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On the Cover:  
Watercolor of The State Theater by local artist Bill Abel. His work is on  
exhibit at Art and Frame of Falls Church.  
Bill can be reached at (703) 283-6260.  
[www.WhereArtHappens.com](http://www.WhereArtHappens.com)

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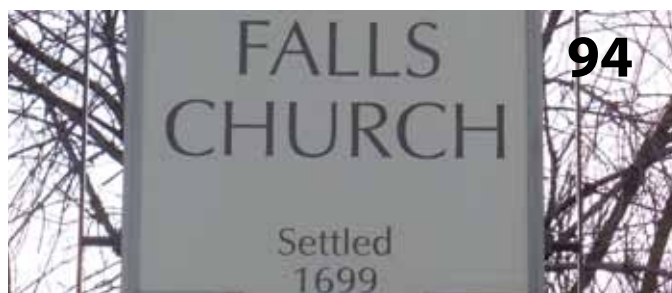
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Prices subject to change without notice. Certain restrictions may apply. See a Neighborhood Sales Manager for details.





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March-April 2011

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**On the Cover:** Watercolor of The State Theater by local artist Bill Abel. His work is on exhibit at Art and Frame of Falls Church. Bill can be reached at (703)283-6260 or [www.WhereArtHappens.com](http://www.WhereArtHappens.com)

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## FROM THE PUBLISHER...

Here comes spring....

As we move away from the cold and into the spring, it's nice to see so many merchants and service providers gearing up for what will hopefully be a great start for 2011. We have a great read in store for you, and we hope you enjoy the many articles and stories our contributors have prepared for you.

We took the time to spotlight the "Little City" of Falls Church, just down the road. With so many great restaurant choices, merchants, service providers and historic areas, we've long considered it part of the Tysons experience. We hope you take the time to explore the stories and the area. I think you'll agree with us...it's a wonderful "Little City."

For many of us who have had friends or acquaintances in need of recovery, of any kind, we explore the gift that is "The Unity Club" which has been serving our area for over 25 years. Truly, a gift to the many that need the companionship, guidance and support with the transition to a better life.

Allison tours some Virginia Vineyards a short hop from our town and gives you some great ideas for a "Spring Jaunt." Judy Caplan helps use make some sense of the new Dietary Guidelines (March is National Nutrition Month), and Cindy gives us some tips on Shaping Our Legs and Buttocks (Lunge!)

Lisa Leibow is on the book beat with her thoughts on the Kindle, Chef Bonita walks us through some Gluten Free Recipes, and Keith Loria highlights The Marshall Academy- The local high school offering professional level training.

Spring Lamb and Red Wine? Trust Tomme to help you with some selections for your dining pleasure, Denise shows us how to "Spruce up you Curb Appeal" and Michael Amouri takes us 'round the world "cup by cup."

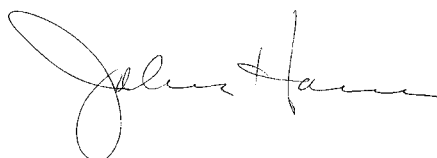
Dennis has been busy updating us on the incredible developments around us (nobody does it better) with some fabulous shots and illustrations of the metro projects, Mosaic District, Falls Church Gateway, and The CityLine Project. Local artist Robert Gilbert of Great Falls is featured as well as some information on the upcoming Great Falls Artists Annual spring sale.

Beth Chung is at it again, showing us more about the virtues of Eco-Friendly Home Remodeling, Leigh is still talking about shoes, coach Amy has answers to your questions on love, dating and marriage, and "Old School Dancing" is back!

Plus ... some exciting new restaurants, some new ways to "stretch your dollars" a little history of Clyde's of Tysons and so many other "Hometown" stories to share with you.

As always, we wish to thank our readers, contributors, advertisers, merchants and service providers that keep the support coming and hope you will let us know how to better enhance your "Tysons Experience."

Cheers,



Johnny Hanna, Publisher





# March

## MARCH 12

### Celtic Music Concert

Cherry Hill Farmhouse  
8-10pm, (703) 248-5027  
312 Park Ave, Falls Church  
Tickets: \$15, fallschurchva.gov  
Enjoy a lively evening of Irish music with the band Point O' Call. Musicians will perform on banjo, mandolin, fiddle, flute, concertina, and guitar in the intimate atmosphere of the Farmhouse parlor.

### Night Sky Festival

Riverbend Park  
7-9pm, (703) 222-4664  
Nature Center, 8700 Potomac Hills St, Great Falls  
Fee: \$5, fairfaxcounty.gov/parks  
Enjoy activities including guided star gazing, looking through the telescope and listening to ancient stories about the constellations around the campfire. Saturn is this event's featured planet. Other activities and games ongoing throughout the evening. Hot chocolate and snacks available for purchase.

## March 13

### Sunday Soirée Series- "In The Groove"

McLean Community Center  
3-5pm, (703) 790-9223  
1234 Ingleside Ave, McLean  
Tickets: \$5, mcleancenter.org  
Dance or just listen to the music of The Wayne Tympanick Trio (www.waynetympanick.com). This is the perfect way to spend a Sunday afternoon.

## March 17

### St. Patrick's Day- Time to Celebrate at a local Irish Pub

### The Old Brogue

1pm-close, (703) 759-3309  
760 Walker Road # C, Great Falls  
oldbrogue.com  
Live entertainment all day provided by Ted Garber, visit www.tedgarber.com.

### Irelands Four Provinces

8am-close, (703) 534-8999  
105 West Broad St, Falls Church  
4psva.com  
Offering breakfast from 8-10am,

3 course menu for lunch and dinner, visit site for more details. Large heated tent outside on patio, live music all day by 'The Dirty Pints', giveaways, fun and crazy antics all day!

### O'malley's Pub

5pm-close, (703) 893-2100  
1960 Chain Bridge Rd, McLean  
Located in the Crown Plaza  
omalleyspub.com  
Live music 5-9 pm. All day happy hour specials, corned beef and cannage and other food specialties.

## March 18

### Rockin' into Spring Dance

McLean Community Center  
8-11pm, (703) 790-9223  
1234 Ingleside Ave, McLean  
Tickets: \$20/\$10 McLean district residents, 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 a cash wine bar. Save the date!

## Mar 18 & April 8

### Amphibians After Dark

Riverbend Park  
7:15pm, (703) 222-4664  
Nature Center, 8700 Potomac Hills St, Great Falls  
Fee: \$7/\$9 (in/out county)  
fairfaxcounty.gov/parks  
Assist park naturalists with a calling amphibian survey. Learn how to identify frogs and toads by their calls as we explore pools and ponds. Children must be accompanied by a registered adult.

## March 19

### Moonlight Garden Walk

Meadowlark Botanical Gardens  
6:30- 8pm, (703) 255-3631  
9750 Meadowlark Gardens Ct, Vienna, Free Admission  
nvrpa.org/park  
Join our naturalist for a special opportunity to explore Meadowlark Gardens at night. Keep your eyes and ears open as we search the gardens for our local nocturnal wildlife. After the walk, enjoy a nice warm fire in the visitor center. Meet in the Meadowlark visitor center. Contact: cpitrizzi@nvrpa.org



### All You Can Eat Spaghetti Dinner

Vienna

Volunteer Fire Department  
5-8pm, (703) 919-7630  
400 Center Street South, Vienna  
Tickets: \$8 adults (13yrs+), \$7 seniors (65yrs+), \$4 child (4-12yrs), 3yrs and under FREE  
vvfd.org  
Hosted by the Vienna Volunteer Fire Department Auxiliary, the Spaghetti Dinner includes all you can eat Spaghetti, meatballs, bread, salad, ice tea, lemonade and water. The Auxiliary will have home-made baked goods for sale. All proceeds of this event will benefit the Vienna Volunteer Fire Department and assist in purchasing their new Canteen Unit. Questions email joanie@vvfd.org or auxiliary@vvfd.org.

## March 19-20

### Amateur Photography Exhibit

Vienna Community Center  
7pm, (703) 255-6360  
120 Cherry St SE, Vienna  
viennava.gov  
Ribbons will be awarded in eight categories: animals, architecture, nature, pictorial, scenic, photojournalism, portraiture and digitally enhanced. There will be a separate section for Middle School and High School students grades 7-12. Assisted by Vienna Photographic Society.

### Spring Clean-up

Claude Moore Colonial Farm  
10am-3pm, (703) 442-7557  
6310 Georgetown Pike, McLean  
1771.org  
Our Spring Cleanup event is a lot of fun. It is a chance to get outdoors, and shake off the winter blues by getting some exercise and socializing with new people. We even provide a hot dog lunch! So if you've ever wanted to whitewash, use a tractor-powered log splitter, build a dam or fill plant pots, come join us for our Spring Clean-up event. We've got a lot to do! Come along, bring a friend, bring the family. Bring

your work gloves and expect to get dirty! Please RSVP.

## March 20

### Camp Grow! Open House

Meadowlark Botanical Gardens  
2- 4pm, (703) 255-3631  
9750 Meadowlark Gardens Ct, Vienna, Free Admission  
nvrpa.org/park  
Meadowlark Botanical Gardens will host an Open House for its spring break and summer camp program, Camp Grow! Join us for a walk to the historic Log Cabin and a preview of camp activities.

## March 24-26

### Oakton Library Used Book Sale

Oakton Library, (703) 242-4020  
10304 Lynnhaven Place, Oakton  
Thur 1pm-7:30pm, Fri 10am-6pm, Sat 10am-4pm. Donations taken until March 10.

# April

## April 1

### Claude Moore Colonial Farm Opens!

Claude Moore Colonial Farm  
10am-4:30pm, (703) 442-7557  
6310 Georgetown Pike, McLean  
1771.org  
The Farm welcomes the public for the 2011 season. Open Wednesday through Sunday, from 10am to 4:30pm, April 1 through December 11. The Farm is closed Mondays, Tuesdays, Independence Day, Thanksgiving Day and during inclement weather.

### Macdonald Arts

### Scholarship Competition

McLean Community Center  
9am-5pm, (703) 790-9223  
1234 Ingleside Ave, McLean  
mcleancenter.org  
Application Deadline: April 1  
Preliminary: 1st week of May  
Final Competition: May 20  
The McLean Community Center recognizes the hard work and talent of young performing and visual artists through the James C. Macdonald Arts Scholarship Competition. Prizes are awarded to three finalists in each of four categories: Dance, Music, Theatre and Visual Arts. High



School students in the McLean tax district are eligible to apply. For information, contact Kathy Herr at [kathleen.herr@fairfaxcounty.gov](mailto:kathleen.herr@fairfaxcounty.gov).

## April 2 5K Run & One-Mile Fun Run

James Madison HS Stadium  
9am, (703) 319-2462  
2500 James Madison Dr, Vienna  
[active.com/Keyword:Mad5K](http://active.com/Keyword:Mad5K)  
Pre-Registration: \$20 adults/\$15 students; Race day Registration: \$25 adults/\$15 students  
This is a fundraiser for our Track & Field team. The race is conducted in/around Madison high school and offers T-shirts, race prizes by age group, door prizes, sponsor coupons, and food/drinks!

## Tea & Chocolate Pairing

Colvin Run Mill  
10017 Colvin Run Road, Great Falls 1-3 pm  
In Celebration of the 200th anniversary of Colvin Run Mill Join Chef Laurie Bell of Great Falls Tea Garden in a tea & chocolate pairing. Learn about the main growing regions and botanical aspects of the tea plant and the cacao tree and how they were introduced to America. Taste diverse teas and styles of chocolate including the types of teas first enjoyed by early Americans. Learn how to pair these two delectable treats. Pre-paid registration of \$25 per person required by March 19. Call Colvin Run Mill 703-759-2771 to register.

## April 2-3 Patrick Henry Library Book Sale

Henry Library, (703) 938-0405  
101 Maple Avenue East, Vienna  
Free Parking/Admission  
Regular sale Saturday from 10am-4pm, special sale Sunday from 11am-2pm. Fill-a-Bag with books for only \$5! Featuring thousands of top-quality used books, CDs and movies at low, low prices. In hard economic times our will prices remain the same: Hardbacks \$2, trade paperbacks \$1, pocket paperbacks 50 cents! (Some

valued books are priced higher). CASH only. All proceeds benefit our community library. Sponsored by the volunteers of the Friends of the Patrick Henry Library. Questions: email [FPHL101@gmail.com](mailto:FPHL101@gmail.com).

## April 9 McLean Spring Community Garage Sale

Business Bank Parking Garage  
9am – 1pm, (703) 790-9223  
1451 Dolley Madison Blvd, McLean, [mcleancenter.org](http://mcleancenter.org)  
Want to sell? Registration is open NOW! Spaces cost \$40 and are allotted on a first-come, first-served basis. Use Activity No. 2003.311. Deadline to apply online is April 4. All applications thereafter and through April 6, must be completed in person at the McLean Community Center where you will have to pick up the registration packet in person. This is a very popular community garage sale so please register early.

## April 10th STARSHIP Celebrates 40th Anniversary!

State Theatre, (703) 237-0300  
Open: 5:30pm/Showtime: 6:45pm  
220 N Washington St, Falls Church  
Tickets: \$40, [thestatetheatre.com](http://thestatetheatre.com)  
JEFFERSON STARSHIP embarks on the band's 2011 tour marking 40 years since the release of their first album "Blows Against the Empire." Jefferson Starship celebrates this landmark with a one-of-a-kind, additional show combining their first album with the sci-fi classic "Blade Runner." Every ticket purchaser will receive a FREE soundboard download of the show!!

## April 15 Family Flashlight Egg Hunt

Vienna Community Center  
7pm, (703) 255-6360  
120 Cherry St SE, Vienna  
Tickets: \$3, year and under FREE  
[viennava.gov](http://viennava.gov)  
Enjoy a family evening searching for eggs and prizes in the dark! Please bring a flashlight to find the eggs. Jump like a bunny in the moon bounce and visit the

Easter Bunny. Egg hunt begins at dark. Tickets on sale for in-town residents April 2, 9-10am. All remaining tickets go on sale April 4 at 8am.

## Behind the Scenes of the REAL Fake News

McLean Community Center  
8 pm, (703) 790-9223  
1234 Ingleside Ave, McLean  
Tickets: \$30/\$25 McLean district residents, [mcleancenter.org](http://mcleancenter.org)  
Tickets on sale March 1!  
The Daily Show correspondent Aasif Mandvi brings audiences behind the scenes of the hit news satire with his razor-sharp and quick-witted one-man show. We may not be able to bring you tax relief, but we can certainly provide a healthy dose of comic relief on tax day!

## Riverside Campfire - River Revelry

Riverbend Park  
6:30pm, (703) 222-4664  
Nature Center, 8700 Potomac Hills St, Great Falls  
Fee: \$4/\$6 (in/out county)

[fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks)  
Enjoy a fun-flooded evening of stories and games. Learn about otters, beavers and other animals that call the Potomac "home." S'mores provided. Come early if you want to bring a picnic or hotdogs to toast. Bring a toasting stick, blanket and flashlight. Children must be accompanied by a registered adult.

## April 16 Old Fashion Egg Roll And Easter Fun

Historic Freeman House  
10:30-11:30am, (703) 938-5187  
Church Street Northeast, Vienna  
Free Admission, [viennava.gov](http://viennava.gov)  
Join us at Historic Vienna, Inc. for an Old Fashion Egg Roll. Children 12 and under and their parents are welcome to stop by and participate in an egg roll, visit with the Easter Bunny and enjoy the tales from a storyteller.



## Enjoy springtime in Fairfax County!

Say "goodbye" to cold temperatures, and "hello" to spring in Northern Virginia! From riverside hikes and beautiful botanical exhibits to Civil War reenactments and wine festivals, you'll find activities to indulge every interest. Stop by our Visitor Center at Tysons Corner Shopping Center to plan your adventure.

Download our Mobile Visitor Guide App at the iTunes store – search for "Visit Fairfax"



Fairfax County, Virginia  
Connect with America

For savings visit [FXVA.com](http://FXVA.com)

**April 21**

### **3rd Annual Green Expo**

Vienna Community Center  
6:30-9pm, (703) 255-6360  
120 Cherry St SE, Vienna  
Free Admission, viennava.gov  
Kick off of the Vienna Watt Watchers Program – Sponsored by Dominion Power- with a showcase of over 35 local earth friendly exhibitors. Offering information and ideas on how to live a greener life. The Green Expo is organized by the Town Employee Green Team and the Community Enhancement Commission.

**April 22 (Good Friday)**

### **Martha Graham Dance Company presents Essential Graham: The Classic Works of Martha Graham**

Alden Theatre  
8pm, (703) 790-9223  
1234 Ingleside Ave, McLean  
Tickets: \$40/\$35 McLean district residents, mcleancenter.org  
Tickets on sale March 2!  
"One of the great companies of the world" (The New York Times), the Martha Graham Dance Company performs Graham's most celebrated works in this retrospective program. You'll be moved by her revolutionary, visceral and accessible choreography.

**April 23**

### **Skate Park on Wheels**

Vienna Volunteer Fire Department  
2-5pm, (703) 919-7630  
400 Center Street South, Vienna  
Parking Lot, Ages 6-Adult  
vvfd.org, viennava.gov  
Skateboarding, ramps rails and jumps! Beginners and first timers are welcome. Helmets are required for everyone. Wrist guards, elbow pads and knee pads are required for anyone under the age of 16. Call the Vienna Community Center for more details, (703) 255-6360. No rain date.

**April 28**

### **Fashion Show & Tea Benefit**

Tyson's Corner Center  
11:30am-2pm, (703) 356-5424  
1961 Chain Bridge Rd, McLean

Tickets: \$125, mcleanchamber.org  
Register online today!  
Hosted by Marilyn Jerome Foust and Lord & Taylor, this benefit features fresh spring looks from the runway! Come see the latest in fashion jewelry, ladies shoes, handbags, and more! Receive fashion tips from celebrated stylist Lauren Rothman and a makeup consultation with Chanel beauty advisors. Raffles and gifts with purchases. Sponsorships are available.

**April 30**

### **Recycling Extravaganza**

Property Yard & Recycling Center  
9am-2pm, (703) 248-5176  
217 Gordon Road, Falls Church  
fallschurchva.gov  
Bring electronics (including computers, printers, scanners, TVs and more), cell phones, clothing and textiles, bicycles, printer cartridges, eyeglasses, hearing aids, and medical supplies for recycling, reuse, or donation.

**May**

**May 6**

### **Falls Church Education Foundation Annual Dinner – "Celebrating Our Schools"**

The Westin Arlington Gateway  
7pm, (703) 538-3381  
801 N. Glebe Road, Arlington  
Tickets: \$125/person (available at the end of March), fcedf.org  
The Annual Falls Church Education Foundation Gala is the Foundation's most prestigious annual event. Now in its 7th year, more than 250 community members, business and civic leaders, and donors attend. This year's event will feature a silent auction, live auction, audience participation games and dancing to your favorite DJ music. Questions about sponsoring the Gala or tickets contact the Falls Church Education Foundation at (703) 538-3381.

**May 15**

### **The Amadeus Orchestra**

St. Luke Catholic Church  
4pm, (703) 759-5334  
7001 Georgetown Pike, McLean  
Tickets: \$25, 18 & under FREE

amadeusconcerts.com  
saintlukemclean.org  
A. Scott Wood, Conductor and Steven Honigberg, Cello.  
The imaginative power of water inspires this orchestra performance. Beginning with glacial ice and climaxing in full torrent, Smetana's *The Moldau* paints a vivid scene of the powerful river, while Schumann's *Symphony No. 3* follows the gentle and evocative path of the Rhine through Cologne. Steven Honigberg from the National Symphony Orchestra will reflect the richness of Bohemian music with Dvorak's Cello Concerto.

**May 21**

### **Reenactment of the Secession Vote**

Freeman House and Museum  
2pm-4pm, (703) 938-5187  
131 Church Street, NE, Vienna  
Free Admission, viennava.gov  
Narrated participatory reenactments of the actual vote at 2pm and 4pm. Civil reenactors will be on hand to recreate the vote on the front porch of the Freeman House. Living history reenactors will be on the lawn and the exhibit "Secession Vote in Fairfax County" will be on display.

### **Colonial Market Fair**

Claude Moore Colonial Farm  
11am-4:30pm, (703) 442-7557  
6310 Georgetown Pike, McLean  
Tickets: \$6 adults, \$3 child/senior  
1771.org  
Celebrate Spring at the first Market Fair of the season. Dance and sing songs. Purchase herb and flower plants, shop for clothing, jewelry, potions and more! Bob for apples, play quoits and watch a children's puppet theatre. Have your fortune told by the Gypsy Fortune Teller. Enjoy lemonade and sugar cakes from the Sweets stand and wine or ale from the Tavern. Visit us online for more details.

### **McLean Day 2011**

Lewinsville Park  
1659 Chain Bridge Rd, McLean  
11am-5pm, Festivals and Rides  
10:30am-5pm MCC Governing Board Elections Voting  
(703) 790-9223, Free Admission  
mcleancenter.org  
McLean Day is the day when

the whole town comes out to celebrate our community! Local businesses, non-profit, politicians and crafters showcase their wares, meet with their neighbors, offer information about various projects and connect with each other. Live entertainment by the Alden Theatre. Free pony rides, games and huge carnival rides, delicious carnival foods and more! Shuttle buses run all day long to get you there with minimal hassle!

### **Fitness Day On The Green**

The Vienna Town Green  
144 Maple Ave E, Vienna  
(703) 255-6352, viennava.gov  
Come to the Town Green in Vienna to participate in fitness and wellness activities. We will turn the park into an outdoor fitness center! There will be fitness and wellness instructors leading classes and special activities. We welcome everyone to come in their workout attire and get ready to sweat. No rain dates. Parents are required to stay with their children. Call Enrique Guzman for more info.

**May 28-30**

### **Viva! Vienna! 2011 Memorial Day Festival**

Historic Church Street  
245 Maple Ave W, Vienna  
info@vivaviennava.org  
vivaviennava.org  
The Rotary Club of Vienna sponsors the Viva! Vienna! event, which celebrates the unity and strength of the Vienna community and honors Memorial Day. Enjoy food, fun, rides, and more! May 28: Food & Rides Only (10am-10pm), Entertainment (4pm - 10pm), May 29: Vendors (10am-6pm), Food & Rides (10am-10pm), Entertainment (12:30pm-10pm), May 30: Vendors, Food, Rides & Entertainment (10am-6pm)

## **RECURRING EVENTS**

**Mondays**

### **Sweatshop Social: DIY Open Studio**

The Soundry  
7-11pm, (703) 698-0088  
316 Dominion Road, Vienna  
Soundry Members: FREE



Non-Members: \$5, soundry.net  
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**

Great Falls Park  
4pm, (703) 285-2965  
9200 Old Dominion Dr, McLean  
Overlook #3, nps.gov  
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**

The Soundry  
7-11pm, (703) 698-0088  
316 Dominion Road, Vienna  
Free Admission, soundry.net  
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**

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

#### **Lou Neely**

Maplewood Grill  
8-10pm, (703) 281-0070  
132 Branch Road SE, Vienna  
maplewoodgrill.com  
Lou is a vocalist who does jazz blues  
and ballads with a touch of soul.  
He plays the piano, keyboard and a  
great guitar.

### **Tuesday Dance For Everyone Weekly Dance**

Colvin Run Community Hall  
6:30-10:30pm, (703) 759-2257  
10201 Colvin Run Rd, Great Falls

Fee: \$10 a person, colvinrun.org  
Introductory dance lesson from  
6:30pm-7:15pm spotlighting  
a different dance each month.  
Beginning and intermediate West  
Coast Swing lesson from 7:15-8pm.  
DJ music by Ed.

### **Bangkok Blues**

7-11pm, (703) 534-0095  
926 West Broad St, Falls Church  
No Cover, bangkokblues.com  
NEW! Like the Sunday Jam but  
with more folk and acoustic. Come  
and enjoy our free jam night of  
Blues/Acoustic/Folk, family friendly  
atmosphere. Limited menu with  
burgers, appetizers, etc.

### **WEDNESDAYS**

#### **Kid Krusaders Kids Club & Mr. Knick Knack**

Tyson's Corner Center  
11-11:45 am, (703) 893-9400  
1961 Chain Bridge Rd, McLean  
Free to attend, shoptyson.com  
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**

Open Kitchen  
5-10pm, (703) 942-8148  
7115 Leesburg Pike #107,  
Falls Church  
openkitchen-scmetro.com  
Enjoy an excellent meal and relax  
with a glass of wine to soothing jazz  
by guitarist Boris Arratia or  
Jon Ware.

#### **Reinhardt Liebig**

Maplewood Grill  
Wednesday, Friday and Saturday  
7-10pm, (703) 281-0070  
132 Branch Road SE, Vienna  
maplewoodgrill.com  
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**

The Soundry  
8-12am, (703) 698-0088  
316 Dominion Road, Vienna  
soundry.net  
The Soundry welcomes new and



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

## Here's What's Happening at MCC

### **Storybook Festival**

**Saturday, March 12, 11 a.m.-2 p.m.**

\$5 per person  
Children age 2 and younger are free.

### **Sunday Afternoon Soiree**

**Sunday, March 13, 3-5 p.m.**

\$5 at the door

### **Rockin' Into Spring Dance**

**Friday, March 18, 8-11 p.m.**

Advance: \$20/\$10 district residents  
Members of Friends of MCC: \$5

### *An Alden Theatre Production* **Cinderella - The World's Favorite Fairy Tale**

**Saturday and Sunday,  
April 2-3 and 9-10, 3 p.m.**

\$10/\$8 district residents

### **McLean Spring Community Garage Sale**

**Saturday, April 9, 9 a.m.-1 p.m.**

Free admission

### **Aasif Mandvi**

**Friday, April 15, 8 p.m.**

\$30/\$25 district residents

### *Artspower's Production of* **Madeline and the Bad Hat**

**Saturday, April 16, 2 p.m.**

\$12/\$8 district residents

### *Martha Graham Dance Company presents* **Essential Graham: The Classic Works of Martha Graham**

**Friday, April 22, 8 p.m.**

\$40/\$35 district residents

**The McLean Community Center**  
1234 Ingleside Ave., McLean, VA 22101  
703-790-0123, TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

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 funny man: Mike Eltringham.

### Weekly Storytime

Barnes & Noble, Tysons Corner Ctr  
Wednesday and Saturday  
10:30-11:30am, (703) 893-9400  
1961 Chain Bridge Rd, McLean  
shoptyson.com  
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 bn.com as event details are subject to change.

### THURSDAYS

#### Terry Lee Ryan

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

The Soundry  
7-10 pm, (703) 698-0088  
316 Dominion Road, Vienna  
soundry.net  
Take your old records off the shelf and bring them to The Soundry! Thursday is record night-you bring them and we play them for an old-school listening party. Music, coffee, and good times!

### FRIDAYS

#### Reinhardt Liebig

Maplewood Grill  
Wednesday, Friday and Saturday  
7-10pm, (703) 281-0070  
132 Branch Road SE, Vienna  
maplewoodgrill.com  
(See description on Wed.)

### Community Music Night

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

### McLean Farmer's Market

Lewinsville Park  
8am-noon, May 6-November 18  
1659 Chain Bridge Road, McLean  
fairfaxcounty.gov

### Friday Night Stargazing in Observatory Park

Turner Farm Park  
7-9:30pm,  
925 Springvale Road, Great Falls  
analemma.org  
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.

### Discovering Snakes

Great Falls National Park  
3-3:30 pm, (703) 285-2965  
Visitor Center Auditorium  
Free Admission, nps.gov/grfa/  
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

Vienna Community Center  
Now thru Mar 25  
6:30-8pm, (703) 255-6360  
120 Cherry St SE, Vienna  
Fee: \$1/person, viennava.gov  
Bring your own roller skates or inline 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

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

### Sunday Blues Jam

6-11pm, (703) 534-0095  
926 West Broad St, Falls Church  
No Cover, bangkokblues.com  
Open Mic for all local musicians. Kids are very welcome. Cool live music, hot Thai food. Fun for the whole family.

### Falls Church Farmers' Market

9am-noon, (703) 241-5027  
Saturdays Year Round  
300 Park Ave., Falls Church  
City Hall Parking Lot  
One of the top markets in the country.

### Musical Showcase

Serbian Crown Restaurant  
4-9PM, (703) 759-4150  
1141 Walker Rd., Great Falls  
serbiancrown.com  
Join them for dancing every Saturday night and Dancing with Michael Terence. Sundays enjoy Russian and Balalaika Music.

### Colvin Run Social Ballroom

Colvin Run Community Hall  
9-11:30pm, (703) 759-2257  
10201 Colvin Run Rd, Great Falls  
Fee: \$12 a person, colvinrun.org  
Dances with live music are held most first Saturdays of the month. Many dances are preceded by a one-hour dance lesson starting at 8pm taught by Fred Long and Patricia Stanahan. Check the website to confirm.

### Reinhardt Liebig

Maplewood Grill  
Wednesday, Friday and Saturday  
7-10pm, (703) 281-0070  
132 Branch Road SE, Vienna  
maplewoodgrill.com  
(See description on Wed.)

### Falls Walk - Great Falls National Park

Great Falls National Park  
Saturdays and Sundays  
12:30-1:15pm, 3-3:45 pm  
(703) 285-2965  
Free Admission, nps.gov/grfa/  
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

Great Falls National Park  
Saturday and Sunday  
1:30 & 4pm, (703) 285-2965  
Overlook #3  
Free Admission, nps.gov/grfa/  
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

The Little Library- open the first Sunday of each month.  
1-4pm, viennava.gov  
131 Church St NE, Vienna  
Children ages 4-12 are welcome at the Little Library the 2nd Saturday of each month from 10-11am for our reading program.

### Bird Watching

Great Falls National Park  
8-10am, (703) 285-2965  
Visitors Center Courtyard  
Free Admission, nps.gov/grfa/  
Grab your binoculars and join this informal group to catch a glimpse of resident and migratory birds in Great Falls Park. Rain or shine.

### New Farmer's Market

Coming soon! Organized by the McLean Chamber and new Harth restaurant a New Farmer's Market will be starting in May - located in the McLean Hilton's parking lot.

### Art Carnage

The Soundry  
8pm-12am, (703) 698-0088  
316 Dominion Road, Vienna  
soundry.net  
(monthly on the last Saturday)  
March 26, April 30, May 28  
Unfathomably FREE spirited!  
Anything can happen and it does. A night of art, music, dancing, variety acts, poetry and chaos.

### Boardwalk Karaoke

Clare and Don's Beach Shack  
9pm-close, (703) 532-WAVE  
130 N. Washington St., Falls Church  
clareanddons.com  
Join us for our Karaoke Night  
March 12th, April 2nd, May 7th, June 4th, come out and show us your stuff! Visit our website for more details and live music dates.



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Welcome to 3020 *Fox Mill Road*



**OAKTON - LISTED @ \$1,049,000**

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**VIENNA - LISTED @ \$1,069,000**

Welcome to 13102 *Belle Cote Lane*



**FAIRFAX - LISTED @ \$1,295,000**



## LOCAL TEEN CLUBS

### THE OLD FIREHOUSE

(703) 448-8336

1440 Chain Bridge Road, McLean  
[mcleancenter.org/kids-teens/old-firehouse.asp](http://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:

**March 11** - Dance

**March 18** - St. Patrick's Day Party

*If you're feeling lucky, join us for our St. Patrick's Day celebration*

**March 25** - Super Hero Dance

*Come dressed as your favorite super hero or villain!*

**April 1** - Dance

**April 8** - Friday Night Fever

*Join us in your 70's best for a night of disco dancing!*

**April 29, May 6, 13, 20** - Dance

### COMMUNITY SERVICE EVENTS

**April 5 and May 3, 3:30-5:30pm**

Members will make Glories Happy Hats for pediatric patients with chronic illnesses who are in local children's hospitals. The colorful, fun hats are sure to bring smiles and happy thoughts to the recipients.

**April 12, 3:30-6**

Food for Others Warehouse Team: sort and shelf products, clean the warehouse and keep things running smoothly. Dress warmly. You MUST wear closed-toe shoes.

### CLUB PHOENIX

Vienna Community Center  
 120 Cherry Street SE, Vienna  
 (703) 255-6360, [viennava.gov](http://viennava.gov)

### Club Phoenix After-School Program

The Club Phoenix After-School Program runs Monday from 12:30-6:30pm and Tuesday – Friday 2:30-6:30pm 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.



## FUN HISTORY:

### APRIL 20

#### Call to Arms!

Colvin Run Mill, 10017 Colvin Run Rd, Great Falls (703) 759-2771, [fairfaxcounty.gov](http://fairfaxcounty.gov)  
 9am: Boys 8 to 12 -- don't know your rank from your (file? Your hayfoot from your strawfoot? Learn and practice basic drills and orders from the armies of the Civil War. Other activities include making hardtack, 19th century chores and games. Bring snack and lunch. Registration required by April 6.

### APRIL 21

#### Yesterday's Ways

Colvin Run Mill, 10017 Colvin Run Rd, Great Falls (703) 759-2771, [fairfaxcounty.gov](http://fairfaxcounty.gov)  
 9am: Girls 8 to 12 years will master 19th century survival skills from making butter, to sewing and baking. It's not all work and no play, other activities include toy making, scrapbooking and games. Bring snack and lunch. Registration required by April 7.

### COOL KIDS' COOKING CLASSES

*Check out something different for your kids with a cooking class at one of these local venues:*

- **Culinaria Cooking School, Vienna**  
[www.culinariacookingschool.com](http://www.culinariacookingschool.com)
- **Open Kitchen, Falls Church**  
[www.openkitchen-dcmetro.com](http://www.openkitchen-dcmetro.com)
- **The McLean Community Center**  
[www.mcleancenter.org](http://www.mcleancenter.org)

### FOR THE LITTLE ONES

#### Monday Mornings in May

Colvin Run Mill, 10017 Colvin Run Rd, Great Falls (703) 759-2771, [fairfaxcounty.gov](http://fairfaxcounty.gov)  
 10:30am: Preschoolers and adults enjoy a new story each week, explore the historic site, make a craft, do fingerplays and sing songs. Pre-paid registration required.

#### Jammin Java

Jammin Java, 227 Maple Avenue East, Vienna  
 10:30-11:30 am, (703) 255-1566  
 Tickets: \$5, [Jamminjava.com](http://Jamminjava.com)  
 Weekday shows, range from magic to sing-a-longs and more. Fun for parents as well. See their web site for details and schedules.

#### Vienna Community Center

Vienna Community Center  
 120 Cherry Street SE, Vienna  
 9-10am, (703) 255-6360,  
 Free, [viennava.gov](http://viennava.gov)  
 Tuesdays and Thursdays The gym will be open for toddlers to ride their play vehicles. The vehicles must be unmotorized and have three or more wheels (no two wheel vehicles). Each parent is responsible for supervising their child.



# Artists on the Prowl Again

## A creative Colony that inhabits Great Falls is gearing up for its annual spring sale

It's a yearly rite of spring in Great Falls: As the landscape signals new life, a herd of potters, painters, jewelry designers, photographers and other artsy types emerges from chilly hibernation to celebrate creativity and the warm season of renewal. And they do it with style and a party.

Unlikely as it might seem, there are more than 90 working artists in this wooded village just north of Tysons Corners. And they're not just any artists. They're an unusually talented bunch, and they've developed a cottage industry producing high-end creations of all types—the fruit of skilled hands, imaginative eyes and an oversized sense of visual possibility. Shoppers looking for something out-of-the-ordinary will discover mugs, bracelets, contemporary quilts, woven purses, wild abstract paintings, and quirky walking sticks, all “Made in Great Falls.” Not to mention lamps, watercolor portraits of beloved sports figures, and photographs from home and as far away as Antarctica.

What about the party? To launch spring, these artists have scheduled their annual seasonal art festival and sale. This year it will be on Saturday

and Sunday, April 9 and 10, from 10am to 5pm at the Village Green Day School, 790 Walker Road near the main crossroads at the center of the village. It's free, and they're inviting you to sample the creative life in Great Falls and meet 21 of the resident crafts-people and painters there. Free cookies.

“You'll find astonishing variety, unexpected quality and a range of prices to suit every pocketbook,” says Linda Jones, who has organized the sale on behalf of Great Falls Studios, an umbrella group for the artists in Great Falls. “Many of the price points have been kept low in recognition of tough economic times and in keeping with a festival that says good-bye to winter.”

Art purchasers will also be putting spring into the step of the Village Green Day School, which serves pre-school-age kids. Village Green gets a portion of the sales proceeds to support the development of art education at the school.

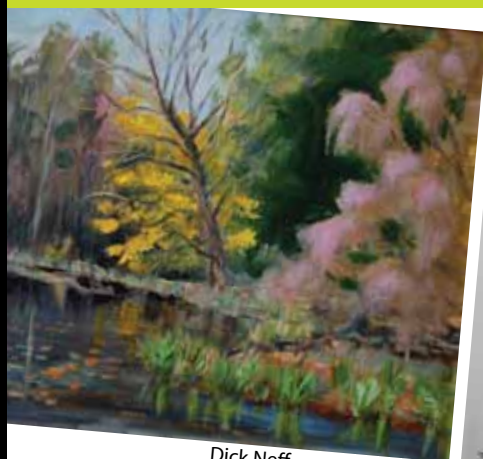
For more details on the sale, visit the Great Falls Studios website: [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com), where you can also preview the work of many of the Great Falls artists. Or call (703) 442-9251 to get your questions answered.



**Top:** Barbara Gatterdam is one of a half dozen potters in Great Falls, several of whom are expected to be represented at the Spring Festival and sale. Overall, there are more than 90 high-end artists based in Great Falls, and the community has become a go-to place to buy quality art at reasonable prices.

**Middle:** Photographer Val Mahan, shown at an earlier Great Falls festival, offers images from Africa, Antarctica and closer to home. His graphic work is typical of the quality photographic art for sale at the Great Falls festival, April 9 and 10.

**Bottom:** Gail Pean takes time off to demonstrate her painting technique at an art sale in Great Falls last year. Numerous painters working in different styles will be represented at the Spring Festival. The event is held at the Village Green Day School, 790 Walker Road in Great Falls.



Dick Neff  
"Walney Pond"  
Available at VAS's Ticket to Art Raffle



Margaret Brown  
"Vienna Mist"  
Available at VAS's Ticket to Art Raffle



Loy McGaughey  
"Two Dahlias"  
VAS's Think Spring Show



Watercolor by Karin Sebolka, ValeArts  
"Magnolia"

## MCLEAN PROJECT FOR THE ARTS

McLean Community Center- 1234 Ingleside Ave.  
Tues-Fri 10 am-4 pm and Sat 1 pm-5 pm  
(703) 790-1953 · [www.mpaart.org](http://www.mpaart.org)

McLean Project for the Arts is a non-profit visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. For more information, visit [www.mpaart.org](http://www.mpaart.org).



**March 9 – 20**

**All Galleries**

Youth Art Exhibition:  
Elementary Schools  
Featuring the artwork  
of McLean area Fairfax  
County Public School  
students.

**March 24 – April 7**

**All Galleries**

Youth Art Exhibition: Middle and High Schools  
Featuring the artwork of McLean area Fairfax  
County Public School students.

**April 14 – June 4**

Reception April 14, 7 pm–9 pm

**Emerson Gallery**

**Parallels to Terminus: New Work by Fiona Ross**  
Intricate drawn images using line and pattern  
to depict landscape and self portraits that



Maureen McDonnell and Governor Robert F. McDonnell join McLean Project for the Arts board member Kitty González and Juan González at last year's Spring Benefit.

represent the experience of walking the labyrinth as a mythical journey of self discovery. A site- specific wall drawing may also be included.

**Atrium Gallery**

**Photographs by Bill Prosser**

Finely composed landscape images by this McLean based photographer.

**Ramp Gallery**

**Point of Origin:**

**New Work by Kristin Reiber Harris**

Large-scale kaleidoscopic drawings based on nature by this Virginia based artist.

**June 16 – July 30**

Reception June 16, 7 pm–9 pm

**Emerson and Atrium Galleries**

**Strictly Painting 8**

The latest incarnation of MPA's much anticipated Mid-Atlantic painting survey. The exhibit will feature artists working with or influenced by the medium of painting.

**Ramp Gallery**

**MPA/Corcoran Student Exhibition**

Featuring works by students who have taken classes at MPA during the past year as part of our partnership with the Corcoran College of Art + Design.

**March 4, 7 pm-9 pm**

**Art Appetizers at McLean Project for the Arts**

\$20 per person/ RSVP to [info@mpaart.org](mailto:info@mpaart.org) or Call MPA at (703) 790-1953

Everyone is invited to this lively evening of great food, refreshments, conversation and, of course, fascinating art.

Hosted by New Dominion Women's Club

**April 6, 7 pm-9 pm**

**Gals in the Gallery: The Art of Organizing**

\$10 per person

Kim Mihalik of The Neat Life will give tips on how to become more organized.

## Celebrate

### the Arts & Help Support MPA

May 12, from 7-9 pm, art lovers will enjoy a spring evening in the gardens at the home of John and Debbie Motley. Honored Guest is Dr. Elisabeth Griffith, art collector and former head of the Madeira School. The Spring Benefit helps support MPA's exhibitions, educational and ArtReach programs for the upcoming year. Ticket prices for MPA's Spring Benefit start at \$225. To receive an invitation, please e-mail Sandy Treanor at [steanor@mpaart.org](mailto:steanor@mpaart.org) or call McLean Project for the Arts at (703) 790-1953.

