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Vienna \$1,199,900



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Cover for May-June 2011 by Great Falls resident and artist Robert Gilbert. Robert painted the garden cafe L'Auberge Chez François in Great Falls.

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May-June 2011

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

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FROM THE PUBLISHER...

Springtime in Washington....

There can't be a more wonderful town in the spring. Cherry Blossoms, celebrations like Mother's Day, Easter, Passover...and the cafés alive with the sounds of laughter. With a wish for great year ahead, we continue to watch the progress of our "Emerging Skyline" and all that it's bringing our way. So much...where to start...?

The Cafés...the best time of the year for dining outdoors...right after the winter and just before those hot and muggy Washington summers. We provide a guide to help you find a patio or sidewalk café to share a meal with friends. Take advantage of the breezes...

Cindy explores free weights and Judy addresses the change in air and all that it brings (like pollen)-she's got answers for you. Decorating? Denise tells us how to find the "Best Bang for Your Buck."

Keith Loria shares some stories and thoughts about the new Harmonia School which opened in Vienna, and Härth, the new and exciting restaurant recently opened in the McLean Hilton. Keith was also kind enough to share the story about "Stifel & Capra" in Falls Church, where so many local artists have a place to showcase their talents and sell their treasures. It's a great place to browse...and we did our share.

Brittany gives us a directory of the Farmers Markets in the area and scopes out the antique shopping opportunities. Who doesn't enjoy "Antiquing" in the spring.

Remodeling? You'll enjoy the articles by John Byrd and Josh Baker. We're lucky to have so many talented and dedicated home improvement companies to re-build the homes of your dreams.

We spotlight artist Bill Abel of Falls Church and offer a special thanks to painter Robert Gilbert who painted the garden café at our beloved L'Auberge Chez Francois in Great Falls. Thanks for the painting Robert- and thanks for the lunch, Jacques.

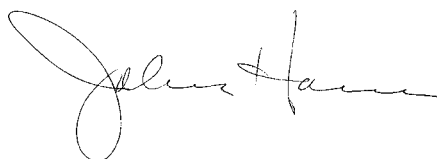
Please read about young Matthew Millstein with his Cards of Joy project. He's a special kid with a big heart. And Bonita Woods shows us how to make a better body while we eat...(really?)

Tomme Casmay from Classic Wines of Great Falls knows his Rosé... So many great restaurant reviews... and so much going on around town... it's been hard to keep up. And remember, we can always use your help!

McLean Day is May 21, and Viva! Vienna! Begins on Saturday, May 28th; we hope to see you there. Happy Mother's Day Mom...and to all "mom's"... a warm happy mother's day from all of us at Calamity Media.

"If you have a mom, there is nowhere you are likely to go where a prayer has not already been"~Robert Brault

Cheers ...see you in July!



MAY

MAY 5

Reading is Sexy Kindle Party"

The Soundry
316 Dominion Rd, Vienna
8pm • (703) 698-0088
Admission: \$5 • www.soundry.net
Featuring e-published authors reading from their novels to a live audience as well as a live stream to the internet audience. Questions for the authors from both audiences. Anyone with an ereader (Kindle, Nook, Ipad) is encouraged to attend and download what they like. Pre-Party with e-publishers and indie writers giving pitches.

MAY 6

Poetry Lab

The Soundry
316 Dominion Rd, Vienna
8pm • (703) 698-0088
Fee: FREE • www.soundry.net
Monthly poetry experience hosted by Steven Allen May of Plan B Press. Featured poets from the US followed by open reads.

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

The Westin Arlington Gateway
801 N. Glebe Rd, Arlington
7pm • (703) 538-3381
Tickets: \$125/person
www.fcddf.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 contact (703) 538-3381.

MAY 8

Mothers' Day Brunch and Tours

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
(703) 255-3631 • www.nvrpa.org
Treat Mom to a sumptuous meal in Meadowlark's elegant Atrium, then stroll through the Gardens. Details at 703.255.3631 ext. 103.

MAY 10

2011 Valor Scholarship Fund Golf Classic

8230 Old Courthouse Rd, Vienna
Suite 350
11:30am-7:30am • (703) 749-0400
This is Northern Virginia's finest business invitational golf tournament, featuring exciting contests, prizes and competitive play at the prestigious Westfields Golf Club, designed by Fred Couples, in Clifton, VA. Proceeds from the tournament will support the Valor Scholarship Foundation, which exists solely to provide educational grants to the children of Fairfax County's Medal of Valor honorees from the Police, Sheriff and Fire & Rescue departments. At the 2010 Valor Awards Ceremony, 79 public safety heroes were recognized including 17 Medal of Valor recipients.

