England, Young's Double Chocolate Stout from England, Sierra Nevada's Celebration

crafted ales and lagers. One of their best is **Samuel Smith's Oatmeal Stout**. It's not too heavy on alcohol being only 5.0% ABV (alcohol by volume). It has a smoky oat flavor that is just right for sitting in front of the fireplace or at the kitchen counter with friends. It is a wonderful match with any type of pork dish, i.e., a stuffed tenderloin, a ham sandwich, or some smoked Gouda with bacon. (\$11.49 in 4-pack bottles).



Staying with a British theme, the next great beer for winter is **Young's Double Chocolate Stout**. Yummy, yummy, yummy is all that truly need be said about this beverage. Available in a 16.9 oz. bottle or 14.5 oz. cans (my preference), Young's Double Chocolate Stout is a creamy, chocolaty treat that can catch you wobbling on a bar stool, if you don't exercise self restraint. The first stout to be made with added chocolate; it is velvety smooth, very dark in color and amazingly rich. It isn't too potent at 5.2% ABV, but goes down

so smoothly that before you know it you've had three or four. (\$4.99 for a single 16.9 oz. bottle, or \$10.49 in 4-pack cans).

Please don't think that all beers that match well with the cold of winter are malty, sweet things, as that is far from the truth. If you like hops then you must try **Sierra Nevada's Celebration**

Fresh Hop Ale from California, the Chimay Trappist Ales from Belgium, and, last...but not least, SkullSplitter Orkney Ale from Scotland. In the world of beer, these brews are truly classics.

The Samuel Smith Old Brewery is one of the oldest producing breweries in the world. Located in England, the brewers at Sam Smith put out a bunch of finely

Fresh Hop Ale--a winter treat that is definitely worth enjoying. It is a seasonal beer that comes out around the start of the holidays and can be hard to find as the winter weeks pass by; regardless, if you see it, buy it, because it is worthy of a six-pack to go, or even a case. The 2010 version is a hoppy beer that is not overpowering at 6.8% ABV, but it's far from bland. You get hops, you get cold weather spice-like flavors from the fresh, first hops of this year's harvest, and you get a nice head that marks your pint with every sip. It is, in fact, a "celebration" even if you are not a big fan of hoppy brews. (\$9.99 in 6-pack bottles).

Thinking about all these beers is making me thirsty and I now have Belgium on my mind. On the weekends, when I am not working at something, I will be chilling with the family, hopefully after having gotten the chance to take a morning hike, and eventually getting to the point of being soulfully thirsty. At that point, one of the great brewers from Belgium comes to mind. Lots of Belgian beers are special--Trappist and Abbey ales are world renowned. Brews that are easily available but also extra special are the Chimay Trappist ales. In my fridge sits a bottle of **Chimay Premiere**, the Red label. Well, I'm home and the bottle is open, in my hand, and I just took a healthy swig of this European lightly sweet malt. And that taste is good down to my bones and into my soul...Amen. It is super tasty and crisp like good water from a stream in a fresh air kind of place. My favorite Chimay choices for winter drinking are the previously described Red and the pricier Blue label **Chimay Grand Reserve**--a strong beer both in flavor and ABV at 9%. It can best be described as a smooth malt beverage with a stronger fruit presence than its brother in Red (7% ABV). These are expensive beers, but are well worth the experience. Both of the noted Chimay ales are available in either 11.2 oz. 4-pack bottles or the larger 25.4 oz. single bottle. (RED-\$19.29 in 4-pack bottles/BLUE-\$23.39 in 4-pack bottles). The final beer I am going to

recommend isn't for everyone--it just isn't. But, the only way you will find out is by giving it a try. My goodness, I just took a sip and it is wonderful. The bottle labeling is bold and the brew is magical. **SkullSplitter Orkney Ale** from Scotland is slightly sweet and quite malty with a healthy alcohol kick (8% ABV). It is fruity; it is rich; and it can be addictive (or at least habit forming). As I previously stated, this brew is not for everyone; however, if you are a person who enjoys complex experiences that need to be savored, or unique malty ales that compare with nectar from the mother of a powerful god, then SkullSplitter is for you. It is a happy potion that will add heat in the winter, and can either wake you up or comfortably pass you to bed. Try it and discover for yourself. (\$12.19 in 4-pack bottles).

Shoveling isn't so bad when you know the "pile of winter fun" you are creating will be enjoyed by the kids. Fireplaces are "cool" and are much more enjoyable in the winter than in the summer. They are even better when you are warming your pallet and your mood with something that is crafted by real brewery artisans. At the very least, the cold weather is a great excuse to consume rich foods and tasty beverages, or light foods and tasty beverages--whatever you are into. If you get the chance, give some or all of the brews I have mentioned a try. I'm sure you will find a few that you will really enjoy. Winter cheers to all!

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Ring in the New Year with the Hottest 2011 Decorating Trends!

By Denise Willard

Ringing in the New Year, means change is just around the corner. For many of us this means adopting a new workout and diet regimen, finding more time for balance in our lives or finally making that home makeover project that has been on our to-do list for several years a priority. If you find yourself focusing on the latter of these items, you might want to consider incorporating some of these 2011 interior design trends into your home renovation or decorating project.

The Color of the Year:

Uplifting and Stimulating, Honeysuckle

Pantone, the leading authority on color trends in home and fashion design, has selected PANTONE 18-2120 Honeysuckle as 2011's color of the year. This selection is grounded in the realities of the challenges we all have faced over the last few years in the economic markets.. This selection is grounded in the realities of the challenges we have all faced over the last few years in the economic markets. While the 2010 color of the year, PANTONE 15-5519 Turquoise, served as an escape for many, Honeysuckle emboldens us to face everyday troubles with verve and vigor. A dynamic reddish pink, Honeysuckle is encouraging and uplifting. It elevates our psyche beyond escape, instilling the confidence, courage and spirit to meet the exhaustive challenges that have become part of everyday life, according to Pantone (www.Pantone.com). "In times of stress, we need something to lift our spirits. Honeysuckle is a captivating, stimulating color that gets the adrenaline going – perfect to ward off the blues," explains Leatrice Eiseman, executive director of the Pantone Color Institute®.



"Honeysuckle derives its positive qualities from a powerful bond to its mother color red, the most physical, viscerally alive hue in the spectrum."

Eiseman continues, "The intensity of this festive reddish pink allures and engages. In fact, this color, not the sweet fragrance of the flower blossoms for which it was named, is what attracts hummingbirds to nectar. Honeysuckle may also bring a wave of nostalgia for its associated delicious scent reminiscent of the carefree days of spring and summer."

When considering this color trend for your home, Honeysuckle is upbeat and dynamic when used on large areas like the entry area of a house or an apartment. It is an appetite and conversation stimulant when used on the dining room walls. In the kitchen, it adds a fun touch on the table in placemats and other linens (patterned or solid), colored glassware, candles and small appliances. Honeysuckle is a great color to cover up shabby kitchen cabinets, or, if that's too much of a color statement for you, try repainting knobs and drawer pulls. But be warned – once you try this arresting shade, it can become addictive.

Need help getting your 2011 home decorating project underway? Let us help. Contact me today to learn how easy it is to cut through all the options and be well on your way to a newly updated and inviting home well before spring arrives.

*With Inspiration & Love,
Denise*



Decor by Denise is a full service interior decorating firm located in Vienna, VA. To learn more or sign-up for our monthly Design Tips & Tricks eNewsletter, visit us at www.DecorbyDenise.com. Gain decorating inspiration at Denise's design blog at www.DreamDesignLive.com or in her Design Diva blogs for www.AskMissA.com. Contact Denise at 703-714-7343 or via email at info@decorbydenise.com.

Three Design Styles that will Emerge As Trends

House Beautiful recently named several influences that will shape interior design in 2011. I have really seen an emergence of three of these trends in my design business—Accessorator, Glam and Ruralists.

Tradition with a Twist

House Beautiful's Accessorator influence (which I have renamed, 'Tradition with a Twist') is where flirty colorful colors come to life with a keen eye toward what is going on in the fashion industry. This style is always looking backward for inspiration, but adding a more modern twist. This is where the PANTONE color of the year, Honeysuckle, will really shine as Lilly Pulitzer and others like her, who are famous for preppy clothing and brightly colored attire, start to finalize their crossover into the home interiors market. Here is one of Lilly Pulitzer's bedding lines that are taking off as we head into a new year and adopt a new attitude of renewal and hope.



Nature Inspired Glam

The Glam influence, as it is deemed by House Beautiful, is both sexy and theatrical. This is where more is more in home decorating and 'bling' is definitely in order. However, the new look of high glamour is increasingly natural. This is never truer than in the home accessories line from Made Goods. They offer architectural pieces consistent with Rococo and other high glam elements, but many of their pieces are made from natural elements like shells, which is where the trend is really going as we look further into 2011. Shown is one of Made Goods most popular glam pieces, their Stella mirror. It is made in the Rococo style, but is blinged out with silver abalone shells that are elegantly arranged on the serpentine mirror to mimic the lines of a French antique.

Simple, but Elegant Belgian Cottage

Finally, the Ruralists influence (as it is called by House Beautiful) is really taking off as we head into 2011 due to fear over future economic challenges and increased awareness of environmental issues. This trend is what I call 'Simple, but Elegant Belgian Cottage.' This trend incorporates a global country feel and brings to life the concepts of handmade, re-use, artisanal, pure and sophisticated. This style is often deemed Belgian and really focuses on all things natural and comfortable with an emphasis on colors that appear in nature. It is about realizing that beauty can be found in items that look old and used. And, the simpler the interior, the better. Natural linens, inherited items or those that are re-purposed are key to implementing this style. To the left is a Belgian style dining room with wood ceilings, simple linen slip covered parsons chairs, natural color tones and re-purposed light fixtures. The overall feel is simple, but still elegance.



Caffe Corner

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



Happy New Year, Viva Tysons Coffee and Tea Drinkers!

As the new year begins, it's time to think about the important things in life.....like what coffee we'll be drinking for the next 12 months! To prepare you for this decision, as well as for our next articles where we will discuss the intricacies of choosing and preparing coffee, I offer to you this "Clip and Save" sheet of coffee terms.

COFFEE GLOSSARY A-Z

A – ACIDITY: A primary coffee sensation, created as the acids of a coffee combine with the natural sugars, to increase the overall sweetness of the coffee. A pleasant quality that points up to a coffee's flavor and provides a liveliness, sparkle, or snap to that drink. The acidity of a coffee may be assessed as lively, moderate, flat or dull. Acidity is a characteristic of coffees grown at high altitudes such as Guatemalan, Costa Rican, and Kenyan.

B – BITTER: A harsh, generally unpleasant taste detected mostly in the back of the tongue. Bitterness is characteristic of over-extracted, defective, or extra dark roasted coffees - such as those at some of the "well know national chains".

C – CAFFE AMOURI: - The place to go to get the "Best Coffee You've Ever Tasted - Guaranteed".

D – DEPTH: Depth describes the resonance or sensual power behind the sensations that drive the taste of the coffee. It is a tricky and subjective term, but it tries to get at the way certain coffees open up and support their sensations with a sort of ringing, echoing power, whereas others simply present themselves to the palate and then stand pat or even fade.

E – ESPRESSO: A one ounce shot of intense, rich black coffee made and served at once. Comes from the Latin *expressere* which means "to press out."

F – FINISH: Finish is a term relatively recently brought over into coffee tasting from wine connoisseurship; it describes the aftertaste that lingers on the palate after the coffee is swallowed. It is in part a reflection of body; heavier-bodied coffees like the Sumatran will have a much longer finish than lighter-bodied coffees like the Mexican.

G – GREEN: - A taste taint giving the coffee brew an herbal character due to an incomplete development of the sugar carbon compounds

in the roasting process. Results from insufficient heat during too short a period.

H – HEAVY ROAST: Coffee beans roasted to a very dark brown, with a shiny surface; equivalent to Italian Roast.

I – ITALIAN ROAST: Term applied to coffee that has been roasted darker than French Roast.

J – JAVA: Java is a particularly clean cup for an Indonesian coffee. It's a fully wet-processed coffee that has that Indonesian body and thickness without earthy or dirty flavors.

K – KENYA: A powerhouse coffee producing nation in East Africa. Kenyan coffees are prized for their bright notes; not for those who don't like acidity in their coffee. Often times this combines with fruit (berry and citrus) flavors and spicy notes. Some Kenyan coffee is "clean" while others exhibit a very desirable "winey" flavor.

L – LIVELINESS: A term to describe acidity in coffee. A "Lively" coffee has more high, acidic notes.

M – MACCHIATO: A nice, simple espresso drink with a small dollop of textured milk on top.

N – NUTTY: The aroma and flavor characteristics of fresh nuts. Generally a positive term but varies greatly as there are many forms it can take; hazelnut, walnut, peanut, cashew, almond, etc... Commonly found in coffees from South America,

O – ORIGIN: The originating location of a bean. Brazil, Guatemala, Kenya, Sumatra are all points of origin. Each origin will exhibit their own unique flavor characteristics. However, within the origin and based on the roast profile, different flavor characteristics can be present and developed.

P – PEABERRY: Normally, each coffee cherry contains two flat beans, facing each other. Occasionally, a cherry will form with only one, round bean. These are called Peaberries and are sold as its own distinctive grade. Many believe that since there is just one "seed" that the flavor is

more concentrated in that one bean.

Q – QUAD: An espresso drink made with four shots of espresso.

R – RISTRETTO: the strongest and most concentrated espresso drink. Made with about half the amount of water but the same amount of coffee, it's pure and intense. Ristretto in Italian means "restricted".

S – SPICY: Flavor characteristic suggestive of spices like cinnamon, clove and allspice. Examples of coffee exhibiting "spiciness" are Ethiopian and Guatemalan.

T – TAMPING: The process of compressing coffee grounds for espresso into the portafilter basket. Proper tamping is critical to espresso extraction. A good tamp should be level, properly seal the grounds against the sides of the basket and fill any fissures in the espresso "puck." Proper Barista tamp training is essential to consistently pull good espresso shots.

U – UNLEADED: Popular euphemism for decaffeinated coffee.

V – VELVETY: A generally positive "mouth feel" description indicating elegant softness; refined smoothness.

W – WINEY: A term used to describe snappy and acid flavor such as Ethiopian Harrar and some Costa Rica coffees and a thick syrupy body as found in some Sumatran coffee's. Kenyan coffee is notable for it's flavor reminiscent of a fine red wine.

X – XCELLENT COFFEE: Found at your "Favorite Local Coffeehouse".

Y – YEMEN: Yemeni coffee is some of the most distinct and highly prized coffees in the world. However, it's what's called a "wild" or natural cup; earthy, complex, pungent. Not everyone's "cup of tea" to be sure.

Z – ZZZZZ's: If you wish to get some of these, try our Water Processed decaffeinated coffee!

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KITCHEN-CENTRIC ENTERTAINMENT SUITE IDEAL FOR BUSY OAKTON FAMILY

Open Floor Plan Supports Owner's Dual Roles: Gourmet Cook, Hostess Star Chef Inaugurates Range While Revelers Party All Around

By John Byrd

For years, Ginny Craig experienced a vague anxiety when hosting parties. An inspired cook, the Oakton resident loved regaling friends and family with tasty treasures from her grills and ovens. The problem was that entertaining often became an isolated affair-- with Craig pushed into a far corner of the kitchen, searching for places to prepare and stage meals while simultaneously defending her "work triangle" from well-meaning guests. "The old model kitchen wasn't conceived with my preferences in mind," Craig acknowledges. "A typical late 20th century floor plan calls for cooking to be out of view. With all the utilities pushed together, it was tricky just keeping food preparation

and clean-up sorted out."

Fast-forward twenty years, and an entirely new zeitgeist defines at-home socializing. Instead of consigning the cook to the galley, the range oven's flickering flames are now stage center. Scents of baking breads and spicy meats perfume the stove's immediate periphery, only to be whisked off by a suspended cooktop vent.

Pivoting in any direction, the cook finds designated surfaces for cutting and slicing, marinating, sautéing. The refrigerator and the pantry are steps away—just no longer in your face. So, too, the well-stocked wine cabinets.

Better yet, mingling with guests while listening for the timer bell unfolds like a gracefully choreographed time-and-motion study. And no one traverses the cook's well-buffered work triangle.

"Certainly food preparation has a bigger spotlight in of our new space," Craig concedes. "But it's really all the thoughtful zoning considerations that explains how well this plan functions."

So how does one convert a series of boxy, sequentially arranged chambers into a generously-apportioned kitchen-centric entertainment suite?

Looking back, Craig acknowledges some good fortune in finding a professional with just the

right skill sets.

"We actually interviewed quite a few firms," Craig recalls, "but the people at Sun Design Remodeling showed they were really

listening. That was important because we hadn't worked out a lot of the important details—like whether we wanted to bump out the rear, or stay within the existing walls."

Once on the job, however, the Burke-based remodeler's first task was presenting Craig with models for several space plan alternatives, after which solutions came quickly into place.

Still more fortuitously, given the precision measurements required, designer/project manager Dawn Parker's extensive architectural background proved invaluable.

"The existing kitchen—which was conceived in a remodel in 1992-- just wasn't well-rationalized," Parker explains. "The earlier plan converted the garage and breezeway into a sizeable entertainment area, but there was only one artery leading to the food and drink."

The result:

"You can imagine the bottlenecks during holidays," Ginny Craig recalls.

Add to this rooms that were too dark, limited in useful staging areas, lacking in storage, and overstocked with extraneous surfaces that soon became repositories for clutter and the broader outlines of a space-use problem become clear.

"Above all, we wanted this part of the house to be inviting," Ginny Craig recalls. "I pictured a more spacious, warmer version of the kind of old fashioned country kitchen where everyone would gather."

One of Parker's first challenges was, thus, to create a better circulation plan—starting with a second pathway from the kitchen to the breakfast room. Keeping the cook's station in its original location, Parker—whose resume includes a stint in industrial design—found that she was "playing with



Local celebrity Chef Patrick Bazin (of Bazin's on Church) found the open kitchen plan "inspiring". The layout allowed him to see guest reactions to his cooking. "The whole atmosphere (was) festive...very special for everyone."

inches" when planning the kitchen's custom interior. The four feet of wall space allocated for the Thermador range, for instance, had to be situated midway between parallel open arteries into the breakfast room. This preserved a mere two feet on either side for custom cabinetry essential to the chef's process.

On this score, a long-running trade partnership between Sun Design and Appliance Connection (the firm that specified the cooktop vent) also figures in the tight execution.

"When you're fitting out an interior with this level of intricacy," Parker notes, "it helps enormously when all the participants have some history of working together."

Once the old kitchen and breakfast room were rejoined via a second egress, Parker's next step was to radically increase natural light by raising a formerly-hidden cathedral ceiling to its appropriate height and introducing three skylights. The elevation at the rear of the breakfast room, likewise, was reworked to incorporate a course of 5 windows and an extensive clean-up zone that includes running surfaces, storage built-ins, a country-style sink and two dishwashers.

"The counters are perfectly positioned for service to the family and breakfast rooms as well," Craig points out. "It's made the family room a much more sensible gathering place in every season."

Parker's built-ins for the kitchen include a three-level dining counter and food preparation console complete with clean-up sink, oven and glass-facing china cabinets. The designer conceived the island as several pieces of conjoined furniture and used isometric drawings to explain her ideas to



The open floor plan puts the cook's work triangle in the center. The design solution included a second artery to the breakfast room; cathedral ceilings with skylights dramatically improved natural light availability.

staff carpenters, who refined the final piece on site.

Still, more appropriate to the gourmet-dining theme, Parker proposed an in-kitchen wine storage console and tasting table as the new home for Bill Craig's wine collection. With its marble surface and split-face natural stone backsplash, the station features two 57-bottle capacity GE Monogram coolers and extensive glass-facing cabinetry milled specifically to accommodate the couple's stemware and crystal.

To inaugurate the new space, the couple hosted a soiree in which top-rated chef Patrick Bazin prepared signature dishes. Bazin was particularly impressed with the new kitchen's layout, which enabled him to

face seated guests while cooking.

"It really inspires a chef to see people enjoying your work, and having fun," Bazin says. "The whole atmosphere becomes festive; very special for everyone."

Still more to the point, Ginny Craig is now hosting sit-down dinners for twelve, and holidays are fun again.

Sun Design Remodeling frequently holds workshops of home remodeling topics at their office in Burke. www.SunDesignInc.com

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 outlets. He can be reached byrdmatx@comcast.net

Sun Design Remodeling created a series of custom built-ins. The three-level dining counter and food preparation surface (foreground) was conceived as several pieces of conjoined furniture. The wine tasting table (beyond) features two coolers with 57-bottle storage capacity each.



The elevation at the rear of the breakfast room was reworked to incorporate a cathedral ceiling with skylights and a course of windows. The running counter was designed to accommodate storage built-ins, a country-style sink and two dishwashers.



Is ice damming in your future?

By Josh Baker, President, BOWA

All photos by Bob Narod

With the record snowfalls of 2010, it's better to be safe than sorry when it comes to preparing your home for winter weather. Among other things, this includes taking the proper steps to prevent ice damming. Ice dams occur at the eaves and valleys of roofs and are areas of built up ice that prevent proper drainage. While the resulting icicles that hang over the edge are quite pretty, they are usually a sign of this serious roofing issue.