## GREAT FALLS STUDIOS

[www.greatfallsstudios.com](http://www.greatfallsstudios.com)

### Vote 2011 "Wings Over Great Falls" (See page 24 article)

#### March

**March to May** - Art Exhibition, Seneca Hill Animal Hospital, 11415 Georgetown Pike. Exhibition of bird art by members of Great Falls Studios.


**March** - Bird Book Display: Great Falls Community Library. In support of the election, the Library will display various books from its collection on birds.

**March 17 to May 3** - John James Audubon Art Project, Great Falls Elementary School. In a special program run by the Great Falls Elementary Art Enrichment Program, kids at Great Falls Elementary will study the famous naturalist/artist, culminating in their own works of art featuring the seven candidate birds.

#### April

**April** - Kids' Art Exhibition, Great Falls Library. Display of art by Great Falls kids featuring the birds of Great Falls, including paintings. Get info on how to enter from Great Falls or Forestville elementary schools. Prizes.





**April 7- April 9** - Basic Birding Course, Great Falls Library and Riverbend Park. Bill Brown, a certified Master Naturalist with the Audubon Society of Northern Virginia (ASNV) and a frequent leader of bird walks in Northern Virginia, will conduct a two-part birding course for beginners. Session one is a two-hour class at the Great Falls Library, 7-9pm on April 7. Part two is a field trip at Riverbend Park on Saturday, April 9, starting at 7:30am. Class is limited to 15 participants and costs \$20 (free if you join ASNV for \$15). To sign up, interested persons should call Audubon Society of Northern Virginia at (703) 438-6008 or send an email to [info@audubonva.org](mailto:info@audubonva.org).

**April 9 & 10** - from 10am-5pm at the Village Green Day School, 790 Walker Road near the main crossroads at the center of the village. It's free, and they're inviting you to sample the creative life in Great Falls and meet 21 of the resident crafts people and painters there.

**April 17- May 14** - Photo Exhibition, Riverbend Park. Display of bird photographs of seven bird candidates by members of Great Falls Studios, sponsored by Friends of Riverbend Park.

## VIENNA ARTS SOCIETY

115 Pleasant St. NW, Vienna  
(703) 319-3971 · [www.viennaartssociety.org](http://www.viennaartssociety.org)

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

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.

### March

TICKET to ART, the Vienna Arts Society's 5th annual fund-raiser, is March 1 - 19, Vienna Art Center, 115 Pleasant St, NW, Vienna. The exhibition is free and open to the public and features a "Tea and See" with a performance by the Harmonia School of Music, Sunday, March 6, 1-3 pm. The exhibition concludes with a raffle of original artworks Saturday, March 19, 4:30-6:30pm. Wine and light refreshments will be served; and entertainment includes artists painting to the music of the Higher Ground Trio. Tickets for the raffle are \$125, and each ticket holder will be able to select a work of art valued at \$125 or more. (703)319-3971; [ViennaArtsSociety.org](http://ViennaArtsSociety.org)

There are ongoing classes and workshops at the Art Center through the spring. Check our website or call the Center for details.

**February 28 - April 11, Mondays:** "Creative Thinking in Watercolor" with Marni Lawson.

**February 15 - March 26:** THINK SPRING, an all member theme show of original art at the Vienna Arts Society's Gallery in the Village Green, 513 Maple Avenue West, Vienna (703) 319-3220.

**March 20 - April 3,** Vienna Art Center "5 SENSES, 6 ARTISTS", featuring paintings, ceramics and jewelry by Lisa Neher, Elaine Florimonte, Debbie Glakas, Sarah Swart, Barbara H. Wagner, and Jackie Elwell. Opening reception Fri., Mar. 25, 4pm-9pm; Artist demonstrations all day, Sun. Mar. 27, 9am-5pm. Closing reception, Fri., Apr. 1, 4-9 pm. Free and open to the public. (703) 319-3971; [ViennaArtsSociety.org](http://ViennaArtsSociety.org).

**April 5 - 30,** Vienna Art Center "BLACK & WHITE", a collection of pen and inks by Teresa Ahmad.



**Olivia at a previous Vienna Arts Society's annual Children's Printmaking Workshop at the Patrick Henry Library.**

**April 12, Tuesday:** Members of the Vienna Arts Society will present a free Children's Printmaking Workshop at the Patrick Henry Library. Call the Library to register children ages 7 - 12. (703) 938-0405.



**Marni Lawson, "Eye of the Storm", watercolor Available at VAS's Ticket to Art Raffle**

## VALEARTS SPRING ART SHOW

3124 Fox Mill Rd, Oakton  
Historic Vale Schoolhouse  
(703) 860-1888 · [www.valearts.com](http://www.valearts.com)

**April 29, 30 & May 1**

**"Portals of Light and Color"**

April 29 at 10am-9pm

April 30 and May 1 at 10am-6pm

Admission: FREE



**ValeArts' Carolyn Koslow "Red and Gold"**

You are invited to enter "Portals of Light and Color," at the ValeArts Spring Art Show. The artists of ValeArts, a cooperative northern Virginia art group, will exhibit more than 150 new original works in the three day show. Light and color will be explored with a multitude of techniques by the local artists. Acrylic, oil, watercolor, and collage will all be displayed in a charming 1888 schoolhouse venue. ValeArts welcomes Carolyn Koslow, who will reveal her latest illuminating photographs of colored glass in exciting geometric design. A reception will be held April 29 from 7pm-9pm. The exhibit is family friendly and young artists will be encouraged to explore their creativity.

## RED CABOOSE GALLERY & VIENNA STUDIO SCHOOL

138 Church Street, NE, Vienna  
(703) 349-7178 · [www.joanmariegiampa.com](http://www.joanmariegiampa.com)  
Gallery Hours: Tues-Thurs-Fri 2-5pm, by appt.

**APRIL:** Joan Marie Giampa

**MAY:** Karen Hubacher

**JUNE:** Joan Marie Giampa

**Artist Studio:** Joan Marie Giampa: open to public, Features contemporary paintings and prints of local area, commissions welcome. Contact: (703) 349-7178

**School:** Summer Kids Art Program June, July

**Vienna Studio School:** Workshops, Individual and group instruction for all ages in painting and drawing.

## THE MCLEAN SYMPHONY

1350 Beverly Rd, McLean, Suite 115-172  
(703) 991-7197 · [www.mclean-symphony.org](http://www.mclean-symphony.org)

The Symphony's goals are to provide affordable high quality performances to the general public and foster educational programs for aspiring young artists. The McLean Symphony is a 501(c)(3) not-for-profit organization.

**March 19, 3 pm**

**Water, Water Everywhere**

Tickets: \$25/\$20 seniors, \$15 students,  
Free for children 12 and under.

**May 28, 7:30 pm**

**People, Places and Things**

\$25/\$20 seniors, \$15 students,  
Free for children 12 and under.

## THE MCLEAN COMMUNITY PLAYERS

1234 Ingleside Ave, McLean  
[www.mcleancommunityplayers.org](http://www.mcleancommunityplayers.org)

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. Performances are at the Alden Theatre.

**April 29 - May 14**

**Cheaper by the Dozen**

Fri/Sat at 8pm; Sun at 3pm

Tickets: \$15 adults, \$13 seniors/students,  
\$10 for groups of 10 or more

The title comes from one of Frank Sr.'s favorite jokes: it often happened that when he and his family were out driving and stopped at a red light, a pedestrian would ask, "Hey, Mister! How come you got so many kids?" Gilbreth would pretend to ponder the question carefully, and then, just as the light turned green, would say, "Well, they come cheaper by the dozen, you know," and drive off.

**July 15 - July 30**

**Joseph and the Amazing Technicolor® Dreamcoat**

Fri/Sat at 8pm; Sun at 3pm

Tickets: \$19 adults/\$17 seniors/students,  
\$13 for groups of 10 or more

By Andrew Lloyd Webber and Tim Rice.

Joseph made its debut on Broadway in 1982 and received Tonys for Best Musical and Best Original Score. It tells the "coat of many colors" story of the Hebrew Bible's Book of Genesis. The story is told through various modern musical genres — from rock, to calypso to country — there is very little dialogue.



## THE ALDEN THEATRE

1234 Ingleside Ave, McLean  
At the McLean Community Center  
(703) 790-9223 · [www.aldentheatre.org](http://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.

### Community Arts

**Cinderella—The World's Favorite Fairy Tale**

April 2, 3, 9, 10; Sat/Sun at 3pm

Tickets: \$10/\$8 McLean district residents, 6+.  
The heroine we all know and love brings to the stage three of her counterparts in other cultures. This is a charming retelling of the Cinderella story featuring the legends of Plum Blossom (China), Vasilisa (Russia) and Broken Wing (Native American).

### Professional Artist Series

**The Daily Show with Jon Stewart's Asif Mandvi Behind the Scenes of the REAL Fake News**

April 15 at 8 pm

Tickets: \$30/\$25 McLean district residents  
Hilarious *The Daily Show* correspondent Asif Mandvi brings audiences behind the scenes of the hit news satire with his razor-sharp and quick-witted one-man show. We may not be able to bring you tax relief, but we can certainly provide a healthy dose of comic relief on tax day!

**Martha Graham Dance Company presents Essential Graham:**

**The Classic Works of Martha Graham**

April 22 at 8 pm

Tickets: \$40/\$35 McLean district residents  
"One of the great companies of the world" (*The New York Times*), the Martha Graham Dance Company performs Graham's most celebrated works in this retrospective program. You'll be moved by her revolutionary, visceral and accessible choreography.

## 1ST STAGE



## 1ST STAGE IN TYSONS

1524 Spring Hill Road, McLean  
(703) 854-1856 · [www.1stStageTysons.org](http://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.

**March 26 - April 17**

**Glass Menagerie**

Tickets: \$15 - \$25

By Tennessee Williams

Directed by Dawn McAndrews

Tennessee Williams' first successful play, said by some to be autobiographical, is a "memory play" that reflects on family and the fragility that binds us. Dreams and hopes contract with reality and duty. Our actions and decisions impact those around us. Williams' play still speaks to us today.

**May 20 - June 19**

**By Jeeves**

Musical by Andrew Lloyd Webber and Alan Ayckbourn; Directed by Stevie Zimmerman  
Musical Direction by Jeffery Newberger

## VIENNA THEATRE COMPANY

120 Cherry Street, Vienna  
[www.viennatheatrecompany.com](http://www.viennatheatrecompany.com)

### 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.

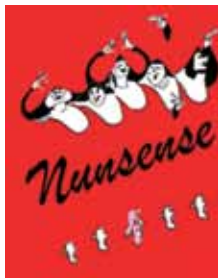
#### April 22 - May 7 "NUNSENSE"

A musical comedy  
Book, Music and Lyrics  
by DAN GOGGIN

April 22, 23, 29 and 30,  
May 6 and 7-8pm;  
May 1 and 8 - 2pm  
Tickets - \$14

\$12 Age 65+/students

Ticket go on sale March 25



### MAVERICK MOSAICS

145 Church Street NW, Vienna  
(703) 938-1755 · [www.maverickmosaics.com](http://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 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.

"Open Studio" every Tuesday evening from 5:30-9:30pm and Wednesday afternoons from 12:30 - 5:30 pm.

**MARCH:** Introduction to Mosaics, Home Installations & More

Kid's Summer Art Camp EARLY REGISTRATION begins mid-March. For more information visit us at [www.maverickmosaics.com](http://www.maverickmosaics.com)

**APRIL:** Community Mosaics - a must workshop for anyone wanting to facilitate large scale public art!

### ARTSPACE FALLS CHURCH

Home to Falls Church Arts  
and Creative Cauldron

410 South Maple Ave., Falls Church

### CREATIVE CAULDRON

410 South Maple Ave., Falls Church

ArtSpace Falls Church

[www.creativecauldron.org](http://www.creativecauldron.org)

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.

#### March 18 - April 10

##### The Selfish Giant by Oscar Wilde

Written by one of the most popular playwrights of the twentieth century, Oscar Wilde's classic tale inspired a rock opera and an Academy Award winning animated short film. This endearing stage adaptation, featuring music by critically acclaimed composer Matt Conner, will show us how a very special child can melt even a selfish giant's heart.

#### June 2 - 12

##### Tinner Hill: Portraits in Black and White

Developed through funding from the Virginia Commission for the Arts and the Arts Council of Fairfax County, this original work played to standing ovations during its premiere last season. Through a series of monologues, vignettes and blues-inspired music, audiences encounter the inspiring stories of local African American pioneers who overcame slavery, segregation, and racism, and forever changed the course of history. *Recommended for audiences 8 and above*

#### Ongoing Events

##### "The Fourth Wall" Cabaret Series

Monday and Saturday evenings throughout the year. Original cabaret performances presented by accomplished musical theater artists who perform regularly on metro area stages. Here's your chance to enjoy an up-close and personal evening of professional musical theater

entertainment. Check our website for regular updates about scintillating cabaret offerings throughout the year!

### FALLS CHURCH ARTS

P.O. Box 6912, Falls Church

[www.fallschurcharts.org](http://www.fallschurcharts.org)

#### March 18 - April 9

##### LETTERS

Reception March 24, 7 pm-9 pm

Thursdays at 6pm-8pm; Fridays at 5pm-7pm;

Saturdays at 4pm-7pm

This show is open to current Falls Church Arts members. Entry fee: \$15.

This is truly a show for the creative mind.

Tickle and probe the imagination to create and interpret *LETTERS* for this juried show open to all FCA members. Works submitted can run the gamut from collages to sculptures, mosaics to prints, paintings to computerized graphics. Use letters as a hidden treasure in your interpretation of the theme. Or incorporate the entire alphabet in original poems, handmade books, or other literary formats.

Reception: March 24, 7pm -9pm

#### April 30 - May 28

##### 2nd Annual Plein Air Festival

"Scenes in the City" with exhibit and judging of the works submitted on May 28. Then, the works will hang in Falls Church City Hall until June 24.

*The aim of every artist is to arrest motion, which is life, by artificial means and hold it fixed so that a hundred years later, when a stranger looks at it, it moves again since it is life.*

~William Faulkner



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# Great Falls Picks a Feathered Friend

How a local “election” may have national significance in the worlds of both art and birds



**G**reat Falls is holding a special community-wide election this spring, and the seven candidates running for public office all have beaks and tails.

The highest vote getter wins local immortality. The winner will become the new symbol of Great Falls—as its village bird.

Every state has a bird symbol, of course, but few municipalities do. Exceptions include Chicago, which boasts the peregrine falcon, and the quirky university town of Madison, Wisconsin. The Madison city “bird” is the plastic pink flamingo.

Why, all of a sudden, would Great Falls choose to pick a village bird, of all things? The idea started with a group of more than 90 artists who live or work in this community on the outskirts of Tysons Corner. “National gurus in the arts establishment all say that an active arts scene improves a town’s quality of life, and most people would agree intuitively with that,” says Jonathan Fisher, a sculptor and board member of Great Falls Studios, the Great Falls art group. “But this is a statement that’s really hard to prove

and so we decided to do something fun that would involve art, artists, school kids and the whole community, demonstrating beyond a doubt that art can have a huge positive impact on a town.”

To gain credibility, Great Falls Studios linked up with the National Audubon Society, which happened to be looking for a way to promote its Great Backyard Bird Count, a national bird survey held each February by “citizen scientists” counting birds in their back yards. Two elementary schools (Forestville and Great Falls) joined in as well, and so did eight other civic groups or organizations—from the Great Falls Citizens Association to Great Falls National Park. The result is a five-month-long village celebration to honor wildlife, parks and human creativity.

Kids vote in their schools. Everyone else votes online at the Great Falls Studios website: [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com). (Sorry, you have to be a Great Falls resident to cast a ballot, but if you live elsewhere in the Tysons area, you can visit the website anyway to check out artwork of many of the Great Falls artists.) Voting online began



**Text center:** The logo for “Vote 2011: Wings Across Great Falls,” as the bird election is officially known, is intended to express the fun in a village-wide campaign to select a local bird symbol. It was designed particularly to appeal to kids, who will vote in their schools. Organizers hope the election will result in a spirited debate on the merits of the bird candidates.

**Left top:** A ruby-throated hummingbird beats its wings more than 60 times a second, but Bill Garrett, a former editor of *National Geographic* magazine, stopped the action in this spectacular image, shot at a feeder in his back yard. Garrett is one of more than 90 artists and photographers in Great Falls. The “Vote 2011” wings campaign offers several events of special interest to photographers, including a photography contest and an exhibition of bird photography.

**Left middle:** An Eastern bluebird perches on a fence post in this oil painting by Mollie Vardell of Great Falls. The artwork, titled “Morning Perch,” is one of many dozens of bird pieces produced in association with the bird election in Great Falls. Great Falls artists are also creating bird pottery, lithographs, wooden wall reliefs, quilts and bird art in other media. Vardell’s painting is on display during March at the Artist’s Atelier, a working studio for 17 painters and photographers in Great Falls.

**Left bottom:** With the help of his black lab Hamlet, artist Ben Cheshire finishes a pastel of a Great Blue Heron in flight. The big water bird is one of seven avian candidates that may become the official Great Falls bird symbol in a village-wide election. As the voting moves forward (residents are casting ballots through May 15), artists and photographers across Great Falls are creating art of all seven of the birds.



February 1 and will wrap up on May 15. The seven candidates represent different habitats in Great Falls. They are: the ruby-throated hummingbird, American goldfinch, red-shouldered hawk, great blue heron, eastern bluebird, pileated woodpecker and wild turkey.

The art part of the equation begins with the Great Falls artists, many of whom are creating art of the seven bird finalists. They are working in media ranging from quilts to woodcuts, cut-paper to pottery. Their creations are being displayed in exhibitions that continue through June in Great Falls. There is also a village-wide photo contest open to any resident as well as various birding events in Great Falls parks. Kids are also producing bird art in their schools, and photographers are stalking birds across town for that perfect digital image. For a list of events and other related activities, check out the Great Falls Studios website. You can also see a growing gallery of bird photos at a special website for the photo contest: [www.flickr.com/groups/birds-of-22066](http://www.flickr.com/groups/birds-of-22066).

The series of bird events may also have

impact on wildlife conservation, and not just locally. "The experiment in Great Falls to select a village bird may become the national model for Audubon to encourage other communities throughout the country to learn more about birds and adopt their own official mascot," says Judy Braus, Vice President of Education and Centers, National Audubon Society. The National Audubon Society is a leading conservation organization. Its mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and the earth's biological diversity.

"Who would have guessed that a bird election could have potential impact way beyond Great Falls for both the art world and the world of ornithology?" says sculptor Fisher. "But we don't want to get ahead of ourselves. Our election is really a local celebration, and we hope it becomes a way for our neighbors in Great Falls and nearby communities to get to know an unusual and exceptionally talented bunch of artists. And a bunch of very talented birds."

### Great Falls Bird Events (March-April)

The following events are all associated with an ongoing Great Falls celebration of parks, wildlife and human creativity, culminating in the election of a village bird as town symbol:

**Online Art Exhibits:** To view an ever-changing gallery of art of Great Falls birds, go to [GreatFallsStudios.com](http://GreatFallsStudios.com). In March, this virtual gallery will feature bird art from two local exhibitions. In April, it will display bird art from Great Falls kids.

**Bird Exhibition.** Paintings and photographs of the seven bird candidates by fifteen painters and two photographers based at the Artists' Atelier, a working Great Falls art studio, are now on display though the end of March. The Atelier is at 1144 Walker Road, Suite G, and will be open for a special reception on Friday evening, March 4, 7-9pm.

**Bird Exhibition:** Paintings and other bird art by members of Great Falls Studios, March-May at Seneca Hill Animal Hospital, Resort and Spa, 11415 Georgetown Pike.

**Kids' Art Exhibition:** Display of art by Great Falls kids featuring the birds of

Great Falls. Sponsored by Friends of Great Falls Library, at Great Falls Library, 9830 Georgetown Pike, all-April during library hours. An ice cream social for kids/public will be held at the library on Saturday, April 16, 1:30-3:30pm.

**Online Photo Contest:** Great Falls residents are posting bird images at a special contest website through May 15. Anyone can go there to check them out: [www.flickr.com/groups/birds-of-22066](http://www.flickr.com/groups/birds-of-22066).

**Basic Birding Course.** A certified Master Naturalist with the Audubon Society of Northern Virginia (ASNV) will conduct a two-part birding course for beginners. Session one is a two-hour class at the Great Falls Library, 9830 Georgetown Pike, 7-9pm on April 7. Part two is a field trip at Riverbend Park on Saturday, April 9, starting at 7:30am. Class is limited to 15 participants and costs \$20 (free if you join ASNV for \$15). To sign up, call ASNV at 703-438-6008 or send an e-mail to [info@audubonva.org](mailto:info@audubonva.org).

**Photo Exhibition:** Display of photos of seven bird candidates in Great Falls bird election at Riverbend Park headquarters building, April 17-May 14. Photographers are members of Great Falls Studios. Sponsored by Friends of Riverbend Park.

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Saturdays 8:00 am to 1:00 pm

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# Lost Dog Cafe Opens in McLean

**T**he latest Lost Dog Cafe opened January 25 at 1690 Anderson Road in McLean in the Safeway Shopping Center. The buzz started on these pages back in September, and now Lost Dog is delivering the goods.

McLean will be the second franchise of Lost Dog. Both of the franchise stores, South Arlington (2920 Columbia Pike) and McLean are owned by the same group. While there are 4 silent investors, the active ownership group is Mike Barnes, Jim Barnes, Mike Danner, and Wes Clough. Mike and Jim are brothers and Jim, Mike Danner, and Wes have been friends since all went to Yorktown High School together.

In 1996, Mike Danner began working at lost dog while in high school as a driver, and later became a bartender. Jim Barnes began driving at Lost Dog in 1999 while attending Georgetown University; Wes Clough worked as a driver at Lost Dog after high school. Wes was in the Navy for 5 years, and became a Manager upon returning with the thought that he'd learn what we needed him to in order to have our own store. Mike Barnes worked at Lost Dog and Stray Cat from his junior year in high school through his college years.

Around 2004, when Wes returned to from the Navy, the other Mike D. and Jim B. had corporate jobs and Mike Barnes was attending JMU.

"We all wanted our own business and loved working at Lost Dog. We approached Ross and Pam (owners of Lost Dog) and they gave the idea their blessing. We always wanted to go to South Arlington because we saw the great demand in that area, and really felt that Lost Dog would fit in on Columbia Pike perfectly," explains Jim Barnes.

"It took some time as our desired location (The Hallstead - where we ended up) wasn't ready yet so we looked around in Crystal City and Del Ray. We couldn't work it out with any of the landlords so we called back the Hallstead and they were ready to make a deal."

"In Spring of 2009, we were working hard to get our store ready. None of us had any experience with leases, lawyers, contractors etc. It was overwhelming, but we were able to keep focused and ask around to make the right contacts in the business. We opened strong in South Arlington and

our goal had been all along to grow. We believed that Lost Dog was a product that when done correctly, could work anywhere."

Mike Danner, Mike Barnes, and Jim Barnes had spent a lot of time working in the Tysons area since graduating from college. It didn't appear that downtown McLean had any space available and they preferred to go into new spaces. The Tysons Mall area seemed too congested for their delivery model. They became aware of the new Safeway on Anderson Road

and immediately got into talks with Safeway to make it happen. The end result is a beautiful new Lost Dog in the center with the Anderson Road Safeway.

When you walk into Lost Dog, there is an air of comfort. There's a friendly, welcoming atmosphere that mingles well with the buzz of a busy, popular, and delicious restaurant.

The menu is huge. Dozens of sandwiches of all types of permutations of a variety of fresh ingredients are listed. Don't feel like choosing? Create your own the way you want it by choosing exactly what you like on your sandwich. Specialty gourmet pizzas offer toppings ranging from the ordinary pepperoni and mushroom to the extraordinary of pine nuts, shrimp, and zucchini. A



*Opening day picture from left to right is Wes Clough (Owner), Brian Bullock (Manager), Pam McAlwee (Franchise Owner), and Tom Ashley (Employee)*



selection of fresh salads rounds out the menu. Want a beer to wash it all down? Well, that's a choice too. The beer menu is long, international, and diverse. Ask some questions and try something new!

So far the store has been well received. Anything different about McLean in relation to Arlington? Jim Barnes says "the pastas seem to be moving faster than in the Arlington locations, but otherwise there is not much difference." One thing that has become popular is the bar.

"Our bar has become a great spot for people to relax and have a good meal and a couple beers. We've noticed it is full more often than the South Arlington location and seems to be a very popular draw at all times for people in the neighborhood," says Jim.

Their business model contains a large component of delivery and takeout. Walking into the restaurant at prime time on a Saturday afternoon, you'll see why loyal customers wait for that awesome sandwich. They plan on having delivery and carry-out make up about half their business. There wasn't much to offer the surrounding area until Lost Dog opened. It should be a great amenity to the local residents and businesses. So what about more seating? Safeway says they have a tenant for the space adjacent to them, so they'll wait and see.

So what's with the name? It stems from the original owners' passion and dedication to finding homes for lost and abandoned dogs and cats. Original owners Ross "The Dogfather" Underwood and Pam McAlwee have been rescuing furry friends for as long as they have been in business and continue to do so. Due to their restaurants' success (they own Stray Cat Cafe in Arlington as well), a foundation was started. Today, the Lost Dog and Cat Rescue Foundation (LDCRF) places almost 2,000 animals per year into permanent, loving homes - each one spayed or neutered before adoption.

As for the McLean store, in addition to a percentage of sales going to the foundation, 100% of the franchise fee goes to the foundation. It's this commitment and compassion that makes the Lost Dog story something special: making a difference one dog or a cat at a time.

So welcome Lost Dog! For the loyal followers that schlepped to Arlington for a Turkey Reuben (a permanent favorite), it is now an easy trek to the new McLean location. For the newbie's, you'll soon be loyal fans as well. Give them a break for the occasional opening jitters, as the area has immediately welcomed them in force. We love new additions to the local food scene, this one in particular.

Lost Dog Cafe, 1690A Anderson Road, McLean  
(703) 356-5678 [www.lostdogcafe.com](http://www.lostdogcafe.com)

For more information about the foundation, see their website at [www.lostdogrescue.org](http://www.lostdogrescue.org).

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## McLean Chamber of Commerce Welcomes New Board

Congressman Jim Moran offers praise to the mission of the chamber.

On February 22 at the McLean Hilton, Congressman Jim Moran addressed the crowd attending the swearing in of the 2011 board. Introduced by Rick Makely, manager of the McLean Giant Food, Moran spoke candidly about the role of chambers and how the McLean Chamber in particular is poised to make a tremendous difference in the years to come as the Tysons area is transformed into one of the largest business centers in the country.

"We know that this area will have robust economic growth not seen anywhere else in the country," said Moran. "Residential, retail, office... all of it fitting together."

Chamber president Marcia Twomey made the role of the chamber clear. "Everything we do is about collaboration, working with the community and giving back to the community."



*Above from the left: Sheri Sylvester – 1st Vice Chairman, Rick Makely – Secretary, Lynn Gulick Immediate Past Chair, Monish Banga, Sally Proto, Brian Callery, Annie Draper, Georges Tawil, Sandy Wendler, Jennifer North, Marcia Twomey – President; Back Row – Sam Roberts, Jon Wilkins – Treasurer, Ghassan Abukurah, Gary Dopsloff, Dan Gonzalez, Carl Hairston, Podium: Congressman James Moran, Merritt Green Chairman  
At the left: Chamber President Marcia Twomey, Chairman Merritt Green and Congressman Jim Moran.*

## McLean Chamber's Fashion Show and Tea Benefit is April 28

Fresh Spring looks from the runway will be the order of business when the McLean Chamber of Commerce celebrates the women of McLean at their 2011 Fashion Show.

Hosted by Marilyn Jerome Foust and Lord & Taylor in Tysons, along with support from Fairfax Woman Magazine, this annual event will benefit the Make A Wish Foundation and other Greater McLean Chamber of Commerce programs.

Bridge sportswear, designer dresses, jewelry, shoes, handbags, accessories and more will be on display. Fashion tips from stylist Lauren Rothman and Chanel beauty advisors will be on-hand to conduct personal consultations. There will be raffles and gifts with purchases.

Call Marcia or Andrea at (703) 356-5424 or [mcleanchamber.org](http://mcleanchamber.org) for more information.

## McLean Community Center Opens Election for its 2011-2012 Governing Board BOARD

The McLean Community Center's (MCC) board provides oversight and guidance for its programs and facilities, including the Robert Ames Alden Theatre and the Old Firehouse Teen Center. MCC is a special tax district agency of Fairfax County Government.

Candidates must be residents of the Center's tax district in order to be eligible to run for a seat on the 11-member board. In order to have their names placed on the ballot, candidates are required to obtain the signatures of 10 McLean tax district residents in their respective categories, either adult or youth. The deadline for filing completed petitions is 5 pm on Friday, March 25. Voting will be held during McLean Day from 10:30 am to 5 pm on

Saturday, May 21, at Lewinsville Park.

Three adult positions and two youth positions are open this year. The three adult candidates who receive the three highest vote counts will serve three-year terms. Youth members will serve one-year terms.

For details on age and other requirements, and more information on the MCC Governing Board Election, call the Center at (703) 790-0123, or visit [mcleancenter.org](http://mcleancenter.org).

"You will find, as you look back on your life, that the moments that stand out are the moments when you have done things for others."

- Henry Drummond



## Earlier school start for FCPS not considered in Richmond

Many filled out the survey. Many complained. Many liked the less crowded beaches the last week of August. Whatever the stance, Fairfax County Public Schools tried to get the general Assembly to address their petition to allow them the authority to start school before Labor Day. Known as the "King's Dominion" law, school systems on a standard calendar cannot start classes prior to the first Monday in September. The goal is to keep people vacationing at Virginia resorts and destinations longer, and to keep the high school kids employed through the popular holiday weekend.

Though the response from staff and parents to a one question survey was overwhelming to allow for an earlier start time ( about two thirds for it), the General Assembly was too busy to consider the measure or to consider a study of school start times. Historically, since the Bill was introduced in 1980, it has been a topic the Assembly won't even consider changing. In any case, it won't happen this year.

## Nominate a tree!

The Fairfax Tree Commission is launching the Celebrated Trees of Fairfax program. Residents are encouraged to nominate trees in four categories: Big: a tree that is one of the largest in its species, commemorative: tree or group of trees planted as a memorial to a person or of an event, historic: tree associated with a significant person, event, landmark or institution, favorite: any favorite tree (only one nomination for favorite per person).

Check out more information and get nomination forms at [www.fairfaxcounty.gov/dpwes/trees/celebratedtrees.htm](http://www.fairfaxcounty.gov/dpwes/trees/celebratedtrees.htm) or call (703) 324-1770.

**Do you have news or announcements from around you community that we should highlight? Send the info along with high resolution photos (no web shots) to [dennis@vivatyson.com](mailto:dennis@vivatyson.com)**

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## New Public-Private Partnership Formed to Guide Tysons Transformation

As one of its follow on motions after the adoption of the comprehensive plan to transform Tysons Corner, the Fairfax County Board of Supervisors directed county staff to work with stakeholders to create a partnership organization that could be in place prior to any redevelopment activity in Tysons.

On January 25, 2011, members of the Tysons Partnership presented the organizational structure and activities to the Board of Supervisors. The Tysons Partnership, a 501 (c) 6 membership organization, is premised upon a new type of collaboration between the county and the private sector in which representatives from all groups that have a stake in the future transformation of Tysons can come together to discuss and resolve issues.

The Partnership will provide for early involvement with the county in and

a comprehensive approach to tasks that include marketing and branding; transportation; urban design/planning; public facilities, and community amenities; finance; and, sustainability initiatives. The Tysons Partnership provides a mechanism for parties to come together to create flexible and realistic plans to implement the shared long range vision for Tysons.

So how much power and influence will this partnership have over planning and design decisions? On the surface, it shouldn't have much, but groups like the McLean Citizens association wants to keep a careful eye on how this partnership works.

Per correspondence to Supervisor Foust from the MCA, "The MCA certainly supports the right of the landowners to work together to advance their interests and to communicate with county staff. We remain concerned that, when issues broader than those concerning individual or groups of landowner interests are at issue, the views of the partnership, not take on any more legitimacy with Fairfax County than those of any special interest group and that other interest groups have equal input to the decision-making process. While the County correctly decided that

the partnership would not be given special status, many of us fully expect the group to attempt to chisel away at that restriction."

In response, Supervisor Foust reiterated that nothing has changed when it comes to access to public officials or the authority in the planning process. "This partnership is a private group, formed by some of the Tysons stakeholders to address issues that they have in common, like funding the private portion of the infrastructure costs and working out the grid of streets to comply with the Plan requirements. Those stakeholders have a lot of divergent interests (for example, some land owners want to develop as soon as possible while others won't re-develop for many years, some have very profitable businesses that may be adversely impacted by development, and probably all of the landowners would prefer to see the grid of streets on their neighbors property, not their own). This group will provide those private interests a way to work through their issues, recommend such things as funding plans for the private infrastructure and, in general, help fulfill the private sector's role in keeping the community endorsed plan for Tysons Corner moving forward."

## Route 7 widening study funded

\$10 million has been appropriated to conduct engineering studies on widening Route 7, Leesburg Pike, one lane on each side between the Toll Road and Reston Avenue. Route 7 is already planned to be widened past that point to the Loudon County border. Supervisor John Foust feels that the seven mile expansion will ultimately be critical to moving traffic to, from and to the new development planned for Tysons. We have a long way to go to see this happen. For an interesting take to the widening, see [tollroadnews.com](http://tollroadnews.com) and search Leesburg Pike.

## The Library's Wish List

Don't think your local library as a place where you just borrow books, but a place you can give them. There are certain books they wish they had more of. Cleopatra: A Life by Stacy Schiff; Cutting for Stone by Abraham Verghese; True Grit by Charles Portis; Little Princes; Explorers: Tales of Endurance and Exploration; and, Diary of a Wimpy Kid: The Ugly Truth are just a handful of the books on the library's Wish List.

Sponsored by the Fairfax Library Foundation, the Amazon.com Wish List allows library supporters to purchase specific books. These are books that are in high demand and additional copies could reduce hold times for fellow customers. The site allows you to see how many copies we are hoping for and how many have been purchased so far; you can order directly from Amazon and the books will be delivered to the appropriate location. Everyone loves to shop, why not for a good cause?

## Census data points to an older and more diverse Fairfax County

According to the latest 2010 census data, Fairfax County is growing, aging, and becoming much more diverse. Fairfax County grew by about 11%, slower than the rest of the state at 13%.

As our neighbor across the river, Montgomery County, is now majority minority, Fairfax is not far behind. The white non-Hispanic population dropped to 55% of the county from 58%. While its roots as a southern state with black-white segregation

issues, blacks now are less than 10% of the population. Asians and Hispanics have grown to nearly 20% and 15% respectively. Fairfax County public schools already have a majority minority with many schools having dozens of countries and languages represented.

As for aging, Fairfax is getting older. The over 65 group, now about 10% of the county's population has more than doubled since 1980 and is expected to reach 12% of the population by 2015.

## Open House at Vienna's Alternative House

Join Alternative House for an Open Door at the House where you will find out more about issues facing young people in our community and get an overview of their history, programs and services. You will have the opportunity to talk with their executive director, a board member and staff. We will also take a tour of our teen shelter. The next Open Door at the House events will be held on: Tuesday, March 22 at 10am and Thursday, April 7 at 3pm. Please RSVP seating is limited. (703) 506-9191



## Vienna making big plans for Civil War sesquicentennial commemoration

Nearly two years ago, to celebrate the coming of the 150th anniversary of the Civil War this year, the State of Virginia asked for localities across the state to tell their local story concerning the Civil War. Plans are diligently underway for events commemorating Vienna's story.

What's in store? Well, if you didn't know, Vienna was home to the first battle where a train was involved in 1861. The highlight of the commemoration will be a re-enactment on June 17-19, 2011 with a Civil War military camp, demonstrations of life during those times, live music, authentic food, artillery demonstrations (bring your ear plugs), and of course the re-enactment of the battle, with a real locomotive on Caffi Field. There could be up to two hundred re-enactors in full uniforms.

Leading up to that, on May 17, there will be a lively and interesting family

friendly lecture on the train battle and its significance at the Town Hall. It will be given by Jim Lewis of the Hunter Mill Defense League. He is one of the most knowledgeable local Civil War historians in the area.



There will also be a re-enactment of the 1861 secession vote that took place at Lydecker's, now the Freeman House, on Church Street. That will be on May 21. Come out and vote to secede, or not to secede. A perfect thing to do if you're at the farmers' market of the bike path that

day anyway. You may even see some pretty heated debates on the issue at the polls. Living history displays of Civil War era society can be seen around the Freeman House as well.

Anne Stuntz of Historic Vienna, Inc. is heading up the planning process and she truly wants to include any community group that would like to be involved with the event in regards to highlighting that era. Volunteers are always welcome, so contact Anne at [historicviennainc.org](http://historicviennainc.org). So far her committee includes members of various historic societies across the area, military and civilian re-enactment groups, local community clubs, and many people just interested in being involved in an event that only happens about every fifty years. This is something that should be marked on everyone's calendars.

The two weekends in May and June be the two premier events of the commemoration. Look for additional events and activities to planned as the Civil War sesquicentennial continues over the next couple years.

Search "Vienna VA Civil War Sesquicentennial Committee" on Facebook for updates.

## MCLEAN AUTOMOTIVE SERVICE CENTER

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## Falls Church Schools applies for Magna Award for its fight against junk food

Recognizing that its ground-breaking effort to provide healthy meals to all students, particularly those who qualify for free and reduced price lunches can serve as a national model for school districts across the nation, the Falls Church City School Board has submitted its "Access to Healthy Meals" program for Magna Award consideration. The Magna Awards, a National School Boards Association effort, is the most prestigious recognition a school board can receive for its work.

"Falls Church stands as a national leader in providing healthy meals each and every school day to our students, regardless of

their economic situation," School Board Chairman Joan Wodiska said. "We believe the School Board's leadership to create the "Access to Healthy Meals" program could serve as a model for school districts, demonstrating the strength of a united community and the importance and impact of healthy eating."

By doing so, the School Board helped eliminate the stigma of free and reduced price lunch, adopting a bold and financially sound policy that protected student confidentiality while providing healthy, high-quality meals to all students in the division. From 2007 to 2010, the number of reduced price meals in Falls Church increased by 49 percent, and the overall number of meals served increased by 33 percent.

Under the Falls Church City Public Schools Access to Healthy Meals effort, the school division:

- Eliminated all fried foods and began using whole grains in food preparation.
- Installed salad bars at the high school.
- Now makes 75 percent of all meals in elementary schools from scratch, while ensuring that 95 percent of fruits and vegetables provided to students are fresh.
- Provides "to-go" meals for student athletes prepared to coaches' specifications.
- Established partnerships with culinary schools to test foods, demonstrate cooking, and promote wellness.
- Conducted poster and video contests and student cooking competitions across schools.
- Identified new vendors that met policy expectations.
- Initiated safe walking routes to schools, while integrating physical education and health curricula into efforts.



**Above: Supervisor John Foust puts his food donation for Share in the Fastran Bus at the McLean Giant on MLK Day.**

Left to right: Kristen Cigler - Neighborhood and Community Services, Vance Zavala - Office of Public Private Partnerships, Stephen Mournighan - Share, Inc., Bonnie O'Neill - Share, Inc., Dranesville District Supervisor John Foust, Marcia Twomey - Greater McLean Chamber of Commerce, Angie Carter - Giant, Jerry Riffenberg - Giant, Amber Boykins-Harper - Giant, Michael Artson of Fastran. Photo from Fairfax County.

## Fastran Stuff the Bus McLean

Shoppers at the McLean Giant filled the Fairfax County Fastran bus with boxes and bags of essential items for the needy in McLean, Great Falls, and portions of Falls Church. Over 2,300 pounds of non-perishable food, paper products and baby items were collected in the Giant parking lot on Martin Luther King Day. These items were then taken to Share, Inc food pantry at McLean Baptist Church. Share

is an all-volunteer non-profit organization that provides emergency assistance in this area of Fairfax County.

The Fastran Stuff the Bus Food for Fairfax drive is a partnership between Fairfax County Neighborhood and Community Services and the Office of Public Private Partnerships. The key private partners in this effort are MV Transit, Bloom, Giant and Shoppers.

For more information about Stuff the Bus or the Fastran program, please call (703) 222-9764.



## Stepping out, sitting down and "mixing it up" for a "change"

In February, George Mason High School students were challenged to start the new semester by stepping out of their comfort zone and sitting down to lunch with people they did not know.

The Be the Change Club sponsored the "Mix-It-Up Lunch" where students were assigned to tables with others whose first names began with the same letter. To get the conversation started, a hot topic such as: "What superpower would you choose?" or "What musician would you most like to silence forever?" was asked. Even among strangers, agreement can come quickly.



*Save the Date*  
4/16/2011



Clemyjontri Park is swinging into spring with the official opening of the new Liberty Swing! Now ALL children can delight in the freedom of swinging at the playground!