MAY 12-14

'To Kill a Mockingbird' Presented by George Mason High School

Scheduled to run in the George Mason Auditorium.
7124 Leesburg Pike, Falls Church
(703) 248-5500 • www.fccps.org
The school's upcoming production of The play is based on the popular Pulitzer Prize winning novel by Harper Lee that is considered to be the most widely read book dealing with race in America.

MAY 13

Opening of I'MPossible Who

The Soundry
316 Dominion Rd, Vienna
7pm • (703) 698-0088
Fee: FREE • www.soundry.net
The solo show of the graffiti fusion artist and fundraiser for Albus Cavus. Live painting, live music, auction and more.

Kenny Haddaway

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-10pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

MAY 14

D.C. Three

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-10pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

MAY 14

Living Wreath

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
10am • (703) 255-3631
Fee: \$30 • www.nvrpa.org
Join horticulturist Tammy Burke in creating a wreath using annuals on a moss frame. Soil mixes, fertilizers, maintenance requirements and appropriate plants are the topics. Reservations are required at 703.255.3631. The \$30 fee will cover all materials and equipment. BYO garden gloves if desired.

**Korean Bell Garden
Grand Opening**

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
11am • (703) 255-3631
Fee: \$30 • www.nvrpa.org
A dedication ceremony for Meadowlark's new Bell Garden will include Korean food, dancing, and other demonstrations of Korean culture. Free. No reservations required.

MAY 15

The Amadeus Orchestra

St. Luke Catholic Church
7001 Georgetown Pike, McLean
4pm • (703) 759-5334
Tickets: \$25, 18 & under FREE
www.amadeusconcerts.com
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 19

**Beach Shack Stand Up
Comedy Night**

Clare and Don's Beach Shack
130 N Washington St, Falls Church
9pm-close • (703) 532-WAVE
Fee: FREE • www.clareanddons.com
Enjoy a night of laughter! Stand up comedy at Clare and Don's.

MAY 20

Pablo's Jazz Jam

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-10pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

MAY 21

Civil War Day

Cherry Hill Park
300 Park Avenue, Falls Church
10am-3pm • (703) 248-5001
Fee: Free
www.fallschurchva.gov
Civil War Day is held each year. This living-history event depicts the Falls Church home front during the Civil War. Activities include drilling and firing demonstrations, living history presentations, a Civil War music concert, box lunches, free admission to the Civil War era Cherry Hill Farmhouse, and more.

Reenactment of the Secession Vote

Freeman House and Museum
131 Church Street, NE, Vienna
2pm-4pm • (703) 938-5187
Fee: FREE • www.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.

Bandidos De Impanema

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-10pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

Colonial Market Fair

Claude Moore Colonial Farm
6310 Georgetown Pike, McLean
11am - 4:30pm • (703) 442-7557
Tickets: \$6 adults, \$3 child/senior
www.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.

McLean Day 2011

Lewinsville Park
1659 Chain Bridge Rd, McLean
11am-5pm for festivals and rides
10:30am-5pm for MCC Governing Board Elections Voting
Fee: FREE • (703) 790-9223
www.mcleancenter.org
McLean Day is when the whole town comes out to celebrate our community! Local businesses, non-profits, 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
10am-1pm • (703) 255-6352
Fee: FREE • www.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. Parents are required to stay with their children. Call Enrique Guzman for more info.

Victorian Hanging Baskets

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
10am • (703) 255-3631
Fee: \$30 • www.nvrpa.org
Laurie Short, Horticulturist, will guide you in filling moss-covered baskets with a variety of foliage and flowering plants. Soil mixes, fertilizers and maintenance needs will be presented. Pre-payment required at 703.255.3631. The \$30 fee will cover all materials and supplies.

Iris Show at Meadowlark

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
1pm-3pm • (703) 255-3631
Fee: Free • www.nvrpa.org
The Chesapeake and Potomac Iris Society will present its annual



Enjoy springtime in Fairfax County!

Say "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"



For savings visit FXVA.com

Fairfax County, Virginia
Connect with America

Iris Show and Exhibition in the Visitor Center of Meadowlark Botanical Gardens. Free and open to the public. For more information, contact Ginny Spoon at vspoon@aol.com or at 540.888.4447.

MAY 22

Gardening With Deer at Meadowlark

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
2pm • (703) 255-3631
Fee: Free • www.nvrpa.org
Meadowlark's staff members share their best tricks for avoiding damage when Bambi and friends visit your garden. Reservations accepted at 703.255.3631.

Camp Grow! Open House

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

MAY 27

Lynn Veronneau Trio

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-close • (703) 532-WAVE
Fee: FREE • www.clareanddons.com
Come join us for our CD Release Party!