Ice damming is most often caused by insufficient attic insulation and/or attic ventilation. An attic that is too warm causes roof snow to melt and slide down to the eaves. At the eaves, where the roof surface is cooler, the melting snow is likely to refreeze and cause a dam. Subsequent melting causes water to pool behind this dam, which can seep between the shingle layers and wet the roof deck, walls and ceilings below.

To prevent ice damming, the goal is to keep the attic very close to the outdoor temperature. This is achieved through proper insulation

and ventilation. The insulation will minimize excessive heat from escaping into the attic and through the roof. And proper ventilation will quickly remove any warm air that might build up to help maintain a more uniform temperature.

Consider the following helpful tips as you prepare for the winter ahead.

Attic Insulation

- Inspect your insulation for gaps, cracks or areas that have settled, been compressed, gotten wet or have otherwise been compromised.
- Replace uninsulated ceiling (can) lights with those marked IC (the letters indicate the light is safe for direct insulation contact).
- Pull-down attic stairs and other access doors are often quite leaky. Weather-stripping or building a double door (analogous to a storm door on the front of a house) can help seal up these access points.
- If your home has heating ducts that run through the attic, inspect them for leaks or improper insulation.

- Ensure that bathroom and kitchen exhaust ducts are vented to the outside. Otherwise warm and/or moist air can blow into the attic.

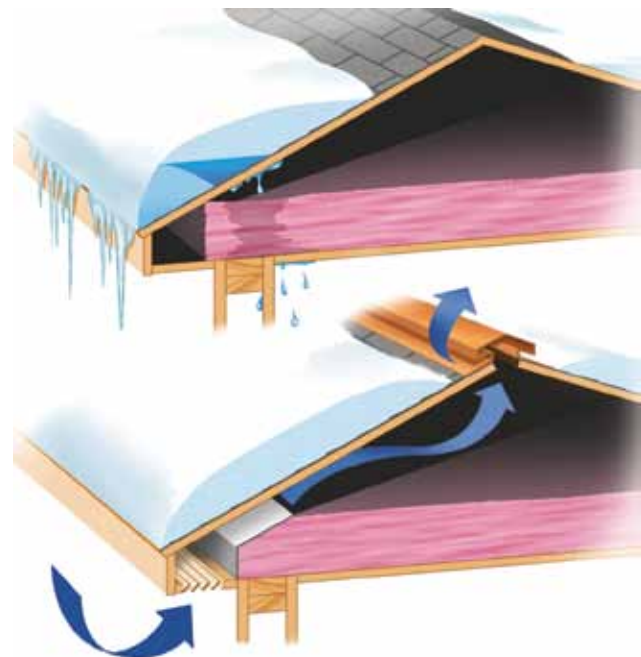
Attic Ventilation

- Clear existing gable or ridge vents of insulation, dust, vines, leaves or other debris.
- Soffit vents, which draw cool air into the attic through the eaves, should also be cleared of debris.
- The recommended minimum ventilation is one square foot for every 150 square feet of attic floor area.
- Ensure that there is at least one and one-half inch of space between the insulation and the roof inside the attic at the eaves to create a clear air path for improved circulation.

Finally, it is essential that you make sure gutters and downspouts are free of leaves and other debris so melting water can flow down and away from the house. Together, these tips will help to minimize your home's risk of ice damming.



Ice dams occur at eaves and valleys of the roof and are areas of built up ice that prevent proper drainage. Proper attic insulation and ventilation helps to avoid ice damming.



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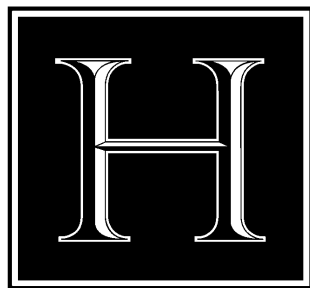
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Ask the Expert



My home has not sold. *Now what?*

By Casey Margenau

In today's tough housing market you may have had your home listed for several months and still it may not have sold. At this point you are asking yourself "now what?"

In a constantly evolving Real Estate Market there are only so many things you, as the seller and your Agent can control. The price is the main issue, without it being correct the status will not matter. The trick is of course, to get the highest price you can.

The second is exposure, the marketing of the home. This is done by your Agent and has to be consistent with the right message (we will get more into what is the correct way to market later in this article). Follow up is also part of this phase.

The third is the market, though neither you or your Agent has control over this, you do have control over the time your home is on the market. I have this rule I use: it takes about 60 people to see a home to get it sold. In a good market that can be over the first weekend, in a slow market it can take two years. If you get 60 people through your home and it hasn't sold, it probably means one of the other factors are not being addressed properly and

most of the time it is the price.

Let's start with this last problem first. For the purpose of this point, we're going to say that the home is priced right and the Agent has been doing a great job marketing it. However, what if the home still hasn't sold? You must then look at the facts. Are the houses selling that are comparable to your home's price range, area and age? Sometimes the fact that your home has not sold means there is just no market for it at this time. The Agent, your house, or yourself cannot change the market. You need to understand that if nothing is selling then you either lower the price until it is such a good deal that it sells, or be patient.

If you have time you can wait out the market slow down. Real estate investors like myself understand the benefits of being patient but that doesn't always work when you need to sell. Over the last five years there have been many market segments that for periods of time no one was buying unless the price was crazy low. The sellers that had the ability to wait it out are now getting much better prices.

I had a client that listed a home on the market earlier this past summer, but it just was not getting any real

(fair) offers. We decided not to take the lower numbers. This fall as the upper end of the market heated up unexpectedly, we received 3 offers in one weekend. Even after 100 days of being on the market it sold for close to the asking price.

Now many sellers think that they should take their home off the market, then put it back up later, thinking it will get the same results as when it first came on. This is just not true. Over the last 21 years, one thing I have found is that once you're on the market, you are best off leaving it on until it sells. I always say, the only thing that we know is if you take it off the market it will not sell. Sometimes, the buyer comes when you least expect it. Remember, you can't control the market. If everything else is good, you're priced right, and you're being marketed properly, then changing agents is not necessary. The only thing is you need to have patience.

Next, let us talk about pricing. How do you know if your price is market value? Well, every seller I meet believes that their home is worth more than everyone else's. That's why they bought it in the first place. But let's deal with reality. Buyers shop by a price range. So you need to be priced with homes that are the

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same age range, the same areas or like/kind neighborhoods and most of all the same price range. I just sold a home on Spring Hill Road to a couple that wanted to downsize, but they found that the homes on smaller lots and smaller square footages were the same price. So they bought the better value. This will happen all the time. Buyers go out and say to themselves, I want to spend "x" then they go out and look at what they can get for "x" dollars. They will find the best home that fits their family's needs and the overall best value.

Now here's the kicker that makes it harder to know the value. Negative things like being on or backing to a major road can have a major negative effect. Then, you have other things that have a positive effect such as the upgrades. New windows, landscaping, finished basements, or new kitchens and baths definitely help your home sell. However, they do not always get you more money. Some things will, but not dollar for dollar with what you spent.

I can give you a great example; I had seen a home in Great Falls where the owner had paid \$1.95 million for the home. It was too much when they bought it. Then they put over \$1.2 million into it with a pool, landscaping, new cabinets and kitchens as well as other very tasteful and very expensive decorations. The home was only 5-6 years old, so even though the kitchen was awesome it didn't add any value to the home. They sold it this year for \$1.95 million, the same as they bought it for. If they had done nothing they would have gotten \$1.65 million, so they lost \$900K more, even after all that work.

The bottom line is before you spend money fixing up your home, get some good advice as sometimes it's cheaper to just move up. Also, just because you spend a lot, do not think you will get it all back. The other thing about price is you can only sell for 'plus or minus' what your neighborhood sells for. Homes in the same neighborhood can only go so high or so low. Pricing

also effects your time on the market. If your home is overpriced at the beginning, it will take longer to sell.

I met with a seller just the other day. He had his home on the market in the low \$2 million price range for over one year. Over a year ago, I had a buyer that had offered him \$1.85 million. When I had prepared the offer, I felt the home was listed too high and made what I feel was a fair offer for any buyer of the home. I had educated them on the market, it was a great house but the owner was just asking too much. The seller at the time just said no. Now over a year later their seller has their home on the market at \$1.99 million and they wish they had tried to work on selling the home then. Today if they want to get their home sold they will just need to have patience, and wait till the next buyer comes along. Once a home is on the market at a higher than market price, and then is lowered to the right price, it just takes longer to sell. You just miss that sense of urgency you get when you are fresh on the market. Homes sell for market value, so make sure you price them right up front. But if it's correctly priced then you will just need to wait.

Now here is the part that you and your Agent do have a lot of control over: marketing and follow up. If you are priced right, but no one knows it, it will cost you time and money. Unfortunately, in today's internet world many real estate agents and feel that they can put up a sign, and a lockbox on a property, put your home on the MLS and it will just sell itself. This is just not how it is in the real world. Don't get me wrong, if you price a home low enough you will sell it without any work, but you don't need an Agent to do that.

Agents need to earn their fee. The way to get the most for a home-- and sometimes the only way to sell a home-- is to get maximum exposure. Today with 98% of home buyers finding a home on the internet, you need to have an agent that is internet savvy. Certain things are key

to finding buyers such as marketing your home with 20 to 30 pictures. On top of having multiple great photos, many people want to see virtual tours as well. I have found the one thing that has gotten the most response over my 21 years in this business, is doing You-Tube type video tours. I have been doing them for about 3 years and everyone loves them. They not only have the visual, but the audio allows me to give a buyer a lot more information. It lets me sell the home. Saying all this, it is not enough to do the videos and take the pictures. You need to market the home through things like Facebook, Twitter, LinkedIn and other social media outlets.

Take advantage of the tools and variety of the Web. There are many web sites that have homes. Right now we are marketing on over 62 different sites. This takes a lot of time and we have a dedicated marketing person to do so, but you're paying a lot to have an Agent market your home and they need to do the job.

The Web is not the only place your home should be marketed. Print media on a local, regional and international level is also very effective. Direct mail, personal contacts and having involved marketing plans are all things you should expect from your Agent. Things like a guaranteed sales programs also help you get the home exposed.

Having obtained traffic, your agent needs a way to follow up and track the exposure. I can not tell you how and many times I've shown a home and have never received a call back. If there is no marketing and no follow up you are not getting the service you deserve.

This spring will be a very good time to sell, if your house has been listed already, leave it be. If you were once on the market but took it off, call and get things set up early in the New Year. If you are thinking of selling this year, inventory is at a lower level and the buyers are looking.

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County's growth at the expense of vacant land

As one of the nation's 50 most populous counties in the country, Fairfax County is running out of land. According to the 2010 Annual Report on the Environment, Fairfax is close to being "built-out."

Out of about 230,000 acres of land, there is only about 17,000 acres or just over 7% are vacant, but developable. Compare that to 1980 when the percentage was 32%. And most of what is vacant is fragmented in small parcels.

Residential development accounts for almost 60% of Fairfax County land, according to EQAC. Parks and recreation comprises 33,066 acres, public property, 26,372 acres, commercial 10,580 acres, and industrial 9,492.

The trend is to build up, not out. While the number of single family homes as remained relatively constant, Fairfax County has seen an 84 percent increase in multifamily units since 1989. As vacant parcels disappear, "much more land will become mixed use," notes EQAC.

The capacity for more development "is constantly increasing as new density is allocated across the county," EQAC states in their report, primarily by "allowing higher buildings to be built that have additional capacity in the same acreage."

Take a look at the Tysons development article in this issue and you'll get the trend: mixed use and high.

Lerner Enterprises Loses in Court to VDOT

Lerner Enterprises (the land owner and developer of Tysons II) has been in a battle with the Virginia Department of Transportation over the land that Lerner owned and sold for the Tysons Central 123 Metro station at Tysons Boulevard and Route 123. The disagreement was about the value of the land the Lerner had to transfer through eminent domain (the process of the government taking land for public use at a fair value). At the time of the valuation in March, 2008, Lerner was complaining of getting too little. Because of the real estate collapse in 2008, when VDOT took the land in November, the value had significantly dropped. VDOT, in trying to look out for our hard-earned tax dollars, sued

saying the determined value was flawed. The court ruled in November in favor of the State and Lerner must pay just over \$5 million for the difference plus interest. There are big plans for the land around that station. Lerner plans include offices, condos, and a hotel. The interesting thing is, Lerner was supposed to give the land to Metro for getting increased density allowances for their development at the station. We'll see if Lerner ends up with a very lucrative "double dip."

The Sheraton Premier Sells for Nearly \$85 million

Felcor Lodging and Starwood Hotels sold the Tysons landmark property for about \$191,000 per room to JBG. JBG is developing the adjacent property as their Tysons West Promenade project. They have a building permit for that project for 185,000 square feet of mostly retail/restaurant use as the first phase. Starwood Hotels still has a long term management contract to operate the hotel.

McLean Community Center Secretly Moves to Hire Real Estate Consultant for Old Fire House Property

As Bobbi Bowman reported in the McLean Patch, the board of the McLean Community Center secretly met and approved the expenditure of up to \$100,000 for real estate consultant Jones Lang LaSalle to see what options are available for the Old Fire House property that currently is used by the MCC's teen center.

There are a couple obvious problems. First, the property is owned by a private entity, not the County. Second, they met in secret for a hefty expenditure on said un-owned property. McLean residents, who pay the extra taxes for the Center, probably have no clue as to what is going on.

The idea of developing a McLean town center has been around and is slowly coming back to life. JBG Companies has been talking to landowners in the central business district area. They most recently bought the former McDonald's on Elm Street to add to an office building they own on Elm.

PS Business Parks Buys Large Chunk of Former West Group Portfolio for \$140 million

Thirty nine contiguous acres with seven buildings comprising 739,000 square feet was sold by Cityline Partners and DLJ Real Estate for \$140 million. This is just a few months after having acquired the West Group portfolio.

We guess the proceeds will be used at Citylines' Metro East property as development starts there adjacent to the Silver Line.

Mosaic District achieves Silver Certification as a LEED Neighborhood Development Plan

The 31-acre mixed use town center development at the site of the former multiplex in Merrifield is being developed by Edens & Avant. The Mosaic District is planned to include over 400,000 square feet of retail, 1,000 residential units, 65,000 square feet of office, two parks, a boutique hotel and an eight-screen art-house cinema. The first phase of the project is currently under construction and is scheduled to open in Fall 2012.

Sustainable features include a 20,000 square foot green roof and electric car charging stations and advanced storm-water management systems. Alternative forms of transportation are encouraged throughout the plan: the site is within walking distance to the Dunn Loring Metro station, there will be accommodations for bicycle commuters, and the center will have a shuttle service to public transportation.

"Every detail of Mosaic has been carefully considered from master-planning through the recycling of construction materials," said Bill Caldwell, Managing Director for Edens & Avant. "Our development goal of creating a unique community with an active street life that combines retail, entertainment, residential, office, hotel and parks space, will be realized through the application of LEED-ND principles."

"As a company, we are committed to stewardship," said Jodie W. McLean, President and Chief Investment

Officer, Edens & Avant. "Mosaic is a demonstration of how we are incorporating sustainable design principles to build communities and neighborhoods surrounding our shopping centers." Edens & Avant has rolled out a sustainability guide across all owned and property-managed centers throughout the East Coast. See more information about the development at mosaicdistrict.com.

Update: Selected area applications, approvals and building permits issued

Applications

Amanda Place, McLean. Subdivision plan for 16 single-family houses on 9.64 acres zoned PDH-3 (planned development housing-3 units per acre), at 2547 Cedar Lane and 8526 Amanda Place.

Discovery Woods Learning Community, Vienna. Special exception application for a child-care center and private school of general education on 1.48 acres zoned R-1 (residential), at 9224 and 9232 Leesburg Pike.

Georgelas Group. Application to rezone 28.32 acres from C-6 (commercial) to PTC (planned Tysons Corner Urban) for mixed-use development, at 1524-T, 1551, 1556, 1568 Spring Hill Rd., 8536, 8548 Leesburg Pike and 8401 Greensboro Drive.

Stanley Martin. Subdivision plan for five single-family houses on 2.39 acres zoned R-3 (residential-3 units per acre), at 7824 Shreve Road.

Shelter Development. Special exception for a medical care facility and an increase in floor area ratio on 3.56 acres zoned C-8/R-1 (commercial and residential), at 10200 Colvin Run Road.

John Moriarty and Associates of Virginia. Site plan for 653,504-square-foot of multifamily and ground-floor retail and other commercial uses on 4.15 acres zoned PRM (planned residential mixed-use), at 2727, 2729 Merrilee Drive (There is a preliminary 150 room hotel deal working as part of this development).

Approvals

Square 1400, Falls Church. Application

to rezone about 4.64 acres from I-4 (industrial) to PRM (planned residential mixed-use) to permit residential development, on the west side of Dorr Avenue, north of Merrifield Avenue.

Building Permits Issued

Smyth Jewelers. Building permit issued to do interior alterations for a new tenant layout/new mechanical, electric and plumbing, at 8051-L Tysons Corner Center.

Panera, Vienna Shopping Center, McLean. Building permit issued to do a new tenant layout, at 136 Maple Ave.

Lacoste. Building permit issued for a new tenant layout, at 8050 Tysons Corner Center.

Bed Bath & Beyond. Building permit issued to do a new tenant layout, at 2051 Chain Bridge Rd.

7-Eleven. Building permit issued for a new tenant layout, at 6720 Old Dominion Drive.

McLean Hilton. Building permit issued to do public areas and restaurant renovation, at 7920 Jones Branch Dr.

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AROUND THE HOUSE:

Home Upgrade and Maintenance Trends Shaping the New Year

PRACTICAL SOLUTIONS IN A CHALLENGING ECONOMY

By John Byrd

Your Trusted Contractors (YTC) is a consortium of businesses that provide remodeling and maintenance services to northern Virginia homeowners.

Companies are sponsored for membership on the basis of established expertise in a particular discipline, and are the organization's only practitioners in their area of specialization.

Among several missions, YTC is a consumer resource that assists homeowners via a comprehensive web site. (www.YourTrustedContractors.com)

"We've been deliberately selective in adding companies," founder David Foster explains. "We're the opposite of a paid referral service. There are no costs to accessing our data-- yet member companies have been rigorously vetted."

The key qualification for YTC membership is that a company has provided a record of affirmative customer testimonial dating back at least 10 years. Sitting members personally contact and verify testimonial sources--assessing a whole range of performance and customer satisfaction issues. Certifications and independent audits are also part of a record that is carefully scrutinized.

"Our goal to raise the performance benchmark in all the major housing industry subtrades," Foster explains. "So we've forged a covenant between professionals that requires members to put their reputation on the line when they vote-in a new firm."

In that sense, YTC is non-commercial and self-regulating watchdog.

"Like-minded professionals," Foster adds, "Committed to standards, buyer recourse, customer service".

YTC members meet in a roundtable forum at least monthly to discuss factors affecting the market. Not surprisingly, the economy is on everyone's mind these days—particularly the challenges in formulating an appropriate value proposition at a time when projects tend to be smaller and there can be credit and cash flow issues.

"We try to concentrate on the realistic," says Shawn Daghigh, a principal at Euro Stone Craft in Herndon and a two-year YTC member.

"Northern Virginia is a very dynamic market—one of the most affluent in the country," he continues. "But you're always adapting, looking for what local buyers want in the current climate, and finding ways to do things better."

All the members acknowledge that they are seeing a higher demand for areas of service that were much less visible two years ago.

"We're adapting to where the market is, yet offering leadership," Daghigh observes. "Buyers are cautious, so we're finding opportunities by helping homeowners achieve a big result within a budget."

So what are some trends effecting how northern Virginians upgrade and maintain the homes?

We found three that can't be ignored.

Interior Facelift As An Alternative To A Major Kitchen or Bath Remodel

According to Remodeling Magazine's recently released "Cost vs Value" report, a major kitchen remodel in the South Atlantic states recoups nearly 65% of its value the day it's completed; in McLean, Great Falls and environs the payback is closer to 75%.

Still, it's no secret that home re-sales are not what they were three years ago-- even in towns that Newsweek recently ranked the nation's most affluent.

Which may be why local homeowners have shown a steady interest in an alternative remodeling course: the high-end interior facelift.

"We're finding a lot of action-- especially in the critically important kitchen and bath arenas," says Shawn Daghigh, principal of Euro Stone Craft, a firm which specializes in granite, marble and quartz upgrades to counters, floors, backsplashes and other surfaces. "When interior finishwork is artfully-executed," he adds "it's every bit as appealing as a wholly new kitchen."

According to Daghigh, demand for white marble, soapstone and leather finish granite has increased 20% in the past 12 months. There has also been a noticeable sales uptick among owners of contemporary homes for such quartz materials as Caesarstone and Silestone.

While Euro Stone Craft has been primarily a wholesaler preferred by remodelers

and interior designers, Daghigh reports that the firm's Herndon-based showroom has become a thriving "idea center" for homeowners, who sometimes bring their interior designers (or even neighbors) along for input.

Daghigh encourages walk-in customers to come with sketches, photographs and even the very cabinets doors they are seeking to emulate. Sweetening the process, the showroom's staff designers stand ready to assist in coordinating surfaces, floors and backsplashes. In the end, its texture, tone and fine details that really matter.

The Euro Stone Craft method is the soul of hands-on simplicity: after a homeowner selects a specific slab or stone, designers

quick glance at Sight and Sound Systems, Inc.'s (SASSI) far-ranging web site (www.SightandSoundSystems.com) makes clear.