Ribbon cutting ceremonies will be held on  
**Saturday, April 16, 2011 at 11 a.m.**

For information contact the  
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The Liberty Swing is funded through the  
Fairfax County Park Foundation



If accommodations or alternate formats are needed, please call  
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[www.fairfaxcounty.gov/parks/ada.htm](http://www.fairfaxcounty.gov/parks/ada.htm)

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](mailto:info@vivatysons.com)



**ViVa! Vienna!**

**(May 28-30)**

**Sponsorships & Booths are Available.**

The **Rotary Club of Vienna** is looking for 2011 Sponsors for **ViVa! Vienna!** (May 28-30). Sponsors receive recognition in marketing materials, event signage and booth space. Visit the website [www.vivaviennava.org](http://www.vivaviennava.org) or contact Kurt Frogale (703) 851-1547 or Larry Warren (703) 973-6217.

The **Rotary Club of Vienna** has vendor booths available for **ViVa! Vienna!** (May 29-30). The fee for a 10' x 10' booth is \$275 and is ideal to sell crafts, retail products and merchandise. Register online at [www.vivaviennava.org](http://www.vivaviennava.org) or call (703) 255-4742.



## Fairfax County's Services for Older Adults

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[www.fairfaxcounty.gov/dfs/OlderAdultServices](http://www.fairfaxcounty.gov/dfs/OlderAdultServices)

## Fairfax libraries have new app for Apple products

Fairfax County Public Library now has a mobile app available via iTunes for customers who own iPhones, iPads and iPod Touch devices. The new app allows customers to search the library catalog, place holds, check account status, get directions to a branch and more.

The app also offers a VisualID feature which stores an image of the customer's library card barcode on their iPhone, iPad or iPod Touch. VisualID allows customers to have their card number with them at all times. Checking out material at Express Checkout by scanning this VisualID and reserving the library's Internet access computers by typing in the card number are two examples of the convenience offered.

The app can be downloaded free from the iTunes store at <http://itunes.apple.com/app/fairfax-library/id415410969?mt=8#>.

This is the library's first app. Development is underway for an Android version.

## Verizon offers new iPhone

At last, Verizon, the nation's largest wireless carrier has made a deal with Apple. For the first time, consumers will be able to choose either AT&T or Verizon for their iPhone service.

The agreement ends AT&T's exclusive distribution arrangement with Apple. It also leaves carriers like Sprint, Nextel and T-Mobile facing two huge competitors who are offering the iPhone.

Verizon plans to make its own version of the iPhone. It will be similar to the iPhone 4 but will run on the carrier's CDMA technology. It was slated to be available in

stores and online by mid February.

Analysts say Apple's deal with AT&T initially helped it reach a large audience. But its exclusivity helped Google to sell Android devices on all carriers. When Verizon gets the iPhone, some say it will reverse the trend of Android gains. The iPhone will sell well vs. the Android when given the chance, experts say.

## What is 'the cloud'?

The latest buzz phrase is 'computing in the cloud.' Like many technology words, it can mean different things, but 'the cloud' most often refers to the Internet. Tech experts say that soon, you won't install software on your computer and your computer won't have a hard drive. Instead of struggling to install software on your computer, all the applications you want, will be 'in the cloud.' You will access them on the Internet instead of hosting them on your own computer.

So what's the big deal? Much less capital expenditures by the user. Less system resources required to use the same software. Much less risk of losing data. Collaboration with colleagues and friends will be easy. The downside: think subscriptions instead of one time licensing fees for software you would normally buy off the shelf. This is the way of the future, so be prepared.

## Will the tablet be the new PC? Tablet makers rush to compete with the iPad

Technology experts predict the PC will finally relinquish its spot as the dominant way to access multimedia and the Web. The tablet will soon take over.

New tablets have been released by Asus, HTC, LG Electronics, Motorola, Toshiba and many others. Each hopes to have the same success enjoyed by the iPad. Apple is ahead with an estimated 10 million iPads sold in 2010.

But the tablet market is expected to explode. Research by iSupply predicts 57 million tablets will be sold in 2011 and 171 million by 2014. Google and its partners LG and Motorola are in the best position to loosen Apple's grip on the market, according to Bloomberg Businessweek.

The new tablets will come in several shapes and sizes. Some will have only Wi-Fi access, and others will also connect to 4G networks. A new version of Google's Android software is expected to work well

on tablet-PC displays.

While the iPad has no camera, many of the others have two, one in front and one in back. But Apple will introduce a new iPad shortly after the Consumer Electronics Show. The company upgrades its models every year.

Samsung and Acer have tablets with seven-inch displays. The size makes it easier for users to hold in one hand or carry in pockets and purses.

## Smart phones are outselling personal computers

According to research group IDC, consumer electronics makers shipped over 100 million smart phones in the last quarter of 2010, a nearly 87% jump from 2009. PC shipments were weaker than expected, up just 3 percent to 92 million.

Not that the two are necessarily related, people need each for different reasons. PC sales have grown at a slower rate most likely due to iPad tablet sales. Smart phone prices have significantly dropped in price with many available for \$100 or less. Though carriers are not offering as many deals, many new plans offer phones at very steep discounts. People also tend to change their phones much more often than their computers. Still, personal computers are needed for different things like word processing, photo editing, and creating other content.

## m-commerce takes hold: Small retailers are gearing up to process mobile phone orders

Many small retailers have websites, but a recent survey shows that only 12 percent have adapted their sites to the mobile phone.

Marketers say mobile phone purchases will be the next big thing in retail. There is even a new name for the trend: m-commerce, a name coined by Acquity Group, a digital marketer in Chicago.

Mobile commerce has been slow to develop, Acquity says, in part because of the recession and also because technology is moving faster than decision-making.

For businesses that already have a vendor handling their e-commerce, adapting to mobile phones can be as easy as asking for it. Web providers, such as



"You didn't hear me say my prayers because I texted them."



BigCommerce, let customers adapt to mobile commerce almost instantly and some don't even charge extra for the service.

The editors of SmartMoney magazine say even if m-commerce service costs more, it might be worth it, especially to smaller companies.

Smaller companies with a limited product line are expected to compete well against big retailers. Mobile phone users are looking for easy, fast purchases and won't want to navigate thousands of items on their small phone screens.

Another advantage of dealing with mobile phones: The GPS systems in most smartphones can allow a business to send a coupon or a discount offer to buyers who are near its physical store.

Some restaurants and retail stores have tweaked their websites so customers can pay for their purchases or gift cards through their smartphones.

One restaurateur reports that 20 percent of his food orders are mobile.

## Starbucks will soon allow payment via smart phone

Starbucks announced in January that it is taking another step away from cash. With its great success of their Starbucks Card (20% of transactions are via the card), it will soon allow another cashless payment method: your phone. The retailer is launching a mobile payment system for its nearly 7,000 company-owned stores and their nearly 1,000 in-store Target locations. The new Starbucks Card Mobile App can be used with select BlackBerry smart phones, as well as iPhone and iPod touch systems. The app also allows customers to manage a Starbucks Card account, check a card balance or reload a card with any major credit card. A store locator feature helps find a nearby store.

In 2010, over \$1.5 billion were loaded on Starbucks cards. They anticipate the app to be as successful.

## New Product Rewards Kids for Walking

There is a new idea to help the growing problem of obesity in children. Rich and Sheri Schmelzer and Alexandra O'Leary have created GeoPalz pedometers, a fun way to record how far children walk, and a place they can then redeem their miles for free prizes and awards on the company's website.

The newest model attaches to a child's shoelace or wrist. It records up to 21 days of speed and distance data that can then be inputted into the website. There is also a wireless version that can track up to 20 devices for parents or teachers. The data translates to how far the child walks in the GeoPalz World on the website. The further they advance the more points they can accumulate to win activity related prizes such as Frisbee, Hacky Sacks, and other sports equipment.

GeoPalz are available at various retailers, or through the company website. The original model sells for US\$19.99, while the shoe- and wrist-mounted version goes for \$24.99, plus \$9.99 for a wrist bracelet. [www.geopalz.com](http://www.geopalz.com)

## Web-mail declines mark significant shift in web behavior

Alex Mindlin of the New York Times Reports:

The number of visitors to Web-based e-mail sites, like Gmail and Yahoo mail, declined 5.9 percent from November 2009 to November 2010, according to comScore, a firm that tracks Internet traffic. That decline reflects the spread of mobile e-mail devices like iPhones, which do not need to log onto the Web to see messages; the number of people who check e-mail almost daily on a mobile device rose 40 percent in the same period. But comScore's numbers also confirm that the youngest Internet users are abandoning e-mail. Twenty-four percent fewer people age 12 to 17 used Web-based e-mail in November 2010 than did in November 2009, even as the number of users 55 and over continued to rise.

"Younger users have so many communication channels that e-mail isn't their first option," said Andrew Lipsman, an analyst with comScore. "At this stage in their life, many of them are communicating through Facebook and texting."

## High-end safety for economy cars

Safety features just found in luxury cars are moving down to economy models.

The 2011 Chevy Cruze, a General Motors compact car, has 10 standard airbags, including a set for the front passengers' knees. It has electronic stability control, a system that senses when the car is at risk

of rolling over, and another system that automatically tightens the seat belts in advance of a crash.

The Cruze airbag count is the same as that of a Lexus GS sedan, priced at just under \$50,000, according to The Wall Street Journal. The Cruze has a starting price of \$16,995.

Cars such as the Hyundai Elantra and Ford Fiesta have a half dozen or more airbags, and electronic stability control is more common in subcompact cars.

## Apple Unveils New Subscription Service

It has always been a problem to order more than one issue at a time for magazines and newspapers via the App Store. With the launch of The Daily for the iPad, Apple now is providing a venue to content providers to offer subscriptions via the App Store. For this service, Apple is taking a 30% cut of the sales price, though subscriptions purchased through the providers website will allow the provider to keep all the fee.

The fee charged to content providers is not a huge issue. The problem for many providers is that all the sales data collected through subscriptions purchased through the App Store stay with Apple and Apple's terms of service state that it will not be released. This can be a huge loss of marketing data to up-sell existing customers who subscribe to their products. As usual, Apple has control, and providers have until June 30 to comply with their new rules.

For users, it will mean increased simplicity in purchasing content by subscription all in one place.



"Jeffrey didn't like coming to the playground until he found this Wi-Fi hotspot near the seesaw."

### Fabbioli Cellars

Fabbioli Cellars is described as 'real people, Earth-friendly, fabulous wines.' Doug Fabbioli started out working in a vineyard in upstate New York back in the eighties, honing his experience in Sonoma for a decade at Buena Vista winery as Barrel Oenologist before his introduction to the wine scene in Virginia at Tarara. He has lent his expertise to many Virginia wineries, particularly those in the Upper Northern Virginia section of the Virginia wine map, including Bluemont, Notaviva, Hiddencroft, 8 Chains North, North Gate and Catoctin Creek, all of which he helped get started. His philosophy is a spirit of working together, "and then everything else is great." "All boats lift in a rising tide," he says.

"The goal is to create economic value, a job you love, be a steward of the land, and do it for generations. When you swing a hammer, if you can hit two or three nails at once, you're really rockin'." Always generous with his vast knowledge of the industry, Doug will be teaching a 6-session non-credit class for NOVA entitled "So You Want to Work in the Wine Industry" on location at the winery starting March 2 to further rural economic education.

Producing primarily reds, Fabbioli Cellars offers a Chambourcin in the style of Chianti or Montepulciano, with bright red berry fruit, a sort of bistro wine, which is smooth, drinkable, and great to chill with on the deck. A Virginia favorite, the Cabernet Franc, is a smoky, spicy classic Cab. And the Tre Sorelle is a Bordeaux blend of Merlot, Cabernet Sauvignon, and Petit Verdot. They also offer Rosa Luna made from Sangiovese grapes, a food-friendly Provence-style rosé, great for summer sipping. It starts to really get interesting with the Port-style Apéritif Pear Wine, brandy-fortified black raspberry Rosa Nera, and the ever-so-luscious Raspberry Merlot, the pure

essence of raspberry. Doug says, "they're ripe and they're beautiful!" One can even bring along a basket and go raspberry picking at the farm.

Delicious accompaniments to the wine include baguettes, Rotolla, (mozzarella and prosciutto), Old German Weisskaese from the Amish in Pennsylvania, Savory Oregano



*The green vineyards at Fabbioli are more than just fabulous color. This beautiful Virginia Green Winery uses various sustainable viticulture practices in producing their fine wine as well as geothermal energy for hot water and climate control.*



*Set in the beautiful country side of Rappahannock County, visitors to Gadino can enjoy their wine in an Italian inspired tasting room or the sun-splashed terrace overlooking the vineyards and the Blue Ridge Mountains.*

Cheddar, Mountain Home Woodsmoked Cheddar, (nice by the fire pit) and Chianti and Rosé salami. They also offer Laconiko 100% Extra Virgin Olive Oil from Sparta in refillable bottles.

An award-winning vintner, Doug Fabbioli considers it even a greater honor to be poured at great restaurants, such as 2941, Tuscarora Mill, the Ashby Inn, and Patowmack Farms. And being one of the

closest wineries at only 27 miles from Tysons Corner, (7 to Leesburg, north on 15) with great wines, picnic tables in a bucolic setting, fire pits, cool wine gifts, and a warm welcome, Fabbioli Cellars is, indeed, fabulous.

Fabbioli Cellars  
15669 Limestone School Road, Leesburg, VA 20176  
703.771.1197, [www.fabbioliwines.com](http://www.fabbioliwines.com)  
Open daily, 11 am-5 pm  
Closed Tuesday and Wednesday.

### Gadino Cellars

Enjoy an early spring getaway to Gadino Cellars in the quiet and beautiful countryside of Rappahannock County. Relax in the rustic Tuscan-inspired tasting room (\$5 per tasting including logo glass) or under the pergola on the sun-splashed deck overlooking the gardens, the vineyards and the Blue Ridge Mountains. And the spectacular Skyline Drive is just around the corner.

The Italian grandfathers of Bill and Aleta Saccuta Gadino brought their skill and passion for wine-making for family and neighbors when they emigrated from Italy in the early 1900's. A family-run winery, Gadino Cellars invites you to come be part of 'La Famiglia.' In fact, you can join the Gadino Cellars PMI Club and become a 'Persona Molto Importante' or 'Very Important Person.'

Wines of note produced by this proud certified Virginia Green Winery include the 2009 Barrel Select Chardonnay, the 2008

Cabernet Sauvignon, aged 18 months in French oak, and the 2008 Delfino Rosso, a Bordeaux blend of Petit Verdot, Merlot, and Cabernet Franc with flavors of currant and violet that complete this Meritage-like portrait. Moonrise, a Provençal-style rosé, hints toward strawberry, raspberry, and pomegranate. I enjoyed the 2009 Viognier (from South River Vineyards outside Charlottesville), barrel-fermented



in Hungarian oak puncheons (132-gallon barrels) with aromas of orange and hints of honeysuckle, pear and peach. The 2008 Dolce Sofia, nicely paired with Italian biscotti, is a delicate dessert wine of late harvest Petit Manseng and Vidal Blanc, with notes of golden raisins, honey and peaches, dedicated to the Gadinos' granddaughter Sofia. And the 2009 Cabernet Franc, 2009 Imagine (a deep red), 2010 sweet Luminoso, and 2010 Pinot Grigio are set for spring/summer release.

Upcoming events include the Vernal Equinox/First Day of Spring Celebration on March 19, where you can celebrate the first blooms of spring in the gardens. Bring along a picnic (or select from gourmet cheeses and local sausage) and spend the day on the deck or challenge friends to a game of bocce on the regulation courts. And April 16 is Adopt-a-Vine Day. Just as the new buds are emerging and new grapevines are being planted, you have the opportunity to help plant a vine and they'll tag it with your name so you can track its growth over the years. Enjoy the afternoon on both occasions to the classic rock renditions of Robbie Limon ([www.robbielimonband.com](http://www.robbielimonband.com)). Benvenuti tutti!

Gadino Cellars  
92 Schoolhouse Road  
Washington, VA 22747  
540.987.9292  
[www.gadinocellars.com](http://www.gadinocellars.com)  
Open year-round, Friday-Monday  
11:30 am-5 pm; Saturday, 11:30 am-6 pm

## Barrel Oak Winery

(BOW, as in Bow Wow!)

When they coined the phrase "a stranger is just a friend you've never met," they must have been referring to Brian and Sharon Roeder of Barrel Oak Winery outside Middleburg. These two possess an innate sense of kindness, as reflected by the respect and friendliness they offer every individual who crosses their threshold, as well as their unwavering energy and passion for charitable works. Brian holds court by the fire, never missing a greeting, as guests enter his benevolent realm like long-lost old friends. He never misses a chance to smile, never misses a wave. This is a place where "friendships are being made," and with a mailing list of 12,000 and growing, that's why they come back, again and again.

With regular charitable events on the

property, it's easy to get involved. In just 31 months they have raised \$160,000 total to support volunteer fire and rescue, Susan G. Komen walkers, childhood cancer, autism, and the Lance Armstrong's Livestrong Foundation. Ten of them even shaved their heads for 10 grand for St. Baldrick's Foundation. Bald can indeed be beautiful.

And then, of course – the dogs, the theme of the whole place. They even have a Doggie Yappy Hour. They have four dogs, two golden retrievers, an American bulldog with two

Brian designed and built with site-blasted bluestone and granite, and reclaimed Douglas Fir on the bar, as a "ski chalet," and says of Brian and Sharon, "They're just as nice as they could be."

Barrel Oak Winery is built upon 170 acres of black Angus-dotted sprawling countryside across from Little Cobbler Mountain, with 20 acres (soon 30) planted with a "scientific and artistic" approach to winemaking, producing 10,000 cases a year. A full tasting is \$10, half tasting \$6. Their best-selling wine is the "light, fruity sunshine in a glass" BOWhaus White, a blend of Vidal Blanc, Chardonnay, and Viognier. During the \$6 or \$10 tastings, the sparkling Domaine Saint Vincent, produced by a family in New Mexico with flavors of "apples, lemons, and flinty earth," served as a palate cleanser instead of H2O was a nice touch. And don't miss the Chocolate Lab dessert wine, a Port-style Chambourcin infused with cocoa nibs. I selected a Late Harvest Vidal Blanc to go, a honeyed golden nectar with tropical aromas, in anticipation of this summer's fresh peaches at the Falls Church farmers' market. And Barrel Oak actually hosts its own farmers' market on weekends in the fall. They also serve locally sourced farm organic food at the winery to give an experience of the countryside.

With this formula – a dog-friendly, pastoral setting 42 miles from Tysons, green building and geothermal heating/cooling, local farmers' market food-sourcing, bring-your-own picnic inside or out, build-your-own fire pit, evening hours on weekends, potluck BOWClub parties from June to September, community involvement,

charitable works, genuine warmth and camaraderie, unrivaled music, and great wine – they really broke the mold. Although harder than expected, at one point Brian admitted, "We might pull this off." Well, it certainly looks like they did. So place your bets and hold on, because this horse is taking off, and fast. And the nice thing is – you're invited along for the ride.

Barrel Oak Winery  
3623 Grove Lane, Delaplane, VA 20144  
540.364.6402  
[www.barreloak.com](http://www.barreloak.com)  
11 am-6 pm. Year-round, Friday 11 am-9 pm;  
April-November, Saturday, 11 am-9 pm.



*A relaxing sunset view from the patio of Barrel Oak Winery. The unpretentious, enjoyable atmosphere of this relatively new winery is dog, as well as people, friendly.*

different color eyes from the Lost Doggie/Cat Rescue Foundation they also support, and a neighbors' dog that wandered over and never left. You may very well feel the same way.

With the smooth stylings of Demetrios & Curtis in the background during our visit, (and a rotating cycle of excellent musicians including the bluegrass and Appalachian-inspired Dead Men's Hollow ([www.deadmenshollow.com](http://www.deadmenshollow.com)) March 12, 6 pm, you get the feeling you're welcome to enjoy hanging out all day, until 9 pm on Fridays all year long, and until 9 pm on Saturdays in the summertime. This is a great place to bring your date. Demetrios ([www.myspace.com/demetriosjam](http://www.myspace.com/demetriosjam)) describes this beautiful architectural space that Sharon and

# Making Sense of the New Dietary Guidelines

By Judy Caplan

**D**id you know that the government just released its new dietary guidelines? The Dietary Guidelines for Americans has been published jointly every

5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

"Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

"The 2010 Dietary Guidelines are being released at a time when the majority of adults and one in three children is overweight or obese and this is a crisis that we can no longer ignore," said Secretary Vilsack. "These new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most

Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also for our country."

The new 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains.

"Helping Americans incorporate these guidelines into their everyday lives is important to improving the overall health of the American people," said HHS Secretary Sebelius. "The new Dietary Guidelines provide concrete action steps to help people live healthier, more physically active and longer lives."

The 2010 Dietary Guidelines for Americans include 23 Key Recommendations for the general population and six additional Key Recommendations for specific population groups, such as women who are pregnant. Key Recommendations are the most important messages within the Guidelines in terms of their implications for improving public health. The recommendations are intended as an integrated set of advice to

achieve an overall healthy eating pattern. To get the full benefit, all Americans should carry out the Dietary Guidelines recommendations in their entirety.

Below are some of the tips to help consumers translate the Dietary Guidelines into their everyday lives:

- *Enjoy your food, but eat less.*
- *Avoid oversized portions.*
- *Make half your plate fruits and vegetables.*
- *Switch to fat-free or low-fat (1%) milk.*
- *Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.*
- *Drink water instead of sugary drinks.*

So now that the government has spoken, how does this advice translate to the real world? Whether you are fine dining or grabbing a quick bite, be assertive and ask the wait staff if they have whole grain, lower fat and lower sodium versions of your favorite dishes. If they don't, seek out restaurants like Chipotle, Noodles and Company, Subway, and Starbucks. They all carry at least a few items that meet the guidelines. If cooking at home, purchase healthier whole grain, lower sodium and trans fat free products:

- *Whenever possible order whole grain breads on sandwiches, whole wheat pizza crust, and whole wheat pasta products.*
- *Eat brown rice over white rice.*
- *Leave the salt shaker on the table; don't add extra salt to boxed or fast food.*
- *Avoid deep fried foods: french fries, nuggets, tortilla chips, donuts.*
- *Order more salads, vegetarian entrees, and skip dessert.*
- *Carry a water bottle and ditch the sodas, even diet ones. Use a BPA free receptacle.*
- *Eat lots of fresh vegetables; add them to sandwiches, pizza, snacks.*
- *Eat at least one to two pieces of fresh fruit everyday.*
- *Eat fewer burgers (use a whole grain bun) and if you drink milk, make it nonfat.*
- *Eat until satiated, not stuffed.*
- *Move more, at least 60 minutes a day.*

The 2010 Dietary Guidelines for Americans has been published. Bottom line: eat less, eat healthier, and get active. It's obvious, but not easy in today's fast paced world. Taking pause and being aware of better choices is a great start.



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](http://www.GoBeFull.com) for more information about Judy and her company, Nutrition Ammunition.



## March is National Nutrition Month

A quick guide to the FDA food pyramid as seen at [mypyramid.gov](http://mypyramid.gov).

Do you feel as though you can't keep up with the latest nutrition news because it's always changing? Knowing these basics you'll be better equipped to sort through the latest information.

### What foods are in the grain group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, breakfast cereals, tortillas, and grits are examples of grain products.

Eat three ounces per day, most preferably from items that contain "whole" before the grain name on the list of ingredients.

### What's in the vegetable group?

Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. In cooking, vegetables may be used raw, cooked, frozen, canned, dried or dehydrated.

Eat at least two to three cups of vegetables

per day. Eat a variety, but be sure to include more dark green and orange veggies as well as dried beans and peas.

### What foods are in the fruit group?

Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be used fresh, canned, frozen or dried and may be whole, cut-up, or pureed.

One and a half to two cups. Variety in type and color is key. Frozen is great for out of season options. Go easy on the fruit juices as they are high in sugar content (even though it is natural).

### What foods are in the milk group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not.

Include three cups per day. Milk group choices should be fat-free or at least low-fat. Can't consume dairy? Try lactose free options, or eat more dark leafy and cruciferous vegetables for calcium.

### How about the meat group?

Foods made from meat, poultry, fish, dry beans, peas, eggs, nuts and seeds are

considered part of this group. Dry beans and peas are part of the FDA's meat group as well as the vegetable group.

Five to six ounces per day. Aim for eating low fat, lean cuts of meat and poultry. Bake, broil, or grill- avoid frying. Fish, nuts and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

### What are oils?

Oils are fats that are liquid at room temperature. They come from many different plants and from fish. Some common oils are: canola oil, corn oil, cottonseed oil, olive oil, safflower, soybean and sunflower oil.

Five to six teaspoons per day. A number of foods are naturally high in oils, like nuts, olives and avocados, count those as fats as well. Greatly limit solid fats like butter, margarine, shortening, and lard.

### What are discretionary calories?

Each person has an allowance for some discretionary calories based on their daily caloric intake. Most discretionary calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active. Here is where you could fit in some solid fats, less lean cuts of meat, more of one food group, or other indulgences. It's not as much as you think.

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1 Client 1 Trainer 1 Goal

# HEADACHES?

## Could your TMJ be the cause?

**H**eadaches, neck and shoulder pain, ringing in the ears, migraines... many of us suffer from from one or more of these symptoms. For years, these symptoms were often misdiagnosed, dismissed or treated by medications which did little to solve and correct the problems. In many cases, these symptoms are actually attributed to temporomandibular joint disorder (TMJ) or myofascial pain dysfunction (MPD). Enter Monarch Dentistry, our area's new neuromuscular dentists located in Vienna.

Simply explained, neuromuscular dentistry places the jaw in its optimal position, relieving the symptoms associated with TMJ. Unlike traditional dentistry which deals with teeth, bones, and gums, a neuromuscular dentist works with the "hard" and "soft" tissues and the

muscles and nerves. Neuromuscular dentist have a deep understanding of the relationship between hard and soft tissues and the necessity



*Monarch's state-of-the-art office provides patients with a comfortable, relaxed setting...*

for the two to work in harmony to correct the "bite" and realign the jaw.

The doctors at Monarch Dentistry have undergone extensive training to understand and correct your bite. By using state of the art X-Rays they are able to determine what the teeth are doing and correct your bite to relieve the stress on the TMJ. New sophisticated machines called "Cone-beam Scanners" provides three dimensional images of the teeth, roots, jaw and skull which allow dentists to identify

hidden problems quickly and have immediate images to work with.

A few tips to help keep TMJ at bay:

- Relax! Keep your lips together, and your teeth apart
- Avoid grinding your teeth
- Avoid cradling a phone receiver between your head and shoulder –Use a headset or hold the receiver to your ear
- Chew your food evenly on both sides of your mouth
- Don't sit with your chin rested on your hand
- Avoid constant gum chewing
- Practice good posture - keep your head up, back straight, and shoulders squared

Monarch Dentistry now offers IV-Sedation for your comfort during all dental procedures.



*New Cone-Beam Scanner provides Monarch Dentistry with immediate 3-Dimensional images to identify and diagnose hidden problems...*



*Doctors Neil A. Flenniken, DDS, FAGD, AFAAID and Suzan Rismani-Flenniken, DDS Are practicing state of the art dentistry in Vienna, VA [www.monarchsmiles.com](http://www.monarchsmiles.com)*



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[creativedentistry@monarchsmiles.com](mailto:creativedentistry@monarchsmiles.com)

# LUNGE

## The Super Shaper of Legs & Buttocks!!

By Cindy Pavell, M.S.

Health Educator & Fitness Specialist

[www.fitnesspluswellness.com](http://www.fitnesspluswellness.com)

**T**he lunge has been a staple in the world of weight training. Along with working the major muscle groups in your legs and buttocks, this movement also develops agility and requires the help of many stabilizing muscles in the lower and upper body. Your strong side cannot dominate during this exercise and you get a lot of “bang for your buck”. The challenge to your balance is an additional benefit. The lunge is unique in that it works both the hamstrings and quadriceps. A traditional leg movement, the leg press, mostly works just the quadriceps. Hence, you may want to consider this multi-faceted exercise while working your legs and buttocks.

There are several types of lunges. Each type will recruit the muscles slightly different. Changing from a front lunge (stepping forward) to a reverse lunge (stepping backward) will alter the emphasis between the quadriceps and the glutes (butt). Additionally, the length of step you take, the depth you allow the knee to drop, and the position of your arms will change the exercise slightly or dramatically. Here are some examples:



A tremendous advantage to the lunge is there are multiple muscle groups being recruited. The muscle group that is doing most of the work is the quadriceps. The buttocks and hamstrings work secondarily. The inner and outer thigh muscles, along with the calf muscles work as stabilizers in the lower body. Your mid-back and erector spinae group (they run the length of your spine) act as stabilizers in the upper body. This is a time-saving exercise because you activate so many muscles simultaneously!

The lunge is a complex movement. When performing the lunge, please pay attention to the following:

- Keep your torso aligned over your hips (you want the muscles of your thighs and hips doing the work, not your torso).
- Keep your body weight over the center, and towards the heel, of the foot doing the work (usually the front foot).
- Keep your front knee over the ankle.
- Once you have taken the step backward or forward (depending on the type of lunge), be sure to balance yourself before you bend the knees.
- Keep in mind which leg is doing the work; for example - on a reverse lunge you do not want the back foot giving a big push off when lifting yourself back to starting position.
- If you are unsure of your balance and strength for the exercise, hold on to something to your side. A chair, table...anything to help with maintaining proper form.
- If something does not feel right to you, it probably isn't. Get help from a professional.
- This is not a beginner's exercise!!!! (Unless, you have a professional instructing you).

The lunge is an impressive and effective exercise. The multiple variations, the large amount of muscle groups used, and the demand on your balance make the lunge a valuable asset to any routine!!





## The worst excuse: No time to take care of yourself

People have lots of excuses for not thinking about health and getting in shape. Lack of time is the most common excuse, says best-selling author Bob Greene in his book *The Life You Want: Get Motivated, Lose Weight and Be Happy*. He studied peoples' schedules and found they all had time every day that would be better spent being physically active. He asks, "Who doesn't have 30, 40 or 60 minutes a day to exercise and take care of themselves?"

Green says exercise aversion is another cause. Even his most famous client, Oprah Winfrey, didn't like to exercise.

People avoid it because they don't want to experience the discomfort of working at it. But discomfort means you are exerting yourself enough to burn calories and improve your health. Some people exercise while watching TV or walking with a friend.

Once a week, it's important to make a healthy week's menu instead of just

eating whatever is in the fridge.

Buy fresh fruit, vegetables, fish, whole grain bread and crackers, plus meat, but not too much. Skip the processed foods and fatty snacks.

The good news is that successful dieters take a break on one or two days of the week. Within reason, they eat whatever they want, such as a few slices of pizza but not the whole pie.

Put health on your time-management plan. When you are stronger and healthier, you'll do everything better.

## Reducing the pain of wrist arthritis, increasing function

Wrist arthritis is common in older adults. Often, it develops as the result of a past trauma or fracture, but there are simple steps that can reduce pain and increase function.

- Learn the difference between general discomfort and pain resulting from strain or overuse. For example, if you have arthritis

in one wrist and it hurts to turn a doorknob, use the other hand. Or install lever type door handles.

- Apply heat, cold or both. An electric heating pad or warm water soaks can ease pain and stiffness. An ice pack or cold water soaks can reduce pain from a flare-up caused by too much activity.
- Contrast baths can also be helpful. Soak hands in warm water for 10 minutes. Then switch to cold water for one minute. Or cycle back and forth for half an hour and end with warm water.
- Apply a topical prescription pain reliever gel like Voltaren or Solaraze.
- Over-the-counter pain relievers can help. Acetaminophen, (Tylenol and others), Advil has the lowest risk of side effects.
- Wear a splint to limit movement during a wrist-intensive activity.

If pain persists, ask your doctor for a prescription pain medication or corticosteroid injections.

# STAY WELL!



## Stroke is no longer the third leading killer

Healthier lifestyles, better blood pressure control and cholesterol management by Americans are credited with moving stroke down a notch.

Instead of being the third leading killer, it has moved to number four behind heart disease, cancer, and chronic respiratory disease, according to the Centers for Disease Control and Prevention. While improved treatments can take some of the credit for the improvement, better stroke prevention is having an even greater effect.

### Treating risk factors

The American Heart Association and the American Stroke Association report that metabolic syndrome is defined as having risk factors such as high blood pressure, high triglycerides, Low HDL cholesterol, a large waist circumference and elevated fasting glucose.

Screening just for metabolic syndrome may not be effective. Stroke specialists quoted in Duke Medicine say each component is a risk factor that should be treated individually.

## Fixing the carotids

When medication and lifestyle can't halt narrowing of the carotid arteries, the blood vessels on either side of the neck, options include implanting a stent or having surgery to remove the blockage. Carotids are the arteries that carry oxygenated blood to the brain.

Surgery isn't advised for those with general coronary artery disease.

### Stroke prevention advice:

- Treat blood pressure to a goal of 140/90 mm Hg or less.
- Stop smoking.
- Eat more fruits and vegetables for weight control and potassium.
- Talk to your doctor about daily aspirin use.
- Limit alcohol consumption to two drinks per day for men, one for women.
- Treat sleep apnea.
- Exercise moderately for at least 150 minutes per week.
- Know your family history of stroke.
- Ask your doctor about statin therapy.

*So many people spend their health gaining wealth, and then have to spend their wealth to regain their health. -A. J. Reb Materi*

# Cocktail

## "A Slice of Irish Heaven"

*As served by "Irish Tommy" Kinsella at Irelands Four Provinces in Falls Church*

1/2 oz Bailey's Irish Cream

1/2 oz Irish Mist

1/4 oz Green Creme de Menthe

Shake Bailey's and Irish Mist with ice  
Strain in a martini glass and float Creme  
de Menthe on top.

Enjoy!



## Dining with Debbie... at Vienna's Sweet Ginger.

I must give credit to my daughter, Kara for first introducing me to Sweet Ginger in Vienna. "Mom...amazing sushi!" Really? Kara exclaiming the virtues of raw fish???? Who would have thought this possible? What does she know about good sushi? Intrigued...I went.

AMAZING sushi is right! But lets address this in proper order. Under "Soup & Salads" I find the miso soup, although a common in an Asian restaurant, this one is uncommonly good. Avocado with honey miso dressing is perfect. Seaweed salad. I'm eating ocean grass and I LOVE it! It's marinated with a sesame dressing.

Endamame are heart healthy steamed fresh soybeans sprinkled with salt. To those who have never tasted endamame I offer this advice, approach them as you would an artichoke meaning the outer shell is NOT meant to be ingested. Extract the beans by dragging the teeth against the pod. I learned this the hard way, when I popped the entire pod in my mouth and chewed and chewed and chewed much to the amusement of my waiter who rushed to my side and offered his guidance as well as a napkin. Silly me.

Some of my favorites from the sushi à la carte menu (6 pieces per order) include: the Philadelphia Roll with smoked salmon,

cream cheese and avocado, the Japanese Bagel Roll which is lightly battered and fried with fresh salmon, cream cheese, roe with spicy mayo, and the Wasabi Cream Roll- the wasabi cream is light with just the right amount of wasabi so you don't have your sinuses cleaned out.

The atmosphere is welcoming, whether you come for a leisurely dinner in a booth or grab a couple of spots at the corner sushi bar. Its always fun to sit at the sushi bar as the chefs preparing the sushi offer up little freebies as well. Not a fan of sushi? Sweet Ginger could be called Asian fusion as it offers a variety of Asian entrees, Chinese, Thai, Japanese and more. Familiar choices are the ever popular General Tso's chicken, several Asian noodle and fried rice choices, noodle soups and a traditional Bento Box, where dinner comes, literally, in a segmented box! Japanese kitchen entrees include Teriyaki and Tempura. For dessert, try the fried bananas.

Sweet Ginger

(703) 319-3922, 120 B Branch Road SE, Vienna 22180

Lunch: Monday-Friday 11:30-3pm, Saturday-Sunday 12-3pm

Dinner: Sunday-Thursday 5-10pm, Friday-Saturday 5-10:30pm

You must try it! -Debbie Casey





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 restaurant. See  
 details on page 136.



## Local baker makes a good show on Food Network

Fluffy Thoughts custom cakes participated in the Food Network Challenge in October that aired February 13. Their life size edible replica of a Chinese Shar Pei came up short to the winner's poodle. Owner Lara Stuckley will surely try to avenge her second place finish with another competition. Stay tuned.

## New Blues/Acoustic/Folk Jam on Tuesdays

Bangkok Blues started a new Tuesday Jam in February. The family friendly and free jam will be from 7-11pm EVERY Tuesday. The only thing that differs from the Sunday Blues Jam is that we are welcoming acoustic/folk players as well. Same great atmosphere, same great people. Given the number of talented local musicians and spectators that seem to grow in numbers every week, they could have a jam all week long... we wish.

Since this is in the middle of what was normally a dark (as in closed) time of week, there will be limited menu offered for the Tuesday jam. It will consist of a more Traditional American menu with appetizers and burgers.

Tuesday and Sunday jams are great, but don't forget their great bands playing Thursday, Friday and Saturday nights.

## Naked Pizza signs lease in McLean

Focusing on all natural ingredients, the popular New Orleans based Naked Pizza is coming to McLean. They have signed a lease at 1363 Chain Bridge Road, now occupied by McLean Kitchen and Bath. Not normally taking large spaces, about three quarters of their business is delivery. The company started franchising last year and is expected to open up to 25 new stores in the DC area.

Naked Pizza will be on one side of the local landmark Rocco's, the soon to be open Red Tomato is on the other.

With Listrani's, Pulcinella, and McLean Pizza, that brings six pizza places in downtown McLean (Lost Dog Café also opened on Anderson in January). Several readers have asked why another pizza place?

## Two local French restaurants make top 50 in US

The Great Falls restaurant L'Auberge Chez Francois and Vienna's Café Renaissance have made the list of the 50 top restaurants in the U.S. in a new ranking by the website [www.opentable.com](http://www.opentable.com). The ranking was based on more than seven million reviews on the restaurant reservation site.

## Two local firms make Fortune's top 100 list to work for

Only two local companies with headquarters in our area made Fortune's top 100 companies to work for in 2011. Booze, Allen, Hamilton placed 85th, down from 52nd. The consultancy carries out serious government work, but staffers enjoy hula lessons, pet photo contests, ice cream socials, and wine tastings. Mitre placed 96th, down from 69th. The nonprofit research center has a gold-plated retirement plan, enabling retirees to receive from 80% to 100% of final salary annually. There were many other companies headquartered elsewhere that have a presence in our Tysons area including PriceWaterhouseCoopers, NetApp, DPR Construction, and others.

## Hilton Worldwide Expands and Invests in our area

Hilton Worldwide, which moved its headquarters to Tysons from Beverly Hills in 2009, has announced plans to add over 100 jobs and invest \$1.8 million in the supply management group of the company. When Hilton made the decision to move, it committed \$17 million to the move and 300 new jobs within its first 36 months.

"As we predicted when we first made the decision to move to Virginia, our new location has allowed us to operate even more effectively as a global business and has provided a great quality of life for our team members," said Christopher J. Nassetta, president and CEO, Hilton Worldwide.

## Harth is coming to the McLean Hilton

The McLean Hilton will soon feature a new restaurant concept. Harth will highlight offerings from local farmers, changing its menu as the seasonal harvests change. They will team up with local providers of beef and game as well. The restaurant is part of the \$1.5 million renovation of the lobby and bar area that was scheduled to be completed at the end of February. It will occupy the space originally occupied by the full service café Martinique's (the jazz club OPUS 88 has closed and will be renovated into another use). The restaurant should be open in late March.

Chef Thomas Elder, formerly of Chicago's McCormick Place, calls the cuisine "American comfort food." The locally sourced ingredients will be prepared in an open kitchen focused around a wood burning stove. The homey comfortable surroundings will include three fireplaces. Though the Hilton hopes that this could turn into a destination restaurant, the ultimate goal is to ensure their guests and visitors an exquisite, comfortable, delicious, as well as socially responsible, dining experience.

## Norm's Beer and Wine Feeling the Squeeze

Norm's Beer and Wine is feeling a pinch from the big guy around the corner. Apparently The Fresh Market, that is currently under construction in the former That's Amore and Hancock Fabric space, doesn't like the fact that Norm's is in direct competition with them within the same shopping center in regards to alcoholic beverages.

We've been told that the Landlord



plans not to renew them when their lease comes up in 2015 in order to accommodate their new anchor tenant. We can only speculate as to lease terms, but large anchor tenants like The Fresh Market, as well as Giant and others, usually have clauses that control other uses in the center.

Norm's has been in this location at Branch and Maple in Vienna since 1998 serving over 500 varieties of beer and a notable selection of wines from around the world. "I didn't see this coming," said owner Norm Yow. "Hopefully something will be worked out. Right now it is all pretty new."

No matter what, they'll be around at that location for awhile, and their loyal customers will follow them where ever they may end up.

## Famous Dave's BBQ signs lease in Falls Church

The Original Pancake House has a new home on Lee Highway, and Famous Dave's will be moving into their old space in the Broadale Shopping Center. Big issue is parking. Chipotle took the Duron Paint space last year and there is a buddy Starbucks as well. Still, nothing like some baby backs...

## New Bed Bath and Beyond opens

The landmark Bed Bath and Beyond on Leesburg Pike moved in February to new digs in the former Linen and Things/World Market building (formerly Hechingers for us old folks) at Boone and Route 123. At nearly 56,000 square feet, this is one of the largest stores in the country.