MAY 28

An Evening With Hand Painted Swinger

Clare and Don's Beach Shack
130 N Washington St, Falls Church
7pm-10pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

Art Carnage

The Soundry
316 Dominion Rd, Vienna
8pm-12am • (703) 698-0088
Fee: FREE • www.soundry.net
The popular monthly indie art market and variety show. Anything can happen and it does. A chaotic celebration of indie artists and performers.

MAY 28-30

ViVa! Vienna! 2011

Memorial Day Festival

Historic Church Street
245 Maple Ave W, Vienna
Fee: FREE • (703) 255-4742
www.vivaviennava.org

May 28: Food & Rides (10-10pm), Entertainment (4pm-10pm)

May 29: Vendors (10am-6pm), Food & Rides (10am-10pm), Entertainment (12:30pm-10pm),

May 30: Vendors, Food, Rides and Entertainment (10am-6pm)
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 29

Art Carnage

The Soundry
316 Dominion Rd, Vienna
11:30am-5pm • (703) 698-0088
cover: \$2 after 12 • early bird rate: \$5
www.soundry.net
NOVA Record Fair-We love records, so we're throwing them a party. Find some rare and special vinyl from independent and private record sellers and enjoy some live music with other audiophiles. Featuring music from the crates of:
Dj Naraku from DC (psych/funk/soul) and Sean Lovelace (WRIR, Strange Platters).

Bird Walk at Meadowlark

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
2pm • (703) 255-3631
Fee: Free • www.nvrpa.org
Casey Pittrizzi will lead a tour of Meadowlark in search of local bird species, identifying them by sight, sound, and behavior. All experience levels are welcome. Some binoculars and field guides available, or bring your own. Free. Reservations required at 703.255.3631.

MAY 30

Photographers' Field Day at Meadowlark

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
5:30am-10pm • (703) 255-3631
Fee: \$5 • www.nvrpa.org

Join area photographers and Meadowlark staff for a day of learning and field shoots, beginning before sunrise and ending after sunset.

Twilight Hike at Meadowlark

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
8:30pm-10pm • (703) 255-3631
Fee: \$5 • www.nvrpa.org
Join our park naturalist for a special tour of Meadowlark Botanical Gardens after dark. Learn about the fascinating history of the property, the wildlife that lurks at night, and the plant life in the gardens. Bring a flashlight and good walking shoes. \$5 admission fee applies; hike is free. Photographers welcome. Reservations required at 703.255.3631.

JUNE

JUNE 1

Verbal Assault Comedy Show

The Soundry
316 Dominion Rd, Vienna
7pm • (703) 698-0088
Fee: \$5 • www.soundry.net
Featuring the Improper Imps of Improv and local stand-up talent. Hosted by comedian, Adam Belcher.

JUNE 3

Poetry Lab

The Soundry
316 Dominion Rd, Vienna
8 pm • (703) 698-0088
Fee: FREE • www.soundry.net
Monthly poetry experience hosted by Steven Allen May of Plan B Press. Featured poets from the US followed by open reads

The Overcommitments

Clare and Don's Beach Shack
130 N Washington St, Falls Church
9pm-close • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

JUNE 4 & 11

Dance Recitals

George Mason High
School Auditorium
7124 Leesburg Pike, Falls Church
Fee: FREE • (703) 248-5500
www.fccps.org/gm
June 4 - 10am & 12am

June 11 - 11am, 2pm & 4:30pm
Hundreds of students participate in the annual spring recital. The children range in age from 2-16. Dance recitals are typically held in May of each year at the George Mason High School Auditorium.

JUNE 6

33rd Annual Valor Awards at the Hilton

Hilton McLean Tysons Corner
7920 Jones Branch Drive, McLean
11:30am-2pm • (703) 847-5000
Over 700 attendees are expected to attend this ceremony to hear dramatic accounts of bravery and amazing stories of the lives that were saved by the selfless heroes honored at this event. This year, the 33rd Anniversary of the Valor Awards, the Foundation will present it's 2000th award!

JUNE 10

Sir Alan And The Calypso Ponzi Schemers

Clare and Don's Beach Shack
130 N Washington St, Falls Church
9pm-close • (703) 532-WAVE
Fee: FREE • www.clareanddons.com

JUNE 25

Art Carnage

The Soundry
316 Dominion Rd, Vienna
8pm-12am • (703) 698-0088
Fee: FREE • www.soundry.net
The popular monthly indie art market and variety show. Anything can happen and it does. A chaotic celebration of indie artists and performers.