One reason for consistently updating the portfolio is that everyone in the business knows a leading edge can begin to lag all too quickly, and so, too can consumer enthusiasm.

For instance, Naveed Kaymanesh, the Dulles-based firm's marketing director, notes that there's less call for a dedicated home theatre than in past years, yet a growing interest in "hybrid" plans that combine a traditional family room with high-end electronic entertainment of every sort.

sees a bright future for control systems—which add previously unthinkable levels of convenience to everyday household operations.

Kris observes that automation has long been embraced by the automotive industry, and that consumers routinely expect sensor-operated headlights, remote-controlled locks, interior lights on a timer and other automatic programmable functions. While the transition to similar in-the-home technologies has been slower to evolve, Kaymanesh forecasts commensurate smart house change as inevitable given the convenience.

The universal remote offered by SASSI, for



Above: An interior face-lift of a kitchen or bath properly incorporating high end finishes can many times be just as appealing as a full renovation.

Right: Home automation systems like the Creston (its remote is on the armrest) provides the convenience consumers come to expect by providing a simple system integrating many services into one unit.



create precisely measured templates using digital cameras (and other equipment), then produce working drawings which can be employed for such refinements as edges and profiles.

From this, choices are fabricated to specification, polished, edged, delivered and installed.

"We find our clients are really inspired by our range of choices and collaborative ideas," Daghigh adds.

Smart Homes Get Even Brighter

In a metropolitan area as tech savvy as ours, product diversity is essential to retaining your reputation as a purveyor of leading-edge consumer electronics—as a

"Controlling the sound in a family room that is not acoustically treated can be tricky," Naveed observes," So we have technicians available to recommend a space-appropriate system."

Among the many new household entertainment horizons SASSI provides are distribution technologies that can direct music and/or video anywhere in and around the house with the aid of a wall-mounted keypad.

Naveed said a McLean homeowner recently ordered an audio system extension for his garage workshop, and a second for the pool house.

On a related note, principal Kris Kaymanesh

example, permits a homeowner to merge many remotes into one—converting 8 or 9 electronically-driven operations into a single button.

"From a single button on your car's visor you can— simultaneously— unlock the front door, close drapes and adjust the living room lights, raise a micro-zoned thermostat and turn on CNN in the den, and set the range oven while starting the coffee pot in kitchen," Kris explains. "And what really surprises our customers is how easily we can incorporate these conveniences into everyday lifestyle."

In the fast-developing home automation arena, SASSI offers two popular control

>>>>con't

systems: the Control-4 System, which enables a homeowner to direct electronic activities in several rooms with a single remote and Crestron, a more customizable system that can activate motion detectors, lock doors, and adjust security lights (or almost anything else) via a compact hand unit, or even (using the internet) from miles away.

Beyond burgeoning remote technologies, automation is also the very essence of both the "smart home" and the "green home," Kaymanesh observes. For instance, one can program the hour when the living rooms drapes open and the thermostat falls—thus deploying passive solar benefits that help keep heating costs down.

"It's a whole new world," Kaymanesh adds. "Fortunately, we live in a community where homeowners are embracing it, steadily and decisively."

Home Generators Find Their Niche

Veteran remodeler David Foster also contends that the "smart home" is evolving rapidly, adding that there's "a growing need for a home that will perform well in all circumstances."

"We're seeing more home offices and even public sector telecommuting," says Foster, principal of Lorton-based Foster Remodeling Solutions. "There's been an enormous advance in use of sophisticated electronics for every type of communication, entertainment and security need. And we're seeing aging-in-place scenarios that incorporate elevators and, sometimes,

health-related equipment."

The upshot: home generators are in demand, especially in Great Falls, Oakton, McLean—places where home sites are often a bit off the main road.

Two factors in particular are driving the market, Foster says. First, high-performance generators are vastly improved from ten years ago: specifically, they're half the bulk, easy to install and about 50% cheaper. Secondly, more people recognize the need for a back-up power source, and for a variety of reasons.

"It's not that unusual for a residence to lose power," Foster reports, pointing out that last winter some homes were without electricity for over a week:

"The grid is operating at near capacity in some locales, so even a mild electric storm can cause a black-out for hours at a stretch.

This is a considerable inconvenience in thousands of local homes where the toilets or sumps are linked to an ejector pump, or there's a well. Then there's the impact on computers, televisions, refrigerators, security equipment, everything."

Foster, who launched his firm's fully-staffed electrical services division two years ago, began offering a line of generators at his clients request this past January and has seen sales grow steadily, largely by word-of-mouth.

"It's apparent many homeowners now regard a generator as a necessary precaution," he observes. "I have clients who have their home wired for all sorts of off-premise needs—including call forwarding and other kinds of information delivery. The expectation is that the home will be a functioning system—even when you're not in residence.

A back-up generator takes about 5 to 15 seconds to restore electric support, so everything is immediately re-operational.

"The peace of mind is the biggest benefit," Foster says. "It's all about protecting your assets."

A house remains a great shelter from the storm

Knight Kiplinger, editor-in-chief of Kiplinger's Personal Finance, reminds homeowners and home buyers that an investment in a home not only a sanctuary for you and your family, it also remains a great tax shelter.

The ability to deduct property taxes is "the last great tax shelter" and you get a tax break on a large part of the profits if you decide to sell in the future, Kiplinger says.

Kiplinger speculates that for some years to come, home values will not rise much more than the national level of inflation. Values will still rise but they won't skyrocket, he says. That means that, unlike in the bubble years, when you buy a house now, you can't expect to make a huge profit if you sell the house in a year or two.

But speculating in real estate is not the most important thing home buyers are looking for. Rather, they visualize the place they want and search for more comfort, convenience and enough space, a home where they can relax and raise their families.

Some look forward to living in the same home for many years. They dream of holiday gatherings in the homestead with their children and grandchildren.

A home is the largest investment most people will ever make and it is the most desired investment. Fortunately, thanks to the modern mortgage system, people don't have to save for decades to afford a house.

Low mortgage interest rates give the practical-minded another reason to move forward with housing plans. While the average 30-year mortgage interest rate is about 4.17 percent, some mortgage companies are offering even lower rates. While rents rise every year, fixed mortgage payments stay the same.

Some retirees want to age in place, that is, keep their home for years after they retire. Others want to downsize. If less space is what they want, that problem is easy to solve.

I had heard my father say
that he never knew a piece
of land run away or break.

—JOHN ADAMS, *Autobiography*



Today's generators are more compact, cleaner and quieter than those of just a decade ago. Depending on your needs, many are not much bigger than your outdoor air conditioning unit.



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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A look inside Freedom Hill Elementary

By Keith Loria

"Welcome to Freedom Hill."

This isn't just a sign on the door, or a throwaway line from someone passing by; no, when you walk into Freedom Hill Elementary School, you are greeted by just about everyone you see with a smile and sincere hello. "Welcome to Freedom Hill"—This is their mantra.

"When someone thinks of Freedom Hill, they think of how friendly we are and we hear that from everyone," says Kelly Harris, who has been the school's finance officer for more than a decade. "You walk into various schools around the county and people don't look up; a lot of them are very cut and dry, but here everyone tries to know everyone's name and work hard to make people feel welcome."

The present Freedom Hill building has served the rapidly changing Tysons Corner area of the Vienna and Falls Church communities since 1949. A renovation in the early 1970s created an

exterior that had virtually no windows, creating a look that people likened to a reform school or even a prison. This look gave the school an unwarranted "bad" reputation.

"The thing is, once they did go through those front doors, it was a whole different atmosphere," Harris says. "They realized that Freedom Hill was the place to be because we are so friendly. We hear many things about how well we treat people and we always like to hear that."

Thanks to a \$13 million capital improvement renovation from the county, dramatic changes have occurred over the past few years. Although the school had to operate for more than a year and a half by utilizing a village of trailers that sat in the back of the school to house classrooms while the renovations took place, the results were amazing.

"Today we have a very attractive, welcoming school with a huge addition in the back, including a library and multiple classrooms," Stanley says. "There has been quite an evolution that the school has gone through in such a short time."

"Freedom Hill's renovation has sparked a renewal of excitement about the learning environment—a fresh beginning," says fifth-grade teacher Charlene Blake. "Larger classroom size has created more space for 'centers' of learning. The much-anticipated new media center and state-of-the-art computer lab have broadened the options for research and technology-based learning. Teachers and students have been very enthusiastic about the technology integration opportunities."

The first thing you notice about Stanley is that once he starts talking about the students and his school, you're left with an impression of a dedicated man who cares immensely for the well being of the entire Freedom Hill community. A statue of The Flash sits on his desk, a nickname several of the school staff gave him because of how quickly he moves around the school to meet with people. Stanley began teaching in Fairfax County more than 30 years ago and before coming to Freedom Hill, served as assistant principal at Parklawn Elementary in Alexandria.

His predecessor was the much beloved Georgia McGuire, who succumbed to cancer in 2003, after heading the school for 11 years. The selection process for a new principal is lengthy. It took three years for the school to agree on a permanent choice and Stanley, everyone agrees, has done McGuire proud by bringing strong leadership and high expectations to both the staff and the students.

"He is so concerned about what people think and he doesn't want to hurt anyone's feelings," says Louan Hassinger, who has been the school's registrar for 19 years. "He absolutely adores the children and they adore him. You'll see him talking to students, kneeling



A new facade brings operating windows and natural light to the classrooms, as well as providing an appealing aesthetic as a center of education, unlike the unappealing look prior to the renovation.



down at the kid's desk and being visible to all students and teachers. He has helped create a very caring, nurturing environment."

Now that the look of the school has changed, there are other challenges that Stanley and the school continue to battle through.

"I think the challenges for Freedom Hill have grown as we have increased in size," Stanley says. "We are a school that has a significant mobility rate close to 30%. There are a tremendous number of students coming and going each year." Of the current 60 students in its sixth grade class this year, only 13 have been at the school for the entire time.

Today there are a lot of children of foreign dignitaries, of State Department officials from other countries and

from a home where a second language is spoken and we have children who walk in our doors who know not one word of English," Stanley says. "We have children who come from such a variety of countries—from Europe to Asia to South America to Central America—I don't even say we're diverse anymore; we're international." For those children who need help with English, the school employs three teachers who teach English for Speakers of Other Languages (ESOL), working with the teachers in the classroom and building the children's vocabulary through daily lessons.



A large addition with this new media center was part of the school renovation

What was once a hidden community gem is now a prominent part of the Tysons Corner area. This newly renovated school has seen not only a physical expansion, but a growth of student population never experienced in the county before. A significant issue that is facing Fairfax County Public Schools is a rising student enrollment, particularly in more densely developed areas as Tysons. Though the problem is recognized as a serious one, no solution has yet been offered. With the new developments in the pipeline, a new elementary school, if not two, will be built in Tysons, but not for years.

Freedom Hill draws from over 42 different countries and has 57 different languages represented. Just like the entire Tysons area, the school is diversely demographic in every aspect: economic, cultural, religious, etc. Its boundary includes a pan-handle of low income area of Pimmit

of foreign officers. "We have a large number of diplomatic families in this area. They come and go even within a school year," Stanley says. "Many families have homes in other countries and that means that during holidays or family emergencies, many of the students are headed back to their countries for the holidays and missing 3-4 weeks of class time."

"Forty percent of our students come

Hills as well as the luxury apartments nearby.

Hassinger remembers a time way back when things weren't as diverse. "In my early years, our Hispanic population at one time was 52 percent," she says. "Then, as our neighborhoods began to grow, our population changed. We now have children of all nationalities, from one economic spectrum to another."

"I think the most amazing thing to me

regarding Freedom Hill is that no matter where you are from or what language you speak everybody is part of the Freedom Hill family and families feel that as well as the students," Hassinger says. "We are a very welcoming school. The people from other countries go back to their countries telling people to buy a house in the Freedom Hill boundaries because it is the best school."

ESOL is just the tip of the iceberg for programs that are offered by the school to benefit all children in the community. Stanley noted an increase in the number of children with special needs, and the variety of special needs coming to the school in recent years. Last year there were four special education teachers who worked with the children in the general education curriculum, and this year that number has jumped to seven.

"We have a program for preschool children ages 2 to 5 that serves those children who are identified with a developmental delay. Identified children have significant developmental delays in speech and language, fine or gross motor skills, social or emotional, vision and hearing. We also have a program for children for moderate and severe intellectual disabilities," he says. "We have two classrooms, with teachers who are specially trained and get

The Freedom Hill PTA is an extremely active and engaged one. With over 350 members they have worked to build community spirit and pride for their wonderful school through activities and events, promoted participation of the widely diverse community in volunteering in and out of the classroom, and have raised significant funds to provide the school with the needed technology, equipment and other resources not available in these times of shrinking budgets. They stay informed and are aware of the issues that are facing schools in this economy. Clearly, the Freedom Hill PTA is the voice of the students and families that call Freedom Hill home. The dedicated community embraces Freedom Hill as an integral part of their neighborhood and their commitment is clearly visible through their generosity in both time and money.

continuing training throughout the year." The school also has a strong FECEP Early Head Start program, which helps economically disadvantaged children and offers a great opportunity to establish school readiness and develop language skills.

"Parents will come in and say our test scores don't match up to Great Falls Elementary and I always say 'I don't believe test scores are indicative of students we produce,'" Hassinger says. "There are so many factors that go in to test scores that parents don't realize. Our teachers are creative and so dedicated and it amazes me."

As with all schools in the country, in second grade students take tests and then if they are identified as being "gifted," they have the option to go to a gifted and talented program at Louise Archer Elementary. Recently, Freedom Hill went to an in-school level IV curriculum, which allows gifted and talented students, now called "advanced academics" to stay at their home school rather than feed off to Louise Archer for one of the county's GT center programs.

"We have teachers who are specially trained in the advanced academic curriculum that is being used in the center programs but our program allows the kids to stay here in their community school with those friends they grew up with," Stanley says. "A number of parents chose to stay and feel good about the program here." The curriculum is designed for the children with the high academic ability in all areas, but many other children are benefiting from the advanced classes as they are in their home school.

The school's dedicated and talented staff members collaborate with parents and community to ensure an inviting, child-centered environment with an emphasis on academic excellence and a positive school culture that honors diversity.

"Freedom Hill's diverse, caring, collaborative 'can do' community makes it a very special place," says Blake, who has been teaching at the school since 2006. "Staff, students, and parents work together to create a positive, supportive learning environment where success is



The administrative staff left to right: Assistant Principal Jessica Lewis, Elise Brammer, Louan Hassinger, Kelly Harris, Principal Tim Stanley, and Katherine Cadena-Gonce

an expectation."

At Freedom Hill, there is a strong focus on the use of multimedia technology as an essential tool for integrating skills across the curriculum and preparing competent citizens for the 21st century.

"When I arrived, I quickly moved to improve the use of technology in the classroom," Stanley says. "With the support of the PTA, which is really active and an extension of our work, we now have a SMARTBoard in every classroom." Though this technology is part of newly renovated schools, the school's PTA made the decision not to wait and made the purchases ahead of renovation.

Teachers at the school are very impressed with the SMARTBoard and have been using them to teach interactively in building the culture of learning. The interactive element of using a SMARTBoard makes it easy to practice skills in a large group and assess understanding in a non-test situation.

"The students of today have been brought up in a very fast-paced, interactive and visual world. The

SMARTBoard has allowed teachers to enter into that world," said Holly Day, who has been teaching at the school for 19 years. "Students are naturally drawn to the visual presentation of material and because of that find it easier to stay focused and follow along as concepts are being taught. It allows our Second Language Learners to have an image, as well as words, to grasp onto as they are faced with new concepts and vocabulary."

Adds Jake Miller, who is in his 11th year teaching at the school: "The SMARTBoard has definitely revolutionized how we teach. There are just so many uses, from streaming videos to creating lessons with virtual manipulatives for the kids to use while learning new strategies."

The school also has computers in every classroom, a computer lab and laptops; which Stanley

is proud to say are all up to date and capable of efficiently running the programs now available to teachers and students.

"We are trying to use technology in a meaningful way," Stanley says. "The county has a Blackboard initiative that we call 24/7, and we have students blogging to each other, checking homework... it gets kids more involved."

Before and after school classes and clubs offer students additional opportunities in math, music, physical fitness, cooking, languages, art and much more. "Our PTA does a phenomenal job now that the building is free and has enough space," Hassinger says. "The parental support here goes above and beyond." Clubs include fast break basketball, yoga, kick boxing, musical theatre club, pottery, cooking club, photography, Ultrasports, Legos, hip hop dance and more.

Currently, there are approximately 660 students at the school, but overcrowded classes are something that most of the district is facing. "I remember back in

1992, we only had 430. This year was the most growth we have had," said Hassinger. "We had more than 100 students enter this year, which is close to a 20 percent increase."

The Fairfax County School District is looking into the overcrowding issue and formed a new committee that will hopefully come up with solutions for the 2011-12 school year.

"Our class sizes vary. We have 27-28 students in our first grade classes, approaching 30 in our fifth grade classes and we began the year with 30 children in kindergarten classes. Two weeks into the school year we hit a number to get additional staffing so it was restructured," Stanley says. "That's difficult when kids are assigned to a specific teacher and then we had to break the classes apart to reduce class size. We strive to keep it down but that's something lost with the budget crunch."

The next thing that Stanley would like to see addressed in the school concerns his teachers. "They have had no pay raises in two years, and it would be a huge morale boost to be up and running with pay increases," he says. "Number two for me would be to replace the trailers that house four classrooms with a quad or modular design, so the classrooms are together. It's a collaborative world now and teachers talk together and work together, and with growth projections continuing to go up, this would be a big thing." Big picture, Stanley would also like the district to institute a full-day kindergarten county-wide (Freedom Hill has it). "Helping these young kids get ready for the transition is so important," he says.

Reflecting on the school and Freedom Hill's place in the Fairfax landscape, Stanley believes the reputation of the school is one that is very optimistic and positive. "The facelift and renovation was huge," Stanley says. "Our community believes that we are determined to serve the needs of all our students. Our students are getting a challenging and engaging curriculum. Our theme this year is Reaching Higher, and that is our work each and every day. Our students are our greatest strength, and it is our mission to provide them the best possible education."

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ENDING THE HOMEWORK BLUES

Former Fairfax County teacher publishes book
addressing homework challenges

By Richard Gazala
Special to Viva Tysons Magazine

Benjamin Franklin warned us long ago nothing in life was certain but death and taxes. Were he with us now, the chances are good he would add homework to the list. Like death and taxes, it can seem for many of us hating homework has become something of a national pastime, both for kids and their parents. While she likely can't help us with the death and taxes thing, fortunately we have Ann Dolin to show us homework need be no

nightmare at all. "Homework Made Simple: Tips, Tools and Solutions for Stress-Free Homework" is local author and entrepreneur Ann Dolin's new guidebook designed to assist parents in alleviating the nightly homework travails. Armed with a Master's degree in special education plus 20 years of classroom and tutoring teaching experience, she knows what she's talking about. Not long after leaving her classroom teaching position in 1998 after the birth of her first child, Ann founded Educational Connections, Inc., an in-home tutoring and test preparation service. Ann and her staff

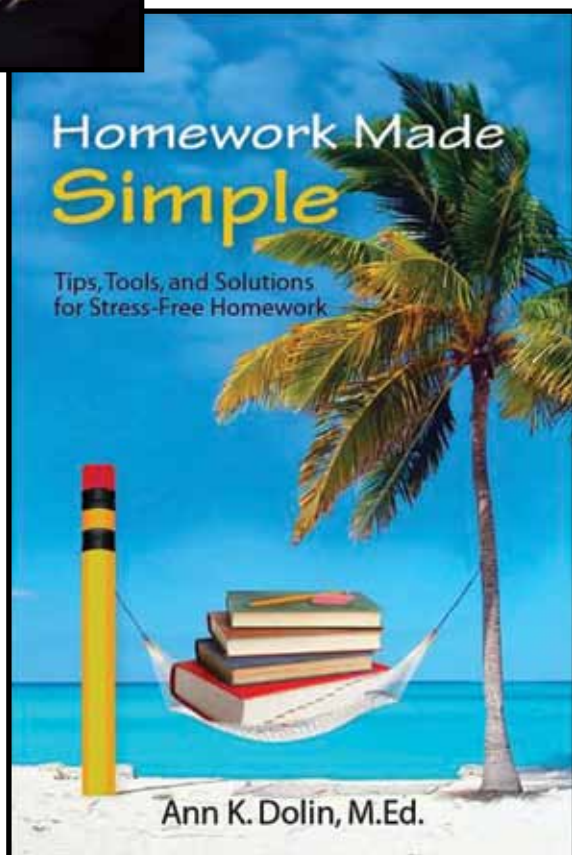
of over 150 professional instructors have helped thousands of formerly stressed-out students and time-pressed parents conquer myriad homework challenges, returning tranquility to countless kitchen tables in the D.C. Metro area.

"It became clear to me in the early years that many of my students lacked the foundational skills so often not taught in the classroom: organization, time management, and effective study methods," Ann says. "However, helping kids solved only half the problem. Their parents also needed strategies at home in order to take the stress and frustration out of homework." Through much hard work and practical experience inside and out of the classroom, Ann crafted the tactics and system for

homework success that is the subject of her book.