## Local travel agent offers Shamrock Classic

Local Vienna company Caddie Tours Online is offering a unique travel package for college football fans, particularly for fans of two popular schools: Notre Dame and The Naval Academy. The Shamrock Classic will be held September 1st in Dublin. A complete tour package including the game, golf, sightseeing and more is included in a ten day package from this

specialty travel agent.

If you're like to see Ireland and experience a great college rivalry across the pond, then this may be the trip for you. See the details at [daddietoursonline.com](http://daddietoursonline.com).

## Oysters highlighted at Clyde's

It's Back! Clyde's of Tysons, in partnership with The Oyster Recovery Partnership, is featuring an "Oyster Happy Hour" with raw bar items 50% off Monday -Thursday 4-7 PM and 10pm-12am. Also available Sunday Nights from 10pm-12am (not available for take-out). Other delectable shell fish are also available.

## Tysons Borders Closing

Borders Books recently announced their Chapter 11 bankruptcy and one of the six area stores that will be closing. According to their website, probably no later than the end of April. We'll be seeing the liquidation signs until then.

## Local Merrifield company offers time saving services

Getting frustrated converting your CD collection to MP3's to listen to on your iPod? Merrifield based RipDigital's CD-to-MP3 conversion service can simplify the process of upgrading to digital audio by doing it for you, saving weeks of work.

Owner Manish Naik, husband of local Vienna dentist Priti Naik, says his company can save dozens of hours of time. "Most people have CD collections that are about 200-300 discs. If they wanted to do this process themselves in iTunes it would take over 30 continuous hours and most people simply don't have the patience or time to do that!"

For those with huge collections, it can get into some money, but at about a buck a song to rebuy them, it can be easily justified.

See all their digital services at [www.ripdigital.com](http://www.ripdigital.com).

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## Local Jeweler's Pieces Adorn Celebrities at Golden Globe's

Renowned jewelry designer, Jorge Adeler of Adeler's Jewelers in Great Falls, has been making a splash with the Hollywood crowd. Most recently at the Golden Globes Maria Menounos, correspondent for Today and Access Hollywood, wore a pair of Adeler diamond and pearl drop earrings which resulted in Adeler being listed among the Notable Jewels at the 2011 Golden Globes.

Other celebrities from the Golden Globes wearing Adeler designs included Miss Golden Globe Gia Mantegna, who presented awards; actress Jessica Lowndes of 90210; and actress Nancy Carell, wife of Steve Carell. "The response from Hollywood has been overwhelming and it has been an honor to adorn these beautiful ladies with my designs," said Adeler.

*Right: Access Hollywood correspondent Maria Menounos wore a pair of Adeler diamond and pearl drop earrings at the Golden Globes.*



## Arlington Motorcar Service moves to Tysons. Long time owner is an accomplished local photographer.

Since 1984, Arlington Motor Service was located in a historic building in Rosalyn. That building has made way for progress with just the sign remaining as a historical landmark.

The unstoppable Shaun van Steyn, was determined to keep AMS in existence at a new location. His first choice was Falls Church City, as his photographic business is located in the city. He is the Outreach Director of Falls Church Arts, and has achieved his own historic preservation by saving historic buildings located on his property on Lincoln Ave. However, he was unable to locate a suitable site within the city limits. He continued his search and found a new location for AMS in the Tysons Corner area at the previous location of the

Don Peacock Buick dealership on route 7.

As a family owned business, owner Shaun Van Steyn makes sure that his new location continues the commitment to the highest level of service and value that has been his signature for more than 25 years. New customers have now found him. AMS works on all models of vehicles, specializing in early and late model Land Rovers.

The shop offers more space, and Shaun with his cousin Bill have brought their charm to the location with their "one of a kind" friendliness, as well as their artwork covering the walls and interior which also serves as an art gallery. A working British telephone booth gives a historic feel, and the original sign has been moved to the new location.

AMS has kept abreast of technology and is one of the few shops that offer advance bookings for repair, estimates, invoices and payment all via e-mail. They also offer assistance in buying a vehicle with a pre-purchase inspection.

Stop by their office to see Shaun's photographic works displayed. Growing up during the Blitzkreig in London in the 1940's left his hearing impaired. His heightened awareness of his visual sense, in addition to having celebrity parents actress and ice skater Doorn can Steyn and stepfather Roger Moore of James Bond fame, gave him an opportunity to see and experience the world and to ultimately share it through his photography.

His works have been displayed at the Byrne Gallery in Middleburg, the Krescent Moon Gallery in Staunton, and at Georgetown University's Lombardi Cancer Center in the sold-out show "Life to Art."

Locally, Shaun is the on the Board of Falls Church Arts, a local community arts organization that promotes the visual, performing, literary, and applied arts. In that capacity, he has initiated a plan to collaborate and share information with various art organizations in the Metro DC area. Shaun is a continual participant in local and regional art events.

*Left: AMS' office is adorned by Shaun's photographic work and a working British telephone booth. Right: Aurora, by Shaun van Steyn*





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There are many ways to approach cosmetic dentistry, including smiles created by dental technicians that often look fake or contrived. In contrast, DURAth<sup>in</sup>® 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.



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6845 Elm Street, Suite 450, McLean VA 22101  
WWW.MARYGDDS.COM

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# The Book Beat

## Loving Your New E-Reader – Locally!

By Lisa Lipkind Leibow

Nothing matches the complete, sensory experience of holding a print book – the smell of the pages, the way the paper feels between

my fingers, and the look of the ink on the page. I'm known to dog-ear and highlight my favorite passages as I get lost in the plot. I savor, devour, and am mad about print books. Nothing could completely replace that love.

Now that I've spoken my undying devotion to print books, I hope you won't think me unfaithful when I confess that I've been loving some e-book on the side! E-books offer new ways to adore literature. E-reader users can adjust font size, keep a file of "clippings," perform keyword searches, and gain quick access to material when on deadline. More than that, e-books are great for impatient people like me. I agree with Carrie Fisher when she said, "That's the problem with instant gratification – it's just not fast enough!" The ability to download a book within seconds of deciding to read it is fantastic.

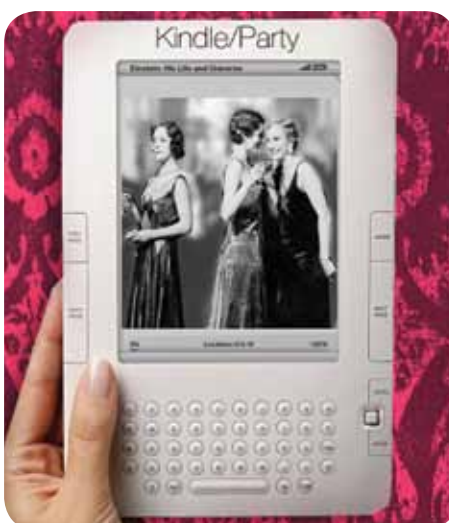
If you've found a new way to love literature in e-books, you're not alone. According to Forrester Research, a market-analysis firm, by 2015 nearly 30 million people in the United States will own e-reader devices, up from 3.7 million at the end of 2009.

One local business has found a great way to help the growing e-reading public to discover new writers and help indie authors build their fan base by combining grass-roots and viral marketing. It's called The Kindle Party. Jennifer Crawford, CIC (Chick in Charge) at The Soundry in Vienna explains, "The live audience is the grass-roots component and the fact that we stream it live and everyone can propagate the link to

the broadcast to their social networks is the viral part."

I was lucky to be invited to read at The Soundry's first Kindle Party. Here's a complete listing of the featured authors:

- Lisa Lipkind Leibow- Author of *Double Out And Back*
- Tonya Plank-Author of *Swallow*
- L.B. Gschwandtner-Author of *The Naked Gardner*



- Laverne Thompson- Author of *Chances Are*
- Cathy Wiley-Author of *Dead to Writes*
- Misha Crews-Author of *Still Waters*
- Karen Cantwell- Author of *Take the Monkeys and Run*
- D. A. Spruzen- Author of *Not One of Us*

The event was lively! Locals filled the back room at The Soundry, listened to the authors read from their digitally published books, and asked great questions. In addition, the internet audience participated

with the live audience through a monitored on-line chat room. They chimed in, wanting to know whether funny mysteries were a new trend in the genre. They got the inside scoop on release dates for the next books in authors' series. They asked the three attorneys-turned-novelists in the line-up what made lawyers want to write fiction, and more. If live and internet audience members liked what they heard, they could download the e-book on the spot! Zippity Zappity!

Hopefully this is just the beginning. Crawford looks forward to developing the Kindle Party concept further with relevant topics and maybe even live music. She says, "Ultimately, we plan to simulcast Kindle Parties in several major cities so e-published authors from all over can participate."

If you love your e-reader or you're curious about why you might want one, mark your calendar now for the next Kindle Party – with a whole new author line-up – at The Soundry, 316 Dominion Road, Vienna, at 7pm, Thursday, May 5th. If you can't attend in person, link to Kindle Party Channel: [www.ustream.tv/channel/kindle-party](http://www.ustream.tv/channel/kindle-party)



Lisa Lipkind Leibow is an author of smart women's fiction. Her novel *Double Out and Back* (Red Rose Publishing) takes the reader on the roller-coaster ride of infertility treatments as seen through the eyes of three women. Originally working as a lawyer, Lisa decided to trade the billable hour lifestyle for fiction writing. Winner of Pitchapalooza D.C. and an Honorable Mention in John Gardiner Award for Best Character Description, Lisa's work has also appeared in *Pisgah Review*, *Sanskrit Literary Arts Magazine*, and *Diverse Voices Quarterly*. She lives and writes in Northern Virginia with her husband, three sons, two clumber spaniels, and two red-eared sliders. You can learn more about Lisa and her writing at [www.LLLeibow.com](http://www.LLLeibow.com).



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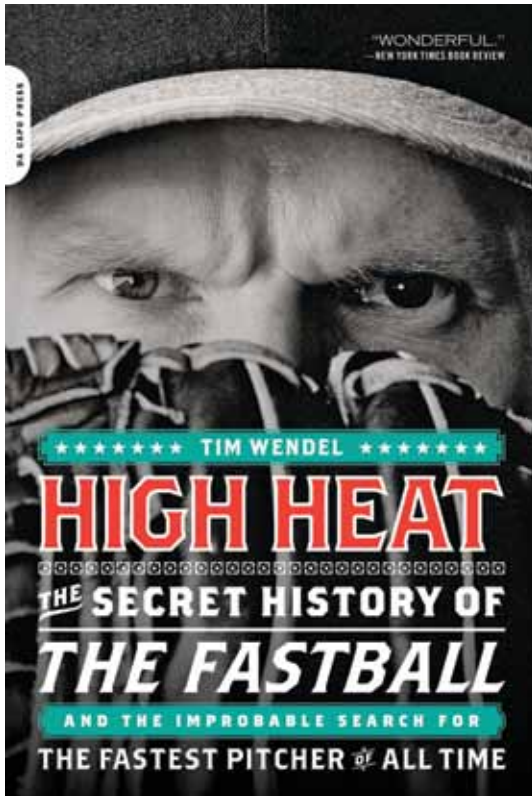
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# LIGHTNING IN A BASEBALL

## VIENNA AUTHOR SEEKS THE FASTEST PITCHER OF ALL TIME

By Richard Gazala



Local writer Tim Wendel, founding editor of USA Today's Baseball Weekly, digs deep into the arena of players, scouts, coaches, historians, and other experts for insight on the game's most prized proficiency, the fastball.



I write these words in a chilly Route 7 Starbucks that's surrounded by piles of dirty snow. Local meteorological prognosticators predict ever more of the white stuff, and we're too familiar with the attendant office and school closures, power outages, and cabin fever that inevitably follow. So I look for solace to the coming spring, when (with apologies to Alfred Lord Tennyson) every young man's fancy lightly turns to thoughts of baseball. The title alone of Vienna author Tim Wendel's latest book, "High Heat," is enough to warm cockles in the hearts of frozen baseball fans.

"Heat" is the right word for this engrossing nonfiction book exploring the secrets behind baseball's most formidable pitch—the pitchers featured in the book threw baseballs fast enough to melt bats. In seeking the fastest pitcher of all time, Wendel interviewed over 80 fastball connoisseurs, including some of the most illustrious fireballers ever to stalk the mound. Wendel consulted aces such as Hall-of-Famers Nolan Ryan, Jim Palmer, and the late Bob Feller. He also spoke with slightly less renowned swamis like career minor leaguer Steve "White Lightning" Dalkowski, who supposedly heaved a baseball 115 MPH in the days before radar guns, and was the inspiration for the character "Nuke" LaLoosh in the classic movie, "Bull Durham." Wendel even visited the American Sports Medicine Institute in Birmingham, Alabama, to compare his own fastball prowess with that of the masters.

To appreciate what makes a great fastball

so overpowering, some perspective is in order. Wendel's fastball clocked in just below 50 MPH in Birmingham, which is about average for a non-professional adult male. Superstar pitcher Jennie Finch reached 71 MPH when she lead Team USA to softball gold at the 2004 Athens Olympics, and University of Massachusetts star Brandice Balschmitter pitched a softball 74 MPH in 2009. Yet no baseball pitcher merits serious consideration as a veritable fire-baller unless his pitches routinely hit at least 95 MPH, and the best of them regularly sling the ball around 100 MPH. If a pitcher hits that mark at will in the strike zone for a few years in the Major Leagues, his plaque in baseball's Hall of Fame is virtually guaranteed.

So which pitcher consistently combined the elusive psychological and physical tools to make himself the fastest pitcher of all time? Wendel told me his answer, and I can't say he's wrong. I'll not disclose that name here, because you'll have far more fun reading "High Heat" to discover the answer for yourself.

Wendel has lived in Vienna 20 years, and has authored eight fiction and nonfiction books. He's currently working on his next book, "Sixty-Eight," about a transformative year in American and Olympic sports. It's scheduled for release in the spring of 2012.

"High Heat" was named one of this spring's top ten sports titles by Publishers Weekly. It's published by Da Capo Press, and is available at [www.amazon.com](http://www.amazon.com). Learn more about Wendel and his books at [www.timwendel.com](http://www.timwendel.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](http://www.richardgazala.com).



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**OWNER & HOST-** Sergio attended Santa Margherita culinary school in Ligure, Italy. After traveling the U.S., he opened his first restaurant, Michelangelo, in Arlington in 1979.

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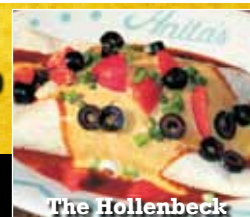
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## Living Gluten Free

By Chef Bonita Woods  
Culinaria Cooking School  
[www.culinariacookingschool.com](http://www.culinariacookingschool.com)

**T**he first time I worked with a client who had Celiac Disease was 9 years ago. Back then, her biggest dietary challenge was in finding places that sold gluten free products and ingredients.

Times have really changed for us! Now, even conventional grocery stores carry a nice selection of gluten free items. In fact, my gluten free baking classes are often filled and with a waiting list.

So what changed? The percentage of people with Celiac Disease has not suddenly jumped, but our ability to diagnose it certainly has. Also, Celiac Disease can be a secondary condition to other physical issues, so GF (gluten free) can become a precautionary diet choice. There are a variety of other reasons why people may choose to live a gluten free lifestyle. It is certainly easier to digest! Here are a few thoughts to help you consider the gluten in your life and how happy your gut is to have it there.

Classic bread gluten is the product of mixing the wheat (or barley or rye) flour with liquid. The wheat protein strands are long and sticky. Wherever they touch, they like to stay bonded. Kneading the bread dough allows the sticky protein strings to get as knotted together as possible, thus forming gluten. This is what gives your favorite bread that wonderfully chewy texture. Unfortunately, once bonded, the protein strings like to remain stuck together. For people with delicate digestive systems, this can cause quite the gut ruckus. Those sticky gluten globs want adhere to their intestines as much as possible and happily

ferment in their gut. Are you thinking "Bloated Abdomen"? You bet! With a healthy side of "Extra Gas" to boot? What a "delightful" treat for both one's body and any unfortunately nearby (gasping for air) friends...

Gluten free recipes combine several types of GF flours. But don't panic! These recipes can be really intimidating until you get used to them. Trust me; there is a reason and method behind this seeming madness. You want to mix different grain types to simulate the same protein activity as wheat flour without actually having any of that gassy gluten. You combine sturdy flours like rice, teff, buckwheat, coarsely ground cornmeal or soy with the finely milled, sticky and starchy flours like corn, potato and tapioca. The sticky flour will hold the sturdy grains together, but not with as cohesively bonded of a structure as regular bread. As soon as you eat it, even the chewiest of gluten free breads will immediately become unglued and dissolve. Once you figure the basic equation out, GF baking is pretty easy to manage.

When combining GF flours for your mix, the ratios are also important because each flour has a unique molecular bond and rate of liquid absorption. The finer ground, starchy flours soak up and react to liquid quickly. You will notice this when you beat the batter. Over a period of several minutes, it will change texture from gloopy batter to stretchy dough.

Even so, your GF dough will be delicate and require additional tender loving care to make it work. Without gluten, you are missing the key factor of pliability that helps you work the dough and keep the bread from crumbling

after it is baked. You need to extend the dough's fragile protein structure with xanthan or guar gum, the most widely used "protein" replacements. These gums dissolve easily and are great emulsifiers. That's why you see them in store bought salad dressings. They literally keep ingredients from separating. That is also why they are great ingredients with gluten free baking!

To recap: We can combine both sturdy and starchy grains make a great GF dough base. Gum holds it together. But what other baking tools can we use? Dairy ingredients also can play a role. Melted butter and egg yolks add a rich luxuriousness to the baked product. Proteins like egg whites, gelatin, milk or dry milk powder add more leavening power and leave a moister crumb. (While you can do vegan or dairy-free GF baking, it is a little trickier. Totally possible though! Just look for dairy-free alternative ingredients or contact me if you need advice.)

With these clues in mind, the Gluten Free Flour Mix mystery comes out of the dark. Try the following recipes, as a great place to start in your new baking adventure. There really are loads of recipes out there ready for you to explore!



Chef Bonita Woods teaches the fun side of nutrition through her nonprofit venture the Bonita Woods Wellness Institute in Falls Church, VA. Chef Woods can also be found leading

healthful cooking classes at Culinaria Cooking School in Vienna, VA. For more information, visit [BonitaWoods.org](http://BonitaWoods.org) or [CulinariaCookingSchool.com](http://CulinariaCookingSchool.com).



## Light, Fluffy Gluten Free Dinner Rolls

*Yields about 16 rolls*

### Ingredients

- 1 1/2 cup white rice flour
- 3/4 cup tapioca flour
- 3/4 cup sweet sorghum flour
- 1 tablespoon xanthan gum
- 4 teaspoon baking powder
- 1 teaspoon salt
- 1/4 cup sugar
- 2 tablespoons active dry yeast
- 2 cup warm milk or water  
(not hot)
- 2 teaspoon apple cider vinegar
- 2 large eggs
- 1/4 cup olive oil  
(or neutral vegetable oil)
- melted butter (or oil) for pans  
and for brushing tops of rolls
- tapioca flour for pans

### Special Equipment Needed

- stand mixer is really helpful,  
but a hand mixer will do
- muffin pan

### Directions:

1. Butter and "flour" muffin tins.
2. In a small bowl, whisk 1 TBL of the sugar into warm milk. Add yeast, whisk to dissolve; set aside to proof (start the yeast working)—it will get foamy on the top.
3. In a medium bowl, mix together all the dry ingredients; set aside.
4. In bowl of mixer fitted with a paddle attachment, beat together eggs, vinegar and oil. Add yeast mixture, beat to mix. Add flour mixture, beat on low to combine, then beat on high for at least 3 minutes or until the dough is thick and sticky.
5. Spoon dough into prepared muffin tins—filling about 3/4 of each cup. With a sharp knife that has been dipped in tapioca flour, cut a deep slash in the top of each roll. Don't worry if there's a little extra tapioca flour left on the rolls.
6. Turn on oven to preheat to 375 degrees.
7. Let rise until doubled in bulk—about 40 minutes. I put muffin tins on top of stove to let dough rise in proximity to warmth of the preheating stove.
8. Once rolls have risen, brush the top of each with melted butter. Bake in preheated oven for about 20 minutes—until the tops are a nice golden brown. If they start to brown too quickly, loosely tent the rolls with aluminum foil.
9. Remove from oven. Once they are no longer steaming hot, you can remove rolls from muffin pans to cool.
10. These are very sturdy rolls that will keep at room temperature for up to 2 days...if they aren't eaten first!



## Quinoa Oatmeal Cookies

*Yields about 2 dozen cookies*

### Ingredients:

- 1/2 cup softened butter
- 1 cup raw sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 3/4 cup quinoa flour
- 1 cup quinoa flakes
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup dried cranberries (you can add any dried fruits and/or nuts, such as: walnut, pine nut, pecan, sesame seeds, dried apricot, ginger, pineapple, raisins, cherries, mango, etc...)

### Directions:

1. Preheat oven to 350°F.
2. With an electric mixer, cream butter and sugar until light and fluffy.
3. Add egg, vanilla, and water and mix well.
4. In a separate bowl, combine flour, flakes, soda, powder, and salt. Add flour mixture to sugar and beat until combined. Mix in cranberries (and other dried fruits & nuts).
5. Using 2 spoons, arrange cookie dough on a greased cookie sheet. They spread, so leave a little extra room around the dough balls.
6. Bake for 10 minutes, or until lightly browned and the center of each cookie is baked through. Let cool and carefully remove the cookies from the sheet pan.





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## Panache

1753 Pinnacle Drive, McLean  
703.748.1919 | [www.PanacheRestaurant.com](http://www.PanacheRestaurant.com)

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## Tyson's Bagel Market

8137 Leesburg Pike, Vienna  
703.448.0080 | [www.Tyson'sBagelMarket.com](http://www.Tyson'sBagelMarket.com)

**S**ave the five hours to the Lower East Side, real New York Style bagels can be found on Route 7 in Tysons. Boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh baked varieties with a schmear of several cream cheeses. A full breakfast menu also awaits you, along with a long list of deli and grilled sandwiches. Impress the office with their easy and delicious sandwich and salad platters, a perfect choice for your catering needs. Get there early for a nosh as it gets crowded, you'll quickly make it a regular part of your week. In the heart of Tysons on Route 7 at Gallows. Open Seven Days - Full Breakfast & Lunch.



## Evo Bistro

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# We Are Marshall Academy

## Local high school offers professional level training

By Keith Loria

**A**s you peek through the rooms of Marshall Academy one thing becomes clear very fast: This is not your parents' vocational school.

A culinary class is learning the finer arts of cooking in a half-a-million dollar industrial kitchen; the sound of students having conversations in Chinese is coming from an advanced language class; an agent with the FBI is talking with students about the delicate security issues of the job.

"When I was younger, schools had traditional vocational courses offered to students. The Academy is a concept where we took professional courses and college level courses and implemented them into the school so students have the opportunity to earn industry certifications,

at how those taking classes can thrive in college and careers.

Marshall Academy is one of six Academies (the second largest) situated in Fairfax County that offers these unique and specialized courses for highly motivated students. All classes are year-long and emphasize career experiences.

"This is not only for students who aren't going to college," McFarland explains. "We are geared towards all students and attract a much broader spectrum. We have college bound students, middle of the road kids and we have special-ed and lower performing kids."

The academies work corroboratively in teams to develop goals for learning that are clear and challenging, building business and education partnerships that enhance classroom instruction, and bolstering student achievement.

Students may select from such courses as A+ Computer Technology, Advanced Business Management, Aerospace Science, Automotive

Collision Services, Automotive Servicing, Automotive Technology, Chinese, Cosmetology, Criminal Justice, Culinary Arts, Engineering Physics, Engineering Systems, Entrepreneurship, Hospitality Management, Network Administration, and Physics of Technology.

The beauty of the school is that many of the courses offer industry-recognized certifications and licensure opportunities. Last year, more than 500 students earned some sort of industry certification.

"Our Academy provides students real pathways to careers that can begin today—demonstrating to students that there are multiple ways to be successful as a high school graduate," says Certified Entrepreneurship Teacher Jennifer M. Hendrickson. "Our certifications allow students to demand higher wages when they are hired and often make them more attractive to employers—this continues even with college degrees. We prepare students to be professional in the workplace and have the skills needed to be employed and productive."

Marshall Academy is open to all high school students in the county and transportation is provided a few times a day to take the kids to their one or two specific classes and return them to their base schools for their standard course offerings.

"Students have the opportunity to start classes in 9th grade, but because of scheduling, traditionally we are open to juniors and seniors," McFarland says. "We have close to 900 students in the program now; when I started here in 2004 we had 500, so it shows that we have grown and the interest level has grown."

Marshall Academy is unique because it gives students the opportunity to explore career paths that they are interested in but might not have the chance to learn about at their individual schools. The school's model encourages teachers to demonstrate learning through labs, hands-on activities and field trips within the industries studied so the students engage with industry experts to see if jobs in these areas might interest them within the safety of a high school environment.

In Hendrickson's class, students create professional business plans to start a

>>>>continued

Marshall Academy is a "school within a school." This program doesn't offer just an alternate list of electives, rather their programs are unique and specialized courses for highly motivated students who want to develop the skills and learn the technology of specific industries required in today's job market.

participate in internships, receive college credit in some cases, and are really career focused," says Jeff McFarland, the Academy Administrator who supervises 14 highly technical and specialized programs for interested students in grades 10-12.

Twenty years ago students attending schools like this were taught a specific skill or task so they could go into the workforce and become a carpenter or plumber or electrician. What the Academy does is look at courses on a global scale and look



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company to sell a product or service of their choice.

"My course is dual enrolled with Northern Virginia Community College so my students earn both a high school credit as well as 3 college credits (BUS116)," Hendrickson says. "We speak with local entrepreneurs about their stories, experts in small business, create our own 5-Star Market, participate in DECA and use technology as an integral part of our learning experience."

Students in this class have the opportunity to earn industry certification from the National Retail Federation in customer service and/or sales as a part of their coursework.

"I believe it is one of the most fundamental business experiences that a student can have," she says. "You learn to take something you are passionate about and build a business."

The most popular class these days is Chinese, where approximately 150 students come to Marshall Academy each day to take part in one of the four levels of Chinese the school offers.

"Chinese is one of our fastest growing programs. It's probably the international language of the future," McFarland says. "It's going to be a global giant as far as the economy goes. We have a lot of parents and community members who do business with China so we are offering that language in the Academy."

Led by instructors Jie Lei and Li Fu, the classes go from beginning levels all the way to advanced, where students will learn to speak and write proficiently. The program even offers an AP Chinese class so that students can get college credit.

"China is such a strong country and I think the relations between America and China is really important for the



**Chef Ciaran Devlin and his students are seen here in a full commercial kitchen at the school. Through lecture, hands-on work, and projects the students will obtain a working knowledge of classical culinary techniques and learn the skills needed for a career in the food service industry. The higher level course offers a local internship option.**

whole world, so learning the language is a great idea," says Fu, who has been teaching Chinese at the school for five years. "American students are already realizing that with the job market of the future, Chinese will be very important."

Chuck Ponsart, a 26-year veteran of the Fairfax County Police Department, has taught the last nine at the Fairfax County Criminal Justice Academy training both new recruits and seasoned officers, and has brought that experience to Marshall Academy.



**Jeff McFarland is the Academy Administrator who oversees fourteen highly technical and specialized programs.**

"This takes common misconceptions of law enforcement and tries to clean them up," Ponsart says. "I want to give the kids as much information as possible so they can make an informed decision on whether they want to make this a career choice."

Two levels of classes are offered with specific areas of training provided in criminal law and investigation, security training, communications, emergency response, crimes, search and seizures, as well as seeing the courts in action and how law enforcement efforts deal with crime.

For the culinary classes, chef Ciaran Devlin leads those interested in the food industry through a working knowledge of classical culinary techniques. This includes everything

from instruction in table service, hot food production, meat identification and fabrication, pantry, breakfast cookery, baking, pastries, and management techniques.

"We teach the kids a lot of the basics. This is for students who are considering going into this as a profession," says Devlin, who has been with the Academy for seven years. "My kitchen is set up in five stations and they go through rotations. All of those who take the class walk away with the safety aspects, the sanitation and some decided that they really want to do this."

The Academy is affiliated with Johnson & Wales and the Culinary Arts Institute and the students learn to make everything from cheesecakes to breads to crème brulee.

As instructor of the Auto Collision program, Craig Troup brings his 20 years of industry experience to those interested in pursuing a career in the auto body repair and restoration industry.

>>>>continued



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**Students in the cosmetology class work on hair design in an actual salon setting. The program culminates with industry certification by the Virginia State Board of Cosmetology.**



**The auto collision program has a fully functioning body shop where students repair vehicles that many times are sold to support the program. The curriculum and laboratory practices defined by Automotive Service Excellence (ASE)**

He explains that the classes are much different than the shop classes that parents might remember from their days in school.

"These classes go a lot further. We actually have a fully running body shop here," Troup says. "Last year we took seven cars that were severely damaged and rebuilt them and sold them to help fund the class. Some of the students even bought them."

The curriculum and laboratory activities are defined by Automotive Services Excellence and include panel repairs, painting, frame and unibody construction, steering, suspension, detailing and welding.

"We cover a little bit of everything in the industry—paintwork, estimating, parts replacement, detailing—and it's a lot of fun," Troup says. "The very least they should get out of the classes is the ability not to be a victim of a shop. They will understand it and become an educated consumer."

The school's Engineering Physics program offers a two-year college-preparatory Physics sequence for serious, enthusiastic students who have an interest in careers in the physical sciences, engineering, technology, medicine, and other disciplines requiring research and experimentation.

Its well-regarded IT program allows high schoolers the opportunity to gain practical experience in assembling a computer system, installing an operating system, troubleshooting computers and peripherals, and using system tools and diagnostic software.

"Our focus, although broader than some [of the academies], is still IT and engineering technology. What we are doing is looking at these courses globally," McFarland says. "IT is a career cluster, so we examine what courses do we have in IT that we can offer students that are high level. Students are taught that industry standard and there is a lot more accountability with our courses."

Marshall Academy has been open for

a dozen years and a big piece of its success is through the relationships they have established with local business. Many of the courses are bolstered through dynamic business partnerships with such companies as Acacia Federal Savings Bank, Booz Allen Hamilton, Cisco Systems, Microsoft, KidzOnline, CompTia, Sheraton Hotels, Marriott Hotels, Ritz Carlton Tysons Corner, and Ford Motor Company.

"We can't teach everything within the classroom walls so we have to expose students to as many opportunities as we can and have them make the decisions," McFarland says. "We don't force them to go in any direction; we just want to help them make a better selection going to college or deciding a major or whatever their career interests are." To that end, McFarland has beefed up the efforts to bring businesses to the school to get them involved.

"We have a career specialist who goes out to the Rotary Club or the Tysons Chamber, and brings in guest speakers or liaisons into the school. Because of our culinary program, we have a lot of luncheons and bring people in from the business community and explain courses and see if they would be interested in partnering with us," he says. "Perhaps we can take a tour of their business or have engineers or experts come in and work with our students on a project."

McFarland says it's not that difficult to get the businesses involved, as they all see the value to the students, the community, and perhaps even their own company in the future. "A lot of time what we sell them on is the talent of the students. These are their future workers. They may be going to Virginia Tech or George Mason or UVA or NOVA, but now is the time to talk and promote your company and sell your product to them," McFarland says. "Maybe they can do a shadow experience now or internship later. It puts in the students' mind that this is a company that maybe they would be



interested in working for."

Many companies have volunteer hours that they require of their workers and having their employees come in to work specifically with the students on a lesson geared towards their experience is something that benefits everyone.

Another big part of the curriculum is having guest speakers come in to talk to the students about the jobs and careers they are considering. Just this year speakers from the DEA, CIA, engineers, hair salon owners and technicians have spoken about their jobs.

With the business landscape changing and new technologies coming into vogue each year, McFarland knows that it's important for the Academy to keep things current and relevant.

"Because of budget developments over the last few years, we haven't been able to acquire any new programs, but we continue to try and refresh our offerings so we have the most current and latest trends in the interest of students," he says. "We need the help of the central office and the money to turn over labs, renovate the facility and staff the programs."

With that in mind, there are a couple of course areas he would like to see eventually offered at the school. "I would like to get into gaming software, as that's something that a lot of colleges are adding and is very popular," he says. "I would like to see us move into forensic science as a step above criminal justice. I would love to see us move into cyber security. We need to continue monitoring what students are going to college for."

Any student in Fairfax County may apply and should talk with their school counselor at their base school for information and admission assistance.

"Really all these courses are career opportunities for students to consider or majors in college that they could take," McFarland says. "We offer programs that are professional and geared to career opportunities to help students be competitive in the workforce today."

More information about the Marshall Academy can be found at [www.fcps.edu/marshallacademy](http://www.fcps.edu/marshallacademy)

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# Spring, Lamb and Red Wine... *Perfect Together.*

By Tomme Casmay  
Classic Wines of Great Falls  
[www.ClassicWinesGreatFalls.com](http://www.ClassicWinesGreatFalls.com)

Spring has sprung! Just look around. Why even Punxsutawney Phil, America's greatest weather prognosticator told us this past February 2nd that we would enjoy an early spring this year. Yes, spring is in the air. Is there a better time of year? Not in my book! It's time to shake off the heaviness of winter and brighten our outlook a bit. It's also a time to brighten up our cuisine along with the wines we enjoy with our meals.

The one meat that reminds me of spring more than any other is lamb. It is unique unto itself. It is a meat that just shouts out youth, freshness, new growth, and green grass. Traditionally, lamb is a popular choice for Easter dinner (April 24th this year). A moderately lean, rich and distinctively flavored meat, it pairs well with a variety of wines, depending on how it is prepared and your wine preference. But make no mistake; it is a meat that just calls out for red wine to accompany it.

From Europe to the Middle East to Down Under (Australia and New Zealand), lamb, in its many forms, is a cherished staple of so many different cuisines around the world. However, in American homes,

surprisingly, it is prepared less often than other meats. It has always been so, and beef and pork surpass it by a wide margin on our American dinner tables. Perhaps it is our "cowboy" connection with the great Texas

charming and diverse. THEREFORE, HENCEFORTH, I DECREE THAT LAMB SHALL BE AMERICA'S QUEEN OF MEATS. Now, that was easy. Wow, I feel so royal right at this moment.

Now might be a good time to give a brief primer of what it is we are eating when we eat lamb. A lamb is simply a young sheep. There are various methods used to grade lamb depending on the meat's country of origin. All grading systems are based on the age when killed and/or how it was fed when alive. For simplicity sake, in the United States and Great Britain, the following categories are used: 1) a lamb killed before being weaned is called a "milk lamb" or "baby lamb"; 2) a lamb that has been weaned but is still less than one year old when it meets its demise is called a "spring lamb"; and 3) lambs over one year old are referred to as "yearling lambs". Finally, meat from an animal over two years old is simply called "mutton". Obviously, the younger the meat, the more tender it is and the more expensive.

Lamb from different parts of the world also offer different flavor experiences due to how they were fed. For example, American lamb from our western states, most notably the Colorado mountain area, is pasture



cattle drives of the late 19th century that made beef America's King of Meats. Nevertheless, in my mind, lamb is every bit as wonderful as King Beef, only different—more delicate,



fed and also fed corn before slaughter, which gives it a richly marbled texture. Eastern American lamb is generally all pasture fed and is usually leaner in fat content. Australian lamb, one of the world's finest, is mild flavored, richly marbled and is also pasture plus grain fed (but not corn). On the other hand, New Zealand lamb is almost entirely pastured on rye grass and clover fields, giving its meat a very lean, strongly flavored quality. Obviously, it's not quite as simple as stated. Different types of pasture grasses and the breed of the sheep also contribute to the flavor of the lamb meat, as you would expect.

Now, let's talk about some wine matches with our baby sheep. Lamb is such a versatile entrée, that, depending on the recipe, it can be a heavy meal or a light meal. Because of this flavor diversity, the red wines that pair well with lamb are equally broad in scope. So, whether you are planning to enjoy a rack of lamb with rosemary and thyme, or a roasted lamb shoulder, or some grilled lamb chops with mint sauce, or a savory Irish lamb stew, or just a nice lamb salad at lunchtime, I'm sure one of these reasonably priced red wines will complement your meal quite nicely.

**Chateau Bellevue Cotes De Castillon 2006**—Many people, especially in France and Britain, consider a nice Bordeaux to be the perfect accompaniment to lamb. This lovely red blend from Castillon on the eastern side of Bordeaux is primarily Merlot. It offers a lovely mix of red and black cherry flavors with a smooth, slightly earthy finish. (\$17.99)

**Tamarack Cellars Firehouse Red 2008**—This "Wine Spectator Top 100

Wine" for 2010 is for those grilled lamb chops that you have been dying to make, as soon as the weather warmed up. It is sort of a Bordeaux blend with a kicker—30% Syrah included. This Washington state Columbia Valley wine is medium to full-bodied with vibrant, forward mixed berry fruit flavors. (\$19.99)

**McWilliams Shiraz 2008**—Australia's most notable red grape is a perfect match with delicious Australian lamb. This reasonably priced Shiraz offers plum and raspberry flavors with a touch of spice. Throw the lamb chops on the "barbie" and enjoy some of this tasty Shiraz while you're grilling. (\$12.99)

**M. Chapoutier Belleruche Cotes-du-Rhone 2008**—This 60% Grenache/40% Syrah blend from southern France will spice up your lamb dinner nicely. A very smooth wine, it has vibrant mixed berry/cherry flavors and a price that won't break the bank. M. Chapoutier is one of the most respected wine producers from the Rhone area. (\$15.99)

**Avignonesi Toscano Rosso 2007**—For those of you who are in an Italian mood with your lamb feast, try this blend of Sangiovese (40%), Cabernet Sauvignon (30%) and Merlot (30%). This is a full bodied wine, with black cherry, currant and a charming earthy note. This would be delicious with a roasted lamb shoulder (rosemary seasoning required, of course). (\$16.99)

Finally, let us not forget Pinot Noir. It pairs well with most lamb dishes, if you are in the mood for a slightly more medium-bodied red. If you enjoy an earthier style Pinot, then choose a Burgundy or one from the

great state of Oregon. But for my rack of lamb, I just love the Pinot Noirs from the Russian River Valley in northern Sonoma County, California. I'll throw out three wines for you that I think are just marvelous in three different price ranges and weights—**Kenwood Russian River Valley Pinot Noir 2009** (light & elegant--\$15.99), **Orogeny Russian River Valley Pinot Noir 2007** (medium-bodied & vibrant--\$27.99), and the lovely **Russian Hill Russian River Valley Pinot Noir 2007** (rich & sexy--\$33.99).

Well, there it is...For all of you beef and pork eaters out there, give lamb a share of your dinner table and try some of these wonderful lamb wine matches. HAPPY SPRING!

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# The Historic Colvin Run School Offers History, Nostalgia...



*...and a little Western Swing.*



**T**uesday night in Great Falls, conjures up the image of a quiet, sleepy rural-esque suburb just West of the congestion we call Tysons Corner. As you drive west down Colvin Run Road, just past the Serbian Crown and Dante's at Walker Road, you'll find a pretty packed parking lot by the Historic Colvin Run Schoolhouse. What's the draw? It's one of their regular dance nights.

A crowd of about 60, that soon grows to nearly 100, people of ages ranging from the mid-30's to the mid-70's, are learning new swing moves from dance instructor Ed Contrell and his partner Gail Crum. They've been teaching and running the dances on Tuesdays and a couple Saturdays a month at the hall for nearly two years. The class precedes a regular dance that occurs every Tuesday and Saturday night at the hall. The first Saturday of each month hosts a live band.

White holiday lights adorn the walls and ceiling, the specks of reflection from the rotating glitter ball pass across the "floating" wood floor that experienced dancers find easy on the feet. The instructor is firmly issuing instructions and, with a 5-6-7-8, the pupils repeat steps, most without a hitch. It's not hard to discount the wireless mic and the modern fashion to get a true feel for what has been going on here for decades. And 5-6-7-8...

Once the hour lesson is over, the lights dim and the DJ starts "spinning" some tunes: jazz, hustle, eastern and western swing, foxtrot, tango, and more. We're not talking the loud beat of the latest trendy club, it's the local community together for an enjoyable, fun, and social event.

It's hard to find a place to go to enjoy dancing. When the Tysons Ritz opened, there was ballroom dancing every Saturday night. The problem was, ballroom dancers don't like to drink when they dance. That put a crimp in the business model and regularly scheduled dancing soon disappeared at that venue. "In the old days we smoked on the inside and drank on the outside. Now it's the opposite," recalled Walt Harrison, a former president of the Colvin Run Citizens Association. Here the atmosphere is non-threatening. It's not a pickup spot. New people drop in every week as dancers tell their friends. It is a time where you can have some fun. During the lesson, partners can rotate. It is all about having a good time. While it used to be more focused on classical music dancing, Ed and Gail have stepped it up with a variety of lively music.

"There's no snooty people here," says Ed. "People are here for a fun evening and they meet new friends. It is a safe haven to have some fun dancing and to learn a few moves." Ed plays to the crowd depending what the mood is and sometimes likes to make them work a bit hard on some tricky moves. Gail plays the part of the Mother Hen coddling the dancers to make sure everyone is enjoying themselves.