RECURRING EVENTS

MONDAYS

Sweatshop Social: DIY Open Studio

The Soundry
316 Dominion Rd, Vienna
7pm-11pm • (703) 698-0088
Soundry Members: FREE
Non-Members:\$5
www.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
9200 Old Dominion Dr, McLean
Overlook #3
4pm • (703) 285-2965
Fee: FREE • www.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
316 Dominion Rd, Vienna
7pm - 11pm • (703) 698-0088
Fee: FREE • www.soundry.net
(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
316 Dominion Rd, Vienna
8pm • (703) 698-0088
Fee: FREE • www.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
32 Branch Rd SE, Vienna
8pm-10pm • (703) 281-0070
www.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
10201 Colvin Run Rd, Great Falls
6:30pm-10:30pm • (703) 759-2257
Fee: \$10, • colvinrun.org
Introductory dance lesson from 6:30pm-7:15pm spotlighting a different dance each month.
Beginning and intermediate West

Coast Swing lesson from 7:15pm-8pm. DJ music by Ed.

Bangkok Blues

926 West Broad St, Falls Church
7pm-11pm • (703) 534-0095
Fee: FREE • www.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 Crusaders Kids Club & Mr. Knick Knack

Tysons Corner Center
1961 Chain Bridge Rd, McLean
11-11:45am • (703) 893-9400
Fee: FREE • www.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
7115 Leesburg Pike #107, Falls Church
5pm-10pm • (703) 942-8148
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
132 Branch Rd SE, Vienna
Wednesday, Friday and Saturday
7-10pm • (703) 281-0070
www.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
316 Dominion Rd, Vienna
8pm-12am • (703) 698-0088
www.soundry.net
The Soundry welcomes new and veteran comics to our unique venue. The Soundry supports all art forms and is a great space to test new material, network, and build a fan base before tackling the big bad world. We look forward to

laughing with you! Hosted by a very funny man: Mike Eltringham.

Weekly Storytime

Barnes & Noble, Tysons Corner
1961 Chain Bridge Rd, McLean Ctr
Wednesday and Saturday
10:30-11:30am • (703) 893-9400
www.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
132 Branch Rd SE, Vienna
7-10pm • (703) 281-0070
www.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
316 Dominion Rd, Vienna
7pm-10 pm • (703) 698-0088
www.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
132 Branch Rd SE, Vienna
Wednesday, Friday and Saturday
7pm-10pm • (703) 281-0070
www.maplewoodgrill.com
(See description on Wed.)

Community Music Night

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

McLean Farmer's Market

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

Friday Night Stargazing in Observatory Park

Turner Farm Park
925 Springvale Rd, Great Falls
7pm-9:30pm • www.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
9200 Old Dominion Dr, McLean
Visitor Center Auditorium
3pm-3:30pm • (703) 285-2965
Fee: FREE • www.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!

SATURDAYS & SUNDAYS

Weekly Storytime

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

Free Wellness Classes

The Civic Place Green at
The Palladium at McLean
1450 Emerson Avenue, McLean
Saturdays outside at fountain area
May 7 & 28, June 4 & 25, July 2 & 30
7am-8am • (703) 288-9505
www.thepalladiumatmclean.com
Teacher: Maria Spearman; stretch, tai chi, strength, back, balletone.

Free Music Events

The Civic Place Green at The
Palladium at McLean
1450 Emerson Avenue, McLean
Saturdays outside at fountain area
May 7- September 3
5pm-7 pm; outside at fountain area
Well-known country, jazz, rock.

calypso and folk bands.

Sunday Blues Jam

926 West Broad St, Falls Church
6-11pm • (703) 534-0095
Fee: FREE • www.bangkokblues.com
Open Mic for all local musicians. Kids are very welcome. Cool live music, hot Thai food. Fun for the whole family.

Saturday Farmers Market

Falls Church City Hall parking lot
300 Park Avenue, Falls Church
8am- noon
Falls Church City's Farmers Market has something for all. The Market features fresh, locally grown fruits and vegetables, cheeses, meats, baked goods, and plants. The Fairfax County Master Gardeners will be able to help answer questions to your gardening needs and concerns. *Metro accessible from the East and West Falls Church Metro Station.*

Musical Showcase

Serbian Crown Restaurant
4pm-9pm • (703) 759-4150
1141 Walker Rd., Great Falls
www.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
10201 Colvin Run Rd, Great Falls
9pm-11:30pm • (703) 759-2257
Fee: \$12 • www.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
132 Branch Rd SE, Vienna
Wednesday, Friday and Saturday
7pm-10pm • (703) 281-0070
www.maplewoodgrill.com
(See description on Wed.)