In "Homework Made Simple," Ann shares her invaluable secrets for homework success. She defines six student traits that lead to homework difficulties: disorganization; rushing; procrastination; avoidance; inattention, and frustration. In each instance, Ann teaches how to identify which traits make a particular student's excelling at homework a struggle. Then through simple, clear and concise vignettes, she vividly demonstrates that almost any homework struggle can be vanquished via the loving parental application of a bit of patience, and the appropriate technique. Take for example the homework that doesn't get done well, or at all, by a disorganized student. In the fourth chapter of her book, Ann sets out sensible solutions for overcoming the disorganization problem, including using checklists, a binder system, an archive of important papers, and establishing a home study zone. Then she gives simple steps to make those solutions realities. At the end of the chapter, she provides a helpful summary of six action items that will turn a student's disorganization into a problem solved.

"Homework Made Simple" is published by Advantage Book, L.L.C., and is available at www.amazon.com. Learn more about the book at www.homeworkmadesimple.com, and about Ann Dolin and her company at www.anndolin.com.



Richard Gazala is the Vienna author of the award-winning thriller, "Blood of the Moon." More about Richard and his book is available at www.richardgazala.com.

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Moving Tysons forward... *the transformation begins.*

“By 2050, Tysons will be transformed into a walkable, green, urban center and home to up to 100,000 residents and 200,000 jobs. Transforming Tysons into a 24-hour urban center where people live, work, and play, is about creating a place where people are engaged with their surroundings and where people want to be.”

—from the new Tysons Corner web site: fairfaxcounty.gov/tysons

Tyson's Corner is preparing for one of the largest, comprehensive, and extensive redevelopment projects in the country. Multiple large landowners, all needing to coordinate varying visions of grand mixed use redevelopments, plan to bring a more vibrant, efficient, cohesive, enjoyable and, most of all, livable environment to the existing patchwork of single use, car intensive, unwelcoming, and disconnected pieces that few can today call home. The studies and planning processes have been long. The community awareness and input has been unprecedented. The vision, though still evolving, is destined to dramatically change our area toward the goal of a desirable and livable urban center. All this will occur as part of a significant expansion, redevelopment, and improvement to an already nationally recognized center of commercial and retail activity.

What was once mere talk, rumor, and hearsay, is now a distinct and viable plan. The new extension of Metro, scheduled to be finished in two years, will be the driving force behind the initial development proposals. Applications have already been submitted from several major land owners on both sides of the Beltway. On the following pages, we spotlight some of these aesthetically striking proposals. These rezoning applications are all Transit Oriented Developments (TOD), those that are situated within a half mile of the Metro stations, and according to the amended Comprehensive Plan, where

75% of the overall new development will occur.

The amendment to the Comprehensive Plan to transform Tysons Corner into Fairfax County's "downtown" was approved last June after years of planning, studies, and community input. This plan has broken down the Tysons area into eight districts, four of which are TOD Districts where the Metro stations are located. The plan details the vision for each district. Though densities will be greatest closer to the stations, the entire pattern of land use will focus on walking distances to the Metro. Based on studies on how far employees versus residents are willing walk to work and to the Metro, high density office uses will be the closest to the stations, then high density residential uses, with densities lessening further from the stations. All development in all the districts no matter the density will include mixed uses, distinct yet connected neighborhoods, incorporate a pedestrian friendly street grid, and incorporate facilities, parks, and gathering places for civic and public uses. Connected, walkable, urban neighborhoods, with convenient amenities and services for residents, are the goal throughout Tysons.

What about the increased traffic and parking for all this development? Those who ask that question may be missing the point. The goal is to greatly reduce the need for people to travel via car within Tysons. The current necessity of hopping in your car to get anywhere or accomplish any errand in Tysons will be greatly diminished, hopefully sooner than later. According to the plan, in most cases, the needs of pedestrians,

bicyclists, and a new efficient and effective circulatory transit system will be given preference over the needs of the individual in an automobile. There will hopefully come a time when a car will not be necessary, at least not essential.

A new local bus system, or circulator, will serve areas beyond an easy walking distance of the Metro stations, and they will take people to and from the stations, as well as within Tysons. This circulator system will allow frequent, quick and inexpensive pedestrian movement as well as easy connections to Metro. The circulator will initially operate on-street within traffic and later on-street on its own right-of-way. In conjunction with the circulator, a neighborhood feeder bus system will help connect existing outer communities to the new urban downtown. The plan also calls for a network of bicycle routes across Tysons, and it establishes minimum standards for bicycle parking at residential, office and commercial buildings. The Fairfax County Department of Transportation is currently creating a Tysons Corner Bicycle Master Plan that will be incorporated into all rezoning applications. That plan should be completed and presented to the Board of Supervisors in February.

There are several ongoing studies and programs dealing with transportation. Fairfax County is studying ways for interim parking solutions for the Metro while the new developments get to the point where it will not be necessary or desirable. The comprehensive plan allows for up to three new access points on the Dulles Toll Road, though there are no plans for any of them yet. It will depend on

Dusk at the new town center. This sleek sight is what the Georgalas Group envisions for their project at Spring Hill and Leesburg Pike at the Tysons West Metro station. Rendering courtesy of The Georgalas Group.

future development proposals. There is also a conceptual design for a Beltway crossing to connect Jones Branch with to Route 123 via Scotts Crossing to relieve the bottlenecks the major thoroughfares now encountered. A study for the new Tysons Circulator, the critical transit system to get people between Metro stations and the rest of the area, will be completed in the fall of 2011. There is an ongoing effort to monitor traffic impacts in surrounding neighborhoods as construction continues. There will also be a traffic monitoring system in place in mid -2011 that will monitor traffic counts and congestion as there may be unforeseen circumstances from the land use plan that will need to be addressed. Most of all, there is a study to be completed in late 2011 to optimize the

necessary new grid of streets shown on the new Comprehensive Plan.

This grid of streets may be one of the most substantial changes to come to the area. The current mega-block design does not allow easy movement. Transformation of these large blocks into a system of smaller connected streets will provide alternative routes for traffic flow, especially for shorter trips that do not need to use the major thoroughfares. The new grid will also provide safe, accessible pedestrian and bicycle environment. Per the comprehensive plan, "streets should become 'complete streets,' designed to create a sense of place and promote walking." The grid will also allow better walking access to the transit stations. Walking in these developments is a key to success. Safe,

pleasant, and most of all convenient walking options are an essential to creating a more livable environment in Tysons.

The engine that will drive this development is the significant increase in residents in Tysons Corner. Currently at about 20,000, the population is expected to grow to 100,000 by 2050. By 2030, the population should exceed 45,000. With the expanded office and retail base, the employment level is expected to reach 200,000 by 2050. To transform Tysons from a place that empties by 6 pm, to a vibrant 24/7 community with amenities, services, and entertainment to keep people here, will take a strong residential base. The expectation is to have four jobs per residential household in Tysons. Currently, that ratio is 13 which is too

>>>>can't page 98

The transformation of Tysons will involve huge expenditures toward transportation infrastructure. The grid of streets, crucial to the planning of successful developments, will cost millions. Add additional access points to major thoroughfares, possible beltway crossings, extensions of secondary roads, traffic lights, sidewalks, etc. and one could wonder why we should bother.

In December, Fairfax County held a public hearing proposing that the government would pay for about 60% of the now required expenditures of about \$1.6 billion, while the private sector would pay 40%. The private sector will pay all the costs of the grid of streets within their developments. The basis for this is that the expenditures are an investment in Tysons Corner, a place that currently is the largest commercial tax base in the county, that will ultimately be crippled from the unsuccessful planning decisions made in the 1960's and 70's. Proper investment in necessary road improvements to make a livable urban environment out of the disconnected and single use developments that exist today will be beneficial to everyone. Not just as a larger tax base for the county, but as a better quality of life for those residents and employers that will be attracted to the new vision of mixed uses and accessible amenities. Our entire area benefits from

proper tax expenditures to improve the current situation and transform Tysons.

There are those who feel differently. The McLean Citizens Association has made it perfectly clear that they would rather see a split of costs similar to that in the Route 28 corridor. There the split was 75% to the landowners and 25% to the public. These are completely different scenarios. A sprawling relatively undeveloped suburban landscape with much less density versus a highly, yet poorly, developed congestion crisis in an area

Public Infrastructure: Who Pays?

that, if left alone, would choke on its own growth.

The Association's resolution on this issue claims that the "primary beneficiaries of the massive new development will be the private sector landowners and developers." To split costs of this magnitude as proposed is a win-win. Developers take on the cost of the grid of streets, while contributing to the costs outside their developments to provide accessibility,

connectiveness, and efficiency.

Private landowners and developers had little incentive to make the changes of the magnitude required to make Tysons Corner a better place, as currently developed parcels are for the most part profitable. In order for them to buy into the vision and take the risk, there needs to be a commitment from the public as well. In the long run, the entire region will benefit.

As for the claim that the primary beneficiaries are landowners and developers, we need to look at a broader picture. Look at the employee that can now live in a welcoming place with no commute, the employer with amenities to attract those employees, the new merchants that will have customers near them and around the clock, the local residents that have a pedestrian friendly urban setting to enjoy rather than disjointed single use buildings that close at five, the artists and musicians that will gain new venues, the service providers that will maintain the new developments... and all this while creating a much larger tax base to, hold your hat, support the entire county.

There will more hearings and discussion. The more we ask from developers, the less they will be able to give us without more incentive to do so. Stay tuned.



An aerial view of the proposed Capital One Development vision. Route 123 is to the left (with pedestrian walkway to Metro Station toward bottom)

Capital One

The existing Capital One structures (two buildings and garage) will remain part of their new dynamic 26+ acre development project. The mixed use project will incorporate office, retail, residential, civic, and hotel uses within a total of fourteen buildings set in an urban mixed use campus incorporating

parks, a pedestrian friendly street grid, and public facilities. The nearly five million square feet of proposed space breaks down as follows: 2.7 million feet of office, 55,000 feet of civic use, 90,000 feet of retail, 1.2 million square feet of residential and a 350,000 square foot hotel. This project will abut the Tysons East 123 station on the land bordered

by the Beltway, Route 123, and Scott's Crossing Road. Seen on the right side, but not yet approved or funded, is a potential crossing of the Beltway by Scotts Run that would tie into the soon to be built HOT Lanes access point from the other side of the Beltway. *Renderings Courtesy of Capital One, Bonstra/Haresign Architects*

View Down Old Meadow Road toward Civic Plaza



View from the Metro/Scott's Run Park toward Civic Plaza





The Georgelas Group

The Georgelas Group controls over 28 acres at the Tysons West station along Spring Hill Road and Leesburg Pike. Their vision is a town center for Tysons. Think Reston Town Center, but larger. Currently no other developer will be able to do as much as they can because of the size of the property and its proximity to the Metro Station. They have worked with WMATA to better integrate the Metro entrance into the project. This six million square foot plan is broken up into three neighborhoods, each with a connecting grid of streets and each with its own character. Eighteen buildings (including two existing and a relocated fire station) are proposed incorporating a variety of uses. The three neighborhoods are described as follows.

The first neighborhood along Route 7 between Spring Hill and Tyco Roads encompasses 14 acres. The entire neighborhood lies within the critical 1/4 mile distance from the Metro station that allows the most dense development. The current suburban industrial uses are to be transformed into a vibrant transit oriented urban center. The goal is to provide a sense of place for Tysons West.

As viewed from above the Metro at the top of the next page,

a view of the iconic buildings that frame the entrance into the town center via a hundred plus foot wide pedestrian plaza, covering nearly two and half acres, that will run all the way to Tyco Road. The plaza will be the focus of this neighborhood with specialty landscaping and lighting, public art, water features, outdoor cafes, and potentially outdoor entertainment. A winter garden effect will result from the rooftop pavilion that will cover the Metro entrance with architectural details similar to the wings of Dulles Airport.

The tallest building (A1) shown in the rendering on Route 7 will tower over 300 feet, over 50% taller than the Sheraton down the street. The four buildings along Leesburg Pike are planned to be office oriented, the four buildings behind them are planned to be residential with one potentially being a hotel. All of them with first floor retail. The two buildings furthest from the Metro entrance will be a mix of uses.

The existing fire station will be relocated to a larger facility in neighborhood three (G5).

This neighborhood will include over 800 residential units, nearly 130,000 square feet of retail, a 250,000 square foot hotel, and over 1.7 million feet of office space.



Above, a view of The Georgelas Group's development as seen from above the Tysons West Metro Station at Spring Hill Road. Left, the proposed layout of the grid of streets, green space and buildings that will incorporate the three neighborhoods. Neighborhood one is to the left, neighborhood two is to the right, and neighborhood three at the top. Renderings courtesy of The Georgelas Group and WDG Architecture.

The second neighborhood is at the intersection of Greensboro Drive and Spring Hill Road. The nearly nine acre neighborhood includes two existing buildings (E1-E2) and is partially within the 1/4 mile distance to the Metro station.

An extension of Condominium Drive from Neighborhood One will continue the planned pattern of street.

The three new buildings will incorporate close to 20,000 square feet of street fronted retail to provide for a pleasant pedestrian walking experience. The most eastern building (E4) will be residential, the building on Spring Hill (E3) will be office with a plaza incorporated with the two existing buildings. The southern most building (F1) has been planned for two options, either more office or more residential uses ranging from 167 to 517 units.

The third neighborhood is designed around the proposed extension of Greensboro Drive to Tyco Road. Five new buildings will replace the low rise industrial buildings currently on the property. Two high rise residential buildings will be constructed on the eastern part of the neighborhood totally 1,200 units. There will be a 200,000 square foot hotel (G3) as well. First floor retail, an expansive plaza and park will make for a lively Greensboro Drive streetscape.

The proposed development addresses a large scope of concerns. Per the new comprehensive plan, this development will meet or exceed the workforce housing requirements so that

people working in the area can afford to live here as well. As for green construction, all office buildings will meet LEED Silver certification at a minimum and all residential uses will meet LEED for Homes certifications. Storm water will be controlled to pre-development flow rates via roof top gardens, tree box filters and holding facilities in the new structures. Reuse of storm water for irrigation and other gray uses like air conditioner cooling will be implemented.

With the extensive grid of streets proposed, coordinated with other property owners in the area, the area will become more accessible and connected than the current situation. The incorporation of pedestrian friendly plazas along the street grid with green spaces for parks, recreation and entertainment uses will be a welcome change from the suburban blandness we currently experience.

The Georgelas Group project will hopefully be Tysons "Arts and Theatre District," though those details have not yet been ironed out. There are plans for an outdoor amphitheater and pavilion, along with sculpture gardens and other recreational amenities.

Please note that these rendering and site plans are all renderings of what is anticipated. As the process moves forward, there will ultimately be changes and alterations as needed. A development of this size will not come all at once. Years, perhaps decades of building the complete project in phases will hopefully bring the Tysons vision to reality. What we will need is patience to see it through. It should be very exciting.

high to attract the mix of uses needed. Retailers, restaurateurs, theaters, and other small businesses cannot survive without a larger local customer base who doesn't flee the area after work. The ability to have a variety of housing options to let people live, work and play in the same place is significant to the success of the entire plan.

The vision provides a variety of housing options for a broad demographic of residents. Building expensive high-rise condos to sell to wealthy residents is relatively easy, but it doesn't meet the need of the average person employed in Tysons. Varying on the type of the development, the plan requires at least 20% of built space to be residential. The plan also requires 20% of residential units built be classed as "workforce housing," where the units are priced for, and reserved on a sliding scale, for those that fall within 60% to 120% of the median income levels in the county. Providing diverse and affordable housing plays an important role in achieving the vision. It helps companies attract employees who can live in an environment where the costs

of commuting are low, and it brings a diverse population to make a more vibrant community.

A vital part of the vision is to ensure that the transformation of Tysons addresses environmental concerns and sustainability. As new developments come to fruition in a more efficient land use pattern, definitive steps will be taken to ensure the creation of a sustainable community. Low impact development construction techniques, green building designs and materials, storm water management, and the incorporation of a network of green spaces including parks, trails, open spaces and public gathering places are all issues that must be addressed in applications per the Comprehensive Plan. In order to achieve these green goals, new and innovative techniques along with outside-the-box ideas need to be implemented. Use of roofs for both green space and recreational uses, new methods of storm water retention and reuse, and implementing the latest technologies for energy conservation and generation are just some of the ideas that will be incorporated.

Greenhouse gas neutrality is another goal. A target of an 80% reduction of greenhouse gases is expected by 2050. The most obvious reduction will be from the reduction of vehicle miles travelled due to the focus on pedestrian friendly streets, a dedicated circulator, new bike options, and the addition of mixed uses to meet the needs of residents and employees without needing a car. Compact development naturally uses less energy than the sprawl we currently have. New and yet developed technologies to manage energy, advanced heating and cooling designs, innovations in waste water and storm water management are all ways to incorporate efficiencies in providing a smaller carbon footprint.

Storm water management may be one of the most important issues to be addressed. Though not as "fashionable" as many other green subjects, managing the increased storm water runoff due to the vast new impervious surfaces usually created in new developments is crucial in preserving the vast network of streams and watersheds in the area. Preservation and restoration plans for the watersheds

NV Commercial and Clyde's Real Estate Group

Submitted just before Thanksgiving, this development was the last of the first five we are describing in this issue. The property includes the Clyde's Restaurant (don't worry about them closing, this will take a while!) and the small, aging low rise industrial and retail buildings that are adjacent to the Metro 7 Central station. The building with the Big Screen Store has yet to come to an agreement with the developer at the printing of this issue, but because of the extensive requirements of the transit oriented development, small land owners are better off joining with larger ones.

The plan incorporates a vibrant urban plaza integrated to the entrance of the Metro. The property will use its sloping contour up from the Metro for a variety of outdoor public uses.

About 1.3 million square feet of new space is proposed in five multi story buildings on almost four acres. About 500,000 feet of office, over 600 residential units, a 200 room hotel and 33,500 square feet of retail (probably including a new Clyde's) will be the mix of use. Again, it will take time for this all to come to fruition.

City Line Partners

This group is now the owner of the West Group's portfolio (less a recent sale of a large chunk at Westpark Drive). The parcel they have applied for is to replace a 50,000 square foot building at the corner of Colshire and Route 123 with a 340,000 square foot 225 foot high building. They are asking for the height limit increase and a transfer of approved but un-built square footage from another parcel.

City Line is also expected to make their rezoning application for their properties for a transit oriented development sometime in January. We could not get information prior to our printing.

MITRE Group

The MITRe Group is looking to add one building and a parking structure to its campus on Colshire Drive near Route 123. The existing three buildings comprising of over 800,000 square feet will remain. They want to abandon an approval for a fourth building of 180,000 square feet and 90 feet in height. In place of that approval, they want to build a 550,000 square foot building with a 135 foot height.

SAIC

Science Applications International Corporation (SAIC) is committed to investing in the future of Tysons Corner. They submitted their rezoning request and comprehensive development plan in October for their existing 18+ acre headquarters campus along with the existing Best Western Hotel property.

In partnership with developer Dittmar, the SAIC campus along with the Best Western Hotel encompasses over 23 acres. The three existing SAIC office buildings closest to Route 7 are planned to remain, the Enterprise Building, SAIC's fourth, will be converted into a hotel with additional amenities that may include conference facilities. A total of fourteen buildings including the four mentioned will be built on the property bounded by Greensboro Drive, Westpark Drive and Route 7.

The application has been named "Solutions Plaza." The development "seeks to take an existing suburban campus environment and reposition, redevelop and regenerate the area as a vibrant mixed use urban center." Compelling architecture and a distinct skyline will define this site as it is one of the highest in Tysons.

The plan will include utilization of green building best practices, including LEED certification for all new buildings. A new grid of streets is planned creating walkable pedestrian friendly and accessible network of pedestrian routes to all the buildings and direct access to the new Metro Station. Open space and public amenities will be incorporated into the design as nodes of defined

parks with a one acre urban park central to the development. All uses will be within a ten minute walk to the Metro station.

The grid of streets will result in smaller walkable blocks that will be more efficiently developed than the existing uses as an integrated mixed use project including hotel, office, retail and residential uses.

Residential development is key for projects like this. Workforce housing close to the SAIC campus is both an amenity to employees to reduce commuting costs as well as a benefit to companies such as SAIC to attract quality employees that want to live and work in a functional and comfortable neighborhood. SAIC is vitally interested in redevelopment efforts to transform Tysons Corner into a walkable, transit-oriented urban center, and they look forward to working with the local community to make the site a great place for their employees to live and work.

The project will could ultimately include 1,900 residential units, a 380,000 square foot hotel, up to 38,000 square feet of retail, and 2.6 million square feet of office (including the existing buildings).

As with all projects of this size, the time line for development will be over many years and completed in phases as to best accomplish the goals of the comprehensive plan. The submission made in October may take a year to review and approve. As with all renderings at this stage of planning, it is conceptual, a basic vision of what the developer hopes to achieve.



of the area are occurring independently of new developments. The goal of new developments will be to retain and/or reuse the first inch of precipitation as similar to vegetated areas, so that the majority of rainfall in the area can be better managed. This will not only help reduce erosion, but it will also help control the silt and pollution problems that result from increased runoff. New and innovative ideas will need to be incorporated with more traditional methods such as rain gardens, vegetated swales, porous pavement, vegetated roofs, and tree box filters in order to reach these goals.

Other environmental components of the plan includes minimum required green spaces and tree canopy areas. A comprehensive system of parks and open spaces will connect all the districts within Tysons through greenways. Integrating large and small urban parks with existing environmentally sensitive areas and other existing elements will create safe pedestrian and bicycle-friendly pathways throughout all neighborhoods in Tysons. The variety of

sizes and locations of the urban parks will satisfy a broad range of recreational and leisure needs. These parks would be exclusive of the areas such as sidewalk cafes, and promenades that will also be part of the mixed use environment.