>>>Continued



**Top:** The current building at 10201 Colvin Run Road owned by the Colvin Run Citizens Association. **Above:** Colvin Run Tree Planting Ceremony 1932. Pictured left to right, James Bradford, Kenneth Roberts, James Coulter, Mr. Roberts, William Cockrill, Myrtle Crippen, Collette Trickett, Mrs. Jim Coulter, Mrs. Grant Trickett, Joe Wheeler, Josie Oliver. (Photo courtesy of Fairfax County Park Authority) **Below:** Colvin Run School picture dated 1923 – Pictured left to right, back row, Viola Thompson Kidwell (Teacher), George Higby, George Youngblood, Bruce Trickett, Donald Fortny. Middle row, Clarence Millard, Etta Bradford, Edna Duncan, Helen Wyckocp, Margaret Tracy, Leroy Duke, Front row, Kenneth Roberts, Wilton Ballenger, Ette Bradford, Carroll Wheeler, Loraine Roberts, Lucile Sanders, Anna Fortney. Photo courtesy of the Roberts family. Names provided by Great Falls Historical Society. **Left:** Joe Wheeler 1931, first CRCA President (Photo CRCA archives)







John Heimann from Arlington is a transfer following Ed and Gail to Colvin Run from another venue in Herndon. "This is a gorgeous place and it has a great floor. Sometimes it gets crowded, but that's part of having a great place to dance."

The building is impressive. From the outside, the high arched wood ceiling that rises above the dance floor is hidden. The building is the original turn of the century schoolhouse. The real wood paneled walls have scattered classic vinyl albums hanging, along with photos of events, special people, and some interesting historical mementos and artifacts. There is a coat room, some tables and chairs, and a service counter where refreshments are served as part of the small entrance fee which includes the lesson and a couple hours of dancing. Other than the relatively new air-conditioning, the venue is old-school, literally.

And in old, let's say 1908. That's when the current building was first built for a sum of \$1,500 after a fire destroyed the previous schoolhouse that was built in 1894. In 1922, ownership of schools shifted from state districts to county school boards. Shortly thereafter, the Colvin Run School and Community League was established. Think of it as the precursor to a current PTA. The League proposed improvements that it partially funded and kept the community informed about issues such as attendance, child health, teacher training, etc. By 1926, the League met in a new auditorium attached to the rear of the two room school which is now the dance floor area.

By 1929 dropping attendance crated a concern about the future of the school. In 1930, the Fairfax County School Board initiated consolidation of the one and two room school houses that dotted the

region. And in 1931, the Fairfax County School Board started selling abandoned schools, including Colvin Run. The Colvin Run Community League purchased the school and the one acre property for \$2,600.

Since there was no longer an educational need, the League was reorganized as a community enterprise to sponsor the purchase of the school. Joseph Wheeler became the first president of the Colvin Run Citizens Association and the members all took out promissory notes averaging \$200 to pay for the school.

Prior to the purchase of the Colvin Run schoolhouse, regular dances were held in Joe Wheeler's barn at Huntmere on Hunter Mill Road. The dances were held on Wednesday and Saturday nights. Famed singer and musician Arthur Godfrey was a member of the association and would announce the dates of the dances at Colvin Run on his radio program broadcasting from Alexandria.

He never charged for the use of the barn so that money collected would be saved for the purchase of the school house.

The purpose of the Association is to maintain and improve the property as a community hall and to raise money for charitable causes. Its main source of funds over the years has been money raised through the regularly scheduled dances. The League had regular meetings at the hall. Following their meetings they had ice cream and cake served at Mrs. Robert's General Store, that was, until recently, known far and wide as Thelma's Ice Cream Store.

Mrs. Leitha Hurst's band played at the barn and later at the school house. The popular Vienna Syncopators Orchestra occasionally played at Colvin Run until 1942 when, because of World War II, the orchestra was dissolved. For a long time the Syncopators would

>>>Continued

**Top:** the arched ceiling dance hall decorated for a holiday event. **Above middle:** 1938 Will Manvell's Vienna Syncopators at Grischner's Iron Works. Pictured left to right: Ronny Jackson, Howard King, Bill Harkness, William Manvell, Dee Chrickenbeger, Frances King (vocalist), Charles Scott, George Manvell, George Manvell Sr., Stanley Manvell (Photo CRCA Archives) **Lower middle:** 1984 Syncopators at Colvin Run, pictured left to right, Ken Gorman (trumpet), George Manvell, Gary Buckley, Randy Latimer (drums), Stanly Manville and Louise Hurst Mahoney. (Photo CRCA Archives) **Bottom:** there are many regulars that attend the social dances at the hall.



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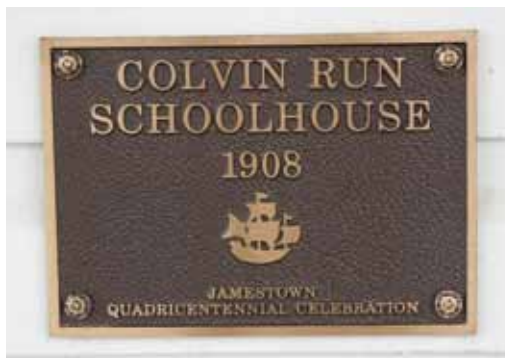
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play on Wednesdays and the Hurst band on Saturdays. After the war, the Syncopators merged with the Leitha Hurst band. As players retired or passed away, the Syncopators continued with varied band members.

Stanley Manville, an original Syncopator wrote, "we played a kind of 'not too loud' music, that was easy to dance to, and our slogan was 'happy music for happy feet.'" When Stanley Manville retired, he retired the Syncopator's name.

The band that continued was renamed the Colvin Run Jazz Band which became just the Colvin Run Band. The bands with various leaders at Colvin Run always had a similar style playing many favorite dance tunes of the 40s, 50s, plus popular tunes



As legend has it, this sax was taken to a store in Arlington to be cleaned. The store burned down, but by sheer chance, the sax was sitting in a vat of acid for cleaning and was saved from being burned. When Stanley's son heard the hall was still functioning, he felt it would be the proper place to keep it.

There aren't too many places like this left. Though there are many historic community halls, they are owned and

leaders, members who have been able to get donations of air conditioning equipment, plumbing fixtures, tile, electrical supplies and more. The dances are the main source of income and they have been a popular and stable part of supporting the property. The hall has been used by other community groups like the Newcomers Club and the Women's Club, and also the new Celebrate Great Falls Group will be planning some special events for the area.

They have tossed around ways to get corporate sponsors. Current President Conrad Heer mentioned some issues on the name. "We thought about calling it the Historic Colvin Run School, but it really isn't a school. Then it was the Historic Colvin Run Dance Hall, but a dance hall doesn't provide good PR for donations. So we now refer to it as a community hall." They truly appreciate any generosity offered.

There is no sign, but the small historical plaque by the front door. People have probably driven by it numerous times and just thought it was another old building that dot our region. It is someplace special, with a long fabulous history that would make any community proud. So the next time you're at a loss for something to do on a Tuesday or Saturday night, maybe a little music, a little socializing, and a few newly learned dance steps are just down the road. And 5-6-7-8...

See schedules and all the details about the Association and the schoolhouse at [www.colvinrun.org](http://www.colvinrun.org).

Thanks to Conrad Heer and Al Woldin for enlightening us to this community treasure and we appreciate the histories written by Walter Harrison, Marty Nelson, Stanley Manville, and Debbie Robison.

**Top: the historic plaque at the schoolhouse front porch. Left: The original school bell still hangs in the tower at the Colvin Run Schoolhouse. The bell is rung to bring in the new Year each December 31st.**

In an article published in the Journal of Popular Culture in 1973, social historian Russel Nye stated that the popularity of public dancing in the United States peaked between 1920 and 1940. World War II disrupted this form of recreation, and the advent of television, drive-in movies, and discotheques in the 1950's and 1960's changed Americans' leisure habits. Although the number of dance halls had declined, particularly by the turn of the twenty-first century, the dance hall at Colvin Run has endured, and actually thrives, as a wonderful nostalgic venue for dancing.

of later years and many Latin numbers. Walter O. Harrison says it best on a history he wrote about the bands at Colvin Run. "This band and the dances held here at Colvin Run School are for many of us a very important and pleasant link to our past. There are not many things today that are as they were in the 40's and 50's, but Colvin Run dances are almost the same with a few innovations. In the early years there were no tables, only chairs around the edge of the dance floor, and smoking was permitted in the building. Now we smoke outside while we sit at tables and have our refreshments. In 2007 we celebrated 75 years of dancing at Colvin Run."

As a memoir to those old days of the Syncopators, Stanley Manville's original saxophone hangs in a case by the entrance.

managed by the county, the park service, or other public entity. Colvin Run School is the only one owned by a private entity. The Association's sole purpose is to manage and maintain its only asset and to support the community through charitable causes.

The hall has been a magnet for charitable donations. Though most don't want recognition, the area is loaded with prominent business and community





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# Spruce-up Your Curb Appeal This Spring!

By Denise Willard

**W**ith the coming of spring, homeowners embark on many home improvement projects to shake off the “cabin fever” they’ve experienced during the cold winter months. Often this means starting construction on that addition they’ve been putting off, redesigning one or more rooms in their home, or reworking their home’s curb appeal. Since the outside of your home is the first thing that the world sees, I thought I would dedicate this article to just that—easy ways to spruce up your yard for spring.

Rather than write about this topic myself, I decided to consult with one of the area’s top landscape designers, David Marciniak of Revolutionary Gardens, to gain his insight. I recently sat down with Dave and asked what his top recommendations are for easy ways to add a little zest to any home’s curb appeal.

## Dave’s Easy Yard “Pick-Me-Ups”

**Idea #1:** Even if you didn’t plant spring-blooming bulbs last fall, you can inject some quick color with the use of brightly colored containers. Since we still have the possibility of frost through Mid-May, you’ll want to fill

them with a frost-hardy annual or a tough shrub. I love contrast, so I like black bamboo in a vibrant green pot.

**Idea #2:** Whether you have a small townhouse or a bigger yard, you can create a lot of impact by going vertical. I love creating custom trellises and arbors for my clients. You can use wood or metal in any number of shapes and styles to complement your home and your personal style. We have some amazing artists and craftspeople in Northern Virginia so there’s no need to limit yourself to what you can buy in a retail store. Once your trellis or arbor is done, you can either leave it bare to make an architectural statement, or grow something on it. There are lots of options, including clematis, honeysuckle, and climbing hydrangea. Folks love wisteria, but just be sure your pruners are nice and sharp if you go there!

**Idea #3:** If you’re putting in a trellis, you could always consider growing peas or beans on it. For that matter, why not find a small spot for some herbs and vegetables? Parsley, dill, cilantro, thyme, and tarragon are among the easiest plants I’ve ever grown. So is catnip, which I use to bribe my feline officemates. Growing vegetables has gotten easier as more and more products have entered the market geared towards busy gardeners. From self-watering planters to moisture meters that will actually contact you via Twitter if the soil is too dry, manufacturers have figured out that technology is a great way to put fresh produce in our back yards. As much as I love gadgets, when it comes to seeds my heart belongs to heirloom varieties. There’s a fantastic seed company here in Virginia called Southern Exposure Seed Exchange ([www.southernexposure.com](http://www.southernexposure.com)) that has a great selection of locally adapted seeds. Seeds collected from plants that have thrived in our area for generations are a good bet for busy gardeners.

**Idea #4:** You may also want to consider making your yard wildlife friendly. Nothing says spring to me like the sounds of happy birds. An excellent resource is the National Wildlife Federation’s website ([www.nwf.org](http://www.nwf.org)). They have an entire section devoted to tips for creating



*A decorative wood or metal trellis can stand on its own or with flowering vines that provide a wonderful accent color.*



*A covered trellis can be seen here surrounded by an herb garden in planters and in the ground.*





*Butterfly gardens use plants and flowers that are natural breeding and feeding grounds for native butterflies. This is an easy way to add vibrant colors and interesting wildlife to your exterior landscape.*



*A fresh door mat and colorful flowers in decorative planters can spruce up any entrance.*



*Lawn and garden decorations and accessories such as this planter and fairy statue can add some whimsical fun to a garden design. Just be careful about HOA rules for larger pieces.*

a wildlife habitat in your own yard, and you can even certify with them and get a yard sign to show off your commitment to critters.

**Idea #5:** It's also important to have fun and have a sense of humor when it comes to creating "yard appeal." My mother-in-law thought she was giving me a gag gift: pink flamingo lawn ornaments. Little did she realize that I love mid-century kitsch, and those babies are getting a prime spot in my back yard! All too often I see clients who have really made their personalities clear with their interior design, but that spark is missing on the outside. Even if there's an association or architectural committee setting landscape design guidelines, there is a lot you can do to show your personality through style, plant selection, and accessories. The more your yard is about you, the more it becomes an extension of your home – and the more time you'll want to spend there.

While these simple yard "pick-me-ups" will certainly have your lawn looking extra special this spring and summer, you don't want to forget about the other elements that affect your home's curb appeal. Let's start with your front door. Does it look like it needs a vacation, seen its better days, or is ready to be put out to pasture? Fixing this issue either by painting your door (if it is salvageable)

In addition to your door, is your front porch welcoming to visitors? Change out your front door mat with a fresh, crisp new one and add a beautiful decorative pot and plant. You'll be amazed at how these small changes can go a long way to upgrading your home's curb appeal.

Last, but not least, if your walkway, driveway or mailbox or switching it out for a new one, is key to providing a fresh and well-kept look to your home. If you decide to reuse your existing door and just spruce it up with a new coat of paint, please do not forget about the hardware. Changing out your old, tarnished hardware will go a long way to adding that much needed sparkle to your front porch or stoop. This also applies to your lighting around the entrance and walkway to your home. Suffered damage due to the snow and removal efforts this past winter, consider getting the cracks and crevices repaired, updating or repairing your walkway and adding a new mailbox. These additional changes will extend the beauty of your home all the way to the street and will make all the other changes you have that much more noticeable.

To learn more about Dave Marciniak and Revolutionary Gardens, visit their website at [revolutionarygardens.com](http://revolutionarygardens.com).

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## Around the world... ...cup by cup.

**P**robably the question I get asked the most at Caffe Amouri.... after "Did you really leave a successful career in television to open this place..in this economy?" is "Which coffee should I get?"

Hmnnmm.....This is a tricky question; one that usually elicits a question of my own, "What do you like?" And then the fun begins.

Coffee has been characterized as having one of the most complex group of flavor compounds in the world. In a coffee roasting class I attended, the instructor (my own personal Yoda) told us that wine has approximately 75 flavor compounds.... coffee has over 470. You can see how difficult it is to answer that seemingly simple question.

To complicate matters, you have varying roast levels (light, medium, dark, French, Spanish, Starbucks...), bean characteristics within growing countries (Guatemala Antigua vs. Guatemala Atitlan), differences in preparation (classic drip, French Press, Espresso, Cuban, Turkish, Vietnamese) and blends where the roaster combines beans to achieve even more flavor characteristics.

So, to answer that question, let's take a little trip. We'll go to some of the major coffee growing countries and "taste" what they have to offer. Pack light as we'll be moving fast.

First, let's go South.

We'll start in Guatemala. Not an easy place

to begin our journey as this small country has one of the most climatically diverse regions in the world. Differences in rainfall, altitude, soil, humidity and temperature means that there are seven distinct types of Guatemala Arabica coffee. We won't explore all of them, but we do know that Guatemalan coffee is considered one of the most flavorful and nuanced cups in the world. One of the more popular Guatemalan coffees is Antigua, which can best be described as having a full and velvety body with a rich, lively aroma and a fine acidity (brightness) with spicy hints. Another sought after Guatemalan coffee are those grown in the Atitlan region. This coffee is well known for it's crisp acidity and full, fruity body. And of course there is the Hue Hue (pronounced Way Way.. and it's fun to Say Say) Tenango which has an incredible aroma and light wine/floral notes. Overall, you'll find Guatemalan coffees to be very nice; a lively and very natural cup with an overwhelming aroma and a medium/high acidity level (brightness).

From Guatemala, let's head further south to Costa Rica. Costa Rica coffees have been characterized as being, perhaps, "too perfect"...."too balanced".... Some say "boring". This could not be farther from the truth. Combining amazing volcanic soil with a very high altitude, Costa Rican coffee offers a very bright and exceptionally clean cup. The best Costas are the cups that develop a bit of berry fruitiness to compliment the straight-out

brightness. Because they are slower grown and dense, Costas can take a range of roasts from Medium to French, allowing for the development of distinct nut and chocolate notes. Their unique berry/brightness can also add "life" to various blends.

There are many different growing regions in Costa Rica that produce coffees with subtle but distinct differences. But if you are seeking a really wonderful, bright, subtly sweet cup of coffee you can't go wrong right here in Costa Rica.

Onwards to our next stop.....that coffee growing giant... Brazil.

Over 40% of the worlds coffee comes from Brazil. However, most of this is a low grade Arabica and even lower grade Robusta. Despite this, you can get amazing Brazilian coffee that can be utilized from drip to espresso. The typical high quality Brazilian coffee is soft and nutty with low acidity and nice bittersweet chocolate. A natural Brazil, one that is laid out to sun dry with the cherry on, imparts a rich, dry fruit flavor onto the coffee bean and adds body to the cup. Brazil coffees are often used as a "base" for espresso blends as they produce the prized rich, thick crema.

This is not in any way a complete "Western Hemisphere" list of coffee and coffee growing countries. Panama, Honduras, Columbia, Venezuela, Peru...all grow and produce wonderful coffees to varying degrees. But we must continue on our trip so...OFF WE GO!



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We land in the birthplace of coffee – Ethiopia. An old Coffee joke goes “Why do pirates love Ethiopian Coffee? Because the two main regions are Harrar and Yergacheff” (you have to say these in your best “pirate” voice). These two growing regions make it difficult to characterize Ethiopian coffee. Both produce stunning cups but sometimes they don’t even seem to be from the same country.

A stellar Yergacheffe can have an aroma that is reminiscent of exotic tropical toasted coconut. Bright and sweet, Yergacheffe is often compared to a Central American coffee, or perhaps Kenyan. But it stands on its own as its brightness combines with a rich body and a fresh fruit sweetness. Some say that it’s like a new Beaulolais wine; young and exciting. Perhaps it will “grow up” to become a Cabernet one day, but we’ll enjoy it as it is. Another amazing growing region within Ethiopia is the Harrar region. Harrars are wild coffees meaning that they are dry processed (where the fruit dries on the bean) This imparts the flavors of compote fruit and dark rich chocolate. Add to this

the taste of blueberry jam, cocoa, and maybe even a touch of cinnamon and cardamom and you have a truly amazing cup.

We could continue in Africa and visit Kenya (unique...like a fine, dry wine), Uganda and Rwanda, but time (and my column space) is short so let’s jet over to Indonesia and try... Sumatra.

Just take a look at the Sumatra bean and you can start to understand what makes this coffee unique. It’s jade like, deep blue color provides a hint of the complex flavor that lies inside. Complex, earthy and full bodied, Sumatran coffees capture the wild jungle essence of this tropical Indonesian island. Sumatra coffee has a low acidity smoothness that’s creamy and sweet. Often you can pick up a touch of butterscotch, dark spicy tones and mustiness (some call it slightly “funky”). It’s a “full mouth-feel” type of coffee that can be roasted light to dark with each roast level unearthing different combinations of flavors.

Also from Indonesia you’ll find coffees from Bali, Sulawesi, Java and some wonderful

offerings from Papua New Guinea. We’d love to explore these, but alas, it’s time to return home.

We arrive back on Church Street just in time to complicate matters. It’s been a whirlwind tour, just scratching the surface of understanding the complex world of coffee, and we find we now have “blends” to sample. Roasters blend coffees to achieve even more flavors and characteristics. Combine the high notes of a fine Harrar with the earthiness of Sumatra (and some Brazil thrown in for a balancing “middle”) and you get a uniquely satisfying cup (our Blue Ridge blend). Looking for a coffee that you can drink cup after cup as you read your morning paper? Try mixing South American coffees (Brazil and Columbia) with a fine Central American bean (Guatemala) and you get the Sunrise blend. Sit out on your deck (in another month or so) and relax!

The world of Coffee is wide and fun to explore. So keep on asking,

*“What coffee should I get?”*

Your journey is just beginning.

# OCTAGON HOUSE EXPLORES CLASSIC ARCHITECTURAL LANGUAGE

For McLean's Susan Cooper, Romantic-Revival Style Home is a Long-Awaited Dream Come True

By John Byrd

Good things do come to those who wait. It was almost 40 years ago, in fact, that Susan Cooper first got a glimpse of her future dream house, and another 20 years before she discussed the vision with someone who could properly interpret it. But walking around her prized possession—one of few Octagon houses in the United States—Cooper contends the wait was worth it.

"An old boyfriend's family had an Octagon-shaped country house," Cooper recalls. "I was fascinated with the irregular lines and, particularly, the creative interior design treatment the shape allows. So smitten, that I immediately began to plan an Octagon house of my own."

And plan Cooper did, a recurrent labor of love that manifest itself in sketches, floorplans, design details and several scale models. Still, it wasn't until 1986 that Cooper actually had a chance to review the project's feasibility with a real architect, Joe Burton, principal of JA Burton Architects in Vienna.

Burton was then designing commercial interiors for Rucker Realty Group where Cooper was a managing broker. The two shared a love for the Romantic-revival period architecture (1850 to 1910), the Octagon house being a favorite-- and in the late 1980's Cooper commissioned Burton to convert her concepts into working drawings.

The northern Virginia native even bought some land for the project, putting Burton's plans out for bid-- only to conclude that most of the available builders weren't right for the assignment.

Eventually, Cooper hired Burton to build a more traditional home in Arlington for herself and her husband. But when her husband died two years ago, Cooper abruptly decided that the time to commence work on the long-forested dream home had at last arrived.

"An Octagon house is essentially a radiant pattern—like a spider web—that proceeds from a central core and links eight horizontal beams to eight equidistant vertical shafts," Burton explains. "This structure, by extension, directs the search for symmetry into a continually compelling convergence of the functional and the decorative."

While there have been sporadic experiments with the Octagon's demanding geometry in a variety of cultures, the style's pioneer was American architect Orson Fowler who authored a seminal work on the topic and advocated the shape as a practical wide-scale housing solution. Among its other virtues, Orson was persuaded that the design greatly improves on both the natural light availability and outdoor visual continuum afforded by more traditional architecture. Alas, while some homes adhering to Fowler's ideas were built in the mid 19th century (most famously, the "Champion House" in Adrian, Michigan), the design never enjoyed wide spread popularity; today there are fewer than 500 authentic Octagon style houses in the entire country.

"There's no doubt that an Octagon mainly appeals to owners with a particular sensibility," Burton acknowledges. "In a world built on squares and rectangles, it is utterly unique. But when you are looking to create personalized spaces that continuously express surprising effects--

this is a fascinating configuration."

Structurally, Burton designed a 6,400 sq ft three level home built around a central atrium that features a glass-encased elevator. Cooper calls the elevator an "aging-in-place" consideration, though currently she only uses it for hoisting luggage. As a design component, however, the elevator instantly draws the eye upwards to the Octagonal wood-framed belvedere Burton created as the home's crown jewel.

"I had the belvedere fabricated off-site, then craned into place," Burton explains.

The main level consists of an entryway with a living room off to the right and the dining room to the left. One can walk through the atrium to the kitchen and breakfast area. On the other hand, Cooper finds the plan entirely organic--conferring each room with enviable privacy while simultaneously encouraging strollers to roam about freely.

"There cannot be a better plan for entertaining," Cooper discloses. "I've had up to 60 guests and found I had plenty of space to add tables where needed. Still, each window presents a completely original focal point-- which naturally heightens the sense that you are in a protected personal space."

Cooper selected saltillo tiles from a source in central Mexico for the first level flooring. Burton introduced brick-hued tiles into the otherwise uniformly white-washed expanse, weaving a radial pattern that exactly emulates the structural supports converging in the belvedere overhead.

The second level provides three bedrooms—two with a private bath. The lower level incorporates a spacious family





***This Octagon House in McLean is one of only a few hundred left in the United States. They became popular in the mid-19th century influenced by architect Orson Fowler. One characteristic of an Octagon House is the veranda or porch that circumscribes the entire house.***

room and an additional guest room.

As one would expect of a home in a Romantic-revival style, the transition from inside to outside is a critical piece of the overall architectural statement. A generous veranda completely circumscribes the home's main block. A spacious breezeway—crowned with a 16'x 16' skylight—links the house, in turn, to a two story outbuilding that contains a garage, a workshop, a half bath and ample second level storage.

Burton notes that an essential consideration when working with an Octagon house is to site the structure with an eye towards maximizing focal points. On this score, Burton deliberately

positioned the living room fireplace and built-ins to obstruct a view of the only close neighbor. Other windows present inviting portraits of surrounding woodland, a vista Cooper has begun enhancing with a series of landscaping projects.

Joe Burton periodically holds workshops on residential architecture. For further information: 703/321-0021 or [jburton@burtonarch.com](mailto:jburton@burtonarch.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 cable outlets. He can be reached [byrdmatx@comcast.net](mailto:byrdmatx@comcast.net)*

***This open veranda with its unique large skylights provides a very functional outdoor space as well as a connection to the two story outbuilding that houses a workshop, garage, and half bath.***







# Motorcycles – Riding with the Right Gear

From Jonna Wooten  
State Farm® agent

**S**pring is in the air... This time of year motorcycle enthusiasts take to the open road and enjoy a ride now that the warmer weather has arrived.

You've bought that shiny new motorcycle, taken a safety course and are ready to hit the open road. But what else can you do to help protect yourself? Wear the right gear - an approved helmet, face or eye protection and protective clothing.

## **Helmet**

Accidents can happen to anyone. According to the Motorcycle Safety Foundation (MSF-USA), one out of every five motorcycle accidents results in head or neck injuries. These injuries can be reduced by wearing an approved helmet.

There are two primary types of helmets - three-quarters and full face. They provide different levels of coverage. To make sure you get the most protection from your helmet, make sure it meets U. S. Department of Transportation and

state standards, that it fits snugly all the way around and that it has no obvious defects such as cracks, loose padding or frayed straps. Whatever type of helmet you chose, be sure to keep it fastened securely while riding or it may fly off your head in an accident.

## **Eyes and face protection**

Wind, dust, dirt, rain, insects and debris thrown up by other vehicles...you can protect yourself from these by wearing a face shield. A plastic shatter-resistant one will also help protect your face in the event of an accident. And goggles will protect your eyes if you're not wearing a face shield.

To be effective, your eyes and face protection must:

- Be free of scratches
- Be resistant to penetration
- Afford a clear view to either side
- Fasten securely so it won't blow off
- Allow air to pass through to alleviate fogging
- Permit enough room for sunglasses or eyeglasses if needed

## **Protective clothing**

The right clothing will help protect you in an accident, as well as providing protection from heat, cold, debris and hot and moving parts of your motorcycle.

Jacket and pants should cover arms and legs completely and fit snugly enough to keep from flapping in the wind. Leather is the best protection but sturdy synthetic materials are a good alternative. Boots or shoes should cover your ankles. Soles should be hard and slip-resistant; tuck laces in so they don't get caught on your motorcycle. Gloves will give you a better grip and help protect your hands in an accident.

Wear the appropriate clothing for the weather you'll be experiencing. If you're too hot or too cold, you may not be able to control your motorcycle as well.

There are plenty of things on the highway that can cause you trouble. Making sure you have the right gear will help ensure that you have adequate protection should an accident occur.





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# 2011 Home Trends

By Josh Baker, President, BOWA

**T**oday's homeowners are much more informed and educated about what they want in a home. Travel, home shows, the internet and a greater focus on the importance of transforming a house into a home, have led homeowners to be very particular about what renovations they do and how they go about them. This has caused a renaissance of residential design build remodeling as the benefits of a strategic team approach to home design have become more apparent. No longer are people limited to cookie-cutter plans from a builder selecting little more than the color of the tile or carpets. Instead today's homeowners have embraced the idea of actively participating in determining truly customized solutions that will best suit their family's needs, wants and lifestyle. They achieve this by working with a team of experts who can ask the right questions and work to find the answers together.

## 2011 Trends:

### Projects – Smaller and Better

The trend to smaller, higher quality spaces continues as many local residents discover that what they need is not more space, but better space. The problem is the bulk of the existing homes in our area were not designed for the way we live today. Small, compartmented rooms, a kitchen that is meant to be occupied by two or three people at most and formal rooms that separate the family from each other are no longer the types of spaces families' desire. As a result today's home remodeling projects often focus on reconfiguring, opening up and otherwise improving existing spaces to better suit the way today's families live, play and entertain.

### Kitchens – Transformation by Design

It is no surprise that kitchens continue to be high on virtually everyone's list of areas in need of a renovation. While sometimes the solution is adding square footage, particularly in homes built 30 or more years ago, frequently the solution lies in re-thinking the layout and improving the connection to surrounding spaces, both interior and exterior. In one BOWA project, the wall separating the formal dining room from the kitchen was removed completely, creating a spacious casual kitchen. The new expanded eating area was a much improved use of the families existing space, and is now consistent with their lifestyle and priorities.

### Theaters – As Living Spaces

Media rooms have become more and more prevalent as families look for ways to incorporate the latest technology into their homes and lives. No longer is their sole purpose to showcase a movie while the audience sits quietly in the dark in rows of comfortable seating. Instead they have become the social and recreational hubs of today's homes suited to many different uses and groupings throughout the day. Incorporating theater seating with lounge seating and counter space provides an opportunity to socialize with friends during the game or gather the family on a weekday evening. After a recent BOWA renovation, the theater is now used each evening as the family relaxes together with their own focus or project.

### Repeat Remodelers

Requirements for homes change as the family grows and matures. Often what worked wonderfully when a couple is

starting out with small children is no longer the best option as everyone gets older and schedules, hobbies and family dynamics evolve. Year after year, we are honored to have a number of BOWA clients return to us ready to take on the next phase of their home remodeling projects. For one local family, BOWA recently completed its fifth project. Renovations have included a family room expansion, a master suite addition and garage, a guest suite renovation, kids' bath renovations, and an exterior make-over. Customers tend to stay in a comfort zone when they have successful experiences with a contractor.

### High Performance Homes

The desire to have a high performance home can come from many motivations. For some homeowners the desire to be "green" and minimize their impact on the environment will drive them to investigate new available options, such as high-efficiency windows. For others it is the desire to reduce the costs of maintaining a home. For still others it is to reduce the contaminants that may exist in our homes. Today's answers to these issues can be flaunted in the design of a renovation or seamlessly incorporated into a home without compromising the integrity of the design. Whatever the goal, we recommend to all BOWA clients that they consider having an energy audit completed on their home before undergoing any renovations. Often these items can be incorporated into the planned renovation without driving substantial cost increases. These can include adding insulation in unseen gaps in the home envelope, changing the means of heating water or updating outmoded appliances and equipment.

*Left: Energy efficient windows are available in all sizes and custom designs. Photo by Bob Narod Center: Home theatres are now designed for many family activities. Photo by Jim Tetto. Right: Kitchens are being redesigned and opened to other rooms for better functionality and flow. Photo by Bob Narod.*





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# Ask the Expert



## Local, local, local...

By Terry M. Belt  
The Belt Team  
TheBeltTeam.com  
Keller Williams, McLean

Just as important as the well known adage in real estate, "location, location, location", is the importance to give one's attention to the local market and economy and not focus on the national headlines when evaluating residential real estate decisions.

**FACT:** The median sales price for a home in Fairfax County INCREASED 7.2% during the same period.

The truth is that when it comes to real estate what matters is what is going on in your hyper local market, zip code, school district, neighborhood, type and price range of home, and a host of other factors that affect the sale of your property or buying decision. What is real today in Oakton/Vienna/Tysons/

nationally and in Northern Virginia the affordability index is the best since this data was first measured in 1970.

We know as of March of 2011 that local market activity levels affirm the story of the local data. More homes are selling, at higher prices, and at a higher percentage of list price than last year.

Two interesting "hyper local" data points to note. While homes are selling well, the average time on the market has lengthened and at the same time over 50% of the homes that go under contract do so in 30 days or less. The moral of the story is that experienced interpretation of the local market comparable's is critical to proper pricing or a home will lag on the market.

Conditions are improving, but it is still 2011 not 2005. None the less multiple contracts are back in many cases, the upper price ranges are moving well again and the inventory for existing finished new construction is the lowest we have ever experienced in Vienna/Oakton/McLean/Tysons/And Great Falls.

McLean/Great Falls, Reston's local market is that we are experiencing the healthiest market in 7 years.

The savvy buyers realize the fact that interest rates are trending in the all time historical low range and know that with the correction in prices since the peak of the market that now is the time to re-enter the market as a first time buyer or for a seller to achieve a move up to the next dream home. Affordability, measured by the median mortgage payment on the current median priced home as a percentage of the median household income is lower than it's been in a generation

Everyone has always said our metropolitan area is insulated from the harsh real estate realities seen in much of the rest of the country. Whether it's the government driving our economy, or other local factors, the fact is that real estate is local, particularly in our market. Forget the national headlines and stick to the local data when evaluating your real estate options.

**FACT:** US unemployment rate in December 2010 was over 9%.

**FACT:** Fairfax County unemployment rate in December was 4.4%.

**FACT:** National inventory of homes for sale: 8.1 months

**FACT:** Supply of homes for sale in the McLean/Great Falls/Vienna/Oakton/Tysons Corner market- the past 30 day absorption rate is 2.5 months and the past 90 day rate is 3 months.

**FACT:** The national median sales price for all home types declined 1% from December 2010 over 2009.



## Fairfax ready to move on new bicycle plan

The final community meeting on the Tysons Bicycle Plan was held February 17 at Kilmer Middle School. The \$21 million should be headed to the Board of Supervisors after a few tweaks. The plan will be dealt with in phases. The first phase over the next two years will address low-cost easily obtained improvements such as signage, pavement markings and bike parking. Not much of a headache for drivers, but a big help for cyclists.

As the development in Tysons progresses, more emphasis will be made on improving bike access, off-street bicycle facilities and improve access to Tysons from surrounding communities.

In the years 2015 and beyond, plans will be looked at for additional beltway crossings, implement bicycle facilities as the new grid of streets is constructed, and provide bicycle support facilities to make bicycle-use prominent, convenient, expandable and ultimately commonplace.



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## JBG gets Tysons site plan approval

JBG Rosenfeld Retail received site plan approval to demolish the former Moore Cadillac building in Tysons Corner and replace it with over 200,000 square feet of retail (including a nearly 20,000 square foot health club). The \$65+ million first phase will break ground by summer. The project is adjacent to the Sheraton which JBG bought in December for \$84.5 million. The Sheraton is still contracted to the hotel operator. Right: First phase rendering as seen looking southwest from Route 7 and Westwood Center Drive.



## The Mosaic District goes Vertical!

The Mosaic District, the Merrifield Town Center development by Edens and Avant, is showing signs of progress. Structures can now be seen (as shown to the left) that will be part of a new mixed use development. With the first phase of retail tentatively set to be finished in the fall of 2012, this area will be home to a two story Target, MOM's Organic Market, an Angelika Arts Theatre, restaurants Black's, Matchbox and Taylor Gourmet, and the boutique Hotel Sierra. Avalon Bay will be developing apartments and EYA will be building 114 town homes on the site. It's getting exciting to see the progress!

## Akridge gets approval for Falls Church Gateway

The Falls Church Planning Commission and the City Council have approved development of the property located at 500 N. Washington Street. As envisioned

below, Akridge is planning 83,000 square foot office and 200 unit multifamily buildings along with some first floor retail. Akridge collaborated with area residents and City officials to refine and ultimately gain the needed zoning for plans to redevelop the property at 500

North Washington Street. The planned project advances the establishment of the East Falls Church submarket as a mixed-use destination and joins other new developments such as the Crescent and the Westlee.

"Gaining approval for Falls Church Gateway has been an inclusive process. With the support and input of the Falls Church community, we have been able to improve upon our original vision and plans," said Michael G. Gill, Akridge Vice President of Development. "The project's attractive Class A office and residential options with convenient access to Metro and local amenities will be great additions to this corridor. And since the East Falls Church Metro Station will be the first transfer point to the new Silver Line, the area is especially well positioned for quality development."



Rendering courtesy of Akridge.



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## Avalon Bay Starts Park Center II and will also build Mosaic District Apartments

Avalon Bay has joined Edens and Avant to develop 531 apartments with first floor retail in Merrifield's town center, The Mosaic District. It was recently announced as well that EYA will be building the 114 townhomes on the project. The former multiplex site is currently under construction and vertical structures for the first buildings can be seen rising along Lee Highway. Avalon should start construction on the apartments sometime late in the fall and they should be completed by late 2014.

In addition to Merrifield, Avalon Bay is building in Tysons.

Back in September, Avalon Bay purchased the 2.64 acre site in the development where the Harris Teeter Grocery is located off West Park Drive. The site is planned for 354 luxury apartments to be named Avalon Park Crest. The site is within walking distance to the Galleria, the Harris Teeter, and the new Metro Station.

Avalon Park Crest is the Company's first new construction in the Mid-Atlantic region since 2005. It is the second Avalon community in McLean, Virginia. The first, Avalon Crescent, is a 558 unit community completed in 1996 and is also located along Westpark Drive.

Construction has started and expectations are for leasing to start in the Spring of 2012.

## Fairfax County to receive prestigious planning award for the new comprehensive plan to transform Tysons

In a special awards ceremony this April in Boston, Fairfax County will receive The Daniel Burnham Award for a Comprehensive Plan for its blueprint to transform Tysons Corner. The American Planning Association grants this prestigious award to only one urban plan in the nation each year for advancing the science and art of planning.

"This award is an incredible honor and shows what can be achieved when an experienced, dedicated staff works with an actively engaged citizenry to create a

vision for their community," said Fairfax County Chairman Sharon Bulova. "The comprehensive plan will result in the transformation of Tysons Corner from a sprawling office park into a sustainable, walkable, transit-oriented second downtown for the D.C. Metro region that also will serve as an economic engine and premier employment center for Fairfax County."

APA's national awards program, the profession's highest honor, was established more than 50 years ago to recognize outstanding community plans, planning programs, and initiatives, public education efforts, and individuals for their leadership on planning issues. The Burnham Award is named after America's most famous planner, Daniel Burnham, recognizing his contributions to the planning profession and to a greater awareness of the benefits of good planning. Although he is often remembered as an author of the first master plan for Chicago, Burnham also shaped the McMillan Plan that created the National Mall and Union Station in Washington, D.C.

## Conference Center for the new Tysons?

In her state of the county address on January 14, Chairwoman Sharon Bulova raised some eyebrows with the mention of a new conference center to be located in within Metro access as part of the new Tysons Corner transformation. With the growing number of large corporations, and the presence of a large number of industries, it makes sense to provide a venue for mid-size conventions, shows, symposiums, etc.

Visit Fairfax will be presenting the results of a feasibility study to the board in March. A facility of about 120,000 square feet with about half of it incorporating meeting space could potentially generate close to \$20 million a year in new business. But with an expected cost that could hit \$80 million, the big question is how to pay for it (isn't it always)? Bonds may be the way, but many politicians and surrounding local governments don't think it is a priority over needed transportation needs.

There are a few possibilities on a location. The owners of latest announced plan by Cityline stated a location above the Tysons

East Metro at their development would be a good fit.

The availability of meeting and show space could be a big amenity as the development of Tysons gets underway. As the mixed-use is the focus of the new Tysons, a large meeting venue may be a perfect addition to support the local retailers, restaurants and service providers Tysons needs to attract as part of their vision. With Metro access, it would have a great advantage over places like Dulles Expo Center in Chantilly, the National Conference Center in Leesburg, and Gaylord's at National Harbor.

## HITT jumps into Merrifield Development

Many remember the building painted like a flag that backed up to Prosperity Avenue near the Dunn Loring Metro. That building was the headquarters for Hitt Contracting, a large area general contractor. They moved their offices to Fairview Park. Brett Hitt, the owner, is moving from construction to development. His plan is to turn the building at 2704 Dorr Avenue into an 11 story, 300+ unit apartment building. As part of the project, HITT is proffering a 3,000 square foot building for community use.

This would be the latest development in the Merrifield area that includes the Mosaic District on the former Multiplex property, Alexan at the Dunn Loring Metro, the Shoppes of Merrifield (Upscale Resale building), Halstead Square by the Courtyard Marriott, among others in the planning process.

## Noisy Tysons?

As part of the effort to transform Tysons into an urban center, Fairfax County will conduct a noise study. This study will produce estimates on the noise produced in Tysons, primarily by cars, trucks, and Metro trains traveling through the area.

Study results will be used to develop recommendations on what measures developers must take to reduce traffic noise inside residential buildings, hotels, and child care centers. These measures may include items such as triple-pane windows, sound deadening insulation, and other building materials or techniques. Developers will be required to reduce traffic noise inside apartments,



condominiums, and homes to no louder than 45 decibels.

Normally, the county's land use policies prohibit residential development in areas where outside traffic noise volumes exceed 75 decibels.

As a comparison, conversation often takes place at 70-75 decibels and gas-powered lawn mowers typically create noise levels ranging from 85-100 decibels.