Falls Walk - Great Falls National Park

Great Falls National Park
12:30-1:15pm, 3-3:45 pm
Sat & Sun • (703) 285-2965
Fee: FREE • www.nps.gov/grfa/
Join a Park Ranger for a forty-

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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

9200 Old Dominion Dr, McLean
Overlook #3
Saturday and Sunday
1:30pm and 4pm • (703) 285-2965
Fee: FREE • www.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

131 Church St NE, Vienna
The Little Library- open the first Sunday of each month.
1pm-4pm • viennava.gov
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
8am-10am • (703) 285-2965
Visitors Center Courtyard
Fee: FREE • www.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.

Boardwalk Karaoke

Clare and Don's Beach Shack
130 N Washington St, Falls Church
9pm-close • (703) 532-WAVE
Fee: FREE • www.clareanddons.com
Join us for our Karaoke Night
May 7th and June 4th, come out and show us your stuff!

TEEN CLUBS

THE OLD FIREHOUSE

1440 Chain Bridge Rd, McLean
M-F 9am-6pm • (703) 448-8336
www.mcleancenter.org/kids-teens/old-firehouse.asp
This award-winning facility 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. Youth in 7th and 8th grade are eligible for membership and its benefits. Please see their website for details and rules.

After-School Program

FREE-For Members Only
M-F 2:30pm-6pm
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.

Friday Night Dances

7pm-10pm • Pickup starts at 9:45pm
Fee: \$5 members, \$10 non-members
Friday nights are full of fun at the Teen Center for 7th and 8th graders. Some Fridays 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 Fridays include fun things such as movie nights, comedy shows, etc. Snacks and drinks are available from our vending machines.

DANCE DATES:

May 6, 13, 20- Dance

June 10- Rising 7th Grade Dance

All rising 7th graders join us for the first time at our rising 7th Grader Dance at the Old Firehouse! All of our usual activities will be available plus we'll have carnival food concessions

June 3, 17, 24 - Dance

CLUB PHOENIX

Vienna Community Center

120 Cherry Street SE, Vienna
(703) 255-5736
www.viennava.gov/Town_Departments/teencenter.htm

After-School Program

FREE -in the Greater Vienna area
M-12:30pm-6:30pm
T-F-2:30pm-6:30pm
The after school program at Club Phoenix provides homework help, cooking classes, book clubs, sports and fitness activities and much more! They also have a pool table, ping pong, a dance floor, and video games to occupy your time.

Club Phoenix Teen Center

FREE -in the Greater Vienna area
Students 6th-8th grade can enjoy a place of their own at Club Phoenix. The Club has a lounge area, big screen TV, Xbox 360, Wii, Billiard table and Ping-Pong, a state of the art sound system and more. A stage is available for open-mic nights, karaoke, and much more. Students can also purchase snacks at our 'Candy Bar' during operation hours.

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. Any students in middle school or high school that are interested in applying for Club Phoenix Teen Council are welcome. Call Brandy Wyatt at (703) 255-5721 for information.

TODDLERS ON THE GO

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.

Have an upcoming event you would like to share with us?

Email us the details at info@vivatysons.com.



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Don't let our efforts at being tongue-in-cheek fool you. We take our jobs seriously. But The Belt Team is different! We think outside the box. Our creativity, negotiating expertise and commitment to our clients is unparalleled. It's why we've sold more homes in Northern Virginia than almost ANY other Realtor! Over 1,500 Families served!

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- **BUYERS** - Inventory is low, but we recently helped 4 different clients buy properties that never came on the market (Kind of like pulling a rabbit out of a hat!) Our ability to network for you is unparalleled!

DID YOU KNOW?

In March, 42% of homes that went under contract in Vienna did so in 10 days or less. In Oakton, it was 35%, in McLean 34%, in Great Falls 22%. We update our blog 3 times/week with info like this so you can keep a finger on the pulse of the market! **WE ARE YOUR MARKET EXPERTS!**

READ OUR


BLOG

**#1 LUXURY HOME TEAM IN NORTH AMERICA
for Keller Williams Realty (out of 80,000+ agents!)**

**(Twice as many million dollar homes sold in Vienna / Oakton
in 2010 as ANY other agent/team from ANY company!)**



Top 100 Residential Real Estate Team in U.S.

(Named by *Wall Street Journal*. Note: there are more than 1.1 million Realtors in the U.S.!) 



AN **Abel** ARTIST

By Keith Loria

It was during a biology class at Florida State University about 15 years ago when Bill Abel was struck with the notion that pursuing his pre-med degree was no longer what he wanted to do. Art was his true calling, and Abel decided that after finishing his degree, that his direction in life was going to change.