All this development will create a greater need for new public facilities. As developments are approved and started, new schools, fire stations, police stations, libraries, recreation and public meeting centers along with other public needs will be added. Additional amenities such as galleries and theatres are part of the plan as well. Many of these needs will be required as part of submittals, many such as schools and public safety will be phased in as development and population increases warrant them. Also included in the public facilities category are the added utility resources such as gas, electricity, water and sewer and telecommunication needs. The comprehensive plan has made specific calculations for the additional requirements and they will be addressed as future development is

phased in.

The transformation of Tysons is finally gaining steam. The Metro is "on track," new rezoning applications have been submitted, and the community is bracing for the new vision of a "downtown" as described in the new comprehensive plan. Though the changes will be dramatic, the process will be time consuming as all the components of the plan, many mentioned here, will need to be addressed not only on each development's merits, but on how each unique project will coordinate their individual plans into a seamlessly integrated greater community. A vast leap from the Civil War era crossroads called Peach Grove (whose Post Office was run by namesake William Tyson), to a new community where a great number of residents work, live and play, all within an environmentally sustainable network of neighborhoods built on the success of new mixed use developments that will be the new, transformed Tysons Corner.



Ask an Expert!

Dr. G ... Please tell me about **DURAthⁱⁿ® Veneers** ...
What is it, and how can it work for me?

DURAthⁱⁿ® veneers are very thin porcelain pieces that are custom-made to adhere directly to the front of teeth without grinding or shaving! And that means for some people, we can transform your smile without even drilling on your natural teeth.

The new DURAthⁱⁿ® veneers, developed by Dr. Dennis Wells and dental lab technician Mark Willes, are changing the way some dentists are approaching the art of cosmetic dentistry. This revolutionary approach eliminates some of the concerns you may have about removing healthy tooth structure. The very thin (contact lens-like) veneers are bonded directly to the tooth in instances where we are trying to close gaps, enlarge small teeth, correct staining and discoloration and/or enhance overall appearance of your smile.

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.

Dr. Mary Gharagozloo is the most distinguished cosmetic dentist in our McLean area, and one of the few in the Metropolitan Region who has gone through certification under Dr. Wells, and is qualified in the Durathin technique. We invite you to explore a new smile and a new look today! Please call for your consultation.



A Brand New Day

That's what a new smile feels like. Suddenly you're free to be exactly who you are.

And that's what Mary Gharagozloo, DDS is all about—creating brand new days for her patients through her dental expertise.

Dr. Gharagozloo has established a practice devoted to: comprehensive preventative care, with state-of-the-art technology, and spa quality personal attention. Her dedication to the science and art of aesthetic and restorative dentistry has a stellar foundation of ongoing advanced education, thousands of hours of experience and a singular devotion to excellence. She commits herself to these principles each and every day, to each and every patient.



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The Green Life:

Green Remodeling

What YOU Need to Know

By Beth Chung

My consulting firm advises individuals and businesses on projects to reduce their carbon footprint. Neighbors and friends often ask me about how to improve the energy efficiency of their homes during a renovation. They want to know what green building standards there are, what they mean, and how to find a great green contractor.

Which green program or building strategy will help you get a more energy-efficient home to save you money?

The answer depends on what your goal is and what you value. Why are you renovating? Are you trying to update the appearance of parts of your home for a sale? Adding on one new room or redoing the surfaces of a few spaces? Are you planning to stay in the home for 10 years or more? Do you have \$10,000 or \$100,000 to invest in energy improvements to your home? Green remodeling is a trend that is not going away. It has to do as much with resources as it does with environmental consciousness.

Heating and cooling the homes and office buildings we live and work in is responsible for nearly half of the US' greenhouse gas emissions annually. If you're wearing a sweater right now and are still shivering, nobody needs to tell you that your home leaks like a sieve (or that energy is

expensive). So whatever improvements you decide to make, consider putting the priority on the energy performance of your home. Your family and the entire community will benefit.

Even if you've got the funds and are set on a great-looking, energy efficient remodel, you must remember the old adage, "buyer beware." Many contracting and building firms use green marketing, but are not necessarily knowledgeable about sustainability. Few local firms have fully embraced the training and implementation necessary to transform their companies. Below I share the secrets of which questions to ask to tell the difference between a green builder and one who is merely 'greenwashing.' First though, let's define green building, and review three certification programs for going green with a new home or a substantial remodeling project.

What is Green Building?

Green building is different from traditional building by both its nature and in its implementation. The design, construction, and operation of a green home focuses on energy and water efficiency, resource-efficient building design and materials, indoor environmental quality, and waste minimization.

When creating a green home, the building envelope gets a lot of attention. If you're remodeling, that usually means a substantial scale



project, including HVAC, window, door, insulation, duct sealing, light fixture and appliance replacement. Green design, energy use, and technological innovation all have a role to play in improving your home's interior comfort and performance, as well as its appearance. In general, green buildings save energy, create less waste, and re-use some of their constituent pieces when they are renovated. The best green buildings, however, can be and do much more.

One of the most common questions is "how do I know whether to do a green remodel/addition or a tear down?" The answer begins with a good energy audit of your existing home, which will provide you with an assessment of your home's energy use. The energy audit also provides a basis for assessing the home's condition, which helps in deciding whether it's worth adding on. I also advise my clients who are considering a tear down to engage a professional home inspector to examine the foundation, walls, roof, air ducts and insulation, especially if it's been more than 8 or more years since the home was last inspected. Some firms have the expertise to combine these two inspections, the best firms do both as part of a holistic evaluation process.

Why You Need An Energy Audit.

An energy audit gives you real-time information about the energy performance of your home. Be sure to find a contractor who has an individual who is certified by the Building Performance Institute, and ask for three recent customer references. The certified auditor will come to your home and do several hours worth of testing (e.g. blower door tests, UV light testing for air leaks) for \$400-\$600. In return you get a list of possible changes and upgrades, with their estimated costs and potential impact on energy savings (from tighter door sealing to programmable thermostats). This list can have a pivotal impact on your decision-making about renovations: savvy homeowners don't invest in costly but cosmetic renovations which are not going to make a difference in

terms of energy consumption.

If you're on a strict budget and want to impact your utility bills, improve both your air duct sealing and your insulation. Insulation doesn't necessarily make a house warmer, you have to do air sealing along with it. Insulation only stops conduction and does nothing about convection. So if you slow the heat by conduction and it doesn't stop convection, you won't save any money. Foaming all the ducts makes an air circulation system much tighter.

The Department of Energy estimates that the average homeowner can save up to 30% on heating and cooling costs with proper insulation and air duct sealing. Compared to other "green" projects, insulating and sealing are relatively inexpensive, and offer consumers their quickest return

Compared to other "green" projects, insulating and sealing are relatively inexpensive, and offer consumers their quickest return on investment.

on investment. Depending on how leaky the building is, air sealing and insulation can pay for themselves in three or four years. Home that are 20 years old or more likely don't have adequate insulation, says Michael Kwart, executive director of the Insulation Contractors Association of America. I'd add that homes with six inches or less of insulation needs to upgrade their R-values by adding additional insulation, with either blown-in cellulose (better) or formaldehyde-free fiberglass (cheaper). Other popular post-audit changes include adding programmable thermostats, HVAC system upgrades, and window and door replacement. HVAC installers and heating contractors should have NATE (North American Technician Excellence) certification or be certified by the National Comfort Institute. Use your budget and the

'payback period' to decide on the changes that are cost-effective for you. You'll be confident about moving ahead once you have professional assessment of how you can improve energy performance.

Green Building Standards/ Certifications

Green building certification programs are a good way for consumers to get a handle on value for money in green building. Such standards programs represent a way to encourage architects and builders to exceed code requirements for project design, efficiency, and materials. There are three prominent national green homebuilding certifications: LEED, Energy Star Homes, and NAHB's National Green Building Program. They are listed in the order they were established, which happens also to be the order in which I recommend them for producing efficiency and lowering environmental impact.

Local builders and architects tell me that few of their customers understand these programs, though a handful do ask about them. The majority of homeowners want to 'go green' because it's the right thing to do; but they prefer to outsource the decision of how to do so to their builder. I tell my green-minded clients that's not always a good idea, because contractor quality varies widely. My value-added comes from helping them to understand these programs' standards and find local, qualified contractors who are experienced and pleasant to work with.

Jeff Carpenter of Monticello Homes says each client comes to him with a different level of expectation for green homebuilding. What's his advice to people in the new custom home/ substantial remodel market? "Do your research, investigate green standards, and decide what's important to you." That is, don't go green it because it's a trend. Carpenter says "you really need to educate yourself as a client, learn what pays over the short and long run, and use professionals to help you make decisions that make financial sense." Jeff built my home in 2004, and hiring him was one of my best decisions ever.

It's critical to hire a contractor with experience installing the major green systems and items you want, whether it's a top-of-the-line geothermal heating and cooling system or a new tankless water heater.

If you decide that a teardown is the way to go, and have the funds for a custom builder, I have three important words for you: LEED for Homes.

LEED for Homes: The Greenest Rating System

LEED stands for Leadership in Energy, Environment and Design. This innovative national program was developed by the US Green Building Council (USGBC), a nonprofit association made up of the architecture and building industries, property managers, government officials, and environmental professionals. LEED

water bills, reduced greenhouse gas emissions and fewer problems with mold, mildew and other indoor toxins. They are site-sensitive, and use recycled, reclaimed and green materials, as well as techniques to reduce waste during construction. My home was built in 2004, before the LEED Homes program began, but it was constructed using many of the standards of that program. I am glad that we spent 5% extra on our project to make our home an efficient and low-impact as possible.

LEED certification is something that consumers can rely on to identify their homes as third-party inspected, performance-tested and truly green homes that will perform better than standard homes. Homebuilders using LEED are able to differentiate their homes as some of the best on the

in your new home construction project. Start with a visit to www.usgbc.org, and look under LEED for Homes.

ENERGY STAR Qualified Homes

Energy Star is not as comprehensive or stringent a green building program as LEED, focused as it is on energy performance. But it is popular with large production builders. The popularity stems in part from its name, which is recognized by consumers who have shopped for appliances with the "Energy Star" label; and in part from its suitability for a wide variety of consumer preferences (some sustainable and some not). The main difference from LEED is that it is not as comprehensive an approach; it does not take issues such as site-sensitive siting, waste minimization, and the use of recycled or renewable materials and systems into



started out by certifying commercial buildings, which have the highest energy use and pollution impact. The program expanded to certify new homes in 2007. Many of the new homes you see on TV that are selling electricity back to the grid are LEED certified homes.

As a homeowner, here's what you need to know about LEED. LEED for Homes is a voluntary rating system that promotes the design and construction of high-performance green homes, including affordable housing, mass-production homes, custom designs, stand-alone single-family homes, duplexes and townhouses, suburban and urban apartments and condominiums. There are four levels of certification: certified, silver, gold, and platinum, in order of ascending excellence.

LEED homes have lower energy and

market, for a low (1-2% of project cost) certification fee. Nationwide, LEED certified homes sell for a premium of approximately 10-12% more than standard homes, because of their quality and low utility costs.

The USGBC's LEED for Homes professionals can put you in touch with LEED-certified architects and contractors in your area, which can be a real boon to your green home project. It's important to find a LEED certified contractor. They will bring recent training and cutting-edge green skills to your project. As USBGC members, they also can line up a local certification professional early on for your project, because LEED inspections are required at regular intervals during the construction process. Finding a LEED certified professional whose docket is not full is both the most challenging and most important step

account in its ratings. But its proper use in actuality leads to better homes than conventionally built ones.

To earn the Energy Star designation, a home must meet guidelines for energy efficiency set by the U.S. Environmental Protection Agency. These homes are at least 15% more energy efficient than homes built to the 2004 International Residential Code (IRC), and include additional energy-saving features. That's not a sky high standard, but it's something.

Any home three stories or less can earn the Energy Star label if it has been verified to meet EPA's guidelines, including: single family, attached, and low-rise multi-family homes; manufactured homes; systems-built homes (e.g., SIP, ICF, or modular construction); log homes, concrete homes; and even existing retrofitted

homes.

Energy Star qualified homes can include a variety of 'tried-and-true' energy-efficient features: effective insulation; high-performance windows to help keep heat in during winter and out during summer; tight construction and ducts; energy-efficient heating and cooling systems that reduce indoor humidity and improve the overall comfort of the home; lighting fixtures, compact fluorescent bulbs, ventilation fans, and Energy Star appliances.

With the help of independent 'home energy raters' (some of the same people who do energy audits in the area), Energy Star builders choose the most appropriate energy-saving features for their homes. Raters conduct onsite testing and inspections to verify the energy efficiency measures, as well as insulation, air tightness, and duct sealing details. The cost of the raters' work is passed along to the consumer in the price of the new or renovated home, it tends to be approximately 0.5 % of project cost.

NAHB National Green Building Program

When LEED was established, the NAHB, the national builders' professional group, showed a degree of resentment over being told what their industry should do by a nonprofit group that included representation from the builders' progressive vanguard. Some old-school builders thought they could do better; and frankly NAHB wanted their members to get the lion's share of the certification work under a standard they controlled. The first iteration of this standards program was weak, but to the NAHB's credit they have tightened up the program, and now it's giving Energy Star (if not LEED) a run for its marketing cache, if not for its field-verified energy performance.

Unlike Energy Star, the National Green Building Program does call for waste minimization, sensitive siting, and the use of renewable, reclaimed and recycled materials, like LEED does. The levels of certification are confusingly similar (perhaps by design) to the level names for LEED certification: Bronze, Silver, Gold and Emerald. Emerald level

projects require a 60% reduction in energy costs over a different, lower (and more achievable) standard than that used by the Energy Star. The National Green Building Program uses the ICC 2008 standard.

An independent report by the Cincinnati chapter of the American Institute of Architects (AIA) released in summer 2010 compared the U.S. Green Building Council's LEED for Homes rating system to the National Green Building Standard. It founds them to be largely similar—but with key differences on energy performance levels and field verification of energy performance.

As the report attests, LEED for Homes requires site-tested minimum energy performance, while NGBS does not.

Green building certification programs are a good way for consumers to get a handle on value for money in green building. Such standards programs represent a way to encourage architects and builders to exceed code requirements for project design, efficiency, and materials.

At the same time, the report notes that NGBS is less expensive (by about \$800) than LEED for Homes, and certification generally takes less time. However, the report notes that to make the systems roughly equivalent on energy, you would have to add Energy Star certification to NGBS—and that eats into the cost difference. Ann Edminster, a residential architect and the principal author of LEED for Homes, told leading green building publication *Environmental Building News*, "In effect, the cost difference is tied to the performance differences, which makes perfect sense. Set a higher bar and it will cost more, both to achieve it and to verify it." So the choice is up to you. Call me crazy, but if I'm paying for energy efficiency, I want it verified in actuality.

Hiring A Green Contractor

Now you know more than you may have wanted to about green building standards. What's next? If you're going to build green, hire the best green contractors you can find. This is not an easy task. You have to consider not only green qualifications, but the greenbacks you'll pay out and how. I'm talking about how architects, builders and designers bill for their work.

Design/build firm are proliferating; they offer apparent advantages in project coordination, but at least one major disadvantage. There is an inherent conflict of interest when you hire a single firm to provide architectural and building services. Though their design staff and building staff may both be highly qualified, they have an economic incentive to give you the same advice. They may steer you toward choices that financially benefit them, especially if they're working on a "cost-plus" basis. It's a problem similar to when a financial planner advises you to choose an investment product, on which s/he gets a commission. Are you getting an independent voice? How do you know what's really the right choice for you, when a firm has a vested interest in your spending more?

When designing and building my home, I found it useful to engage two separate professional firms, Archaeon Architects and Monticello Homes, to give their opinions on a variety of design issues, construction material choices, etc. Their different experiences often prompted discussions that resulted in good, economical choices and saved time.

Some clients simply take a friend's recommendations and get one contractor bid. That is a mistake. Supply your design documents (architectural plans, a.k.a. "working drawings") to three contractors to bid on. You should ask the contractors to obtain binding subcontractor bids for all the major components of your project, and get fixed price bid (with their profit percentage figured in). Most firms do not do this, rather they bid based on market pricing at that time, or tell you that you will prefer it if they work on the more convenient "cost plus" basis. Please ensure you check builder/contractor references—as many of them as you

can—thoroughly, before making a decision. This applies to any contractor, green or not.

What to Ask A 'Green' Contractor.

Here's what I ask the owners of the firms recommended to clients by the AIA, USGBC, and other sources.

1. What makes your firm a green or sustainable architect/ builder?
2. What certifications (green and otherwise) does the individual who will be managing my project have? Are any of your staff LEED certified (best) or LEED accredited (a lesser criterion)? note: a negative answer to this second question means that you are unlikely to have a positive experience with this builder if you want a LEED home.
3. What green standards programs do you participate in? If you do not, why not?
4. When and what was your staff's last professional training? You are looking for recent experiences and evidence that they are aware for example of the need for tightly constructed, sealed homes with air exchange systems, and don't merely outsource their work to an HVAC subcontractor.
5. What green / certified projects have you completed recently? Any awards your firm has received for sustainable design and building?
6. Do you work with architects and consultants that have LEED or Energy Star certification?
7. Do you have experience in installing geothermal, solar hot water systems, or solar panels? How many have you done?
8. How do you manage waste on the job site? You are looking for care in ordering, careful management of resources, and re-use of salvageable material. One standard sized dumpster should be enough for an entire construction job.
9. Do you re-use materials, or help owners manage deconstruction/ donation of usable materials from their project?

1. Are you willing to work with us and a consultant or certifier to document the construction process for a green certification?
2. (if they are among your final two candidates) May I contact three client references, two subcontractor references, and one bank reference? Ask the subs how long they've worked with the firm, how timely materials delivery is, and if the firm pays them on time.

Once you've found your great green contractor and started to plan your project and certification, be sure to consider the professional help you might need: a LEED program consultant, an arborist if your property is heavily wooded, and a landscape architect if it is a new home being built on an infill site. Remember, the opportunity to site your house in orientation to the sun for passive solar is a tremendous energy asset, and one you do not want to squander.

Re-Use/ Deconstruction

There is some debate over whether deconstruction or demolition is more cost-effective, but if you feel strongly about the ethic of "reduce, reuse, recycle," then deconstruction — dismantling with a purpose — wins the argument.

When you deconstruct a kitchen, for example, all of the materials such as appliances, countertops, cabinets, lighting fixtures, doors, trim, and moldings can be donated if they are in good working order, and the homeowner can get a tax deduction for doing so.

"If the value of the materials is \$5,000, and the [homeowner is] in a 25% tax bracket, that's worth \$1,000 in tax savings when they file," says Paul Hughes, owner of DeConstruction Services, in Fairfax, Va. "With that \$1,000 they may be willing to throw more amenities right back into a job that they [otherwise] might have had to cut to stay within budget."

Remodelers who choose to deconstruct can either have their contractor do the work or subcontract it out, or the homeowner can hire a deconstruction

specialist on their own. For the same reasons that a remodeling company owner subcontracts electrical or plumbing work, most find it beneficial to subcontract deconstruction.

Regardless of who does the removal, salvaged materials can be set curbside for pick up by an organization such as Habitat for Humanity, owner of ReStores in 48 states, which sell salvaged materials. Hughes' company has The ReBuild Warehouse, a 501(c)(3) that not only picks up salvaged building materials but uses proceeds to train what he calls "the hard-to-place population — those coming out of prison, for example, or rehab. We can help them get training for environmentally sustainable jobs, lead abatement, green roof installation, weatherization, and solar panel installation."

Green Building is Here to Stay

So now you understand more about green building, energy audits, and the basics of three national residential building standards programs that encourage builders and homeowners to lower housing's carbon footprint. By using these tools and knowledge, you can add lasting value and marketability to your new home or renovation project. You are probably thinking about your remodeling project in a new light. That's a good thing—you never want to embark on a renovation project lightly.

Jeff Carpenter—who has over 35 years' local building experience—notes that it's important to keep growing and learning. "Though the building industry has been one of the slower industries to change, it's happening. Green building is real, and it's making a difference for homes in terms of moisture control, air quality control, the health of occupants and the Earth." I couldn't agree more. And the environmentalist in me adds: if you're not part of the solution, well, you know.

Next time in the Green Life: Green Finishes: great design materials and sustainable décor for your green home.
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Storing Your Golf Clubs for Winter?

Don't keep them too far out of reach.

Par-Three's and Executive Courses: The pleasant, less-stressful, often-overlooked golf courses... *and there are a couple public courses very close by that are open all year.*

New and remodeled golf courses are so long and difficult that it's hard for weekend or casual golfers to get a good score.

It's one reason why the golf industry is struggling. High green fees are another factor. Add to that the fact that a game takes too long for everyone, and new players have to play while they learn. In several areas around the country, course builders are planning shorter courses including par-three and "executive" courses, a slightly longer version of the par-three with a couple of 300 yard par-four holes.

Seasoned golfers like the courses

because they are great places to practice shots around the green. Experts say improving your game around the green can cut five shots off your score on any course. A couple of hours spent at a par-three is better practice than going to a driving range.

For those who are relatively new at the game, shorter holes offer more success and less frustration. There are opportunities for a memorable birdie. Many courses are lighted so they can be played at night.