The adopted Comprehensive Plan for Tysons recommends this noise study that will examine traffic noise levels in Tysons today, as well as projected noise levels 20 years from now. The study is expected to begin in April, 2011 and will be completed within six months from the start of the study.

### Brzezinski's donate trail land in McLean

Zbigniew and Emilie Brzezinski dedicated about 275 feet of their property fronting Spring Hill Road to Fairfax County in order to complete a trail from Lewinsville Road along the east side of Spring hill to Old Dominion. The National Security Advisor

to President Carter has lived on Spring Hill Road for over thirty years. They will receive over \$80,000 for the land from the County.

The \$500,000 project is being funded from 2007 county transportation bonds. The finished trail will be asphalt and run six feet in width along the road. Negotiations on how the mature trees along the trail's path would be affected were initiated by Supervisor Foust in 2009. The owner's arborist will work with the County Arborist in using special construction techniques in order to minimize any effects. Special matting will be installed to help prevent the compression of soils around mature roots which can severely damage trees. Precautions for grading and other construction equipment will also be used.

Once other grading and construction easements are obtained from other landowners, construction should start, probably later this summer.

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*Cityline's forty acre plan will include a prominent natural water feature as part of the latest mixed use project submitted for rezoning as a transit oriented development. A new grid of pedestrian friendly streets will connect the residential, office, and retail spaces via easily accessible routes to the Tysons East Metro station.*



## Cityline Submits Latest Tysons Large-Scale Rezoning Application

The latest large mixed-use rezoning application involving the transformation of Tysons was made at the end of February for the forty acre property located at the Tysons East Metro station at Westgate Office Park, now renamed Scott's Run Station.

The property is in two parcels. Scott's Run Station North totals ten acres on the north side of route 123, Scott's Station South is thirty acres, 85% within a quarter mile of the Metro, on the south side.

The 8.5 million square foot development will include residential, office, hotel and retail uses with private and public open spaces. Nearly 5 million square feet of office in eleven buildings, a full service hotel, nine residential buildings totalling more than 3 million square feet, and 120,000 square feet of first floor retail are part of the plan.

The planning team has given special attention to the placement and orientation of structures. "Each office building will have its long axis oriented north-south to reduce energy use, while the residential buildings will be oriented east-west so that all units receive at least half a day of

sunlight," explained Keith Turner, Senior Vice President. "Building footprints are designed to minimize the shadows cast during the shorter days of winter."

The County's Comprehensive Plan for Tysons calls for expanding the existing road network to create an urban grid of streets surrounding walkable blocks. In conformance with this directive, Scott's Run Station South would have a new main street, called Station Street, paralleling Route 123 and serving as an east-west connector. Designed to host community events such as festivals and outdoor performances, Station Street would connect with existing north-south streets to create a grid facilitating both pedestrian and vehicular connectivity. Street trees, landscaping, and ground-level retail space will enhance the pedestrian experience.

The focal point of this new development will be Scott's Run Stream Valley Park, which runs through the southern portion of the site and borders the northern portion. Consistent with the Comprehensive Plan, this area would become a major linear urban park with a trail system that will benefit current and future Tysons Corner residents and office

workers, while providing connectivity to other parts of Tysons Corner.

"We have embraced the County's plan and intermixed the residential and commercial buildings surrounding this natural amenity not only for visual benefit, but also to animate the park both daytime and nighttime," noted Tasso Flocos, Senior Vice President of Cityline Partners. "Scott's Run Stream Valley Park is a jewel to be discovered and not found elsewhere in such close proximity to an urban Metro station."

There are still options for other uses, perhaps a fire station, a federal agency headquarters or other changes, as the plans go through the approval process.

Cityline Partners is a subsidiary of DLJ Real Estate Capital Partners of New York City. It was formed to own, develop, and manage the remaining portfolio of the West Group that was purchased by DLJ in 2010. Many of the West Group executives, who played a major part in developing Tysons, are now part of Cityline. The next major development anticipated from Cityline will be the Westpark Office Park properties on the other side of the Beltway.



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# An Architect of Art

By Keith Loria

When he was eight years old, Robert Gilbert's father asked his young son what he wanted to be when he grew up. Like most kids that age, he didn't have any idea so he ran off a laundry list of things he was interested in: painting, arithmetic, people and the outdoors.

After his father heard his interests he suggested that his son become an architect.

"I didn't know what that was but it sounded great," Gilbert smiles. "I liked the idea of building and creating and would make forts around the house."

Raised in Seattle, Gilbert learned early the joy of art and the emotions that a piece of work could evoke.

"I was in a lower middle income class family and didn't have a lot of money. My sisters and I tried to make our presents whenever possible so I used to do a card or little picture and gave it to my grandparents or parents," he recalls. "Even then, I didn't know if it was good or not good, but there was some talent there and I think there is some talent historically in the family."

By the time Gilbert entered high school, he took what talent he had and applied it to architect classes, fulfilling his earlier conversation with his dad. He liked it, but wished that there was more creating involved and less focus on the blue prints and line quality lessons he was given.

He applied much of his creative energy into other classes, drawing lots of

pictures inside the essays and papers he was assigned to write. "The teachers like those and I think it helped with my grades a bit," he says.

After school, Gilbert went on to earn his Bachelor and Masters in Architecture at the University of Washington.

"While working on my degrees in architecture, I earned part of my tuition by doing wall murals for my friends and watercolor and ink renderings for local

professionally but I was told that I should create buildings so I stayed with it."

When college ended, Gilbert joined the Air Force and retired as a Colonel. Career-wise, he has always had a hand in some aspect of buildings or real estate. He had his own architecture consulting business, worked as a real estate executive for major corporations and now works with his wife Lynne in the residential real estate business.

Through it all, he was always interested in art and the idea of being an artist remained in the back of his mind.

"It was about 10 years ago that I started to take the time to paint. I was outsourced as a consultant, and it let me take some time off to take some art lessons," he says. "I lived in Alexandria at the time and I went to the Tornado Factory and joined the art league and started with watercolor classes."

He continued taking lessons at everywhere from the Alexandria Art Institute to the Washington DC Capitol Hill Art Workshop to the Del Ray Artisans. Eventually, he moved into teaching art and began exhibiting his work at shows.

"Bob seems to be gifted with the unique ability to enhance the best in a subject's colors, making his paintings, whether of nature or man made, project more passion, charm and happiness," says New Jersey art collector Cesar Jacques Chekijian.

Gilbert's work has been exhibited around Virginia and the DC area at the Art League, Capitol Hill, Del Ray,



Above, Robert Gilbert paints an oil scenery overlooking Great Falls. Below, a finished piece, Great Falls, oil, 24x30.

architects," he says. "I did perspectives of buildings that other architects had designed. I thought about doing that



Carmen's, Cobblestone, Results Gym, Berkley, and Strathmore Hall.

It was about 2005 when Gilbert's artistic world changed up, as he moved from watercolors to oils.

"Bob is a highly creative, imaginative artist who works with equal dexterity in two mediums, watercolor and oil," says Judith Behrens, managing director of The Howard Behrens Studio in Potomac, Md. "His transition to oils which started about six years ago has been nothing but miraculous. He has learned the basics, worked with various techniques and developed his own signature style."

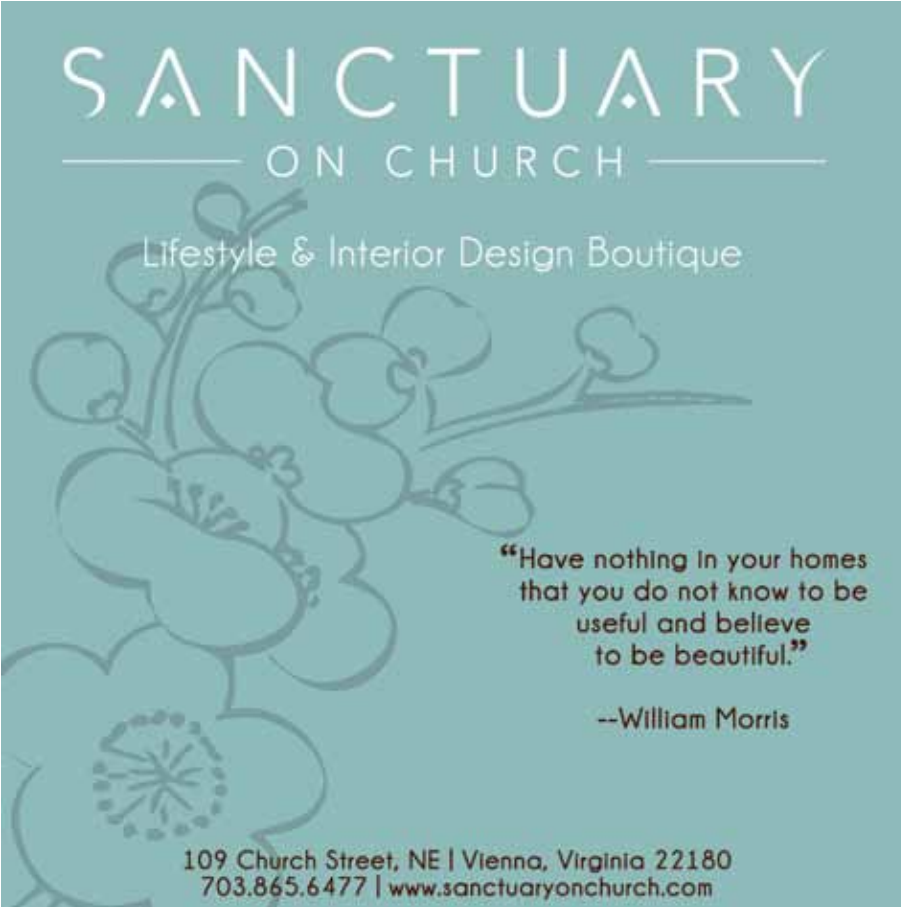
Unlike the bright, happy subjects he chose to paint with his watercolors, Gilbert's oil paintings concentrate mostly on New York's skyline. Although he has traveled all over the world and lived in more than three dozen different cities, Gilbert said it was his desire to paint people and buildings together that led him to the New York-inspired paintings.

"I chose New York because it really is unique. You have these patterns of buildings and I am drawn to the structure and emotional feelings you get when you look up or down these caverns of the buildings and it makes me feel insignificant," he says. "It's a very small piece of the world going around you and most cities you can't do that."

With his architect's eye, Gilbert explains he's particularly taken with the monumentality of New York City's buildings and the feeling of power they project—especially at night.

"His background as an architect has enabled him to create unique, emotional cityscapes of New York that touch your soul," Behrens says. "As you look into his paintings, you can feel the tension, excitement, drama and emotion of a massive city that often times overwhelms the individual. My husband (world famous palette knife artist Howard Behrens) and I consider him one of the metropolitan area's most promising emerging impressionist artists."

>>>>continued



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Gilbert is sure to include tall buildings, countless taxis and crowds of people in every oil painting he draws for this series. He wants to invoke the feeling of people pushing you down the street or hearing the hustle and bustle of those all around.

"Whether it's at a theatre, a recreational event, Time Square or New Year's Eve, there are always people all around and noise and light and the feeling of power and luxury," he says. "When you look at my paintings you will see a lot of taxi cabs. I wanted people to look at one of my paintings and know it was New York, no question about it."

Married for the past four-and-a-half years, Gilbert admits that his wife isn't a big fan of the oil paintings.

"She does not like my New York art," he says. "She really loves my watercolors, which are bright, lively, happy paintings. I tell her, 'Let me do this and get it out of my system and then I will go back to landscapes of whatever.'"

For now, his New York art is driving him and he has big plans for what to do with it all.

"I know people who live in New York and see the art and say 'That's exactly how I feel,'" he says. "I'm getting ready to approach some New York galleries because I think I have something very sellable. I think if you have the right venues and exposure, there are people that will buy them."

Gilbert currently sits on the board for the Great Falls Studio and is in charge of helping artists with self-promotion.

"I have been serious about this for 8-10 years and when I started, there were so many things I didn't know," he offers. "How do you buy supplies? How do you approach a gallery? How do you write a resume... I want to help other artists."

To Gilbert, good art is not merely a replication, but an interpretation.

"To me, being an artist means to interpret what we see, to add feeling, suggest a mood, simplify and communicate a story," he says. "To be a good artist we must follow our instincts, study great paintings and discover what brings us pleasure as we compare our message and our results to that of others."



*Top, Maine Fishing Boats, watercolor, 12x20.*

*Middle, Gilbert painting an Alexandria street scene in his studio.*

*Bottom, one of his many New York cityscapes. Broadway in New York, Oil, 36x48.*



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# We spotlight...

The locale we call Tysons Corner is really just an area where McLean, Vienna, and Falls Church meet, at least the mailing addresses. Like our incorporated neighbor, the Town of Vienna, to the southwest, drive east down Route 7 and you soon enter our other incorporated neighbor, the City of Falls Church.

At just 2.2 square miles and about 12,000 residents, the City of Falls Church is a small enclave sitting within our huge metropolitan area. A quieter, close community that has everything a larger municipality offers, but at a scale more manageable, less sterile, and most

of all more welcoming. It has what every other city has: government and services, a school system, arts and entertainment, parks and recreation, a variety of housing as well as a variety of businesses. The Metro, the proximity to DC, I-66 and other major arteries make it an ideal location.

Essentially, Falls Church has most of the benefits without many of the drawbacks such as crime, noise, congestion, and impersonal government. This is why

"The Little City" brand fits so well.

In 2009, local marketing firm Smith-Gifford was awarded the task of finding a brand to give the City a personae. Falls Church didn't really fit into any one category. Was it a village, a crossroads, a neighborhood, a vibrant community? There were plenty of opinions, but what could everyone rally behind? Ask Matt Smith how The Little City concept came about and he thinks it was obvious.

"A city has everything in one place. Falls Church is five miles from DC, two square miles surrounded by 'urbanesse.' It truly describes this

place more than anything else."

"The City of Falls Church is a small place on purpose," explained Amanda Hurt of Smith-Gifford as she presented her Power-point to the City Council in 2009. "We are enthusiastically small. We are a small town oasis in the midst of a big city, and are happy to be that way. We're a mere 2.2 square miles, but we are not trivial."

The problem with a brand is it has to be embraced, there has to be a buy-in, by both the residents and the business community. Unfortunately, that takes money, a downside of being "little."

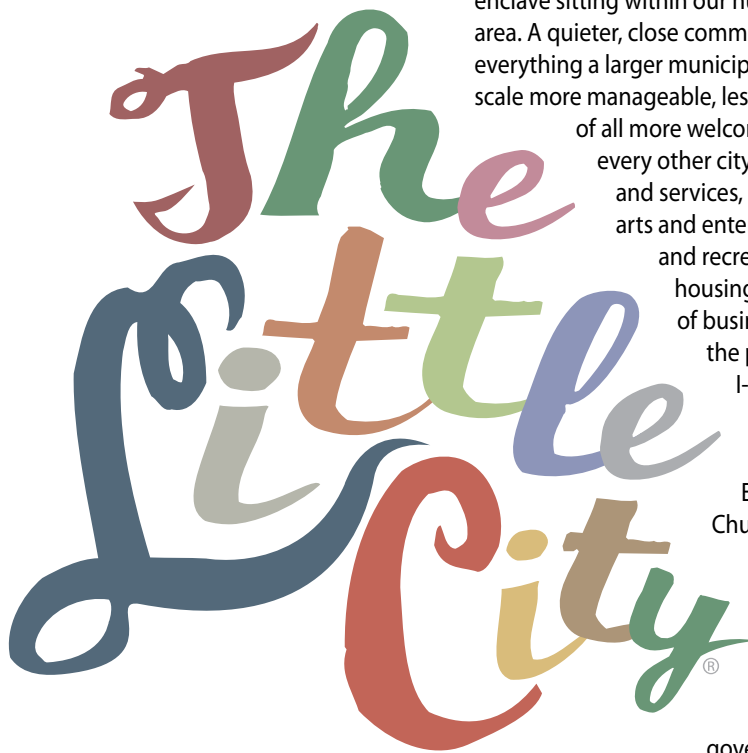
So the brand is used on letterhead and event banners and flyers and brochures and other inexpensive ways. It will get embraced at some point, it is what Falls Church truly is. Taking a look at The Little City, we can find all the components that make it what it truly is.

Let's start with its citizens. Falls Church has a very impressive demographic. Recently claiming the title of the highest median per capita income in the country topping out at over \$113,000, as well as one of the most educated communities in the country, over 70% of the residents of a bachelors degrees and 40% have a graduate degree. This makes for a pretty good base for a successful city.

Looking at Falls Church's government, they are organized by a city manager form of government that is found in most small municipalities. The city council is elected by the citizens, who then elect a mayor from themselves. the City Manager actually runs the government based on the rules the council passes.

Being a small town means that access to the government is easy. Most know the council members personally or at least knows someone who does. It is easy to engage in the process. Anyone can be heard on most any matter, it's the nature of being small.

Not only is it easy to be heard, but the City Council appoints about 135 residents to sit on committees, boards, commissions and other



## CITY OF FALLS CHURCH



volunteer positions to ensure that policies are properly followed and developed.

One of the most attractive assets of Falls Church is their school system. As with the government, it is easy to engage. With two elementary schools, a middle school and high school that make up one of the most respected systems in the country.

Falls Church took control of their schools shortly after becoming independent in the late 1940's. Parents wanted to raise the standards of their schools and gaining more control was the means to that end.

Every school in our area has their community that supports them, but Falls Church takes it to a higher level. As a small town, like the City Council, the school board is accessible. An educated community, many of them having moved here for the school system, is involved to ensure that the quality of the education system remains high.

So we have a highly educated, pretty wealthy population that has the ability control their own community. Falls Church has their own police department, parks and recreation, water and sewer service, public works, library, and more (they share fire service and are part of the court system with Arlington County). Good, bad or indifferent, it is how small towns work. The unique aspect of this particular town is that is smack in the middle of a dense metropolitan area where government and services, for the most part, are controlled by larger, less accessible, or at least less personal entities.

Vice Mayor David Snyder agrees on the three things that attract people to Falls Church: quality schools, convenient location, and small town civil engagement both in government is in community.

So we have an organized active government and an excellent school system. But what really gives this Little City the charm and character we hear so much about? The residents of Falls Church stay active with their community

through charitable causes, community events, the arts, and other endeavors like historical preservation and, of course, green concerns. For a town of this size, there are as many organizations and groups as there are opinions.

For example, take the active Falls Church Village Preservation and Improvement Society. For the last 125 years their goal has to preserve the historic structures of the city, and to work to beautify the city through preservation and planting of trees. The arts play into their organization by sponsoring unique home concerts, intimate small gatherings, at various homes in the City as well as the concerts at Cherry Hill Park.

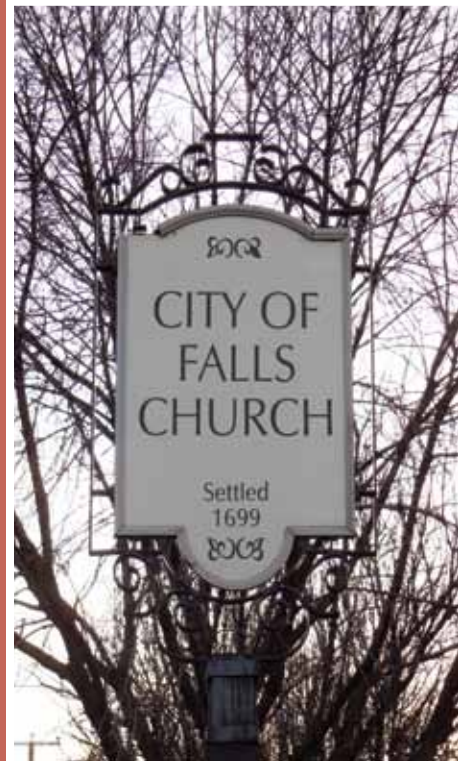
Sit with resident Barbara Cram for few minutes and you'll hear most everything worth hearing about community events in Falls Church. She is a former business owner and one of the many residents that love to give back. The list she is involved in is impressive. The nationally renowned farmers market, the New Year's celebration Watch Night, she is a benefactor at Falls Church Arts, and more. We spotlight a few of the many events on the next pages.

One aspect of Falls Church that cannot be ignored is its history. "There is a sense of history that goes back 300 years that brings a richness to the people working and living in the area," explained Vice Mayor David Snyder, who loves to delve into the area's fascinating past.

The date 1699 was found inscribed on a chimney from Big Chimney's House, now a park on Annandale Road, and the date is used as the date of the first settlement of Falls Church. The name Falls Church comes from The Falls Church which was constructed in 1732. The area grew when the capital of the country was moved to Washington. With an influx of Northerners settling the area in the 19th century, the township's vote for Virginian secession was about 75% for, 25% against. Like many towns in the area, Falls Church changed hands several times during the war.

The earliest known instance of U. S. wartime

>>>Continued



**Previous page top: Federal troops occupy The Falls Church in 1862. Middle: All thoroughfares welcome you to 300 years of history. Bottom: View down Broad Street in 1910.**



**The red, white and blue square dancing at the annual Falls Church Memorial Day parade. This annual event draws the community together for a fun, hokey, beautiful, diverse, home town nostalgic event. It is a true commemoration of the local veterans and the sacrifices they have given. Parade participants are not only living veterans, but also representative marchers dressed in authentic uniforms of the Revolutionary and Civil Wars. The City's diversity was displayed at the parade as Bolivian dancers adorn the streets with music and dance, showcasing their culture. This will be the 30th year of Memorial day festivities.**

aerial reconnaissance was carried out from Taylor's Tavern at Seven Corners by aeronaut Thaddeus S. C. Lowe of the Union Army Balloon Corps. When Confederates took Falls Church, the town became one of the earliest targets of aerially-directed bombardment, with Lowe operating air reconnaissance from Arlington Heights and directing Union guns near the Chain Bridge by telegraph. A re-enactment of Lowe's balloon reconnaissance will be part of an upcoming sesquicentennial commemoration.

By the turn of the twentieth century, Falls Church was the largest town in Fairfax County. Due to enacted residential segregation, the first rural chapter of the NAACP was formed in 1915. This was a difficult divisive time for the City. Though the segregation laws were repealed by the State in 1917, Falls Church never formally recognized the repeal for decades.

In 1948, Falls Church became an independent city in order to control its municipal services, including the school system.

The local business community not only embraces the character, charm, and history of this Little City, but its proximity to transportation and DC, the range of housing options for its employees, and on the educated, affluent, and loyal demographic.

The last couple of decades have seen a boom in businesses, restaurants, entertainment and new development to this city.

The examples are easy to find. The State Theatre that was renovated into a regional music venue in the 1990's has inked Falls Church as a destination. Events such as the recent WAMMIES event draws a large outside crowd. How do you build on that to benefit the City? There were successful meet-and-greets with many of the performers at area restaurants before the show, so that attendees would mingle and eat, and see what else the City had to offer.

More regional music can be found at venues like Bangkok Blues, Dogwood Tavern, Clare and Don's and Ireland's Four Provinces.

The restaurant scene has improved as well. The new Mad Fox Brewery has become a destination for those inside and outside the City. Argia's, Pizzeria Orso, and La Caraquena are a few of the newer restaurants that complement the long time favorites like Anthony's, and the original location of Elevation Burger.

The Eden Center (few realize it is part of the City) accounts for almost a third of the restaurants in Falls Church. This center is the most visited location in the City attracting nearly a million visitor per year. Other ethnic choices abound in the City from Crisp and Juicy, and Super Chicken, to Panjshir, to Luzmila's to Thai Pilin and Hoang's.

So how do the merchants and restaurants feel about being in Falls Church? It can cost more to be in a smaller



municipality and your competing with other areas in regard to sales tax.

"As the DC area becomes more of a foodie town, the suburbs are reaping the benefit of that trend," says James Roth, owner of the gourmet shop Red, White, Bleu (his brother Adam is a partner up the street at Argia's) "This town is loyal to its small businesses. I would guess that 75% of my customers I know by first name."

David Tax and his sister Rebecca own Clare and Don's and Mike's Deli/Lazy Sundae. "This is a small town. Think Mayberry between Arlington and Fairfax. It is a family friendly community that we embrace. On any given night you'll see someone you know," says David.

Next door at Argia's, co-owner Aimee Suyehiro says she caters to families as well. "It has a small town feel, with a variety of clients that range from the sweats and t-shirt to the suits." She features local artists in her restaurant where their work is available for sale.

Not everyone is as enthusiastic. Hugh Brown is someone who has seen Falls Church for a long time. His Grandfather started Browns Hardware about in the same location since 1883. "Falls Church used to be very self sufficient. There was a women's clothing shop, a grocer, a shoe store... you never needed to leave." In any case, he feels the new restaurants and businesses are good for the City by bringing more people in town. He has had a loyal following for over a century.

The City has obviously changed over the years. An important part of any city is how to manage growth in order to sustain the community. As the case with many strategic issues, everyone has an opinion. Many think it should stay more residential and quiet, others want to see more commercial growth.

Speaking with Mayor Nader Baroukh, he explains the goals for development of the City. With the guidance of Jim Snyder, the new Planning Director, the aim will be to do more sector planning, smaller parcels at a time. They don't want to see the density Arlington has, but there will be more density close to the Metro stations.

"Commercial development is the way to sustain the City. Residential development does not have enough tax base," says Nader.

>>>Continued



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The cost of services for new residents is high, particularly with families due to the cost of the school system. That may sound a little harsh, but as older residents move away and are replaced by younger families, the service requirements stay relatively flat.

That policy is reiterated by Rick Goff, the City's Director of Economic Development. He refers to expanding the "day population" of the city that will support the retail and restaurants. This is the exact opposite of what is happening in Tysons. Tysons is trying to expand a weak residential component in order to support new community retail.

The Atlantic Realty's new city center development, that will probably soon go to site plan review, has requirements to boost the commercial tax base without adding too much to service needs. The residential component is for an aged restricted building, there will be a Harris Teeter, a fine dining restaurant, and office uses that will add to the sustainability to the tax base.

Other projects in the works include Falls Church Gateway and Northgate on N. Washington Street that will have some residential components, but for a younger professional market, not families, along with a large office piece.

As a small town, the City tries to attract good businesses to locate here. Chris Bergen, president of Tax Analysts consolidated about 200 professionals in his non-profit advocacy company in the City.

"When Tax Analysts decided to consolidate its operations, we knew we wanted to stay in Falls Church. It was a wise decision. We picked the perfect developer and the Falls Church City staff helped us secure an industrial revenue bond. We are very pleased with our new building and its proximity to shopping, dining, and service providers and in being a member of the Falls Church community."

>>>Continued

**Top: Historic Cherry Hill as seen from the Daughter of the Revolution Garden. Built in 1845, the Cherry Hill Farmhouse is a Greek revival-style framed home of its period. Adjacent to City Hall and Cherry Hill Park, Cherry Hill Farm was once a thriving 73-acre farm. Although it was repeatedly overrun, raided, and requisitioned during the Civil War, it survived almost entirely intact. The property also has a barn, maintained by the Friends of Cherry Hill Foundation, that is part of the now peaceful and wooded public park that hosts summer day camp programs. The Barn houses a 19th century tool collection. The space is a gem with numerous activities and events and it is also available for rent for private affairs.**

**Middle: Member's show at ArtSpace Falls Church. Opened in 2009, ArtSpace Falls Church is a flexible art space that features a permanent gallery and a 95-seat performance space and provides an artistic home for two non-profit organizations, Creative Cauldron and Falls Church Arts. It's located at 410 S. Maple Avenue. A true community gallery, studio, and theatre venue.**

**Bottom: A painter in Cherry Hill Park during the Farmer's Market Plein Air Festival. After a month of painting in Falls Church City, plein air artists entered their work in Falls Church Arts's "Scenes in the City" competition in May. 'Falls Church Farmer's Market' by Isabelle Babington won. (see the painting on the next page)**





As pictured above, Watch Night is the City's New Year's Eve celebration organized and funded for the most part by the volunteers and businesses of the City. It all started back in 1998.

The "Star" had been illuminated every Christmas season since 1948, when the Town of Falls Church became a City. Built by Dixie Sheet Metal of Falls Church, and designed by local architect, Victor Spector. Don Frady and his Public Works crews hoisted and secured "the star" annually on the water tower behind 422 N. Washington Street. Through the years it had reached iconic status and was missed after "the star" and "the tower" were removed to make room for the townhouse office development being constructed very close by. On several occasions, long-time citizen. Len Mickelowski would ask Robert Goff, Director of Operations for the City, what happened to "the star"? So, one day Robert Goff pulled "the star" out of hiding.

Coincidence would have it that Robert Goff ran into Barb Cram at the West Street 7-11 some weeks before the Holidays, and

he said that maybe there is a building, or somewhere it might look good. Barb had an idea, as she was working on Watch Night preparations (like arranging for the Northern Lights Orchestra seen at the bottom right), that perhaps if enough people could be persuaded and details worked out it could be our Times Square type finale. Falls Church style with a meaningful and historic touch....so appropriate for our special town, nearly 60 years since "the star" was first high above the town. It will be raised and lowered again in the 10th Annual Watch Night Grand Finale.

Thanks to Len Mickelowski, Robert Goff, Guy Brady who did the refurbishment (as seen below left), Adam Schulman and Bill Rickardt of Atlantic Realty who have helped to arrange and donate the crane and operator for the event we now have a very special countdown event, meaningful to all, bringing back memories of another time.

"The Star", a message for the New Year--we can all refurbish a little and take on a new life! Happy New Year!



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*In 1999, the Tinner Hill Heritage Foundation erected a fifteen foot monument, constructed of pink granite, honoring the men and women of Tinner Hill who formed the first rural branch of the NAACP. The Monument that stands at the corner of South Washington Street and Tinner Hill Road. The organization is a member of the Virginia African American Heritage Trail. In 2006 the Tinner Hill historic site were awarded a Virginia State Historic Marker. It is one of only two state historic markers in Falls Church City.*



**Corey Harris and Phil Wiggins at the 2010 Tinner Hill Blues Festival**

## Tinner Hill

The Tinner Hill Heritage Foundation was founded in 1997 to preserve the early civil rights history of Falls Church and vicinity. The history of Tinner Hill is about civil rights, location, and a few brave people who defended the Bill of Rights. It is about hard work and perseverance. E.B. Henderson, Joseph Tinner and numerous others who lived on or around Tinner Hill had to outsmart and outflank the rulers of this rural area and they did. Today, we all reap the benefits of this almost forgotten battle, and up to the eighth generation of these families still live on the hill.

The Tinner Hill Heritage Foundation has two, close-in-proximity properties that, remarkably, survive from the post Civil War period. Both properties are intimately tied to the history of Falls Church and to the struggles of African Americans to attain their rights and freedoms, from the period of Jim Crow through the Civil Rights Movement. The existence of the two properties presents the City of Falls Church and, in fact, the state and

the nation, with a rare opportunity a) to preserve vernacular places not grand in stature but immensely important in the evolution of this freedom-based democracy, b) to acknowledge the importance of these places by making their presence central to the City's development projects. (At present, these planned developments—commercial and residential buildings—surround or are visibly near the two African American sites.) In 1999 THHF constructed the Tinner Hill Monument located near both properties.

## Tinner Hill Blues Festival: A Tribute to John Jackson

The festival features blues music, all over town, in a weekend in mid-June. Poised to become the premier blues festival of the region this is a weekend long event featuring outstanding national regional and local blues performers, historic displays, family activities, vendors, food, carnival games. is a day long concert in Cherry Hill Park.



**A variety of vendors can be seen every Saturday. There is always a loyal crowd to pickup fresh produce and much more.**

## The Falls Church Farmers Market

A notable gem of Falls Church, the farmers market was recently voted as the number one medium sized market (31 to 55 vendors) by the American Farmland Trust. Ask anyone around town (and many that travel here), what is your favorite Saturday morning activity? Easy, supporting local producers at the Farmers Market.

The Falls Church Farmers Market is open every Saturday, and during peak seasons more than 40 vendors offer fresh locally grown fruits and vegetables, cheeses, meats, baked goods, plants, and wine. Master gardeners also staff a booth at the Market to answer gardening questions. The Falls Church Farmers Market is open from 8 a.m. until noon (9 a.m. in the winter months) in the parking lot of City Hall, 300 Park Avenue and is sponsored by the Falls Church Recreation and Parks Department .



**The painting of the market is by Isabelle Babington who won 1st Place in the Plein Air Art Festival put on by Falls Church Arts.**



## The Falls Church

The Falls Church is the namesake of The Little City. It served Truro Parish, which was established by the colonial Virginia Assembly in May 1732. The original wooden church was replaced in 1763, when George Washington and George William Fairfax were appointed church wardens with responsibility to contract for a new

building.

Tradition holds that the Declaration of Independence was read to local citizens from the steps of the south doors. During the Civil War, the church was used by Union troops as a hospital and later as a stable.

An active congregation has worshipped here continuously since about 1873.

Prior to 2007, there was one congregation known as The Falls Church. In 2007, what is now known as The Falls Church (Episcopal) was disaffiliated by a vote, resulting in the original church affiliating with Convocation of Anglicans in North America. There are still legal disputes.

The Falls Church is an historic establishment dating before the founding of the United States.

## The Eden Center

The Eden Center is modeled after Saigon's Ben Thanh Market and is named for the 1960's Saigon arcade Khu Eden. It is a great example of the diverse cultures represented in Falls Church.

Located on the East end of the City by Seven Corners, it is home to dozens of Asian restaurants ranging from simple delis and pho shops to white table cloth establishments. There are also dozens of stores that cater to the Asian community particularly Vietnamese.

The City's Economic Development commission considers it the most visited tourist destination in the City. You only need to try to park there to figure that out. Total tax revenue from the Eden Center represents



over 2% of the total City of Falls Church tax revenue.

Emerging in 1984 as the Vietnamese-American community in Northern Virginia grew following the Vietnam War. The site was formerly known as the Plaza Seven Shopping Center. Many Vietnamese-American events are held at the Eden Center. each year.



Rick Goff expands on how The Little City Brand is getting the right businesses. "Our goals are to attract more of the right type of businesses and to articulate an identity and personality that is appealing in order to attract non-residents to visit and residents to embrace."

One example would be Pizzeria Orso that opened in the Atlantic Realty development on South Maple. Another example would be the Mad Fox Brewing Company that opened in the Spectrum Building. There has been debate about the lack of originality on that building, but no one disputes the need for that type of in-fill mixed use development. The addition of Mad Fox has been a success for the City and its residents.

"Falls Church City was fantastic to work with," says Mad Fox CEO Bill Madden. "The community has been very receptive. The worse thing I can say is our soft opening failed to stay soft. There was a great deal of pent up demand for this type of restaurant."

Goff says that, physically, the City is pretty much built out. New developments will be made as in-fill and higher density in nature. "It's our challenge to shape new development to enhance our quality of life, to make it a privilege to live in a quiet neighborhood within walking distance of a diversity of vibrant activities."

New commercial development is key to a city like Falls Church, but it needs to serve the needs of the community as well. It should bring new venues for artists to display their works, musicians to play their music, and public spaces to enhance all the activities the numerous community groups plan. The developments need to be dynamic and original in order to keep the City unique and maintain its small town character, all while attracting productive businesses. Ambitious goals, but that is what makes this town succeed.

It's this balance, the proper planning that will keep the charm found in this Little City. Though the battles at City Hall may show divisiveness on the surface, it is evidence of an engaged community that wants to ensure that their City is managed to maintain the small town lifestyle, but with big city services, in order to keep the quality of life high.

This Little City didn't happen by accident. Its long history, its independent character, its dedication support to arts, culture and preservation, and the participation of its citizens in all aspects of civic life truly make Falls Church, The Little City.

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# **FIRST**friday of Falls Church



**1st Holiday Multi Artist Exhibit held each year at December's FIRSTfriday of Falls Church event.**



**Photographer Aubrey Gemignani (2nd from the left) with the group Drum Lady as they gather after performing at FIRSTfriday of Falls Church.**



**With over 111 entries, a few kids celebrate the 10th Annual Falls Church City Student Art Contest held each year at January's FIRSTfriday of Falls Church event.**

FIRSTfriday of Falls Church began when Tom Gittins, a City resident and owner of Art and Frame of Falls Church, decided to organize other City businesses to fill a gap in the artistic and cultural life of the City of Falls Church. Gittins' goal was to create a monthly, year-round event that would attract people to view local artwork, attend musical performances, learn about the city's history, and shop and dine in downtown Falls Church.

Staffed entirely by volunteers since its start soon after the terrorist attacks in 2001, FIRSTfriday has grown steadily from only two participating businesses to include broad sponsorship and participation by businesses, nonprofit arts, educational and cultural organizations and by City departments and agencies.

FIRSTfriday of Falls Church brings more than 500 residents and visitors together every month to enjoy free artistic and cultural events and activities, both indoors and outdoors, and provides a venue for professional and amateur artists in all media.

During the past nine years, FIRSTfriday of Falls Church has provided free to the community hundreds of art exhibits, musical performances, book signings, dances, screenings, readings and more. It has grown to consistently include more than twenty participating organizations every month. FIRSTfriday was the very first year-round monthly event in the City. The City Council and local business leaders cite FIRSTfriday of Falls Church as one of the reasons this city of 12,000 (that is just minutes from The White House), has a "small town" atmosphere.

Former Economic Development Authority President Ed Saltzberg says "FIRSTfriday of Falls Church was the first significant event to shine a light on arts-related businesses and businesses that benefit from arts organizations. It has become a sustaining event and attracts people of all ages from within the community and the surrounding towns."

In March of 2009, FIRSTfriday of Falls Church

founder Tom Gittins was given the Carroll V. Shreve Award for Meritorious Community Service by the Falls Church Chamber of Commerce. At the awards presentation, Chamber President, Ralph Perrino and Executive Director, Sally Cole told the gathering that Tom "really knows how to draw people together for the greater good of the community...and is "the mastermind behind a really great event that draws people not only into his own business, but into dozens of others every first Friday of the month."

And this isn't just for grown-ups! Children in grades K-12 in both public and private schools participate in several ways: all artwork entered into the annual City Art Contest is exhibited each year and a reception in honor of the 100+ young artists is held by a sponsoring business; middle and high school musical groups perform at FIRSTfriday venues throughout the year; and in collaboration with the Business in Education (BIE) group, FIRSTfriday of Falls Church has instituted an internship for a George Mason High School student.

It's fun! It's free! It's FIRSTfriday of Falls Church!



**FIRSTfriday of Falls Church goes on in ALL weather, ALL months, All year long, the first Friday of each month.**



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Here Come the Mummies THU 3/24

Mike Gordon FRI 3/25

Wrong Way A Tribute to Sublime SAT 3/26

## APRIL

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# The Green Life:

## Eco-friendly Home Remodeling:

### *What's Hot and Not*

By Beth Chung

It's nearly spring and the scent of remodeling is in the air. People want to know what's new and green for the home improvement projects. What products should you seek out for the bathroom, kitchen or garage remodel that you've been putting off too long? Here comes the green expert with product news you can use.

Green remodeling is not about gimmicks. Sometimes the 'latest trend' turns out not to be all the hype touts it to be. Products may not be durable, easy to source, or affordable. The construction materials below have been increasing in popularity, and but they have also stood up to the "life cycle" and embodied energy tests that green building experts apply when choosing materials for their projects. All of items recommended below are eligible for LEED credits because of their eco-friendliness. They're green, beautiful and affordable.

I also discuss two highly popular remodeling picks that are touted as green on the Internet and in advertisements, but are not so green in reality. You should know these products' ecological limitations if you're committed to going green.

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Perhaps we wouldn't be so quick to chuck out all those empty wine, water, soda and beer bottles if we knew their astounding decorative potential. The people who make these tiles know. That's why they gather up your castoffs, clean them, crush them, and cook them, before bringing them back to life as something you're proud to display on your walls and floors. And yes folks—it lowers their input costs, so they're affordable.

Glass tile comes subtly or brightly colored; clear, iridescent, or matte; molded into shapes or textured with designs; even tumbled into nuggets like pebbles at the seashore. And when you use it to perk up a backsplash, line a shower stall, or bring depth to a floor, you're not only adding style to your house but also making landfills a little lighter.

There are more manufacturers cropping up every year. One leader in the industry is Sandhill Industries. Sandhill is an Alaskan company (manufacturing in Idaho) that was awarded a grant from the Alaska Science and Technology Foundation to develop an innovative glass-fusing technology which utilizes 100% recycled post-industrial glass.





The outcome of a two year research project resulted in the Sandhill's glass tile line. Not only are the products made from 100% recycled glass, which is otherwise destined for landfills, each tile takes half as much energy to produce as a ceramic tile, and one fourth the energy it takes to produce a cast-glass tile.

These tiles stand up better than ceramic and even some thinner porcelain tiles. With respect to cracking and staining, you've got no worries. The only occasional challenge seems to be finding large quantities of the color you want in stock, because they're so popular in new construction projects. Be aware that you need to find the appropriate non-slip finish if you want to consider them for flooring. I confess that I've got a box of these beautiful tiles in my garage, just waiting for someone to get around to putting up a stunning kitchen backsplash.

### Wonderful Cork

Ah, cork! Easy on the eyes, comfortable underfoot, easy to install, and unattractive to insects. What more you could ask for your kitchen or basement floor?