It's very nice to be appreciated and I feel very lucky in that regard. However, being a working artist, writer, actor, etc. is just that—honest work and dedication. I feel a strong sense of duty in the work I do.”
- Bill Abel



“My senior year of college I snuck in a couple of art classes—a water color and drawing class—and it kind of hit me on the head that this was my thing,” he says. “I was more at ease and it was much more natural for me.”

Abel did well in school, but admits he shied away from academia a little and didn't seem to feel the devotion toward it that others in his class did. Upon graduation, Abel got married and worked retail at his college book store, but continued to dabble in art. “My wife got me a gift certificate to take some art classes and from that point on, I kept working at it,” he says.

In 1994 he had the first of his three children and combined art, work and the family life. That same year, Abel was invited to join the co-op art gallery “The Gallery in Gadsden” with nine other artists in Quincy, Fla. A year later he had his first showing called “Places and Faces” and he knew that he wanted to do more.

“People have said I have a way with seeing colors or that I paint things not as they are necessarily, but how I'd like them to be,” Abel says. “I'll go further and say there are intentional elements of color and whimsy in all my work. I was raised on Disney and Fred Rogers in the land of make-believe. And honestly, I'd rather stay somewhat naïve and hopeful than become cynical and bitter.”

It was around 1995 when Abel made the decision to leave his full-time job to become a stay-at-home parent while taking painting classes and pursuing an art career.

“I consider art to be a shared human attribute. Art is self-expression in whatever you do. Art is an expression of creativity and emotion,” Abel says. “Visual and performing arts are the most overt form of expression, but I don't believe it ends there—art channels through all of us, if we let it.” Abel took a watercolor workshop with acclaimed artists Tony Van Hasselt, A.W.S. and Judi Wagner, an experience he calls “profound” that provided much needed validation to the idea of living a painter's life.

“People kindly say to me, ‘you are so talented!’ or ‘I couldn't draw stick people let alone paint!’ I recognize their genuine admiration mixed with a small dose of envy,” Abel says. “It's very nice to be appreciated and I feel very lucky in that regard. However, being a working artist, writer, actor, etc. is just that—honest work and dedication. I feel a strong sense of duty in the work I do.”

Eventually, Abel was asked to teach mixed media art for kids at the studio where he had been taking classes. Abel loved working with the kids and understood the importance in teaching art the right way.

“Art or ‘the art spirit’ is a gift that artist's share. It's basically the ability to spend hours at a time, focusing energy on skills that come with the job,” he says.



"Sadly, in school we're taught to limit such 'art' indulgence, thereby neglecting a very special part of being a creative human being."

You could say that Abel is following in the family business with his artwork. His mother is an artist and his grandfather, Dudley Fisher, was a syndicated cartoonist with King Features in early 1930s working on such comics as "Right Around Home" and "Myrtle" until his death in 1951.

"His was a life cut short, but my grandfather's accomplishments both challenge and inspire me to carry on," Abel says. "He did cartoon strips for hundreds of papers and at some point it would be nice if I had something like that going for me that would allow me to do other creative stuff."

Bill and the family moved to Falls Church in 2004 when his wife Carol landed a new job as Director of Education for the American Pharmacist Association in Washington, D.C. In Virginia, Abel continues to do his art but also stays busy with other jobs.

"Raising a family has taught me that I may have to wear many hats to make ends meet, but I don't believe hats help," he says. "What really matters is sincerity in the work that I do."

Currently, Abel stays busy at a number of jobs, including serving as a crossing guard for the City of Falls Church.

"This is a very rewarding job for me. The kids, the traffic, and the weather can all be challenging at times, but I love being there," he says. "It chops up your day but I am lucky enough to work part time at a frame shop and it's pretty special. I think it's a noble thing."

Abel is also a custom-framing designer at Art and Frame of Falls Church, which has been in the area for more than a decade.

He also teaches teen and adult watercolor classes at Creative Cauldron in Falls Church and of course, makes money as a freelance painter.

"My kids and my community have always grounded me and inspired me to paint in celebration of both," Abel says. "I am a lucky person. And lucky people have the chance to do better next time."

When he's not working or with the family, Abel can often be found in his studio space at Art and Frame of Falls Church, along with six or so other dedicated artists.

"My studio space happens to be very public and I have a fun time painting 'live' during each month's FIRSTfriday of Falls Church event," he says. "I also work out of my house and do the bulk of my commission work out of the there. It keeps me afloat financially and pays for equipment and supplies."

Abel has also continued to help foster art through his teaching. He led a summer enrichment mural project with rising fourth graders who painted a James River vista. He also serves as a substitute teacher and a special education paraprofessional for Falls Church City Public Schools.

When it's time to choose a subject, Abel enjoys painting scenes around Falls Church (such as the State Theatre which was done for the cover of Viva Tyson's last issue) and painting watercolor scenes and portraits.