New par-three courses are more stylish and interesting than those built in the 1950s and 1960s. They can be public courses or private. With their many

advantages, there should be more of them soon.

There probably will be as baby boomers get older. They might want to play 36 holes but are unwilling or unable to do it on a regular course. On a par-three or executive course, they can. The courses are less stressful and more fun.

So where so we go around here to get a quick round in while it's still light? Oakton hosts an executive course at Oak Mar, and there is an enjoyable par-three course at Jefferson District Park in Merrifield.

So keep your game fine tuned and get a little exercise during those sometimes brisk, yet sunny, days this winter.

Jefferson District Golf Course is a beautifully landscaped 9 hole executive course which features a gently rolling playing surface with four ponds, ideal for golfers who prefer walking. The course offers a challenging round of golf and includes a par five and some demanding par fours.

The clubhouse has golf clubs, pull carts and power carts available to rent. Our pro shop carries an ample supply of balls and accessories including gloves, hats, towels, cigars and outerwear for both men and ladies.

Gift certificates can be purchased for facilities at Jefferson that make a perfect gift idea for the holidays, and Father's Day.

Our friendly staff is always available to help you, and to answer any questions you might have concerning the golf course or other facilities at Jefferson District Park. Park attractions include lighted miniature golf, tennis and basketball courts. Picnic facilities are also available.

The golf course is open year round, weather permitting. Fees vary depending upon the number of holes played.



Oak Marr Golf Course, acclaimed as one of the finest teaching facilities and the largest lighted short game practice area in Northern Virginia, includes not only the 9-hole par three golf course but also a lighted 76 station driving range with target greens and covered, heated tees. Private and group lessons are available year round. In addition, clinics, special events and an active junior program are offered. Park attractions right next door include a large indoor recreation center and miniature golf course.

Oak Marr Golf Course is open year-round except for Christmas day, with weather permitting. Discounted greens fees are offered in the winter months.

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Metro Update

With striking images overhead and underground,
Metro construction is moving along in the right direction.

*The crisp brilliant December sky silhouettes
a horizontal crane above Route 123.*

Metrorail bridges to cross I-495

Those who live, work and play in Tysons Corner are getting used to see giant yellow and blue horizontal crane at work building bridges to carry the future Dulles Corridor Metrorail tracks along Route 123 near I-495.

Crews are working day and night and the January skies are illuminated by the lights where those crews continue their efforts.

Using a complex segmental bridge construction process involving huge cranes – weighing 365 tons, crews from Rizzani de Eccher, headquartered in Italy, are using horizontal cranes (known as trusses) to erect the structures. Each truss is about 370 feet long.

The most visible work is taking place now along Route 123 near the West Park Bridge which connects the Galleria Drive area and Tysons Corner Center.

Two of the horizontal cranes are now in use and a third (a blue and white color) is now assembled adjacent to I-495. Early in 2011, crews will use it to build the bridges over the Beltway. This will take 11 to 12 months to complete.

Also, aerial bridge construction will take place next year along Route 7 from the site of the Tysons Central 7 station near SAIC and Marshall's west to and joining more aerial bridges at the Dulles Toll Road intersection where tracks will then lead westward to Reston using the median of the Dulles International Airport Access Highway/Dulles Toll Road corridor.

Phase 1 of the project includes three miles each of outbound and inbound aerial track in the Tysons Corner area.

The bridges are built by connecting large concrete segments that are approximately 20 feet by 16 feet by 10 feet deep, large enough for workers to work inside segments suspended in the air. Over 2,700 segments are being built at construction site located near the employee parking lot at Washington Dulles International Airport. Once fabricated, each segment is then transported from the airport via truck to spot where it will be lifted into a span in Tysons Corner. Each segment is custom engineered to fit the design. Each segment has a specific location and unique design for its place in the system.

Facts about the Horizontal Cranes

- In January, three will be operational in Tysons Corner
- Each weighs about 365 tons and is 270 feet long
- It takes 6 to 8 weeks to assemble the parts of a crane on site.
- About 2,700 concrete segments will be used to build bridge spans between piers
- A post-tensioning process is used to pressure the segments into bridge spans using tightened steel cables.



Above: Concrete segments of the spans are lifted and set in place below the horizontal crane crossing Route 123 at I-66.



Above: A dramatic night shot of the crane crossing the Westpark Drive Bridge over Route 123. Below: The third crane is assembled that will install the spans across the Beltway.



Mining for second tunnel completed under highest point in Fairfax

Tunnel miners in Tysons Corner reached a second major milestone on Dec. 3 when the completion of the excavation for the inbound tunnel to carry trains from future Tysons Central 7 Metrorail Station near SAIC and Marshall's to the Tysons 123 station at Route 123 and Tysons Boulevard.

The parallel outbound tunnel was completed on Oct. 20.

Dulles Transit Partners, the design-build contractor for the Metropolitan Washington Airports Authority who own and manage the project, are self-performing the tunnel construction. So far more than 150,000 man hours have been poured into tunnel construction.

During the mining process hundreds of truckloads of muck were transported from the tunnels to Dulles Airport where a railyard will be built in Phase 2 of the Metrorail Project.

Tunnel crews have now started the next phase of construction, which includes waterproofing and installation of reinforced steel lining materials.

The tunnels will carry trains below the highest natural point in Fairfax County at the intersection of Routes 7 and 123. Though the tracks will be elevated, the summit was too high to easily carry trains due to the slope of the tracks.

Below: A mini skyline of steel beams runs along Route 7 in the area near the new Central 7 station adjacent to the tunnel. A foundation of dozens of steel I-beams have been driven thirty to fifty feet into the ground to support the new rail line.

Tunnel Mining Highlights:

- A shotcrete plant at Route 123 and International Drive provided 20,000 yards of a special cement mix to build the tunnel rim. It is applied about ten inches thick on the tunnel walls with reinforced steel.
- Approximately 100,000 cubic yards of muck were transported from the tunnel to Dulles Airport
- At its deepest point, the tunnel is 35 feet below ground.
- 70 laborers along with nearly a dozen engineers work on the tunnel construction.
- At \$85 million, this tunnel is the costliest and the most complex engineering feat of this phase of the Metro extension.

Below: In the grassy knoll above the tunnel along 123 as it passes over Route 7, there is a grid of sensors set in concrete footings that measure any ground movement due to the tunnel excavation.





*Above: The tunnel entrance at the construction staging area as they travel under International Drive toward Route 7.
Below: An eerie green glow from the tunnel walls from a fresh coat of water-proofing that was sprayed on the interior concrete surface as seen to the right.*



Metro construction does provide some immediate economic benefits

We hear a great deal about the future benefits of bringing Metro to Tysons Corner, but construction projects of this size bring an incredible immediate economic benefit to not only the region, but to our local businesses. We highlight some of the numbers we received from Dulles Transit Partners who manages the Metro construction project, and they only sheer

other items that are directly needed to run the operations required to manage and construct the project.

- The purchase of approximately 130 vehicles from a local car dealer, and contract to have all those vehicles serviced at that dealership.
- Business meetings are regularly catered through local Vienna/McLean restaurants and caterers.
- Office supplies are all purchased locally.

- Janitorial services are locally contracted.
 - Local vendors are used for staffing services, temporary fencing, and landscaping.
 - There are some people involved in the project that have made long term relocations with their families while working on the project. More support for our local economy.
 - The majority of jobs are filled from the local labor market. All of these workers spend money in our local community.
- Project staffing:

- Professional staff: 500
- Manual craft: 1,200 (1,230 peak)
- Dulles Transit Partners: 785
- Subcontractors: 485

There are some significant numbers involved in a project like this and our region truly benefits. Just the sheer number of workers, vehicles, materials, equipment and expertise needed to manage and successfully implement a project of this size brings great economic value to our community.

expenditures from Dulles Transit Partners, not any expenses of the Metropolitan Airports Authority or WMATA.

Think about the number of people, the support services, the equipment, and

- Fuel for fleet of vehicles and construction equipment is all purchased at local service stations.
- Much of the construction equipment is rented through a local vendor.
- Office space and construction staging and storage areas are leased from local owners.
- Northern Virginia Community College provides Spanish language instruction.

The total design/build contract is \$1.6 billion. To date, over \$725 million has been spent with over \$581 million of that spent in our region. (\$140 million in materials, \$441 million on subcontractors). There are \$177 million in additional procurements to be spent during the remainder of the project. There have been 177 Disadvantaged Business Enterprises (DBE) participating in the project. \$165 million of the \$169 million project goal has been spent as of October, 2010. \$220 million total is projected to be spent with DBE's by the end of phase one of the Metro project.

About 80% of the funds spent by Dulles Transit Partners on materials, equipment and services for the Metro project is spent in and stays in our region.

Beltway HOT Lanes Making Progress

Despite the cold weather in November and December this year, progress on the High Occupancy Toll (HOT) Lanes is still making big strides to stay on track for a late 2012 completion.

Work has picked up at all the interchanges along the Capital Beltway (I-495) from the Springfield interchange in the south to just north of the Dulles Toll Road.

The new overpass at Lewinsville Road is scheduled to reopen in the spring or summer of 2011, depending on the weather. Once the new Lewinsville Road overpass is completed, the old bridge will be demolished in late 2011. Another secondary road bridge at Idylwood Road, south of Route 7, is scheduled to be completed this month or early February 2011. Of the primary route overpasses, the overpass at Route 7 is well under construction. The new northbound overpass opened in July 2010, and all traffic on both east and westbound lanes are currently using the new

bridge until the second overpass is completed in summer 2011. Although Magarity Road intersects with Route 7 just east of the overpass, this intersection will not be changed. Pedestrians heading west on Route 7 will have new sidewalks and motorists traveling eastbound on Route 7 heading to I-495 north will have a new traffic signal. In 2012, there will be a HOT Lanes access ramp at Route 7 for motorists heading south on I-495. From the I-495 north HOT Lanes, motorists will also be able to exit onto Route 7 and head east or west. Early construction work on Jones

Ground Zero: Route 123 & I-495



The intersection of Interstate 495 and Route 123 is also the intersection of two of the largest transportation projects in the country: The HOT Lanes and the Dulles Metro extension. This aerial photo shows Metrorail under construction along the right side of 123 with the blue and yellow truss system seen in the center of it all. The Westpark Drive bridge extension to the new HOT Lanes can be seen at the center left as well as the bright white new Beltway overpasses over Route 123.

Branch Road near the Gannett Building and McLean Hilton is underway for a new HOT Lanes connection from Jones Branch to I-495 north and south. Some clearing has occurred to support the construction of the Jones Branch Connection and pile driving is ongoing along I-495 south to support the bridge abutment. The major work will begin in spring 2011, with a closure of Jones Branch near Gannett and the McLean Hilton to build the new connection. The

closure is expected to be in place for several months. The interchange at Route 123 and I-495 has been loosely called 'ground zero' because of all the work that's occurring there with the HOT Lanes and Dulles Corridor Metrorail Project. Over the summer of 2010, both overpasses carrying all lanes of I-495 over Route 123 were demolished, and traffic was shifted to new bridges located to the west. At Westpark Drive, there is a new HOT Lanes access point under construction for motorists

heading north and south on the new HOT Lanes. Work will occur on the new northbound Beltway and HOT Lanes over Route 123 until late 2012. The Route 123 north to I-495 north ramp will also remain closed until late 2012 as well. However, the HOT Lanes Project will work to complete the bridges and reopen the ramp as soon as possible. Thanks to Mike Salmon at the Virginia Mega Projects for the update and to Trevor Wrayton of VDOT for the photo.

Moneywise - Tips on Holiday Saving

Save money on gifts

Insurance: Do you need an 'umbrella'?

A person who accidentally injures another, or damages his/her property, could be sued for hundreds of thousands of dollars, maybe millions of dollars. Having an "umbrella" insurance policy could keep them from losing their homes, investments, life's savings and future income.

The term umbrella is used because it covers liability claims from all policies underneath it, such as auto and homeowner policies.

The question is: Do you need an umbrella?

Recent stories in The New York Times show how an umbrella policy would work. Say you crash into a Mercedes with a highly paid executive at the wheel. He is injured so badly, he cannot return to work. A jury awards him millions of dollars, and you have to pay it. The court takes your savings, your home, all other assets, and requires you to pay part of your salary for decades.

People who have an umbrella policy would be covered for the damages. It protects their net worth over and above what other insurance does. And it pays legal costs for defending yourself against a law suit.

For people who have any sort of assets, like a home with a large amount of

equity, umbrella insurance can be a key part of financial protection. But not many people carry it.

State Farm, the biggest home insurer in the country, says only about 12 percent of its policy holders buy umbrella coverage.

The best part of getting needed protection in our increasingly litigious society: it's relatively cheap. A \$1 million dollar policy can usually be found for well less than \$200 a year.

Online purchases made more often with prepaid cards

Consumers are doing all they can to avoid adding to credit card balances and fees associated with credit cards and debit cards.

Prepaid cards are increasingly seen as the answer to walking around with a lot of cash. And a card of some kind has to be presented to shop online, check into a hotel or rent a car.

Parents of college students find prepaid cards handy for providing kids with money without giving access to their own credit cards.

But prepaid cards have drawbacks.

- * Many lack consumer protection. If the card is lost or stolen, there is no recourse. Those with the MasterCard or Visa logo, however, have zero liability for lost or stolen cards. The issuer will replace funds and issue you a new card.

- * There are hidden fees. Cards bought in retail stores tell the purchase price and the amount you can load onto the card but don't tell what the fees are. Activation fees of from \$3 to \$39 were charged on the 19 prepaid cards reviewed by Consumers Union.

- * Monthly fees were charged by sixteen of the 19 prepaid cards ranging from \$2.95 to \$9.95. Most will waive the fee if you set up a direct deposit. Some charge a fee if you don't maintain a minimum balance. As reported in USA Today,

Green Dot charges \$5.95 unless a minimum balance of \$1,000 is maintained or there are 30 transactions.

- * All 19 cards charged from 99 cents to \$2.50 to withdraw cash from an ATM. Eighteen charged from 45 cents to \$2.50 to check your card balance.

In 2010, an estimated \$15 billion in online purchases were made with prepaid cards. That figure is expected to grow to \$38 billion by 2014, according to Javelin Strategy & Research.

Overconfident investors

Confidence: Those who deserve it tend to lack it. Those who least warrant it are often have too much. That's especially true of people who are investing says Ryan Sager of SmartMoney.

It's true in other professions too. Lawyers overestimate the prospects of their clients. Doctors overestimate the time terminal patients have to live, and 74 percent of fund managers say they are above average.

A recent study of the stock market showed that individual investors are more likely than their institutional counterparts to trade aggressively in a bull market.

Trading online has turned pretty good investors into overconfident, poor investors. After going online, they went from beating the market by 2 percent to lagging by more than 3 percent annually.

They traded more often and more speculatively than before.

Health insurance prices online

The Department of Health and Human Services (HHS) now posts health insurance prices on the Internet.

The information covers 4,400 individual and family health plans offered by more than 225 insurance carriers. You can check prices at www.healthcare.gov.

Plan information is updated monthly, according to HHS. It takes into consideration such factors as where an



"No, you do a great job. I'm letting you go because I don't like your cell phone ringtone."

There's no reason to be the richest man in the cemetery. You can't do any business from there. -Colonel Sanders

individual lives, age and gender. The Web site also gives:

- * Monthly premium estimates.
 - * Maximum out-of-pocket costs.
 - * Deductible.
 - * Major types of covered services.
 - * Percent of plan applications denied in the past three months.
 - * Percent of plan applications that charged more than the base price.
- About 16.7 million people younger than 65 have individual policies, according to federal estimates.

The site also helps consumers identify government programs they might be eligible for, such as Medicaid or high-risk insurance pools.

A dedicated computer is best to avoid financial fraud

Details have emerged about how an international cyber-theft ring operated. They bombarded individual and business phone lines with incessant calls using automated dialing programs. While phone lines were tied up, they raided bank and brokerage accounts. Financial institutions couldn't reach customers, so they often let suspicious transactions go through. The cyber-theft ring stole \$70 million from banks and brokerages.

Federal law protects consumers' deposit accounts and credit cards from fraud, but not small businesses and organizations. Brokerages, such as TD Ameritrade and E*Trade, have policies that protect investors from fraud. They will reimburse customers for losses if they are reported in a timely fashion. FBI and security officials say the best way to protect against computer-assisted fraud is to have a dedicated computer for online banking and brokerage transaction.

Computers are relatively inexpensive; use a separate dedicated machine for all of your online financial transactions. Even very low cost net book computers are a good way to have a dedicated

computer that won't be compromised. Web surfing increases risk. Use secure passwords and update them often. Update firewall and antivirus protection frequently. Be wary of unsolicited emails and attachments. Check statements often and notify the bank of any irregularity.

As trivial as this sounds, shut the machine down when it is not in use; this can limit your exposure - many of the modern worms/trojans exploit vulnerabilities in the Windows Operating System, and contrary to popular belief do not require the user to have taken any actions such as opening emails or visiting malicious websites.

More traffic tickets for an expensive, sporty car

Especially if he is from out of town, a guy driving a \$100,000 Mercedes SL two-seat roadster is more likely to get a traffic ticket than anyone else.

A study by Verisk Analytics, serving the insurance industry, shows that people who buy expensive, high-performance cars can't resist the temptation to test their car's capabilities on the open road.

The second most likely to be ticketed was the driver of a Scion tC, a two-door compact popular with younger drivers.

The two cars whose drivers were least likely to be ticketed were the Buick Rainier, an SUV usually bought by an older driver, and the Kia Spectra, an economy sedan.

Choosing a Financial Advisor

The right Financial Advisor makes the investing process easy to understand and convenient. She or he will answer your questions and give you the tools and knowledge you need to feel comfortable as an investor.

To begin with, a good Financial Advisor will help you determine your investment goals and work with you to put a strong investment plan in place. That means not only finding the investments best suited for your goals, but helping you meet those goals as market conditions and your personal needs change.

If you don't yet have a Financial Advisor, consider the following suggestions for finding an advisor and for reaching new heights as an investor:

- Seek personal referrals from friends or family members
- Seek professional referrals from your lawyer or accountant
- Attend investment seminars held in your community
- Take a course in investment planning
- Read books or articles about money management and/or investment strategies, or consult free investment brochures
- Join an investment club

The important thing is to do it. The more time you can give your money, the more time your money will give you.

Bush era tax rules survive two more years, maybe. Congress compromised on extending the Bush era tax laws two years for extension of unemployment benefits and payroll tax holidays.

Don't be too comfortable. Once the new Congress is seated and once we see what is in store economically for the new year, things can quickly change.

If you are doing any planning that has a tax consequence, be sure to talk to an accountant or financial planner and consider what happens if things change... retroactively. It's happened before.



"This is so real. When I got back to my car, it was dented on both sides."

Don't stay in bed, unless you can make money in bed. -George Burns

No one else is the authority on your potential

"Every Child is an artist. The problem is to remain an artist once they grow up." ~Pablo Picasso

by Brit Hammer-Dijcks

Have you shut off your own creativity because someone once criticized something you made as a child? Know this: no one else is the authority on your potential.

Your creativity is like a muscle: the more you use it, the stronger it gets. Whether you do crossword puzzles or learn a new art form, today is the perfect day to start flexing your creativity.

Let's say you love to draw but haven't done it in eons and want to start again. Dust off your old sketch pad and make one night a week your drawing night. Make it a reward — something you GET to do, not something you HAVE to do. Set yourself an attainable and measurable goal, like "7 sketches in 7 days". Then turn on your favorite music and start doodling.

Doodling is drawing without putting any thought into it — it liberates your mind so inspiration can come in. Yet doodling has gotten a bad rap because in the early 17th century when the word first appeared it meant "fool" or "simpleton" and then evolved to mean "to dawdle". So it's no wonder that western culture, which is so focused on productivity, frowns upon doodling. Yet haven't you gotten your best ideas while doing something mindless?

As you draw, release the need to think about anything. If your brain won't stop its incessant chatter, sing along with the music — singing occupies the left side of your brain, which is where fear and your inner critic live.

Be gentle with yourself and learn to look at your work with your heart, not your head — see the potential in everything you do.



Keep flexing that creativity muscle. Even if you don't doodle or draw anything in your first session, sit there for at least 20 minutes. Then congratulate yourself for showing up because that first step was the hardest! Next week do it again.

What you're doing is creating a new habit — and habits are merely practiced behavior. But hey, if there's a set-back, pick yourself up, dust yourself off and keep going. Maybe even join a group of others working in the same medium to stimulate your growth. That's what Fairfax County glass artist Robert Kincheloe did when he found himself stagnating from working alone.

"It's great to get out of your own little box. Surrounding myself with others helped me open up to explore greater possibilities," he says. Today, as Studio Coordinator and Resident Artist at the Washington Glass School, Robert is pioneering work in cast and lamp worked glass and recently received the Emerging Artist Award from "The Flow" glass magazine.

Tim Tate, co-founder of the Washington Glass School, said of Robert's progress, "Through being around a nurturing and experienced collective of professional artists Robert has gotten opportunities and experience equaling that of a real world MFA. Not only does he continue to grow and develop his own creative work, he also positively influences the artists around him."

So take that first step because as Picasso also said, "Inspiration exists, but it has to find you working!"

Brit Hammer-Dijcks is an artist, coach and the author of *Breakout! Your Pathway to Success*. A native of the area, Brit lives in Rotterdam, Netherlands and makes regular trips back to DC. (www.brithammer.com)



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Resort 2011: Your What-To-Wear Guide

By Leigh Macdonald

Winter is in full swing. And you know what that means: travel plans are just around the corner. If your vacation includes a warm and sunny destination, we've got you covered in the styling department. Indeed, we've packed all of Resort 2011's fabulous looks into just one page.