Cork represents a special kind of renewable resource because it is a harvested resource (only the bark is harvested from the tree). Cork floors are made from the waste cork that makes wine stoppers. It is principally harvested in Portugal and Spain. In Portugal in the 1930's, a law called "The 9 Year Law" was passed to keep cork from being harvested any sooner than every 9 years. The tree has to reach 60cm in circumference before it can be harvested. The first harvest from a cork tree can only occur at age 25. Now that's what I call sustainability.



*Designer green choices include a large variety of recycled content glass tile (top), natural sustainable cork flooring (above), and eco-friendly countertops made with recycled materials (below).*



Cork is a renewable resource and a recycled product. The tree is not destroyed or damaged when harvested. Cork comes in an array of attractive designs and several styles- tiles, strips and floating floor (a 3 ply system that goes over your sub-floor, providing additional insulation and resiliency). It's even being dyed black, midnight blue, and red, which can be stunning for a lower level rec recreation room in a checkerboard design. The natural wax or water based finishes are best for indoor air quality; maximum benefits are achieved by using water-based adhesives as well when gluing them to

the sub-floor. If you have active dogs or a very high traffic area, consider a factory-applied, low-VOC polyurethane finish.

Even green products have limitations. My experience with cork has been great overall with one exception. If you have a very sunny room, consider adequate blinds and/or curtains. Cork can bleach over time if it's in direct sun (in my case, unfiltered sun for 8-12 hours per day). As I learned, this is a problem if you use area rugs and do not keep blinds drawn in sunny weather.

The fading has evened out over time in my house, actually, and I would still choose cork if I had to do it again.

### Exciting Eco-Countertops

Many people have granite countertops; if so please don't rip them out and toss them. But if your old tops are seriously in need of an upgrade, here's a great option to consider: recycled glass/cement composite countertops.

There are a variety of manufacturers of these products, include several fine firms in Texas and California. They have some differences in their proprietary mix formulas. Mindful

of the distance and energy costs involved in shipping heavy items like countertops, though, I'd like to highlight a very green manufacturer close to the Tysons area: IceStone of Brooklyn, New York.

IceStone Durable Surfaces are made from 100% recycled glass and cement to create a high performance, green, durable material. They are a great, gorgeous choice if you are searching for an eco-friendly, green countertop. IceStone surfaces can also be used for backsplashes, bathroom vanities, table tops, bar tops, interior walls, and commercial flooring applications. Beautiful shower and bathtub surrounds can be made as well.

The mixing of non-toxic pigments and various glass colors and sizes

## **What's Not So Hot**

### **The Not-So-Big Bamboo.**

You know that it's been highly touted. It's a grass, it comes from Asia, and it's cheap compared to solid wood. What you may not know is that a lot of people rip out bamboo flooring within a few years. It scratches easily. It doesn't react well to climates with high or unstable humidity levels (like ours). It can't be sanded and refinished. Whether it's vertical grain, horizontal grain, engineered or veneer, you are not going to get the performance of wood from bamboo.

If you consider the chemicals used in production, the oil/gas used in the manufacturing and transportation, the working conditions of where the bamboo comes from (whether the

nonprofit organization many architects and builders trust to rate timber for their projects at [www.fsc.org](http://www.fsc.org). If you want a reliable vendor for sustainable wood for your project, check out [www.ecotimber.com](http://www.ecotimber.com). They've got lots of timber available all around the U.S. When my builder couldn't locate the certified flooring I needed through his supply chain, they're the ones I called.

### **Granite: Out of Vogue?**

The concerns about radon off-gassing have been discredited. But is it a carbon-neutral product? Granite is green, natural and fashionable, right? Well, not really. There's a lot to consider.

Where did that slab travel from? India, China, South America? No wonder it is so expensive. Most natural stone countertops have to be periodically sealed with chemicals to keep out penetrating stains and keep acids from damaging the stone. Stone is not renewable—once it's quarried, that's it. Mining has numerous local environmental impacts on land and water. And while some people do re-use other people's countertop slabs, many more of them get dumped in a landfill. If your house has granite tops that are serviceable but not to your taste, please consider donating them to Habitat for Humanity's RESTORE. They'll send their truck to you and take away countertops, cabinets, any usable building materials you no longer want.

I am going out on a limb here, my designer friends are going to give me some grief about it, but I don't care. Granite is overused, expensive, and within ten years it will be eco-UNchic to have every surface in your house made of natural stone.

Back to my cup of tea, interior design magazines and garden catalogs now. Happy project planning.

*Next month in The Green Life: How to compost at home. You can reach Beth at [beth@mygreenexpert.com](mailto:beth@mygreenexpert.com).*

**Granite out, glass in? Granite countertops have been one of the most frequently used solid surface counter product in recent years. But as a natural stone, it is quarried from the Earth and is not renewable. Many green building enthusiasts are beginning to turn to a new solid surface counter product made of recycled glass instead. A huge variety of glass colors and speck sizes in just as huge a variety of background resins gives this product the custom look many now desire. Sounds almost guilt free...**

results in an unusually versatile color palette. Currently there are 29 available colors, such as desert pearl (pictured) and a green-flecked style I love, forest fern.

IceStone surfaces do not contain any petrochemicals and therefore will not fade from direct sun exposure. The fabrication, installation, and maintenance of IceStone surfaces follow similar standards used with natural stone. The price is comparable to stone countertops, starting at \$100 a square foot.

IceStone has been a leader in going farther than most companies in pursuit of sustainability in their manufacturing and operations. Due to its high recycled content and rare "Cradle to Cradle" Gold Certification, IceStone materials can contribute to LEED points. Basically I love them, because they offer the high-style look of natural stone in a recycled product with a much lower carbon footprint.

workers are protected from the harsh chemicals and their pay), the Asian tropical ecosystems repeatedly being destroyed as demand goes up for bamboo products, the calculus is not good.

It is actually more environmentally friendly to use recycled wood floors, or solid wood from sustainably managed local forests, than to use new bamboo flooring. The main level of my clients' homes are often graced by classic flooring of Forest Stewardship Council (FSC) certified maple, grown in well-managed Pennsylvania national forests. You pay the same as what you do for conventional wood flooring. Mine came from less than 200 miles away from my home. Best of all, it will last 100 years with minor refinishing now and then. Bamboo just can't compete with that.

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# The Silver Line construction continues...

## Progress reported all along the Dulles Metrorail Rail corridor

March marks the second anniversary of the start of construction of Phase 1 of the Dulles Corridor Metrorail Project.

The past 24 months have been filled with significant construction success that changed the landscape of Tysons Corner that will lead to the transformation of Tysons Corner over the coming years.

Construction is approaching the 30 per cent mark, including completion of the mining of both the inbound and outbound tunnels under the Route 7 and Route 123 intersection where crews are now working both inside those tunnel cavities and at the ends of year tunnel where a "cut and cover" construction method is being using rather than the mining method that was used for the bulk of the excavations.

Inside, crews are adding reinforcements , waterproofing and smoothing out concrete to prepare the tunnels for future tracks and electrical equipment.

At I-66 and the Dulles Connector Road where the new rail line will with connect with Metro's Orange line, traditional bridge building methods are being used to erect the structure to carry the tracks . Last month, night crews began working is area as construction accelerated.

Here are some major milestones achieved during the last several months.

- Construction of all five stations has been started: Tysons East, along the northwest side of Route 123 at Scotts Crossing near Capital One; Tysons Central 123, on the northwest side of Route 123 at Tysons Boulevard; Tysons Central 7, in the median of Route 7 west of Route 123 near SAIC and Marshalls; Tysons West, in

the median of Route 7 between Spring Hill and Tyco roads; and Wiehle Avenue, in the median of the Dulles International Airport Access Highway/Dulles Toll Road west of the Wiehle Avenue overpass.

- Relocation of 21 different utilities is almost complete along Route 7 between the Dulles Toll Road and Route 123. Utilities have been placed underground.
- Sidewalks have been built along Route 7.
- This mile-long stretch of Route 7 has been shifted as much as 60 feet to create a much wider median where the Tysons West and Tysons Central 7 stations are under construction and piers for the aerial bridges are almost complete.
- Service roads along Route 7 have been removed.
- Four of the five at-grade track bridges that span across Magarity Road, Pimmit Run, Difficult Run, Hunter Mill Road and the

Washington and Old Dominion Trail have been completed.

- Bridges have been built to carry the rail line from the Dulles Connector Road to the northwest side of Route 123 .
- Along Route 123, two large blue and yellow horizontal cranes are being used to build spans between piers to carry the aerial tracks southwest into the Tysons East and Tysons Central 7 station.
- A third horizontal crane (this one is white) is being used to build the bridges across I-495. (See following page)
- Meanwhile, preliminary engineering for Phase 2 of the project from Wiehle Avenue west to Ashburn is in the final stages. Phase 2 will include 6 stations: Reston Parkway, Herndon-Monroe, Route 28, Washington Dulles International Airport, Route 606, Route 772/ Ashburn.



*The Wiehle Avenue Station's structural steel is being placed as seen from the east.*



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# Metro Construction Continues Across the Beltway

Large concrete segments are being hoisted into place above Interstate 495 (the Capital Beltway). These segments together build the spans between piers that will be connected to create the bridges for Dulles Corridor Metrorail tracks to cross this busy interstate in Tysons Corner, the largest concentration of office and retail development in Virginia.

The crossing of the Beltway uses what is called a "balanced cantilever construction technique" involving a huge white horizontal crane, also known as truss. Crews officially began working on the crossing of the beltway in mid-February. Project officials estimate this work will take almost a year to complete.

Over the coming months, this work will require overnight lane closings on the inner and outer loops of the beltway near Route 123. Some of those closings will be for multiple lanes.

Currently, three northbound lanes are closed nightly from 11 p.m. to 5 a.m. These closings will continue until late March, causing significant delays for motorists. However, traffic continues to flow through the single open lane northbound.

In addition, the exit ramps from northbound I-495 to both northbound and southbound Route 123 are being closed during these same hours. Drivers are being directed to use the following detour:

To access Route 123 from the I-495, drivers will be directed to detour by continuing on the Beltway north, exiting Georgetown Pike (Route 193), turning around at Georgetown Pike, then entering the southbound Beltway. Drivers will be able to exit to both directions of Route 123 from southbound I-495.



However, drivers on northbound I-495 approaching the Route 123 exit seeking destinations in the heart of Tysons Corner or in the Vienna /McLean/Falls Church area can also exit the Beltway at Route 7.

Additional closings will be announced at a later date. In mid-summer, complete closures of the northbound and/or southbound will be scheduled.

**Top: Ground Zero.** The familiar yellow and blue truss is seen building the spans over the Westpark Bridge, now widened to accommodate the HOT Lanes entrance. (the second yellow truss is now working west along 123 to the Tysons East station.) **Bottom:** A view across the Beltway from a pier on the West side looking east to the white and blue truss that will be constructing the span across I-495 over the coming year. **Small picture:** a view of the guideway as it is completed along 123. Before we know it, the tracks will be in place.





## Tunnels getting an interior facelift

The space shuttle, a HAZMAT tent, something from ET? Not quite. The tunnels connecting the Metro from 123 to Route 7 are both complete. Below you can see the interior gunite walls being waterproofed. Above the walls are getting a vapor barrier and then the form shown to the right will slide through the tunnel as part of the installation of the new final reinforced concrete surface.





# Metro gets vertical along Route 7.

## A few Metro facts

- How long are the Metro tunnels in Tysons?  
*The two are 2,400 feet long each.*
- How much of Phase 1 of the Silver Line is in tunnels?  
*About 1/46th.*
- Who is building the rail project?  
*Metropolitan Washington Airports Authority.*
- Who will operate it?  
*Metro (WMATA).*
- How many stations are in Phase 1 and Phase 2 total?  
*11 (5 in phase one, 6 in phase two).*
- What is the highest point of the aerial guideways (bridges) for tracks in Tysons?  
*About 55 feet above ground near the southbound entrance to I-495 from Route 123.*
- How many concrete segments are need to build the spans between bridges in Tysons?  
*Over 2,700.*
- How many miles of aerial track are included?  
*About 6 miles.*
- What is the costs of the aerial guideway(bridge) construction?  
*\$170 million.*
- Huge horizontal cranes, known as trusses, as being used to help build the bridge spans. How much do they weigh?  
*Each weighs approximately 366 tons.*
- When will Phase 1 be completed?  
*By the end of 2013.*





## Going deep and high with lots of steel.

Over the past few months, the area along the median of Route 7 has been busy with foundation work for the vertical structures now seen that will support the track from the Tysons Central 7 station by Wendy's all the way to the Toll Road. At the top left and center: Cylindrical holes are drilled using specialized equipment and "bits" as seen in the close-up. These holes are incredibly deep. Above, workers prepare the structural steel that will go into these holes. At the top right, the scope of how deep these foundations truly are is revealed as this entire steel structure gets lowered into the ground and then is filled with concrete. The next photo below shows the finished foundations ready to support the piers above. At the bottom right, the vertical piers can be seen formed and ready for concrete as they are situated over these incredibly deep foundations. On the facing page a towering steel structure is ready to be formed for a tall supporting pier for the elevated track at Westpark and Route 7.



# ORANGE CONES. NO PHONES.

## Northern Virginia Businesses Commit to Ending Distracted Driving in Construction Zones By Uniting Around "Orange Cones. No Phones." Employer Safety Pledge.

**T**his winter, Tysons Corner businesses stepped up to lead the way in making Virginia's roads safer. In response to a challenge issued last November by Virginia Secretary Sean T. Connaughton to regional employers to commit to reducing distracted driving in construction zones, numerous Tysons and other local businesses showed their support for this critical safety issue by signing on to take the Orange Cones. No Phones. Employer Safety Pledge. Kicking off the pledge at a widely attended press conference held in the heart of Tysons Corner with Capital Beltway HOT Lanes construction in the background, the Secretary specifically challenged at least 100 employers to take the pledge within a period of 100 days. The business community's response was overwhelming with 100 businesses signing up for the Pledge ahead of the 100 day mark. By getting the commitment of these businesses to join the fight against distracted driving, more than 100,000 employees within Northern Virginia will be reached with anti-distracted driving programs and education campaigns.

Secretary Connaughton reached out to the business community along with Transurban-Fluor, the private partners working with Virginia Department of Transportation to deliver the Capital Beltway High Occupancy Toll (HOT) Lanes Project, AAA Mid-Atlantic and the Dulles Corridor Metrorail Project, in response to research revealing an increase in distracted driving on Interstate 495 (the Capital Beltway) despite major construction being underway. Four of the largest employers within Tysons Corner, an area that is home to the HOT Lanes and Dulles Projects, were the first regional organizations to take the Employer Safety Pledge and commit to reducing distracted driving. These partner businesses include Booz Allen Hamilton, Inova Health System, SAIC and Tysons Corner Center.

Many other businesses from Tysons and the surrounding area soon followed suit, each one demonstrating their commitment to the safety of their employees and the surrounding community.

Orange Cones. No Phones. partners, Transurban-Fluor and AAA Mid-Atlantic, launched the Employer Safety Pledge after research revealed that perceived pressures from work were driving people to use their phones while behind the wheel. The research, which surveyed regional drivers to understand distracted driving on the Capital Beltway and how it impacts driver safety, found that 55 percent of Beltway drivers currently use their phones while driving.

Of those Beltway drivers on the phone, half are responding to work-related issues. In fact, of distracted drivers using a phone on the road to address a work-related issue, 57 percent do so because they feel their employer expects an immediate response. In addition, more than half of the same group - 52 percent - say that their employer does not have a formal policy regarding distracted driving. Through the powerful stand that local businesses are now taking; however, Orange Cones. No Phones. partners and supporters are hopeful that employees will start to get the message that distracted driving is culturally unacceptable within their organizations and no e-mail or text is worth a life.

Launched in 2009, Orange Cones. No Phones. is a partnership between Transurban-Fluor and AAA Mid-Atlantic, supported by Federal Highway Administration, Virginia Department of Transportation, Dulles Corridor Metrorail Project, Virginia State Police and Fairfax County Police. Focused on reducing distracted driving in construction corridors, to date the campaign has reached target-drivers with more than 10 million impressions via media, advertising, high school assemblies, social media and in-person events.

Construction on the Capital Beltway HOT Lanes and Dulles Corridor Metrorail Projects is fully ramped up along major commuter routes in Virginia, making it more important than ever for drivers to stay alert on local roadways and

emphasizing the importance of the Orange Cones. No Phones. Safety initiative.

### Quick Facts:

- Capital Beltway HOT Lanes and Dulles Corridor Metrorail Projects include construction on a total of more than approximately 25 miles in Northern Virginia
- More than approximately 210,000 vehicles travel through the two construction zones each day
- There are approximately 2,000 construction workers working across the two major projects
- Major construction work is underway on most commuter routes, including the Capital Beltway, I-66, I-95/I-395, Dulles Toll Road, Dulles Connector Road, Dulles Airport Access Highway and many major arterial routes
- The two projects include nearly \$5 billion in construction activity

For more information on Orange Cones. No Phones. Visit [www.orangeconesnophones.com](http://www.orangeconesnophones.com)



**Chairman Sharon Bulova (top) and Transportation Secretary Connaughton (bottom) address the rally held at SAIC offices near I-495 in Tysons.**





# Lilian Jorgenson

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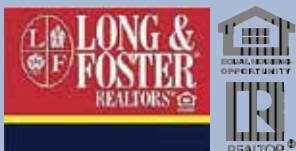


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# Help is Out There

## Local non-profit provides needed meeting space

By Keith Loria

**T**heodore Roosevelt once said: "Do what you can, with what you have, where you are." For Barbara D., a member of alcoholics anonymous since 1982, she sees the Unity Club in Falls Church as being the type of entity that the former president was talking about in this inspiring quote.

"I have been commuting from Gaithersburg to this club for the last three years. It is a tight ship with a big heart," she says. "The Unity Club has a welcome home atmosphere where people actually care about the well-being of each person that walks in the door, and takes the time to do heart felt service work."

As most people in this area know, the Unity Club of Falls Church is a meeting place for members of Alcoholics Anonymous and 15 other recovery fellowships based on the 12-Steps of AA.

Countless people have sang the praises of the club over the years with many pledging their allegiance to the club and thanking it for saving their lives.

While the club does not keep people alive, it sure gives those new to recovery an opportunity to stay that way while they're working on a different way of living.

"The Unity Club is a place people with alcohol and drug problems can go for support, faith and understanding when they feel like no one understands them," says Janet T., who has relied on her meetings for more than a decade.

The origins of the Unity Club date back 25 years to when a group of people who were seeking help at meetings at another Virginia-area establishment called the Independence Club, found themselves looking for a new place to hold their meetings when a smoking ban was issued in their hall. "There were about 40 people

who got together and each one kicked in \$50, so they had \$2,000 and went looking for a space to rent to start the club," explains Karl Hoffman, Executive Director and spokesperson for the Unity Club. "They realized they didn't have enough, so they went back and asked each person for an additional \$100. Now they had \$6,000 and enough to rent a space."

The group found two possibilities; the current home that sits on West Broad Street and a smaller space that they didn't like as much. Because of money constraints, they initially chose the latter and officially opened in 1987. "With some creative thinking and negotiating they got the club opened and nip and tuckered for a few months selling cans of soda and things like that to make the \$800 month they would need in rent," Hoffman says. "In



the beginning, it was just for AA and the biggest thing was just trying to make it convenient."

Knowing full well that not everyone could make a 6 a.m. meeting, slowly but surely they added one at 10, one at noon and other times were made available.

The Unity Club moved into its current location in 1989 and it has grown and evolved into something very special for the community and those seeking help.

"We went from one meeting back then to now about 127 meetings a week that take place," Hoffman says. "We have meetings for everything from AA to narcotics anonymous to eating disorders to workaholics. We host them all."

Hoffman is the only full-time employee of the club and a board of directors (who

prefer to stay nameless) oversees what goes on and directs the future of the club. "I'm very proud of this; roughly we have 11,712 people that take a meeting every month," Hoffman says. "It's wonderful that so many people are seeking out the help they need."

The Unity Club participates with The City of Falls Church, Fairfax County, and Arlington County; along with area substance abuse treatment centers and mental health facilities by providing a reliable facility to introduce patients and clients to the long-term recovery techniques embodied in 12-step fellowships.

The meetings themselves are run by volunteers. When a new meeting is started—regardless of what it's for—the normal course of events is that a chairperson and treasurer are named to help get the meeting up and running.

"It's a group consensus that the club has nothing to do with," Hoffman says. "The chairperson controls the meeting and they try to get a new person to speak at the meeting each week to keep it interesting."

The role of the secretary or treasurer is to pass the basket around at each meeting during what's come to be known as "halftime" and bring whatever money is collected to the safe.

"How the club works is to think of Unity as a landlord for different meetings," Hoffman explains. "These 12-step meetings pay the Unity Club rent for that room for an hour or 90 minutes."

Following the model of the seventh tradition of AA which states, "Every AA group ought to be fully self-supporting, declining outside contributions," any money collected goes toward the help group.

"There are no dues or fees and the meeting needs to be self supporting so when they



pass the basket around people will put in \$1 or whatever they want and that gets turned in and the meeting restarts and they count up the money," Hoffman explains. "The club gets 85 percent and the other 15 percent is used for the meeting to buy literature or chips they want to hand out."

The Unity Club is a 501(c)(3) non-profit so it's not looking to make money off of people; they just want to be an open door for help and support. Anyone who is seeking help needs only to walk through the small unassuming door with the big blue awning emblazoned with the Unity Club logo.

Still, money is necessary to keep the club up and running and it relies on contributions, money from special events and rent that it collects from a book store/gift shop that sells recovery-targeted books and products inside.

The Unity Club also is home to the K & K Koffeehouse, which Hoffman calls the hubbub of activity, with members sitting and talking and offering advice. There's also free Wi-Fi for people who may need to do some work or check an e-mail before going in or out of a meeting. "They can sit and relax, grab a cup of coffee, a soda, or have a snack," Hoffman says. "It's a great place for people to talk and get together outside of a meeting."

Although there was a time when people used to walk by the Unity Club and point fingers or look away in disgust, the world has become a much more accepting society and the Falls Church community understands how valuable a service it is.

"Do the math. If everyone goes out in the Falls Church area each month and spends about \$100 when they leave the club at the different stores and restaurants, there's a lot being injected into the town's economy," Hoffman says. "The Unity Club is a reference point in Falls Church and we are very heavily involved with the city. The city like us a lot and even asked us to be on the board of the Chamber of Commerce."

One of the biggest events that The Unity Club puts on is its annual golf

tournament that takes place the Tuesday after Father's Day. "We are coming up on our 15th annual Unity Club Golf Classic, which is a big tournament we hold in Virginia Oaks every year," Hoffman says. "It's our second biggest fund-raiser of the year and with the economy the way it is today, we would have a hard time without this golf tournament."

The club's biggest yearly fund-raiser is on Thanksgiving when volunteers at the club help feed between 150-200 people and they collect a lot in donations. Christmas time is also an important season for donations as it regularly gets contributions of anywhere from \$5 to \$1,000—all going back into the club to help provide more meetings.

"We do other fundraising as well. We had a Valentine's dance, car washes, chili cook-offs and yard sales," Hoffman says. "We have also had some very popular rock bands donate their time and come in and play."

The club also offers memberships to people—be it monthly, yearly or lifetime—that allows people to have a say with decisions, serve on club committees and make proposals to the board. Many involved take a great deal of pride in their membership.

The Unity Club understands that none of this is easy. People have serious problems and addictions and if they come by looking for help, they want to make sure that there is something in place for them to get it.

Those in charge know that the best way to help is often being around people with the same addiction and who have gone through the same things. That helps keep people sober and clean and is why the Unity Club is so important to so many.

"Some people think of this as their second home. Before they go to work they have to go to the club and get a meeting or at lunchtime they come or after work, they hang out and see their friends," Hoffman says. "There is a huge camaraderie here. It's a huge family with all of us trying to work our 12-step program the best way we can."



**Top: The Unity club provides meeting space for a variety of twelve step programs. Middle: It also provides a comfortable place to talk and hangout over a cup of coffee or snack. Bottom: Anyone walking through the blue canopied door is welcome at Unity Club.**

## Trade gift cards for cash

If you have gift cards left over from Christmas or a birthday, and for a store you don't frequent, you could trade them in for about 90 cents on the dollar. Or these services give you the option for trading for an Amazon.com gift card. It is worth slightly more than cash.

Money magazine tested the plan using \$100 cards from major retailers.

PlasticJungle.com accepts cards from more than 400 merchants. The cards must have at least a \$25 minimum balance and have no expiration dates. Cash back on a \$100 gift card was \$82.67. Or you could get an Amazon.com gift card worth about \$86.80.

GiftCardRescue.com works with more than 350 merchants. It returned an average of \$81.33 for a \$100 card or \$85.40 on an Amazon.com gift card.

Cardwoo.com had a broad offering of buying and selling gift cards. They will buy gift cards for between fifty and ninety cents per dollar of value. It depends on the popularity of the card.

## Buying a treadmill

There's probably no better piece of equipment for a fitness program than a treadmill. But when you decide to buy one, you discover they range from about \$450 to almost \$4,000.

Consumer Reports researchers bought 67 machines and used lab tests and a panel of users to evaluate them. They found the more expensive machines had more features, but it wasn't necessary



"Mom, what appears over our heads when we have an idea?"

to pay top dollar to get a good model, especially if you just plan to walk or jog. Their best buys on a sturdy folding machine were the ProForm model 590T at \$600 and Gold's Gym Cross Walk model 570 CKL for \$580.

## Young investors

People in their 20s and 30s are the least confident savers and the most likely to choose a bank CD for their savings, says a new survey by Wells Fargo.

But the longer the time frame for investing, the weaker stock market risk becomes. The far bigger threat is inflation. If it heats up to an historical average of 3 percent, \$100,000 in savings would be worth just \$31,000 by 2051.

Buying stocks is the best way to beat inflation and get ahead in the long run.

## Bank loans come back, offer predictability

There was a time when people went to the bank whenever they wanted to borrow money. If they knew the bank officer, he probably only asked the classic question: How much and for how long?

It's not quite that simple now, but personal bank loans are again popular for consolidating debt or paying for big-ticket purchases. Most aren't secured by an asset. That means you'd pay a higher rate than on a secured loan, but not as high as a credit card rate. The savings would probably be 2 to 4 percent lower.

The interest rates are determined by your credit rating, but the term of the loan and the monthly payment are fixed. There's no big decision to make on how much to pay each month.

Personal bank loans are simple. Their origination fees are low, if there are any at all, and there's no prepayment penalty. In most cases, you are required to pay a certain amount, but you can pay more if you want to.

Wells Fargo has seen personal loan applications grow at double-digit rates in recent months. According to Kiplinger's Personal Finance, their loans range from \$3,000 to \$100,000 for up to five years.

Many credit unions and local banks offer personal loans. Check with them to see their terms and amounts.

CitiFinancial loans start at \$300 and go up to \$15,000 for one to five years.

Capital One's loans for, existing customers, are from \$3,000 to \$25,000 for 12 to 71 months.

## After being unemployed: How to get finances back on track

If you are back in the workforce after a layoff, you might be wondering how to address financial issues.

For many re-employed people, a new paycheck might not solve all money problems. According to a survey by CareerBuilder, among workers who were laid off in 2010 and found new jobs, 61 percent took pay cuts.

With money tight, pay attention to urgent expenses first.

Attend to maintenance on your home and car. If you put off medical care for yourself and your family, that should be attended to. Advisors for Money magazine say it's important to get the basics back on track.

The next priority is paying off credit card debt you have accumulated, paying more on the card with the highest interest rate first. Big credit card debt can harm your credit rating.

Paying off a home-equity line of credit is less urgent. The interest is tax deductible. Since the debt is secured, it won't affect your credit score very much.

Since you have probably used all or most of your cash reserves, it's important to rebuild them at the same time. If you have \$500 a month in discretionary money, advisors recommend that you put \$300 toward debt and \$200 toward savings.

Next comes your retirement fund. Even if you can only manage a very small amount, contribute to your new company's 401k plan right away.

If you don't have enough cash to save and pay down debt, plus put a small sum into your retirement plan, it might be wise to refinance your mortgage.

*The successful man is the one who finds out what is the matter with his business before his competitors do. -Roy L. Smith*



Especially if you have significant home equity, it will be easier to do now that you are employed.

Once you have met these goals, you will have more money to put into living life instead of playing catch-up.

### 'Eat down the fridge'

It's an expression borrowed from the Great Depression era that means eating foods you already have instead of buying more.

The idea is a healthy one, since the largest percentage of food thrown away is made up of vegetables and fruit. Kim O'Donnel, author of *The Meatlover's Meatless Cookbook*, challenges you to be resourceful for a week or longer in order to reduce food waste.

According to Jonathan Bloom in his book, *American Wasteland*, Americans annually throw away about 197 pounds of food per person. According to USDA estimates, the average person consumes 4.7 pounds of food a day, so we're tossing almost 42 days worth of food each year.

### Economic indicator: men's ties

The National Retail Federation says men "took a breather" after tough economic news a couple of years ago. They lost enthusiasm for new suits, shirts and ties. Now, retailers such as Macy's, Jos. A. Bank and JCPenney, say men are back, they're buying, and they're spending more than women. A survey by WSL Strategic Retail shows about half of men believe their finances will improve.

### Index funds come in many flavors

In 1976, Vanguard developed an entirely new way to make investing in stocks easier and cheaper. Its 500 Index Fund was created on the philosophy that it's better to hold all the stocks in the market than to buy and sell individual stocks. Because most traditional funds had not kept pace with the market over the years, the elegantly simple concept was copied by other companies. Today there are more than a thousand index mutual funds to choose from.

Many target specific countries, industries or niche strategies. Out of this chaos, investment advisor Rick Ferri, quoted in *Money*, says it's possible to create an index fund mix that's right for you and costs little.

If you still want plain vanilla investing, you can choose one total U.S. stock market fund, one total international stock fund and one total bond fund.

If you're just starting to invest, the Schwab Total Stock Market (SWTSX) charges only 0.09 percent, and you can invest as little as \$100. Some consultants recommend a mix of 40 percent in that, 20 percent in Vanguard Total International (VIGTX) and 40 percent in Vanguard Total Bond (VBMFX).

### Treasury invites taxpayers to get refunds by debit card

The U.S. Treasury wants to quit writing paper checks. At the same time, it wants to give taxpayers more choices.

Its latest effort consists of a pilot program to deliver tax refunds through prepaid debit cards. About 600,000 taxpayers earning \$35,000 a year or less have received letters inviting them to activate a debit card that can receive direct deposits.

An estimated nine million households, about one in every 12, don't have bank accounts. By activating the debit card for a tax refund, they wouldn't have to pay a check-cashing fee, and the government would save the cost of producing a check.

Each tax refund check costs the government about \$1, including the cost of processing roughly 600,000 claims each year for missing checks. Payments by direct deposit cost the government about 10 cents.

The pilot program will provide consumers with a debit card that can be used, not just for receiving refunds, but also for shopping with many features of a checking account.

Deputy Secretary of the Treasury Neal Wolin, quoted by Bankrate.com, says the debit card "can be used for everyday

financial transactions, such as receiving wages by direct deposit, withdrawing cash, making purchases, paying bills and building savings safely, giving users more control over their financial futures."

Half of the 600,000 offers from the Treasury test program will carry a monthly fee of \$4.50. The rest will be free. The different approaches will allow Treasury to determine which is more likely to lead consumers to sign up for the card.

### Most consumers choose overdraft protection

Since August of 2010, banks have been required to ask overdrawn debit card holders whether they wanted to pay a fee of up to \$35 or have their purchases declined without bank charges.

Rather than face the embarrassment of being declined a purchase, 75 percent of debit card holders chose overdraft fees, according to Moebs Services, a Chicago bank industry consulting firm. The firm surveyed more than 2,400 banks and credit unions.

The large acceptance of overdraft fees came as a surprise. Many analysts and banks expected customers to balk at the prospect of paying the overdraft fee which most times is charged on any overdraft no matter how small.

With the latest credit card regulations in effect, and with less loans being offered to non-pristine customers, banks are finding fees such as these a lucrative way to raise revenues, without much resistance.



"Arthur is so boring that what happened on our Vegas vacation didn't even stay there."

*There was a time when a fool and his money were soon parted, but now it happens to everybody. -Adlai Stevenson*

# Your Talents Have Greater Value When Shared

*"Thousands of candles can be lit from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared." - Buddha*

By Brit Hammer-Dijcks

Everyone has something of value to contribute. It's not a matter of being the "best" at something but taking the gifts and talents you have and sharing them with the world. When you do you may even find some unexpected joys come out of it!

This is what happened for Vienna resident Maria Alvarez-Lundie, a graphic designer fascinated by mosaics. For her it all started in 2006 when she joined an online discussion group and took part in a mosaic gift exchange. That exchange led to participation in nine more and eventually to joining the Mosaic Challenge Group, an international

group of mosaic artists and hobbyists on photo-sharing site Flickr. The purpose of the group is to help members stretch themselves through monthly themed challenges and to give them a place to showcase their talent.

Here's where the story gets interesting. In August 2008 some of the group's members came up with the idea of creating a mosaic quilt out of their entries from that month's challenge put forth by Michigan artist Lin Schorr. The idea was embraced by the membership and grew into something far bigger than anyone could have predicted: a series

of four 3 x 5 foot collaborative mosaic murals involving ninety artists from eight countries. (Shown, Amuzapalooza!)

"I am completely humbled by the company in this collaboration," says Alvarez-Lundie, whose piece is in the fourth row, fifth from left.

All four murals were designed and assembled by Schorr and donated to a hospital in her home state. The large

talents. "The community of artists I've met online is the best part," she says. "I've never met a group so willing to share, cheer and bask in the success of others!"

Schorr, too, has had positive experiences. "Being willing to share my own artistic hits and misses with the online community I believe has allowed for a certain comfort level with the other artists," she says.

"Not only do I now have a great number of creative contacts to ask my own questions of, I've met many of them in person and consider them friends."

Who knows where sharing your own gifts and talents might lead? "We have stopped for a moment to encounter each other. To meet, to love, to share. It is

a precious moment, but it is transient. It is a little parentheses in eternity," writes Deepak Chopra. "If we share with caring, lightheartedness, and love, we will create abundance and joy for each other, and this moment will have been worthwhile."



mosaic artworks hang in waiting areas where families may sit for hours, offering them a much needed distraction. Schorr says, "Aside from the always welcome 'it's so beautiful' comments, what especially brings a smile to my face are the remarks from staff who say that as many times as they walk by, they always see something different."

Since the completion of the fourth mural in early 2010, the artworks have been featured in several publications, another unexpected joy for Alvarez-Lundie and her fellow contributing artists. Yet that is not what motivates her to share her



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](http://www.brithammer.com))





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# Girlfriend's Guide to Shoes!

By Leigh Macdonald

**S**o, you love shoes! Well, my friend, you've come to right place because the five tips that follow are tested, true, and all about you (and your shoes, of course).

**You have a home . . . your shoes should, too.** Container Store makes a fabulous shoe box. These little boxes will literally add years to the lives of your shoes. Because the boxes are clear, you're able to easily see your shoe options while dressing, and because the



boxes snap closed, you'll never pull a dusty shoe from your closet again. Oh joy! By the way, these boxes stack easily, so they adapt well to many different closet configurations. And to make your life simpler, Container Store, which has a location right here in Tysons Corner, also offers the shoe boxes in cases of 20 for just \$35.80.



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 is also a cast member on *Style in the City*, a new local television show that's all about style—and lifestyle—in and around the Nation's Capitol, and she doles out daily shoe and fashion tidbits at [NiceShoesNoDrama.com](http://NiceShoesNoDrama.com). Leigh 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*

**Give your shoes the heel advantage** with Band-Aid's Blister Block Stick. This little number is especially helpful now as we enjoy a season change and reach for shoes that we haven't worn in a while. Spring and summer means new strappy shoes and the return of fab-weather favorites that will likely rub in places that your winter shoes haven't bothered. While band-aids do the trick, of course, they slide and they're not especially pretty peering out of a gorgeous sandal or stiletto. Blister Block glides on easily (think deodorant stick), it's clear, and most importantly, it'll keep your pretty feet blister-free. Where can you find it? Any drug store! So easy, yes?



**Powder your pedestals.** This is the greatest trick ever. It works like a charm . . . all the time. You know that your feet (and the insides of your shoes) can get warm after you've worn them for a while. Well, if you opt for a little baby powder from now on, you can strike all that you know about hot feet and shoes. Here's what you do. Shake a small amount of baby powder into your shoes before slipping them on and stepping out. It's important that you limit the amount of

powder you use. If you don't, your feet will produce little puffs of powder during the day. Pretty, right? No. So, once you shake just a bit of powder into the toe box area of each shoe, carefully tap the front of your shoes together. The powder will spread easily and you'll be ready to go. After you step into your pretty little pedestals, be sure to take a second look to ensure that powder isn't visible on your shoes or feet. If a little escaped, no worries . . . just wipe it away with a dry cloth. By the way, you'll thank me for sharing this with you. Your cobbler, however, will not thank me. Even so, you'll find that you can comfortably wear heels longer, and your shoes, well, they'll smell delightful.

**On the subject of cobblers, you must have one.** Really. You see, having a go-to cobbler means that you'll never fret over a missing heel tip again. Instead, when a heel tip loses itself in a sidewalk or Metro grate, you'll know exactly who to see. A good cobbler will keep tabs on the soles and toes of your shoes and offer meaningful solutions to prolong the lives of your shoes. So . . . your favorites will remain your favorites. For years to come.





**Every girl needs to know her 'go to' brand.** Your 'go to' brand is the designer who manages to consistently produce designs that wear well on your feet beginning with the very first wear. I know my 'go to' brand, and in so knowing, I can order any shoe from that designer's collection with confidence that I'll likely love the shoe from my very first outing. How do you determine your 'go to' brand? Peruse your shoes and take note of the designers that appear again and again. Also, note which shoes are routinely most comfortable. By taking ten minutes to inventory your shoes, and their corresponding designers, you'll easily discern which brands should make your 'go to' list.

So, enjoy the beautiful weather that's just around the corner. And be sure to make the most of your shoe [buying and] wearing experiences. With the tips outlined above, that should be a cinch, so I'm hoping you'll remember to always walk tall!

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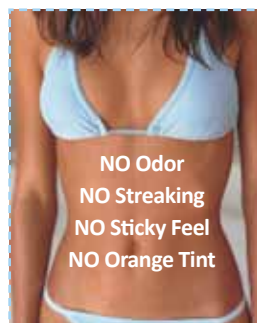
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# Got a question? Ask the Coach.

Dear Coach Amy,

I have been dating a man for a couple of weeks. When we get together mostly on the weekends, we have a great time. However, I rarely hear from him during the week. We both have demanding jobs, and yet, it would be great to have some other communication during the week besides the set up the date phone call. An e-mail just to say hi or a phone call to see how I'm doing is what I would like. Not hearing from him prevents me from feeling connected to him. I'm not sure where this relationship is going or if I want it to even continue. My initial reaction is "I shouldn't have to ask, he should know what to do." What do you think?

Ambivalent in Arlington

Dear Ambivalent,

The first question I want to ask you is: What do you want? Do you want to get closer with this gentleman or are you ready to bail? Let me assume the first scenario. If you want to see if this relationship can become more, then I suggest you employ the relationship skill of making requests. People can't read your mind even if you would like them to. Perhaps it's time to have a conversation around, "I really like you and would like to become closer to you. I really like it when a guy calls me or e-mails me for no reason other to say that I am thinking of you." Here you have spelled out specifically what makes you happy. Yes, it's risky- however, if you do this and he steps up to the plate, then, you see that he really cares about your happiness and would like to accommodate you. If he can't do this reasonable request, then, what other requests will he not be willing to honor? You will also get a clear picture about the future (or lack of future) of this relationship.

The second question I'd like to know is: What does this man want in terms of a relationship? Perhaps he likes a weekend girlfriend that meets his needs and really doesn't want more of a commitment. Ask yourself, "What is my goal in dating?" If you want more than weekend dates, then you need to let this man know what you are looking for. Communication is the key in any relationship. It's about setting out your expectations and seeing if they match your potential partner. It takes guts. But the sooner you communicate your needs, the sooner you will get an answer about the direction of the relationship. This will bold move will give you the information you need to see if you want to stay in this relationship or move on to someone who can give you what you need if this man doesn't respond positively.

Intentionally yours,

**Coach Amy**

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](http://www.CoachAmySchoen.com) and submit any questions you may have for her.







## WHERE DID I SEE THAT?

Here are a few photos from sights you may have and seen passing by, but never paid attention. Some are unique signs, some are signs from area merchants, local parks, or historical markers. Only problem is that we're showing you just enough for you to get it. Think you're a know it all? The first ten people to send us the right answers will get a gift certificate to any area restaurant. In any case, send us your guesses and we'll be sure to post the names of the "know it alls." Hint: all the photos are taken in our readership area and you can see them in plain view while outdoors. Email answers to [dennis@vivatyson.com](mailto:dennis@vivatyson.com). This one is easy. We have plenty of more difficult ones for the next issue. Good luck

# A VIEW FROM THE TOP

## “Once upon a time there was tavern...”

By Johnny Hanna

**T**he Clyde's Restaurant Group had been purchasing provisions from me for a few years before opening the Tysons Corner location in 1980.