"Painting is a time when I don't really think about time. It's that kind of escape. It's the creative time when you are unaware that you are working," he says. "That's why I love painting."

His rendering phase begins with a photo. Then he takes what he sees and provides his own unique vision when he paints.

"There are no secrets to my approach. There are always challenges and adversity in work. In every walk of life, 'art' is taking what you have to work with and creatively finding solutions," Abel says. "To me, painting is simply me at work—a form of expression that I've been fortunate to develop to this point."

Looking ahead, Abel would like to someday see the fruits of his labor pay off more and do some paintings on a grander scale. He also envisions teaching on a public television program one day.

"I hope to always improve and do better and represent the art form in a professional way," he says. "A lot of people think watercolors are lighthearted...but there is a lot more to it and I would like it to be taken more seriously and hold up against other art forms. To me, the kids are first. If I could just remain an artist and remain doing art, I will be happy."

Keith Loria is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.





Oil, 25" x 32"
Courtesy of the artist Dick Neff, VAS
"Spring Beauties"
VAS Spring Show



Oil, 40" x 30"
Courtesy of the artist Gabriel Riego de Dios, VAS
"April"
"It's All About Color"



Sumi ink & Graphite on Yupo paper
Courtesy of the artist Fiona Ross, MPA
"Two Line Reflection"



Mixed Media on Paper
Courtesy of the artist Kristin Reiber Harris, MPA
"Dogwood Stone Circle"

FALLS CHURCH ARTS

P.O. Box 6912, Falls Church
www.fallschurcharts.org

2nd Annual Plain Air Festival

April 30 - May 28

"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.

ARTSPACE FALLS CHURCH

Home to Falls Church Arts and Creative Cauldron

Creative Cauldron

410 South Maple Ave, Falls Church
(571) 239-5288

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.

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. 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!

GREAT FALLS STUDIOS

703-759-2440 • Fee: FREE
www.greatfallsstudios.com

April 17 - May 14

Great Falls Photo Exhibition Riverbend Park

Visitor Center
8700 Potomac Hills St, Great Falls
9am-5pm weekdays (closed Tues.)
12pm-5pm weekends
Display of photographs of seven bird species that are "candidates" in election to select a Great Falls bird symbol. Images by members of Great Falls Studios art organization. Sponsored by Friends of Riverbend Park.

THE GREAT FALLS FOUNDATION FOR THE ARTS

1144 Walker Rd, Suite D & G Great Falls
www.greatfallsfoundationforarts.org

GFFFTA's mission is to expand opportunities for art education, expression and professional development in the Great Falls community, and to network with other individuals and organizations that share these goals.

LEARN. The Art School

Great Falls School of Art sponsors day, evening and weekend classes, workshops and special programs for adults, teens and children in fine and applied visual arts on a semester basis. Courses are planned to fit busy schedules and fuel a variety of interests and abilities.

CREATE. Artists' Atelier

A group of 15 professional artists located in suite G. Visit the Atelier studios and meet the artists during open hours on Saturdays from 12-4pm or by appointment.
at-el-ier (at' l ya) Fr. n. a studio or workshop, especially one used by an artist or designer.



Recent art work compliments of Brenda Drake and Elaine Elinsky.

APPRECIATE. The Gallery

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



MCLEAN PROJECT FOR THE ARTS

McLean Community Center
1234 Ingleside Ave, McLean
Tues-Fri 10am-4pm and
Sat 1pm-5pm
(703) 790-1953 • Fee: FREE
www.mpaart.org

McLean Project for the Arts Summer Art Camp 2011

MPA will conduct fun and creative week-long sessions of Summer Art Camp with great themes each week. Themes for the 6 - 8 year olds include Summer Sea Sensations, Magical, Mystical and Mythical Creatures and Me Myself and I. For the 8 -11 year olds, themes include 3-D Sculpture and Contraptions, Claymation Camp, and Drawing and Painting with Color. Art camps will be held at the McLean Community Center. Morning sessions are for children ages 6-8 and afternoon sessions are for children 8-11. Rising 3rd graders may choose morning or afternoon sessions.

Weekly tuition is \$165/\$150 McLean district residents (tuition for Week 2 is \$140/\$125 McLean district residents). All materials are provided. For more information visit www.mpaart.org or www.mcleancenter.org

Family Art Workshop: City Collages

Saturday, May 7 10 - 11:30 am
For ages 9 -12

What are some of the things you see as you walk down a city street? Create collages from photographs and from your own drawings that show city life



MPA Summer Art Camp

from multiple points of view. Bring photos, pictures from the newspaper and computer imagery. Parents welcome but not required. Instructor: Sharon Fishel. 9-12 years. One lesson at 1.5 hrs, \$5 workshop. Family Art Workshops will meet in the gallery for a short tour of the exhibition, then you and your child will create a one-of-a-kind piece of artwork to take home. For more information visit www.mcleancenter.org

May 21

MPA Booth and Art Activity

Look for the MPA booth and art activity at McLean Day.