A favorite trend of the season includes **super-long skirts and dresses**.

This look works for day and for night, and the surprising twist is that your best shoe pairing is a beautiful **flat sandal**. Won't you just be able to dance the night away?

For dresses, **opt for flowing looks**. Think *relaxing summer evening*. And long, full skirts will pair beautifully with **lightweight sweaters** that sit at or below the hips.

Another fun resort wear look uses **nautical** in new and interesting ways. An example, you ask? Ponder a nicely-weighted three-quarter-sleeve tee in typical nautical colors: navy with white stripes. Now . . . switch up the colors: replace the white with orange stripes and the navy base with gray, black, or even brown. Pair it with an above-the-knee skirt or shorts, and you'll be off and running for a day by the shore.

The nautical-gone-rogue look also taps perfectly into another favored resort look: **the tailored suit a la 1960s**.

And in nearly all instances, the **straw boater hat** will nicely finish your look. Indeed, some style experts say that the boater is "the look" of the season. At the very least, it's a must-have accessory for your upcoming getaway.

Rounding out the season's trend list are **all-over prints**, **white pantsuits**, **bold colors** (think **orange**), and even **short shorts** [oh my!].

With so many great looks to choose from, be sure to make time for a little shopping fun before you leave. And enjoy your well-earned getaway. It will no doubt be fabulous . . . in whatever you choose to wear.



Donna Karan
Draped Grecian Gown



Look by Karl Lagerfeld.
Photo courtesy of Chanel



Photo and Look: Michael Kors



Look by Oscar de la Renta



Look by Rag & Bone



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 Cavalheri Photography*

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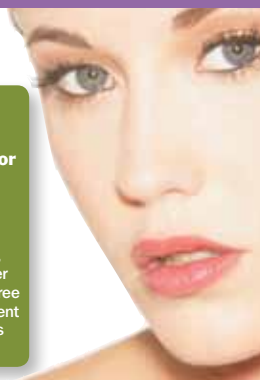
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Dear Coach Amy,

I have been married to the same man for 17 years to the love of my life. I always have a hard time thinking what to get him for Valentine's Day. I've done the usual stuff like chocolate, flowers and even made him jewelry. I really set the bar high fairly early in our marriage since I chartered a boat for two days and got our meals catered. We no longer have kids around and we live out in the country where getting to the city takes about 2 plus hours. Although we live as every day is Valentine's Day, there is kind of an expectation that we will celebrate this holiday in a traditional way with gifts exchanged. What suggestions can you give me for this year?

Mystified in Middleburg

Dear Mysty,

First of all it sounds as though you have a wonderful marriage. Congratulations. Gift giving is an expression of love and many men and women do have expectations that they will receive a gift from their spouse or significant other on major holidays: Christmas or Hanukkah, Birthdays and Valentine's Day. I know couples who broke up because the guy gave the wrong gift – an unromantic gift like a blender! It seems like you are on solid ground here.

What you really want to give your husband is a token of your affection. Tokens can be small or very substantial. The key is to have your husband feel special and loved. What hobbies does he take part in? Is there anything related to that hobby that you can buy him? How about getting him something personalized with his name on it? There is a store in the malls called Things Remembered that personalizes gifts as well as online stores.

Is there a bed and breakfast in a nearby historic town that you'd like to try out? You can combine it with shopping for antiques or finding a walking tour of the town. You may consider purchasing a gift certificate to a service that he would enjoy but may not try on his own such as a men's manicure or a couple's spa day. Would you both relish relaxing together with side by side massages?

Or is there an activity that you would both enjoy doing together like dance lessons, cooking lessons or a concert series? This is a gift that you can engage in together beyond Valentine's Day. Speaking of gifts

that continue throughout the year, there are many "of the month" gifts that you can give such as beer of the month or wine of the month. Does your husband have a passion for fresh fruit, nuts or chocolate? Would he appreciate a reminder every month of your Valentine's Day thoughtfulness?

How about expressing your feelings by writing a poem? You could write it on pretty stationery and then laminate it and frame the poem so it will last the test of time. This would give him a very personalized gift that would be a reminder of your love for years to come. Or you can put your message in a bottle! Of course there are websites that do that for you.

So you see the possibilities are limitless. For other ideas you can just Google: romantic Valentine's Day gift ideas and see what comes up in the search. Just pick what feels right for your relationship and budget. Then the next step is to execute!

Remember whatever you do, it's the thought and effort that really matters in gift giving. Have a wonderful Valentine's Day and beyond!

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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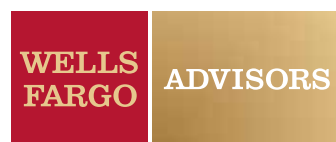
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What is the right age to take your child to the pediatric dentist?

by Shohreh Sharif, DDS
www.shohresharif.com

Pediatric dentists address the oral health needs of children ranging in age from infancy to young adulthood. Pediatric dentists study and train an additional two-to-three years beyond the standard four-years of dental school. Increasingly, this specialty has shifted away from taking a conservative and/or merely restorative approach to pediatric dental health. Modern pediatric dentistry aims to provide preventative and comprehensive pediatric care. Similar to the well-child medical visit, pediatric dental visits should start by the eruption of the first tooth and should be no later than your child's first birthday. The pediatric dentist will address all aspects of oral health

care, including: diagnosis of oral disease, prevention of cavities, restorations, and correction of malocclusions, such as overbites, underbites and crowding of teeth. This will help improve your child's overall health, as well as prevent more serious complications as their teeth develop.

Infant oral visits

Like well child medical visits, one of the cornerstones of the infant dental visit is to prepare parents and caregivers for future age-specific needs and dental milestones. Pediatric dentists consult parents with anticipatory oral health care guidance. Some of the topics that are addressed at your child's first visit will be medical history, oral hygiene,

infant feeding, dietary habits, fluoride adequacy and cavities risk assessment to prevent early childhood cavities. Counseling of parents about dental developmental changes expected to occur between their children's dental visits is also an important part of preventive care.

Growth and development

A child's developing dentition is an important factor to be considered by parents. Growth and development is unique and specific to each child. To ensure healthy dental growth and development, a child's dentition needs to be monitored and evaluated by the pediatric dentist regularly.

One of the goals of the pediatric dentist is to properly assess and manage the developing dental occlusion of the patient. Guidance on the eruption pattern of a child's teeth is an integral part of pediatric dentistry. Such guidance will contribute to the development of a permanent dentition that is harmonious, functional and esthetically acceptable.

Pediatric dentists have the responsibility to recognize, differentiate and either appropriately manage or refer abnormalities in developing teeth as dictated by the complexity of the problem and the individual needs of the patient. Early diagnosis and successful treatment of developing malocclusions (like overbites, underbites, and tooth crowding) by implementing preventive procedures (such as space maintenance and controlling bad oral habits) can have both short-term and long-term benefits, while achieving the goal of bite harmony, function and dental facial esthetics.



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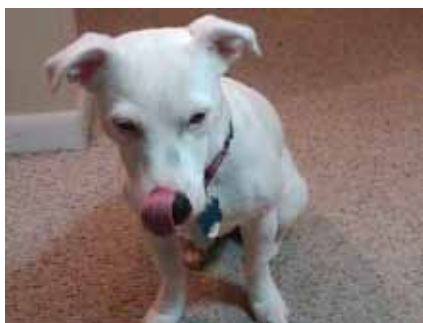
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Pet Food for Thought

A 14-year study published in the Journal of American Veterinary Medical Association several myths about canine nutrition have been busted. After following nearly 100 Labrador litter-mates, the results suggest that a 25 percent restriction of food intake — or maintaining an ideal body condition throughout a dog's life — increased the median life span of the dog by nearly two years and delayed the onset of most common chronic disease symptoms.

In addition to checking with your vet on what foods and supplements your growing or aging pet might need, consider a few of the **dog nutrition myths that have been disproved:**

1. All commercial dog foods are bad. Products do vary from good to average, but research has shown that the quality of commercial dog foods is more than adequate to meet proper nutritional requirements in all breeds of dogs.

2. A dog is unable to digest grains. While there is some truth to this statement, starch and grains that have been converted by the cooking process are digestible, depending on the quality and type of grain used. For dogs, rice is a better option than wheat or corn. 3. Dogs should never have any dairy products. Some dogs may not tolerate dairy products that contain high levels of lactose, but cottage cheese and yogurt are two options that do not contain high levels of lactose. Both are excellent sources of calcium and can be given to lactose-tolerant dogs safely.

3. Fat only gives dogs empty calories. The fact is, fats are a main source of energy for dogs. Fat is also essential for the proper absorption of vitamins A, D, E, and K, especially in low-saturated forms, such as

omega-6 and omega-3 fatty acids.

4. Raw eggs are an absolute no-no for dogs. This issue continues to spark debate, primarily because of the risk of salmonella poisoning. But dogs are far less susceptible to salmonella poisoning, and the occasional raw or boiled egg is an excellent source of protein for pooches.

5. A raw meat diet is the only one for canines. Many people continue to believe that dogs require a strict diet of raw meat to be healthy. The fact is, today's domesticated dog is no longer a true carnivore, and raw meat alone can no longer meet his nutritional requirements. Small amounts of grains, like rice, oatmeal, pasta, vegetables, and fruits, are a normal and desirable part of good dog nutrition.

6. A diet must be specifically tailored to a dog's age or breed. In most cases, a good diet for a dog is good for all dogs throughout their lives. However, puppies need more food than seniors, and older dogs may need supplements to replace vital nutrients that they have stopped making naturally due to the aging process.

According to the Centers for Disease Control and Prevention, 34.2 percent of Americans over age 20 were overweight as of 2008, and another 33.8 percent were obese. As human waistlines have ballooned, so has pets' girth: A 2009 national survey of veterinarians by the Association for the Prevention of Pet Obesity found that 45 percent of dogs and 58 percent of cats were overweight or obese. Those numbers revealed a 2 percent increase in dog weight problems from the year before, and a 5 percent increase for cats.

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A little Pet Humor: Cat Heaven!

One day a cat dies of natural causes and goes to Heaven. There he meets the Lord himself. The Lord says to the cat, "You've lived a good life and if there is any way I can make your stay in Heaven more comfortable, please let Me know."

The cat thinks for a moment and says, "Lord, all my life I have lived with a poor family and had to sleep on a hard wooden floor." The Lord stops the cat and says, "Say no more," and a wonderful fluffy pillow appears.

A few days later six mice are killed in a tragic farming accident and go to Heaven. Again the Lord is there to greet them with the same offer. The mice answer, "All of our lives we have been chased. We have had to run from cats, dogs, and even women with brooms. Running, running, running; we're tired of running. Do you think we could have roller skates so we don't have to run anymore?" The Lord says, "Say no more," and fits each mouse with beautiful new roller skates.

About a week later the Lord stops by to see the cat and finds him in a deep sleep on the pillow. The Lord gently wakes the cat and asks him, "How are things since you arrived?"

The cat stretches and yawns and replies, "It's wonderful here! Better than I could have ever expected. And those little Meals on Wheels you've been sending by are the best!!!"



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I ask my wife why she stays with
me...she says "You make me laugh"

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your life.

Richard Lewis

What is my favorite romantic spot?
You mean in the whole world or on
somebody's body?

Jackie Mason

I've been in love with the same
woman for forty-one years. If my
wife finds out, she'll kill me.

Henny Youngman

Fifty percent of the American
population spends less than ten
dollars a month on romance. You
know what we call these people? Men.

Jay Leno

My husband said he needed more
space. So I locked him outside.

Roseanne Barr

I met my wife in a bar. What a
surprise, I thought she was home
watching the kids.

Ron Dentinger

Love is grand; divorce is a hundred
grand.

Anonymous

I was nauseous and tingly all over. I
was either in love or I had smallpox.

Woody Allen

The last time I was inside a woman
was when I went to the Statue of
Liberty.

Woody Allen

The great question... which I have
not been able to answer... is,
"What... does a woman want?"

Freud

Marriage is the triumph of
imagination over intelligence.
Second marriage is the triumph of
hope over experience.

Samuel Johnson

To love is to suffer. To avoid
suffering one must not love. But
then one suffers from not loving.
Therefore to love is to suffer, not
to love is to suffer. To suffer is to
suffer. To be happy is to love. To
be happy then is to suffer. But
suffering makes one unhappy.
Therefore, to be unhappy one must
love, or love to suffer, or suffer from
too much happiness. I hope you're
getting this down.

Woody Allen

An archeologist is the best husband
any woman can have; the older she
gets, the more interested he is in her.

Agatha Christie

Gravitation cannot be held
responsible for people falling in love.

Albert Einstein

You can't put a price tag on love,
but you can on all its accessories.

Melanie Clark

So where how did Valentine's Day come about?

The Catholic Church recognizes three
martyred St. Valentines. One was a bishop
in Terni, one a priest in Rome and one was
not very well known other than he died in
Africa, in probably what is now Ethiopia.

So why all the romance? Many rumors,
but the most popular is of a priest in third
century Rome. As the Pope outlawed
marriage for young single men (they were
better soldiers than those with families),
the priest secretly still performed
marriages and was caught. While in jail
with a death sentence, it is believed he
wrote the first valentine to the jailer's
daughter who would visit him. As one
of his last acts, perhaps around the year
270, he wrote to his love a final note and
signed it "From your Valentine."

The Romans thought of February as
the beginning of spring and a time of
purification. During the Middle Ages,
it was commonly believed in France
and England that February 14 was the
beginning of birds' mating season, which
added to the idea that the middle of
February — Valentine's Day — should
be a day for romance. The oldest known
valentine still in existence today was
a poem written by Charles, Duke of
Orleans in 1415 to his wife while he was
imprisoned in the Tower of London.
Several years later, it is believed that
King Henry V hired a writer named John
Lydgate to compose a valentine note to
Catherine of Valois.

By the 17th century, Valentine's Day
began to be popularly celebrated in
Great Britain. It was common for friends
and lovers to exchange small tokens of
affection or handwritten notes by the
middle of the eighteenth century. By
the end of the century, improvements in
printing meant that printed cards began
to replace written. Open emotional
expression was discouraged so ready-
made cards were an easy way for people
to express them. Lower postage rates
also contributed to an increase in
the popularity of sending Valentine's
Day greetings. In the United States,
exchanging hand-made valentines
started in the early 1700's. In the 1840's,
Esther A. Howland began selling the first
mass-produced valentines in America.

Over a billion valentines are given every
year. Approximately 85 percent of all
valentines are purchased by women.

Building a Sumptuous Master Bath Can Require Finesse and Ingenuity

How the Brills of Burke, VA got a bigger, luxurious master bath without bumping out – and all before moving in.

By Tracey Longo

Marie and Greg Brill purchased a foreclosure in Burke, VA, and the big colonial needed a good bit of help, especially the master bath, which was dated and damaged. In fact, the couple needed a drastic structural renovation of the master bath before they moved in and hired Michael Nash Design & Build and Homes, the award-winning Fairfax-VA-based firm, to take on the challenge.

"There were just too many flaws with the existing bath for comfort's sake and the aesthetics were all wrong," said Marie Brill. "We wanted a bath that not only was functional, but was as beautiful as the rest of the home we were moving into and we knew we had to pretty much gut the old one to get it."

The solution? A complete redesign. "The couple needed fairly dramatic changes to their master bath before moving in so they hired us to design an upscale and luxurious bath that would meet both their living and design needs," said Sonny Nazemian, the president and CEO of Michael Nash Design & Build and Homes, Inc.

The design of the old bath was crowded and tight, with much of the space taken up by a large 5' by 10' tub and tub deck, a very small phone-booth size shower, limited vanities with no room for storage and a commode that was located between the tub and vanity in an awkward, tight space. The aesthetics were no better, Nazemian said. The bath was constructed out with builder-

grade materials in outdated colors and styles. Worse, the plumbing was leaky and the water had caused mold.

"We redesigned the whole space to be highly functional while fitting the Brills' sense of style and luxury," Nazemian said. "We installed a luxurious custom, frameless glass shower and relocated plumbing so we could add a soaker tub." The firm also custom designed cherry vanities with ample storage space, and large mirrors and used black granite countertops and natural tiles of varying sizes to complete the sumptuous feel and design of the room. For comfort, the commode was relocated to dormer space the firm smartly utilized.

To give the new bathroom adequate and pleasing light, Michael Nash Design & Build and Homes added a leaded glass French door to the bathroom's entrance – that along with the window gives the room two sources of natural light -- and installed all new recess and vanity lighting. In addition to replacing all insulation, dry wall and sub flooring, the firm also installed high efficiency exhaust fans that are vented to the roof, to ensure the new bathroom stays dry.

"We love our bathroom," said Brill. "It's lovely and exactly what we wanted. As important, it was delivered on budget and in just about a month, so we could move in right on time." The Brills were so pleased, they also used Michael Nash Design & Build and Homes to redo two other baths and their kitchen.

A Single couple needed drastic changes to their master before moving in.

Problems:

- The layout of a big 5' x 10' tub deck taking over most of bathroom space
- Vanities had little to no room for storage.
- To the right of bathroom dormer window with very small phone booth size shower
- Commode located in between the tub and vanity with an uncomfortable tight space
- Builder grade materials, outdated colors, and style
- Plumbing that had leaking with signs of mold was also an issue.

Solutions:

- Redesigned whole space
- Took down wall, between attic space and bathroom and enlarged a luxurious shower, with custom frameless enclosure.

- Relocated plumbing for new soaker tub added insulation and durock to seal off conditions for mold
- Designed his/her burgundy cherry vanities with much more storage space than before
- Relocated toilet into dormer space for a more comfortable feel
- Installed high efficiency exhaust fan and vented them to the roof
- Energy saving faucets were installed
- Rich dark porcelain tile in many different sizes to enhance space and make the room to appear even larger.

Overall Result:

- Client desperately needed new traffic space and new style concept. Contractor delivered a total satisfaction to the client with custom desired amenities and a better flow to the once crowded bathroom.



A few tid-bits just to give you a feel for what is happening around town....

OK, the serial burglar was caught.

After a hundred plus home intrusions, it was kind of anti-climatic... not quite like an Ocean's 11 thief many were fantasizing about.

The Tysons Connector has met

the same fate as the Falls Church GEORGE. It stopped running as of December 31. I've mentioned other cutbacks of the Fairfax Connector. The new Tysons will depend not only on a new circulator system that will start as buses, but it will depend on a changed mind-set to start using them. Let's hope we soon stop thinking our car every time we need to go to lunch down the street.

China Castle opened last year and it

looks like they may be out. The sign on the door of this restaurant on Old Courthouse near 123 says they are doing construction work, but I have seen them closed last year on Sunday nights, on Holiday weekends etc. Isn't that the best time for Chinese?

As for the former Narita Japanese Restaurant space in that same Old

Courthouse Strip, it has new paper blocking the windows. All anyone

knows is that it will be another Japanese restaurant. Problem with the space is that it shares a back entrance and bathrooms with Subway. We're still waiting.

The Original Pancake House offered up a free pancake breakfast for

those in need Christmas morning. Customers and employees of L.L. Bean also provided donated items.

As for the former Original Pancake House space at 344 West Broad in

Falls Church, look for Dave's Famous BBQ to take it in 2011. Chipotle opened in that center a few months ago, let's hope the parking lot can handle it.

I'm one of those lucky Fairfax County residents that pay the City of Falls Church for water. With all the news and all the big numbers floating around, I'm thinking I might hit the lottery here. Actually, the lawyers will. Representing the largest users of water, they'll probably earn a pretty penny, people like me are just thrown in to make it a bigger case. It still won't stop my 16 year old from taking twenty minute showers, but I'll take the few bucks anyway, or at least give me some more water pressure. I'm not holding my breath.

On our "print night," we had the pleasure of bringing in pizza from the new Monaco Wood Fired Pizza and Deli that opened at the end of December at Walker and Colvin Run Roads in Great Falls. I have to say that it was pretty good. I love good pizza places. This one is worth checking out.

Another brick oven pizza place is still in the works in McLean. Red

Tomato is still under construction (as of January) in the Salona Shopping Center. Being near the popular McLean Family Restaurant, they'll be

fighting over parking spaces.

The owners of McLean Family Restaurant opened McLean 1910

in the former Three Pigs space at 1394 Old Chain Bridge Road. A very nice contemporary build out with an inviting bar offering upscale American cuisine. Haven't had the pleasure of eating there yet, but it was surprisingly crowded on the snowy night in December I stopped in for a drink.

DIYA has opened in the former Friday's space at 2070 Chain Bridge. Check out the article we wrote on page 40.

Other new casual restaurants in the pipeline are Burger 7 in the former

Burrito Brothers space in Idylwood Plaza and Sweetleaf who is opening a second location in the new modern building at 256 Maple Ave at Glyndon in Vienna. Burger 7 will be a fresher and healthier take using freshly ground grass-fed organic Angus meat for their burgers. Sweetleaf had an existing location in McLean and will be a community cafe offering fresh salads, sandwiches, ice cream and frozen yogurt.

Peter Pagonis of Mykonos Grill in Rockville is moving along with

Nostos that will occupy the former Chutzpah Deli space. They are shooting for a February opening, but construction looks like it's moving a bit slowly.