Clyde's of Georgetown was the “Political Saloon” of choice, The Old Ebbitt Grill was still on F Street, and they had opened Clyde's of Columbia on the lake in Columbia MD, so I had a good idea of what kind of operators they were when I approached the location which was to become Clyde's of Tysons. Situated on the highest point in Fairfax County, you could see for miles since there were very few of the buildings that now crowd the area. And all I saw on my first visit were the two enormous craters which were to become the vases for the palm trees in the Palm Terrace. There were so few dining and cocktail lounges in the area at the time...we had Mr. Smith's, The Apple Tree, Ramada's “Rough-Rider Lounge”, JR's Stockyard Inn, The Upstairs Maid, and who doesn't remember the “Joshua Tree” that is now J Gilberts in McLean. And (of course) “Puff's” in Oakton. So knowing that we had an “Oasis” on the way was good news indeed. Most of us had to go downtown to enjoy a happy hour or “bar hop.”



The land was purchased by the company from the “plain living” Marcus Bles, who owned most of the land in the Tysons area. Mr. Bles was fond of telling people he knew

he was a success when he began buying property by the acre and selling it by the foot.

The owners, John Laytham and Stuart Davidson (1922-2001) were determined to build an establishment so distinctive and special that it would attract patrons from all around the area. (And they came from all around the country).

Central to the establishment was an expanded foyer and main central bar surrounded by four distinctive dining areas, a side “sports bar” and art objects and marble statues from around the world. Artists like Kenneth von Roenn designed the stained glass windows for the entrance and corners of the building. Albert Paley, a celebrated metal worker created the iron works. George Stanley best known for designing the Oscar created the art deco fountain in the Palm Terrace. And the birds which surround you while you dine in the raw bar were painted by Robin Hill. And who hasn't marveled at the 75 foot mural in the Palm Terrace (Painted by William Woodward) intended to convey the felling of lightness and gaiety like those seen at the café des Artistes in New York and Maxim's in Paris. It took the artist 18 months

*Clyde's four dining rooms (from the top), The Palm Terrace, The Oyster Bar, The Grille, and the Omelette Room, each at one time had their own menus.*



to complete the mural. (That mural I am told, delayed the opening for well over six months while the Virginia ABC debated its legality).

And it all came together to create an atmosphere the likes of which many of us had never seen in our area. The Music-"Big Bands" with songs like "In the Mood." Jackets were required in the Main Bar after 5 PM, Jumbo Shrimp (and we mean Jumbo!) for 25 cents each, baskets of fried zucchini and a selection of wines new to our palates. Remember: four separate dining rooms...with four separate menus. Steaks and chops in The Grille, lobster in The Palm Terrace, fresh seafood in The Oyster Bar and omelets in The Omelet Room.

The design was classic "Tavern on the Green" with a large and festive center main bar and the four dining area's surrounding it. Stuart Davidson used to remark that people would rather "eat in a bar than drink in a restaurant."

And the bar stayed four deep from happy hour until closing. Offices and friends would meet at the main bar and decide which of restaurants they would dine in. And limos shuffled patrons back and forth from their cars-parking was impossible. (Rumor: there was no metro then and because it was difficult to get from DC to Tysons, those same limos that used to shuffle patrons also went downtown in the morning to pick up and transport kitchen help. "Where could we find a dishwasher in Tysons Corner?")

I remember females tending the men's room (classic European practice), Dignitaries and stars frequented the restaurant, and Hollywood used the location to film "Best Friends" starring Goldie Hawn and Burt Reynolds in 1982. (They closed the restaurant to the public for the production). And the rumors... that because of its many patrons in the defense industry-the KGB "hung out" at Clyde's hoping to get some info.

Clyde's of Tysons is one of the few places which remains open till 2 am, giving many area restaurant workers a place to meet for a laugh after they get off work.

It's a spot we have frequented for over 30 years...and I'm never disappointed. I had the Trout Parmesan last night (again) for dinner and met friends for drinks later that evening. (I dream about the Trout Parmesan from Clyde's). It's still one of our favorite spots, for a great meal, cocktails with the office, and meeting old friends to "reminisce".

Clyde's of Tysons Corner  
8332 Leesburg Pike (703) 734-1901  
[www.clydes.com](http://www.clydes.com)

Note: Construction of the Dulles Corridor Metrorail Project has made accessibility to Clyde's of Tysons Corner challenging. They are located at the intersection of Route 7 and Route 123, off the access road adjacent to the water tower. Call for directions of the day, (and the soup of the day!) As of June 2010, the access road in front of Clyde's of Tysons Corner is open. Hooray!



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# AROUND THE HOUSE: Spring Maintenance Made Easy

## A Top Remodeler Perfects The Tricky Business Of Giving Homeowners Lots of Choices

By John Byrd

**T**he good news for Northern Virginia homeowners this Spring is in the numbers: single family home sales are up 12% from this time last year; in Fairfax County's most prestigious neighborhoods resales are now fetching 5% to 7% more than they were six months ago.

The fresh stats, thus, happily reaffirm a core belief: that a home is not only a place to live, but an investment and one that appreciates nicely when properly maintained.

Still, it's no secret that even owners in the highest-end zips have been cautious about spending, and this translates into a concern for focusing dollars rationally, and where they will count the most.

A requirement which plays to the strengths of David Foster, 46, a certified remodeler and president of Foster Remodeling Solutions.

"The search for a better value proposition has been one of my guiding principles for almost 30 years," Foster explains. "I've always followed my clients lead in developing services, and our Home Maintenance/Handyman division is an example of this."

As the demand for prompt, reliable home



**Dave Foster has found a niche in fulfilling professional handy-man and maintenance needs that lead to use of his broader certified design and large project services.**

maintenance became more apparent in the mid-1990's, Foster redoubled his efforts to create an appropriate model, gradually forming a team of specialists who dedicated to executing the smaller projects that can help homeowners achieve big changes."

All of this would seem unremarkable as a business evolution were it not for the fact that so many other Class-A contractors have tried to enter this specialized arena only to eventually give it up.

"You can't survive as a Me-Too Home Maintenance service," Foster points out. "You've got to be able to deploy

a skilled and well-resourced professional the day he is needed. There are many training considerations,

processes, and service protocols that are essential to maintaining a top crew. I define "top crew" as very skilled workers who will surpass owner expectation, and build trust"

As one of the few full-service remodelers with an established home maintenance division, Foster has come to regard early March as a barometer of where the broader market is heading.

"We've seen smaller project volume increase annually for the past three years," the northern Virginia native observes. "I take this to mean that our clients appreciate how much we accomplish within their budgets-- since our growth includes a lot of repeat business and an ongoing referral stream. That said, I am seeing signs that a local housing recovery is underway and picking up steam."

### **Comprehensive Service Range; Dealer Discounts**

Taken as a whole, Foster's services are notably comprehensive. The five-person Handyman team is outfitted with trucks, equipment and tools specifically conceived for short, concentrated assignments. The broader FRS technical staff includes certified electricians, specialists in tile, licensed interior designers and kitchen and bath designers along with carpenters of every grade. Foster is also a dealer for many of the most popular brands of building products and appliances, and makes a point of passing on dealer discounts.

"I've deliberately formulated a range that can meet a large cross-section of homeowner needs," Foster notes. "To accomplish this, you have to be very disciplined about you're commitments-- because you only get one chance to prove yourself. You never want to introduce a service that isn't everything a client expects, and more."

In recent year's Foster has kicked off the season by sponsoring an Open House at the firm's Design and Selection center in Lorton. The event this April 2 has been organized as an



**Projects range from this addition and pool, to design services, to minor handy-man tasks. It's unusual to find full-service remodelers that have an established maintenance division as well.**





"Ask the Experts" Q & A forum aimed at helping homeowners think-through their developing home improvement agenda. The firm's 2,000 square foot showroom and conference area features dozens of cabinet-styles, full-sized kitchens and baths, an impressive catalogue of surfaces, wall coverings and flooring materials, and professional designers on- call to assist the thinking process via CAD systems. The workshop is fundamentally informal, however—a chance to air ideas and integrate expert counsel.

Foster spring maintenance clients, on the other hand, can typically expect all their home upgrade needs to be met without ever leaving their front door.

"We've worked out a very efficient one day repair and evaluation process," Foster explains. "Typically, we respond to a repair need, then homeowners present us with a list of tasks which we help them prioritize. This may entail anything from repairing rotting trim and sagging gutter spouts to replacing windows and shutters, installing lights or doors, or preparing the decking for warm-weather use." Typically, a full day of on-premise service averages \$800 to \$1,000, but it's based on a

time and materials; the remodeler will even help homeowners install products they purchased on their own.

"Everything is itemized," Foster explains. "We inspect and make recommendations, but don't do anything the owner hasn't authorized."

Foster started the small projects division in the 1990's as a service for established customers:

"I've found that steady relationships enable us to think of clients as part of the family, and to consistently improve the value of every hour we spend with them."

#### DIY Online

On that score, Foster introduced new economies for the entire remodeling industry two years ago when he launched his online services, DIYestimator.com. The comprehensive web site permits homeowners to design and budget kitchens, baths and other key components of a home by selecting preferred products and accessories online and then placing an order.

"As a homeowner's choices narrow, the program calculates a running cost estimate—which you can always revise as you evaluate priorities," Foster explains. "Once an order

has been submitted, a company rep follows up within 24 hours. The agreement includes all permits, site preparation, plumbing and electrical upgrades, painting and clean-up."

Foster notes that lingering havoc from the January ice-storm-- toppled trees, battered roofs, damaged siding and decks, overtaxed HVAC and electrical systems—has prompted a flurry of maintenance activities, some of which has resulted in queries for larger projects. Still, the workload remains nicely balanced: about 50% kitchens and baths; 35% large-scale design build projects; 15% handyman and electrical.

"We're appreciably a one-stop shop," he observes, "but all the parts must carefully reflect what the market consistently needs."

Among other Spring outreach plans, Foster Remodeling Solutions will be making an appearance at National Harbor Home show March 26 and 27. For Information: 703/550-1371 or [www.fosterremodeling.com](http://www.fosterremodeling.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 cable outlets. He can be reached [byrdmatx@comcast.net](mailto:byrdmatx@comcast.net)

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## Be alert as the season changes

Springtime is upon us, but the warm weather could prove to be not so kind to curious pets and unknowing pet owners.

Lilies, sago palm, azalea, rhododendron, tulips, daffodils and chrysanthemums are all toxic for pets. If a cat, in particular, ingests just bit of a lily, it could lead to kidney failure. Keeping indoor plants and flowers at hard-to-reach distances could be one solution, but just to be safe, owners may want to abstain from planting these and a few other flora all together.

Tulip, hyacinth and daffodil bulbs can damage a dog's mouth and esophagus, causing drooling, vomiting, severe diarrhea or even abnormal heart rhythms, depending on the amount consumed. So be sure to keep bulbs out of reach before planting.

The ASPCA's Animal Poison Control Center (APCC) received over 8,000 calls in 2010 reporting ingestion of one of the aforementioned plants and flowers. That number was out of the 200,000 total calls the APCC received last year.

"With St. Patty's Day, we have the risk of shamrocks, which contain soluble oxalates, and those are very poisonous to animals," explained Camille DeClementi, DVM, Senior Director of the APSCA Animal Health Services. "And with Easter, people should be wary of Easter lilies, in particular, but also things like chocolate, macadamia nuts, grapes and raisins, which could also put a pet into the hospital."

And that beautiful fake green grass at the bottom of an Easter basket, just the scent of candy can have a dog gobble it up. This can easily lead to an intestinal blockage.

Aside from the consumption of seemingly innocent, but truly

dangerous, typical household and garden items, pets might also fall victim to one of spring's more common, yet ultimately benign ailments: allergies.

Yes, pets can feel the effects of allergies, but will exhibit symptoms slightly differently from how humans do.

Breathing certain pollens can cause itchy skin, dogs may lick at their feet, chew at the base of their tail and get a rash. If it gets severe, there are tests and treatments available.

Flea and tick treatments like Frontline and Revolution could help prevent skin discomfort, as well as protect pets from unwanted bug bites and infestations.

How you treat your yard is very important, as even organic supplements can be toxic to your pet.

Blood and bone meal are popular organic fertilizers, and dogs love the taste of these meat-based products. But ingesting blood meal can cause vomiting, diarrhea and severe pancreatic inflammation, while bone meal can create a cement-like ball in the dog's stomach, potentially forming an obstruction in the gastrointestinal tract and requiring surgery to remove.

Another known hazard are rose fertilizers containing disulfoton or other types of organophosphates which can be deadly to a dog.

Spring means ants. What you may not know is that many ant baits use peanut butter, practically luring dogs to nibble on them. In fact, the chemicals inside the baits are relatively innocuous, due to the low concentration of insecticide and small size of the bait, experts say. The biggest risk is a gastrointestinal obstruction from swallowing the plastic. To be safe, keep traps off the floor, placing them instead in areas such as on the counter or in a window sill.

This is the time of year to get preventative!



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*A few tid-bits just to give you a feel for what is happening around town....*

OK, there has been a great deal of pretty recent restaurant happenings in our area, so I thought I would give you a summary of what's now open and what to expect.

**Naked Pizza** is coming to 1363 Chain Bridge Road in McLean in the McLean Kitchen and Bath space. This is a New Orleans based chain focused on all natural ingredients.

**Nostos:** new full service Greek restaurant in the old Chutzpah Deli space at 8100 Boone across from Morton's. Currently under construction, A MARCH opening is planned. Owned by the owners of Mykonos Grill in Rockville.

**Panera Bread** is under construction at the former Hamilton Sofa Gallery at 136 W Maple Ave in Vienna.

**Harth**, a new farm-to-table themed restaurant, will be opening in late March in the McLean Hilton. Chef Thomas Elder, formerly of Chicago's McCormick Place, calls the cuisine "American comfort food." Locally sourced ingredients will be prepared in an open kitchen focused around a wood burning stove. It will take the former OPUS 88 jazz club space.

**Monaco Wood Fired Pizza and Deli** has opened at Colvin Run and Walker

Road in Great Falls. Nothing like a crispy sub out of the oven...

**Lost Dog Cafe** opened January 25th! Great sandwiches, salads, pizza and a variety of world wide beers. Great addition to our food scene!!

**Z Lounge** will be opening in March at 1073 W. Broad in Falls Church (center with Economy Party Supplies, Z Pizza, Kennedy's Natural). This will be a Hookah bar attached to the adjacent Pita Wrap Lebanese Cafe.

**Zpizza** was kicked out of Merrifield with all the new development. New owners are going to open on Lee Highway just west of Prosperity. Should be open in late March.

**Red Tomato**, in the Salona Shopping Center in McLean. Wood fired pizza and more. Under construction.

**Michel**, Michel Richard's latest fine dining endeavor, has opened in the former Maestro space at the Tysons Ritz. Hlgh end and trendy, a cross between his Centrale and Cintronelle restaurants.

**Cashah Club** is opening in the former China Castle and former former Paya Thai location on Old Courthouse next to Subway near 123. Moroccan cuisine. They've painted the interior a true blue from the Chinese red. Owners have been a little evasive, but we are hoping for something good...

**Sweat Leaf** of McLean has taken a space in the new contemporary styled building at 256 E Maple Ave in Vienna at Glyndon. Sandwiches, salads, yogurt and ice cream. Spring opening.

**DIYA** has opened in the "toilet bowl" building at Old Courthouse and 123 in the old Fridays space. Serving Indian and South Asian cuisine and banquet room for 250+.

**Dave's Famous BBQ** is going into the former Original Pancake House space in Broadale Shopping Center in Falls Church.

**Pizza Paisanos**, on Westwood Center Drive to open in March. Delivery of pizza,

Italian and Greek specialties and more. This location of the local chain will have seating for about 40. Pizza **Pizza Paisanos** is also opening a location in Falls Church at 224 W. Broad Street, expected to open early summer.

**Seasons 52** coming to Tysons Corner Center late spring, early summer. Great restaurant with fresh healthy options that change by the season.

**Burger 7** is open in the old Burrito Brothers space in Idylwood Plaza. Grass fed, organic, fresh ground, Angus burgers, fries, shakes and more. This place has been rocking since they opened.

Jirachai Jestakom is opening **Kob Kun Fine Thai Cuisine** at 2546 Chain Bridge Road in Oakton. Planned for March.

**McLean 1910** has opened in the former Three Pigs BBQ space in McLean. Upscale American cuisine served. Opened by the owners of McLean Family Restaurant.

Fanny's Restaurant has taken over the landmark Victor's Grill building next to Super Chicken on Lee Highway.

**Iris Lounge** opening in March (hopefully) at 1524 Springhill Road. A restaurant, cigar lounge, and a night club...

**Sfizi**, an Italian trattoria and market, has closed their Fairfax location and will be opening at 800 West Broad in Falls Church in the Spring.

**Closed or still closed:** Afghan restaurant Panjshir has closed their Vienna location at 224 W Maple. Their Falls Church location next to Bangkok Blues is still open. No activity for the old Fuddruckers on Spring Hill. A few lookers, but no confirmed news for Monterrey Bay and Inox which both closed in 2010. The former Narita space on Old Courthouse near Taco Bell is still empty. They've been talking about a new Japanese restaurant going in there for many months. Bear Rock Cafe on Lee Highway near I66 in Falls Church has closed. It appears all their Virginia locations are.



So there it is...

**What's up with six pizza places** (seven if you stretch to Lost Dog) soon to be in downtown McLean?

**It happens all the time**, the big man of the shopping center wields the big stick. Norm's Beer and Wine is being squeezed out of their location when their lease comes up in 2015. Why? The Fresh Market doesn't like the competition. It's all understandable in cold economic terms, but Norm's is the home-town merchant that we need more of, not less. Hopefully they'll find a new home close by... but that won't happen for a few years.

**Speaking of independent merchants**, it has been reported by Alex Mindlin in the New York Times that the number of restaurants have declined nationally by 1%, almost double the yearly decline of the last decade. Most of those closed were independently owned. National chains make up over 46% of the 580,000 restaurants in the US and that number is unfortunately growing. A sad trend ...

**Edible Arrangements** has opened in Vienna. next to Palm Beach Tan. Love that chocolate covered fruit...

**Gilda's Beauty Shop** in Dunn Loring is expanding. They are going to open a bridal shop in the same building next to the post office.

**Cas Boutique opened in February** in McLean on Whittier. Original designs and hand-crafted clothing.

**My Eye Doctor** who is constructing a huge new space in the former Knossos space at the Amphora Center is planning on keeping his current space

at Nutley as well. The current location will be for just eyeglasses.

**As of mid February red light cameras** returned to Falls Church. Please be safe, or face the fine.

**Kings Dominion Law still rules.** Why do our kids need to stick around so late in June when the rest of the world is on their summer break? Well the tourism industry is keeping the rule to keep them at the beach and amusement parks through Labor Day. Nice try by FCPS to petition a change...

Lost dog - needs more seating

**What is up with JRs?** We've been told there are major plumbing and utility issues at the landmark Tysons steak house. I think I could have built a new building by now. We're hoping they're back open soon.

**The McLean Chamber of Commerce and the new Harth restaurant** at the McLean Hilton are organizing a new farmers market to start in May in the McLean Hilton parking lot on Saturdays. Looking forward to it!

**I haven't been able to make it yet**, but Bangkok Blues in Falls Church is having a new Tuesday Jam. Every Tuesday they will offer a limited menu of burgers and appetizers while local musicians take the stage. This was usually a dark night for this venue. It should be similar to the Sunday Blues Jam, but with more folk and acoustic offerings. As usual, no cover for the jams and it's family friendly!

**I have to say I learned a great deal** from putting together the spotlight on Falls Church piece this issue. Our eastern neighbor truly has a great deal to offer.

Thanks so much to Barbara Cram, Matt Smith, Mayor Nader Baroukh, Vice Mayor David Snyder, Rick Goff and everyone else that gave some me insight on the Little City.

**Food picks this issue:**

Quick lunch:

**Flippin Pizza** in Falls Church. Get any slice with fresh garlic on it. A good thin crust. Two slices and a drink for \$6, including tax. You'll be happy.

Dinner:

**Lamb Youvetsi at the Greek Grill** in Vienna. My kids love this neighborhood spot, but I love how their lamb falls off the bone even more. Served with a generous helping of orzo. Mmmmmmm.

**Clyde's is "kickin' butt and taking names"** with their new raw bar happy hour. Worth checking out.

**Fiat is coming** to the former Tysons Jeep location on Leesburg Pike. I'm going to need to lose a few pounds to get into one of those.

**Congrats to Santini's in Oakton** on their new, soon to open, Chantilly location.

**Don't forget**, if you like what you're reading, then subscribe! easily done at [vivatysons.com](http://vivatysons.com). Heck, the restaurant news on this page is worth a couple bucks, isn't it?

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.

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@vivatysons.com](mailto:comments@vivatysons.com). Let us decide if it is too trivial, it rarely is.

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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.

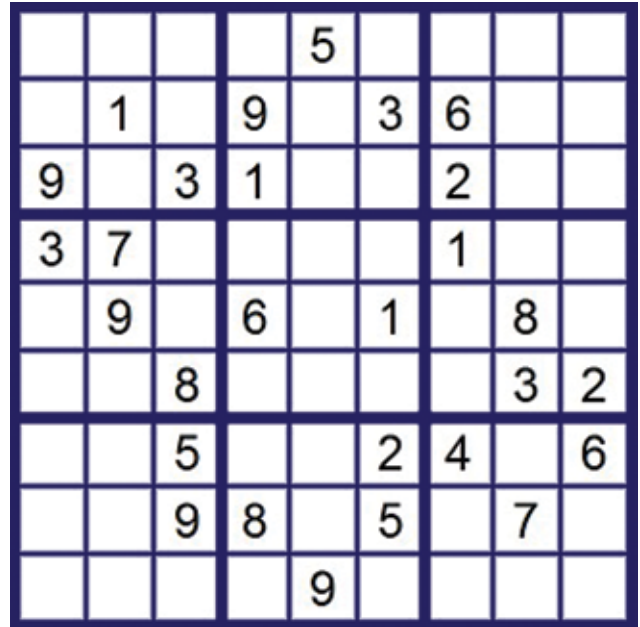


CSI: Sesame Street

### Do we really need to be warned????

- "Do not use if you cannot see clearly to read the information in the information booklet." -- *In the information booklet.*
- "Caution: The contents of this bottle should not be fed to fish." -- *On a bottle of shampoo for dogs.*
- "For external use only!" -- *On a curling iron.*
- "Do not use in shower." -- *On a hair dryer.*
- "Do not use while sleeping." -- *On a hair dryer.*
- "Do not use while sleeping or unconscious." -- *On a hand-held massaging device.*
- "Do not place this product into any electronic equipment." -- *On the case of a chocolate CD in a gift basket.*
- "Recycled flush water unsafe for drinking." -- *On a toilet at a public sports facility in Ann Arbor, Michigan.*
- "Shin pads cannot protect any part of the body they do not cover." -- *On a pair of shin guards made for bicyclists.*
- "This product not intended for use as a dental drill." -- *On an electric rotary tool.*
- "Do not drive with sunshield in place." -- *On a cardboard sunshield that keeps the sun off the dashboard.*
- "Caution: This is not a safety protective device." -- *On a plastic toy helmet used as a container for popcorn.*
- "Do not use near fire, flame, or sparks." -- *On an "Aim-n-Flame" fireplace lighter.*
- "Do not use orally." -- *On a toilet bowl cleaning brush.*
- "Do not use for drying pets." -- *In the manual for a microwave oven.*
- "Warning: has been found to cause cancer in laboratory mice." -- *On a box of rat poison.*
- "Wearing of this garment does not enable you to fly." -- *On a child sized Superman costume.*
- "Do not put in mouth." -- *On a box of bottle rockets.*
- "Warning: May contain nuts." -- *On a package of peanuts.*
- "Do not eat if seal is missing." -- *On said seal.*
- "Warning: Misuse may cause injury or death." -- *Stamped on the metal barrel of a .22 calibre rifle.*
- "Warning: May cause drowsiness." -- *On a bottle of Nytol, a brand of sleeping pills.*
- "Keep away from children" -- *on Little Ones Baby Lotion.*

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.

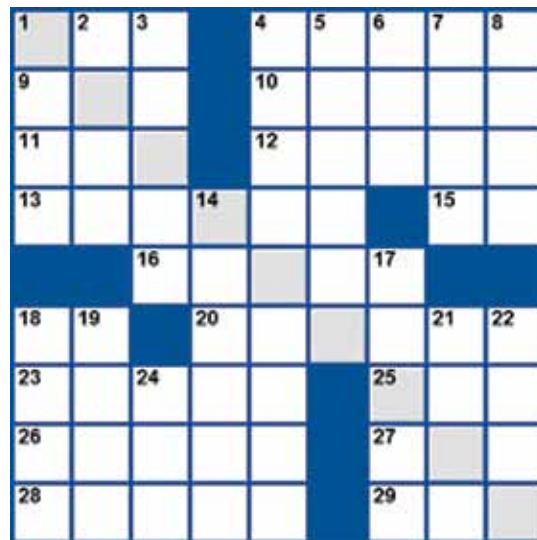


### What shape completes the bottom line?

triangle pentagon square  
square hexagon hexagon square  
pentagon hexagon hexagon hexagon square triangle  
hexagon octagon octagon octagon octagon ==?==

You have a gallon jug of milk, and you need to measure out exactly one cup. How do you do this if you only have a three-cup measuring container and a five-cup container?

### Winter Garb Crossword



25. "Look here!"  
26. Carp  
27. Authorize  
28. Aerodynamic  
29. Conditions

#### Down

1. Body  
2. \_\_\_ a good thing  
3. Fowl place  
4. Business pitch  
5. Fireside  
6. Escort's offering  
7. In \_\_\_ of  
8. Minus  
14. Wimp  
17. Garlicky  
mayonnaise  
18. Pouches  
19. Face-to-face exam  
21. Head cook  
22. Drunkards  
24. Night before  
Note: The title is a clue to the word in the shaded diagonal.

#### Across

1. Word said with a salute  
4. "\_\_\_ We Dance"  
9. Yoko \_\_\_  
10. Eagle's nest  
11. Jersey call  
12. Fancy fabrics  
13. Respond  
15. "Give \_\_\_ a hug"  
16. Seed coat  
18. Hence  
20. High standards  
23. Boxing venue

When I die, I want to go peacefully like my Grandfather did, in his sleep -- not screaming, like the passengers in his car.

• Everyone has photographic memory; some just don't have the film. • Never go to a doctor whose office plants have died.



## Laughs for Spring!

1. April showers bring mayflowers, but what do Mayflowers bring?
2. What's the best day of the year to monkey around with your friends?
3. Can February March?
4. What spring flowers can be found on people's faces?
5. Why is spring a great season to start a gardening business?
6. Do you know what happens on April 1?
7. What did the big flower say to the little one?
8. How is the letter A like a spring flower?
9. What is a spring chick after it is five months old?

How could the 22nd and 24th U.S. Presidents have the same parents, but weren't brothers

What can run but never walks, has a mouth but never talks, has a head but never weeps, and has a bed but never sleeps??

How can you use the letters in NEW DOOR to make one word?

Why are 2011 pennies worth more than 2010 pennies?

Eskimos are very good hunters, but they never hunt penguins. Why not?

How could all of your cousins have an aunt who is not your aunt?

What is black when you buy it, red when you use it, and gray when you throw it away?

What is it that when you take away the whole, you still have some left over?

They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they?

This is as light as a feather, yet no man can hold it for long. What is it?

When you have me, you feel like sharing me. But, if you do share me, you don't have me. What am I?

What is it, that starts with an E, ends with an E, and usually contains only one letter?

Harry is on his death bed, and he says to his wife, "Can you give me one last wish?"  
She says, "Anything you want."  
He says, "After I die, will you marry Charlie?"  
She says, "But I thought you hated Charlie."  
With his last breath, he says, "I do."

*The average woman would rather have beauty than brains, because the average man can see better than he can think.*

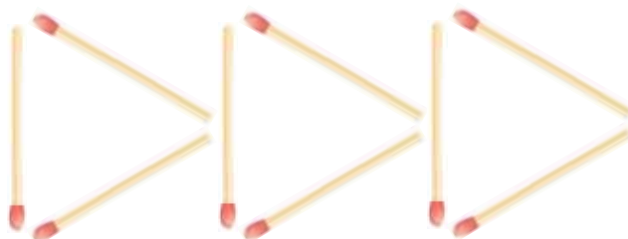
## Egyptian Word Search

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

ANKH  
ANUBUS  
ARTIFACTS  
BASTET  
CAIRO  
CARTER  
DESERT  
DUAT  
FUNERARY  
GIZA  
HORUS  
HYPOSTYLE

ISIS  
KOHL  
LOTUS  
LUXOR  
MEMPHIS  
MENIT  
MUMMY  
NEFERTARI  
OSIRIS  
PALACES  
POTTERY  
PYLON

SARCOPHAGUS  
SCARAB  
SCRIBE  
SISTRUM  
SPHINX  
STELE  
THEBES  
TOMBS  
URAEUS  
VULTURE



Can you move three matches to make four equilateral triangles (without overlapping)? See our web site for solution.

You are given twelve billiard balls that all appear identical in color, size, weight, texture, composition, etc. But one of the balls is slightly heavier than the other eleven. Given only a simple balance scale, how would you determine which ball was the heavier, and what is the fewest number of times you would need to use the scale for your answer?



Everyone is entitled to their own opinion. It's just that yours is stupid. • All generalizations are false, including this one.



# 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](mailto:comments@vivatyson.com), put REVIEW in the subject line and try keep it under 600 words. Deadline is April 15th at midnight. Bon appetite!

*Hopefully your next meal there will be on us!*



[www.beltwaybargains.com](http://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](http://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

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

Shapes Answer: Square: consider the number of sides involved. Square the first shape's sides and the remaining shapes add up to this number. hexagon = 6, 6 \* 6 = 36; 8 + 8 + 8 + 8 + square = 36.

CUPS ANSWER: Fill the 3-cup container with milk and then pour all three cups of milk into the 5-cup container. Fill the 3-cup container with milk again and then use it to fill the 5-cup container the rest of the way. The remainder left in the 3 cup container will equal one cup.

S	I	R	S	H	A	L	L
O	N	O	A	E	R	I	E
M	O	O	L	A	M	E	S
A	N	S	T	E	R	A	S
S	O	E	T	H	I	C	S
A	R	E	N	A	O	H	O
C	A	V	I	L	L	E	T
S	L	E	E	K	I	F	S

1. Pilgrims! 2. APE-ri! Fool's Day, of course. 3. No — but April May! 4. Two lips (tulips). 5. Because it's the season when you can really "rake" in the cash! 6. If a friend says "what?" or that they don't know, you should respond, "I'm surprised you're not fool-ly aware of it!" if a friend says, "April Fool's Day," respond by saying "I'm glad to know you're fool-ly aware of it!" This is a great joke for April Fool's Day. 7. "You're really growing, bud!" A bud is a shoot that eventually blooms into a full-grown flower. 8. Both of them are followed by bees (B's)! 9. Six months old. (What did you think the answer was?)

\*\*Grover Cleveland was elected as the 22nd AND the 24th president. \*\*A River \*\*ONE WORD \*\*There is one more penny \*\*Edkimos live in the North Pole, penguins in the South Pole \*\*She is your mother

BALANCE: 3 times is the answer. Put six on each side. Then put three on each side from the heavier six. Now take the three that are heavier and put one on each side. If one is heavier, that is it; if they are equal, then the one not weighed is the heavier.



# 2011 HOROSCOPE

## MARCH

**ARIES:** Calculate which areas of your life you can control and concentrate on those. Accept what you can't change and do what you can to live with that. The big question is: Do you know which is which?

**TAURUS:** Your sign is the bull, which means you want to do things your way. That works sometimes, but not always. In some cases, you will have to accept change or risk becoming "the bull in a china shop."

**GEMINI:** When it comes to dealing with your boss, fortunately, your level of understanding is evolving. As you become more familiar with all the boss has to deal with, you'll be more effective in your work.

**CANCER:** Your sense of humor can relieve tension in many instances. Keep your comments light and be sure not to offend anyone. Deal with issues rather than the people involved.

**LEO:** It's spring break time. Maybe you need one too. Check with HR to see if you have vacation time and with your manager to see if the department can do without you for a few days. Take it if you need it.

**VIRGO:** Look for better ways to handle your work and zero in on what needs to be done first. Relate with co-workers and family members individually instead of treating everyone the same.

**LIBRA:** If you have a very active life, go to the couch occasionally and become a potato. The stars indicate that you have become fragmented in some areas. Give your gray matter a rest.

**SCORPIO:** Others look to you for problem solving and creative moves. Avoid feeling overwhelmed by their requests. Let your creativity flow naturally and give the best advice you can come up with at the moment.

**SAGITTARIUS:** There comes a time when you have to lay out a few instructions for family members. If your partner depends on you for too much, be specific when asking for help and you'll probably get it.

**CAPRICORN:** Luck is on your side this month in matters of love and good health. Kiss twice instead of once. As your love life smooths out, you'll find you have a healthy energy for whatever you want to do.

**AQUARIUS:** Your financial picture looks more promising. But that means temptation is lurking in the background. Think twice about whether that big purchase or investment is what you want to make right now.

**PISCES:** Friendship is important, so guard against neglecting true long-term friends in favor of those who Twitter you every day. It takes face time, or at least voice time on the telephone, to keep real-life friends.



## APRIL

**ARIES:** It seems that all of your life people have had high expectations for you: your parents, teachers, and now your boss. If you're tired of trying to achieve, consider what your life would be like if you didn't.

**TAURUS:** Your friends and co-workers share many ideas with you. Some are good and some aren't. Before adopting someone else's thoughts and suggestions, examine them from your own point of view.

**GEMINI:** You have an active imagination and in some cases that works to your advantage. But you need to rein it in when your activity requires concentration, whether that's on the golf course or in the office.

**CANCER:** When you feel like you have given your all but it won't be enough, consider how close you are to succeeding or completing a big project. Take a break, take a deep breath and move on.

**LEO:** If you're wondering what's up with your partner, consider his or her desired level of inclusion. Some partners want to be part of everything in your life. Some don't. Study the situation and create a balance.

**VIRGO:** Many Virgos have a need to be in charge of everything in their lives, but that's not always the best course. In some cases, it's not only better to defer to someone else, it can be easier on you.

**LIBRA:** Decide how much you should say and tell. Verbalize more in situations where saying nothing will seriously affect a relationship or work situation, but avoid comments that are meaningless or destructive.

**SCORPIO:** It's time to make your health a top priority. Have you had the checkup you need? If so, have you taken the tests your doctor ordered and have you considered the doctor's lifestyle suggestions?

**SAGITTARIUS:** You are gradually gaining control of your finances, but temptations are all around you. Never mind that others seem to be taking big vacations this year. Stay to the course and you'll be glad you did.

**CAPRICORN:** It's important to focus on the basics of your life, family, domestic life and close friends. When you build a strong foundation in these areas, your life will move forward in other areas.

**AQUARIUS:** Sweat the details. Before making any big decisions, do plenty of research. It can be helpful to brainstorm with trusted friends and family members. In the end, however, the risk is yours.

**PISCES:** Examine situations to see whether a misunderstanding is involved. If so, you could be building your opinion on a false premise. Talk again with a co-worker, family member or friend to check it out.



INTRODUCING

# InstantViva

"Price is what you pay. Value is what you get" ...says Warren Buffet

Mention "**Viva Tysons**" and **S-T-R-E-T-C-H** your buying power when patronizing the following local merchants and services -  
Receive "**INSTANT VIVA VALUES!**" ...And try to guess "who said it..."

## The Greek Grill

20% off your entrée Monday - Thursday

*"I'm getting so old, I don't even buy green bananas anymore."*

## The Artful Gift Shop

20% off any item

*"Cauliflower is nothing but cabbage with a college education."*

## Idylwood Grill

10% off lunch entrée Monday - Friday

*"Fish, to taste right, must swim three times - in water, in butter, and in wine."*

## Serbian Crown

\$10.00 off the tab

(on checks over \$50.00/one per table)

*"I cook with wine; sometimes I even add it to the food."*

## Skorpios Maggio's

The Family Deal - \$5.00 Off  
(with purchases of \$30 or more any week day)

*"Toots Shore's restaurant is so crowded nobody goes there anymore."*

## PEKING EXPRESS

Complimentary Egg Roll  
(with purchase of entrée Monday-Friday)

*"I've realized you can use a fork as a spoon if you use it rapidly enough."*

## Silva's Patisserie

Free Cup of French Roast Coffee  
(with purchase of breakfast pastry)

*"Life is uncertain, eat dessert first."*

## Star-Nut Gourmet

Free Coffee - (Joe's Lonely!)  
(with purchase of any breakfast selection)

*"Forget love, I'd rather fall in chocolate."*

## DESSANGE PARIS

20% off any service

*"You don't love a woman because she is beautiful, but she is beautiful because you love her."*

## Vitalia MedSpa

10% off your first treatment  
(Excludes Surgeries)

*"All I really need is love, but a little chocolate now and then doesn't hurt!"*

## Black Eyed Susan

15% off your entire purchase

*"Spring is nature's way of saying let's party."*

**Find out "who said it" at [VivaTysons.com](http://VivaTysons.com)**

*Please Note: Instant Viva Values are not valid with any other offers and expire on 4/30/11.*



*Ranked as Top Dentist by Health & Beauty, Washingtonian and Northern Virginia Magazines.*

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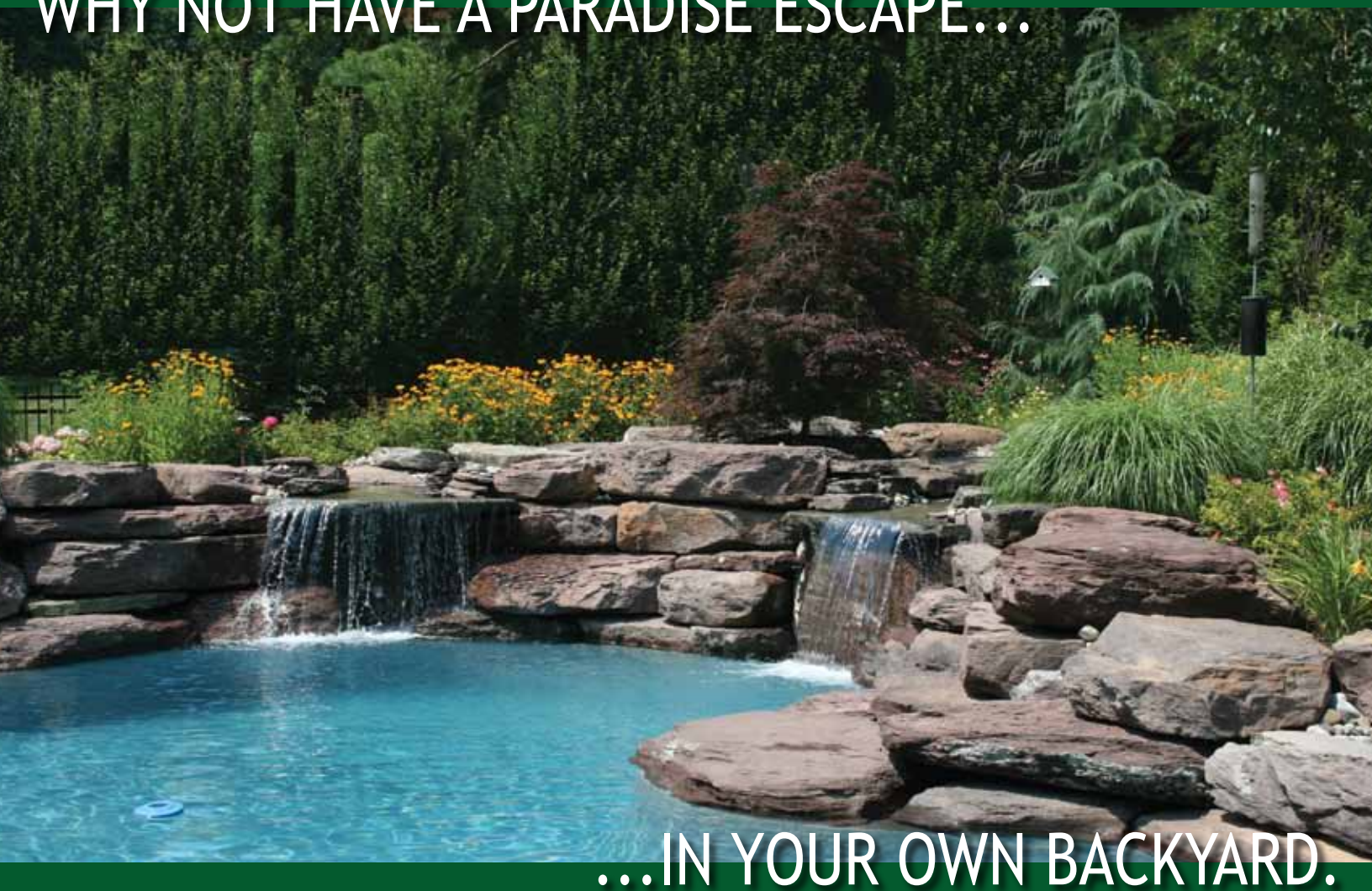
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*"Design for our project was much more imaginative than at other landscape companies. Thanks for putting in the extra effort." Homeowner, Fairfax, VA*