I don't live too, too close to the Metro construction, but it had been a nice alarm clock as the banging of I-beams being driven into the ground starts most mornings at 7:30 am. Only about 250+ hits to drive these piles in the ground. That stage of construction should hopefully be finished in the coming weeks. You can

see a picture on page 114.

Speaking of noise, the Town of Vienna will probably soon change their noise ordinance to allow construction work on Sundays. This was previously a no-no, but the Town feels that construction on Sundays is now OK, as early as 7:30 am.

My first impression of Michel, the latest endeavour of Michel Richard at the Tysons Ritz was a good one. They definitely had some opening jitters, but the food was delicious and the atmosphere was upbeat and comfortable. I had the eel carpaccio and the veal cheeks, not standard restaurant selections, but perfectly prepared and presented. Not pricier than I expected, except for the wine list. We may even see some DC folks trekking out to Tysons for this.

It just seems unusual that the newest frozen dessert places opened as the weather was getting colder. The latest addition is Red Mango at 431 W Maple Avenue. Originally from South Korea, this frozen yogurt shop focuses on healthy natural yogurt, the tangy kind. I'm not the biggest fan of tangy yogurt, but there are ten flavors and many fresh topping that keep it interesting. It's a pretty sleek and modern self serve operation (pay by the ounce). Molly's Yogurt just a block west has a more casual neighborhood feel. Try them both and decide for yourself.

El Zunzal at 917 West Broad next to Crisp and Juicy (my favorite rotisserie) in Falls Church is up for sale, at least the building is. The two acre

site is on the market for \$1.6 million and they may be close to a deal. The Mexican and El Salvadoran cuisine here is pretty good, but with all the higher density development along Route 7, it may be the next casualty. Hopefully not too soon.

Upscale Resale's lease is coming up this spring, and the owners of the property are looking to renovate. The new Shoppes of Merrifield will be the a small center marketed to those businesses that may not want to pay the higher rents of the major

The smallest patch of green to arrest the monotony of asphalt and concrete is as important to the value of real estate as streets, sewers and convenient shopping.

JAMES FELT
New York Times,
June 28, 1960

developments underway in the Merrifield area. No news as to what will happen to fine furniture reseller and consignor.

I will soon have a choice during my regular trips down Branch Road to the Giant in Vienna. The Fresh Market is coming this spring in the old That's Amore and Hancock Fabric spaces. This 100+ store chain from North Carolina has the atmosphere of an open European style market. Construction activity started in early January. A new grocery choice is always a good thing.

My kids think Chipotle is one of the food groups (I don't get it), and since they moved from their mall location next to Bloomies, which had easy illegal parking in the loading zone, it has been a bit of a hassle to pickup an order at the new location now completed near Panera. The move was due to pending construction of a new two story American Girl store.

When I was a kid, being a policeman was a top career choice. I'm not in good enough shape, but the Vienna police department is looking for a few good men (or women).

What's in a name? Tysons Central 7, Tysons Central 123, Tysons East, Tysons West are the proposed names of the four Metro stations. Blah, blah, blah. Give us something with a little meaning and a sense of place or of neighborhood. Isn't that the vision? These were the names put on the original plans, now we need real ones. Send us what you think and we'll print the better ones next issue.

Don't be that guy who annoys me and others by talking and texting on the road. It's not safe with all the construction distractions already out there, and even when waiting at a light, you cause delays. 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.

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 in 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.



"Go outside and play, but stay out of the sandbox. You know what that does to your cell phone."

The Indians ask their chief during the fall if the winter was going to be cold or not. Not really knowing an answer, the chief replies that the winter was going to be cold and that the members of the village were to collect wood to be prepared.

Being a good leader, he then went to the next phone booth and called the National Weather Service and asked, "Is this winter to be cold?"

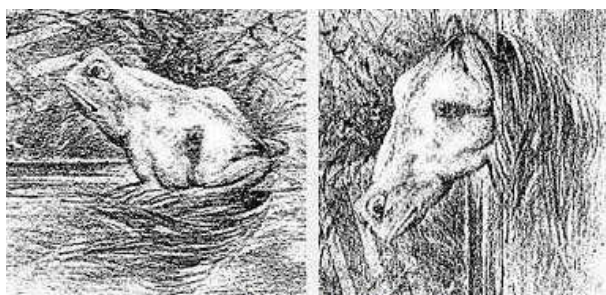
The man on the phone responded, "This winter is going to be quite cold indeed."

So the Chief went back to speed up his people to collect even more wood to be prepared. A week later he called the National Weather Service again, "Is it going to be a very cold winter?"

"Yes", the man replied, "it's going to be a very cold winter."

So the Chief goes back to his people and orders them to go and find every scrap of wood they can find. Two weeks later he calls the National Weather Service again: "Are you absolutely sure that the winter is going to be very cold?"

"Absolutely," the man replies, "the Indians are collecting wood like crazy!"



What does the frog on the left and the horse on the right have in common?

Telling the truth or a lie? A man is traveling to a town and comes to a fork in the road. One way takes him to the liars' village (where everything a villager says is a lie). If he goes the other way, he then goes to the village of truths (where every villager speaks the absolute truth) - which is where he wants to go. However, he does not know which way is which. He doesn't have time to go both routes, so he approaches a stranger who is standing in the middle of the fork. The stranger is either from the liars' village or the village of truths, but the man does not know which one. What single question could he ask him to find out which path of the fork leads to the village of truth?

Teenagers, are you tired of being harassed by your stupid parents? Act now. Move out, get a job, and pay your own bills - while you still know everything.

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

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

- How can you arrange four ordinary identical wineglasses on an ordinary flat top table so that "foot" (center of the bottom of the stem) of each is the same distance from ALL the others?
- Greater than God, More evil than the devil. The poor have it, The rich don't need it. If you eat it, you'll die. What is it?
- If you count 20 houses on your right going to the store and 20 houses on your left coming home, how many houses did you count?

Winter Warmer 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		

Across

1. Saute
4. Provide
7. Iranian monetary unit

Down

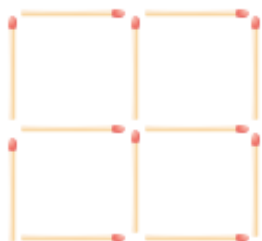
9. Rake
10. Fiend
11. Smidgen
12. Visible
14. Acct.

15. Shakespearean play
19. Unmixed
20. European
22. Employed
23. Ill
24. Pigpen
25. Born: Fr.

Down

1. To and ___
2. Outfits
3. Agile
4. Puddle
5. Stringed instrument
6. Indeed; truly
8. Bled
9. Vulgar persons
13. Imitate
15. Boot out
16. Playing card
17. Rest
18. At one time
19. Infected fluid
21. Also

Start with this grid of 12 matchsticks, remove two of them so that there are only two squares left.



Stieg Larsson Books

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

BERGER	HACKER	PROSTITUTE
BIKER	INTRIGUE	PUNK
BJURMAN	JOURNALIST	SEX
CHAINSAW	KIDNAP	SWEDEN
CORRUPT	LIBEL	TATTOO
DISGUISE	LISBETH	THRILLER
FINANCE	MURDER	VANGER
FINGERPRINT	NEST	VIOLENCE
GENIUS	NEWSPAPER	
GIRL WHO	PALMGREN	

Very Clever Anagrams

An anagram is a word or phrase that is made by reusing all the letters of the original word.s Check these out!

ASTRONOMER: MOON STARER	DORMITORY: DIRTY ROOM	SNOOZE ALARMS: ALAS! NO MORE Z'S
DESPERATION: A ROPE ENDS IT	SLOT MACHINES: CASH LOST IN ME	A DECIMAL POINT: I'M A DOT IN PLACE
THE EYES: THEY SEE	ANIMOSITY: IS NO AMITY	THE EARTHQUAKES: THAT QUEER SHAKE
GEORGE BUSH: HE BUGS GORE	ELECTION RESULTS: LIES - LET'S RECOUNT	ELEVEN PLUS TWO: TWELVE PLUS ONE
THE MORSE CODE: HERE COME DOTS		MOTHER-IN-LAW: WOMAN HITLER

Can you answer these trivia questions???

1. What twelve animals are featured in Chinese astrology?
2. What is the only word in the English language that ends in 'mt'?
3. There are lots of countries and continents that begin with the letter 'A'. Only two of them differ from the rest in a very obvious way; which two and why?
4. Catholic bishops are allowed seven of them, priests five, and ordinary people one; what are they?
5. What's the longest word in the English language with only one vowel (which appears only once in the word)?
6. Whose secret ingredient is code-named 7X?
7. Why do we clink glasses when we say 'cheers' (or 'skol' or 'good health' etc)?
8. Can you name three different pairs of words that sound exactly the same but have opposite meanings?
9. If you were to spell out numbers starting at zero, how far would you need to count to find the first letter A?

WINTER LAUGHS

What do chefs call "Baked Alaska" in Alaska? "Baked Here"

What did the detective in the Arctic say to the suspect?
"Where were you on the night of September to March?"

What do you get from sitting on the ice too long? Polaroids!

Why does it take longer to build a blonde snowman than a regular one? You have to hollow out the head.

What did the big furry hat say to the warm woolly scarf?
"You hang around while I go on ahead."

What do you get when you cross a snowman with a vampire? Frostbite

What do you call a snowman in the summer? A puddle

If you live in an igloo, what's the worst thing about global warming? No privacy!

What do Snowmen call their offspring? Chill-dren

What happened when the snowgirl broke up with the snowboy? She gave him the cold shoulder!

Heaven's Ugliest Women

Three men were waiting at Heaven's Gate. St. Peter says, "OK, guys, pretty much anything goes up here, but whatever you do, never lie, or you will spend the rest of eternity with the ugliest women in the universe."

So they all agree and are admitted in. The first guy makes it a week before he lies about how rich he was on Earth. Bam! Right at his side appears the ugliest woman he had ever seen. The second guy makes it another couple weeks before he lies about how smart he is. Bam! At his side appears the second ugliest woman in the universe.

So the first two guys are walking around with their monsters of women when they see their third friend walking with the hottest woman ever conceived by man. The first two guys say in unison, "How did you land with that babe when we get stuck with these nasty women?"

He nudges the babe and says, "Tell them." She says to the first two guys, "I lied."

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. -Bill Vaughn

Always be nice to your children because they are the ones who will choose your rest home. -Phyllis Diller



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

Viva Tysons! Magazine wants to hear from you.

We know that our readers know the best places to eat. We want you to tell the rest of our readers about your favorite finds. Send us your review of a local Tysons area restaurant. If we print it, you get a \$50 gift certificate to a fine area restaurant! So what's the catch? Just the catch of the day! Creative, sincere, and well written reviews will get to the top of the stack, so put some thought into it. Who knows? Maybe you'll get a regular column! Send your review to comments@vivatyson.com, put **REVIEW** in the subject line and try keep it under 600 words. Deadline is February 20th at midnight. Bon appetite!

Hopefully your next meal there will be on us!



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

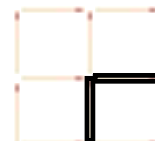
7	5	6	1	8	2	9	3	4
8	9	2	3	6	4	1	7	5
1	3	4	7	9	5	8	6	2
6	7	9	5	4	1	2	8	3
3	8	1	2	7	9	5	4	6
2	4	5	6	3	8	7	9	1
5	6	7	8	1	3	4	2	9
9	2	8	4	5	6	3	1	7
4	1	3	9	2	7	6	5	8
F	R	I	P	L	P	L	Y	
R	I	A	L	R	O	U	E	
O	G	R	E	I	O	T	A	
S	E	E	A	B	L	E		
			C	P	A			
		O	T	H	E	L	L	O
		P	U	R	E	D	A	N
		U	S	E	D	S	I	C
		S	T	Y			N	E

Frog/Horse: the pictures are the same, just rotated ninety degrees. Cool!
Truth/Lie: He should point to one of the directions and ask the man "are you from the village down this path?" If the answer is yes, then it is the path to truth, if no, then the path goes to the liars.

Wine Glasses: Place three glasses at three points of a triangle each a wine glass length apart. Place the fourth glass upside down in the middle. Each "foot" will end up equidistant from each other.

What am I? Nothing
 How many houses: You only counted twenty houses (the same houses twice).

Trivia: 1. Chinese Years: horse, sheep, monkey, rooster, dog, boar, rat, ox, tiger, rabbit, dragon, snake. 2. Dreamt 3. Afghanistan and Azerbaijan. The rest of the countries and continents also end in the letter "A". 4. A cross. 5. Strengths 6. Coca Cola 7. In ancient Greece, poisoning was a common method of dealing with one's enemies, so the precautionary practice developed for both guest and host to pour a little of their wine into each other's glasses. As a sign of trust, glasses were merely clinked, as if to say that the precaution was not needed. 8. Raise (build up) and Raze (destroy to the ground), wave (dismiss) and waive (allow) sent and scent (as in 'dispatch to' and 'receive from' - not quite so clear-cut as the first two pairings, and not the same tense, but opposites nevertheless), pair and pare (to increase by doubling-up, and to reduce by cutting or trimming away) 9. One Thousand



We didn't say they had to be the same size square

2011 HOROSCOPE

JANUARY

ARIES: Avoid the idea that your fate is unavoidable. What you do now can change the future. Think about the areas of your life that are in jeopardy and make a plan to get out of danger, be it financial, in love or health.

TAURUS: The beginning of a new year puts you in a mood for change. Make it a happy mood because the stars predict a lucky year for you. Set the stage and watch the good things happen.

GEMINI: When that certain person says something that is offensive to you, detach from the situation. It could be that he or she is going through a difficult time and has a tendency to be rude. Live and let live.

CANCER: The stars predict that you will be tested this month. The test could be by a partner who seeks proof of commitment, whether or not the test is obvious. Respond with kindness and see the happy results.

LEO: You have places to go and things to do, but you'll find that your effectiveness will reach its peak in January. With careful calculations, you will be able to handle it all.

VIRGO: The holiday rush is over. After the decorations are stored away, you can take a deep breath and arrange some me time. If it's your turn for a few days off at work, take them. Get away and recharge.

LIBRA: Your taste for the "good things" could be at odds with your budget. Avoid competing with friends and neighbors for possessions. Instead, kick back, pay some bills, and begin to enjoy your life.

SCORPIO: Your ability to handle matters and move on serves you well. It also puts you in a forgiving mood. If slings and arrows come your way just be amused rather than aggravated.

SAGITTARIUS: Before this latest development, things seemed to be going well at work. Do your best to take the change in stride, and you will soon be on top of things again.

CAPRICORN: Let your creativity come out whether you are playing with a child or having a good time with a loved one. Your great imagination surprises and delights many people.

AQUARIUS: An even pace makes for a more efficient day, but sometimes demands create hectic ups and downs. Do what you can to calm the waters and get the work done. Tomorrow could be back to normal.

PISCES: It's easy to become so absorbed in your work-a-day life that you forget about your friends. Take opportunities to get back in touch with your pals, or create the opportunities yourself. It's good for you.



FEBRUARY

ARIES: You've been really busy, but if you want your partner to open up about a certain problem, you'll have to spend time at home. Be careful not to do anything to distance yourself. Let your partner communicate.

TAURUS: While you are usually a laidback type, at times you can be very controlling. It's best not to show this side of your personality when you are dealing with co-workers.

GEMINI: Looking for good news? The stars predict that it's coming your way. Sometimes good news is hard to recognize. Watch for it both in your work life and your personal life. Embrace it for what it is.

CANCER: Your Valentine will be waiting for you to appear on February 14. Don't show up without a gift, be it large, small or maybe just a funny or romantic card. Judge for yourself which one would be best.

LEO: When you find your edge has dulled and your enthusiasm is waning, it could be time to take a break. If a spring vacation is not in the cards, see if you can arrange at least a three-day weekend. Get away.

VIRGO: The deal seems promising, but if your instinct tells you it's not right, back off. A deal could be coming for you when the time is right and you have both the money and the desire for it.

LIBRA: Careers and health flourish with attention to detail. One of those areas is begging for your attention. Don't take the easy way, though right now you may think it is an option.

SCORPIO: Charitable and volunteer work are among the greatest gifts you can give to others. But the one who really benefits is you. Your life is made rich by what you contribute, not by what you accumulate.

SAGITTARIUS: Consider what you are looking for in a friend, or you may attract the wrong sort. It's OK to socialize with various types of people, but a friend should be chosen carefully. If you're lucky, you'll find one.

CAPRICORN: Spring weather is giving you the urge to get out into the open. It's one urge you should satisfy. When you work in the yard, walk in the countryside or play an early round of golf, the world goes away.

AQUARIUS: When you go out looking like a million bucks, compliments come your way. It's fun, but your partner might not be having such a good time. Be caring. Next time it could be the other way around.

PISCES: Your taste for luxury and fine things could be in direct conflict with the realities of your life. It's probably a good time to tame spending and check your true financial circumstances. Save some money!

Tyson's Quick Guide

So there have been several frozen dessert places that have opened as the weather has gotten colder. We've taken a look around and have found a multitude of choices in our area, some areas have many more than others, but whether it's gelato, custard, ice cream or frozen yogurt, there is something to make everyone happy... even if it's freezing outside.

FALLS CHURCH

Baskin Robbins
1140 West Broad Street, Falls Church, VA
(703) 532-6100

Cold Stone Creamery
8190 Strawberry Ln # 7, Falls Church, VA
(703) 992-9805

Mikes Deli at Lazy Sundae
112 North West Street, Falls Church, VA
(703) 532-5299

MCLEAN

Cold Stone Creamery
7852 Tysons Corner Ctr # E, McLean, VA
(703) 288-9205

Dairy Queen
7942 Tysons Corner Ctr, McLean, VA
(703) 356-3338

Dippin' Dots
1961 Chain Bridge Rd, McLean, VA
(703) 790-9500

Haagen-Dazs Shop
1961 Chain Bridge Road, McLean, VA
(703) 883-2090

Hershey's Ice Cream
1961 Chain Bridge Road, McLean, VA
(703) 761-3131

Sweet Leaf Cafe
1359 Chain Bridge Road, McLean, VA
(703) 893-2323

Yogen Fruze
1961 Chain Bridge Road, McLean, VA
(905) 479-8762

VIENNA

Baskin Robbins
Suite A, 120 Branch Road, Vienna, VA
(703) 281-0031

Cafe Nemooneh
525 Maple Ave, West, Vienna, VA
(703) 242-2233

Cold Stone Creamery
205 Maple Avenue East, Vienna, VA
(703) 281-1940

Dairy Queen
304 Maple Avenue West, Vienna, VA
(703) 242-3820

Molly's Yogurt
521 Maple Ave West, Vienna, VA
(703) 938-4221

Nielsen's Frozen Custard
144 Church St NW, Vienna, VA
(703) 255-5553

Plush Gelato and Coffee
175 Maple Avenue East, Vienna, VA
(703) 938-2655

Red Mango
431 Maple West, Vienna, VA
(703) 865-8400

A quick primer in common frozen desserts:

Frozen custard is a cold dessert similar to ice cream, made with eggs in addition to cream and sugar. It must contain at least 10% fat, but may contain up to 18% depending on the amount of egg yolks and cream added. It is usually thicker than ice cream due to a slower churn process that incorporates less air in the product.

Ice cream is a frozen dessert usually made from dairy products, such as milk and cream, and often combined with fruits or other ingredients and flavors. Most varieties contain sugar, although some are made with other sweeteners. This mixture is stirred slowly while cooling to prevent large ice crystals from forming; the result is a smoothly textured ice cream. It must contain at least 10% milk fat.

Frozen yogurt is a frozen dessert made from, or containing yogurt or other dairy products. It is slightly more tart than ice cream, as well as lower in fat (due to the use of milk instead of cream). It differs from ice milk (more recently termed low-fat or light ice cream), which does not include yogurt as an ingredient. Unless it specifically says "non-fat," there is no limit to how much fat it can contain.

Gelato is Italy's regional variant of ice cream. As such, gelato is made with some of the same ingredients as most other frozen dairy desserts. Milk, cream, various sugars, flavoring including fruit and nut purees are the main ingredients. It usually contains about half the fat of ice cream, but not necessarily.

Enjoy!

Lilian Jorgenson

has SOLD OVER \$1 BILLION in her career!



Neptune Dr, Alexandria
\$4,890,000 *Call for info*



Clover Leaf Dr, McLean
\$1,349,000 *Call for info*



Waverly Way, McLean
\$3,795,000 FX7293719



Brook Road, McLean
\$4,950,000 FX7328588



Lot 1

Chesterwood Estates

Springvale Rd, Great Falls
\$1,985,000 FX7480521



Tilton Valley Dr, Fairfax
\$1,599,000 FX7463532



Brecknock St, Oakton
\$1,475,000 FX7472875



Brecknock St, Oakton
\$1,875,000 FX7482752



Chesterwood Estates

Lot 2, Great Falls
\$2,245,000 *Call for info*



30th Road N, Arlington
\$1,799,000 AR7381725



Aryness Drive, Vienna
\$1,950,000 FX7457461



37th Road N, Arlington
\$1,749,500 AR7474376



Chesterwood Estates

Lot 3, Great Falls
\$2,245,000 *Call for info*



Vernon Dr, Great Falls
\$1,999,000 FX7387459



Wolftrap Run Rd, Vienna
\$749,000 FX7455951

*"Let's write
a contract
together...
I would love
to hang a
SOLD sign
on these
properties."*



Visit my website for photos,
floor plans & more!



McLean Sales Office 703-790-1990

#1 Agent, McLean Sales Office

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