April 14 – June 4

Emerson Gallery

Parallels to Terminus:

New Work by Fiona Ross

Intricate drawn images using line and pattern to depict landscape and self portraits that 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

Emerson and Atrium Galleries

Strictly Painting 8

Reception June 16, 7pm-9pm

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.

MPA Spring Benefit

May 12, from 7pm-9pm

Ticket prices start at \$225.

The Spring Benefit helps support MPA's

"In art the hand can never execute anything higher than the heart can inspire"

- Ralph Waldo Emerson

exhibitions and educational programs for the upcoming year. 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. To receive an invitation, please e-mail Sandy Treanor at streaanor@mpaart.org or call McLean Project for the Arts at (703) 790-1953.

VIENNA ARTS SOCIETY

115 Pleasant St. NW, Vienna
(703) 319-3971 • Fee: FREE
www.viennaartssociety.org

For information about the ongoing Figure Drawing Studios on Mondays, children's summer art camps, adult classes and the new "virtual workshops", contact VAS at (703) 319-3971; viennaartssociety.org; on Facebook and Twitter.

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

VAS continues a partnership with Caffé Amouri and will host a series of exhibits throughout the rest of the year.

May 3-28

"Spring Splendor!"

The Vienna Arts Society's annual judged members-only show will be held at the Vienna Art Center May 3 - 28. Awards Reception held May 7 at 6pm-8pm. Show hours are Tuesday - Saturday, 10am - 4pm. View Juror Gwen Bragg's website at www.gwenbragg.com.

May 3 - June 11**"It's All About Color"***No Reception*

An all member show at the Vienna Arts Society Gallery, 513 Maple Ave W, Vienna. Show hours are Tuesdays through Saturdays from 10am – 4pm. Color can be bold, bright, or intense. It can also be soft, delicate or subtle. It is often used in paintings to evoke emotions and moods. Imagine a carnival scene without color. Imagine a spring garden without color. It is not surprising that most artists feel color is an essential part of their creative process.



"Johnson's Barn", oil painting, by Donna Grone

In the Vienna Arts Society show "It's All About Color," approximately 20 artists will display work in which color plays a dominant role.

June**Third Annual Silent Auction Art Benefit***Reception June 5, 1pm - 4pm*

The Shepherd Center of Oakton-Vienna is hosting its Third Annual Silent Auction Art Benefit in collaboration with the Vienna Arts Society at the Vienna Art Center. Light refreshments will be served. Free and open to the public. Auction items include paintings, photography, jewelry, ceramics, and other media. Bidding is open May 31-June 25, at 4pm during Art Center hours.

All proceeds will benefit the Shepherd's Center of Oakton-Vienna, a local non-profit providing free services and enrichment programs to older adults in our community. Call (703) 281-0538 or visit www.scov.org for more details.

MAVERICK MOSAICS

145 Church Street NW, Vienna
(703) 938-1755

www.maverickmosaics.com

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

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

Workshops:

COLOR THEORY: May 7

INTRODUCTION TO MOSAICS IN GLASS WORKSHOP: May 4, 11 & 18

MOSAIC WINDOW HANGING:
June 4 & June 5

VISITING ARTIST SUSAN CROCENZI: MIXED MEDIA WEEKEND:
Tempered Glass & Polymer Clay,
May 13, 14 & 15



"Crossroad", mosaic
Compliments of Susan Crocenzi

**VIENNA STUDIO SCHOOL & RED CABOOSE GALLERY**

138 Church Street, NE, Vienna
(703) 349-7178

www.joanmariegiampa.com

Gallery Hours: weekdays 3pm-5pm,
by appointment

The Vienna Studio School provides an artistic environment that fosters growth of the individual in pursuit of their creative process.

Joan Marie Giampa, a forty-year resident of Vienna, Virginia calls her Studio School "a fine arts school for the new millennium". Joan opened her studio to the public alongside the classroom to foster an environment of open dialogue between herself and her students. It gives students a rare glimpse into the world of their teachers' working studio environment.

Joan sees her school as an incubator for the creative spirit—combining artistic production with a gallery venue to complete the cycle of production, exhibition and public viewing. Students get the special opportunity to create works of art alongside their instructor, and show their work in the Red Caboose Gallery. Joan produces commissioned artwork for interior designers and private collectors.

MAY: Joan Marie Giampa

JUNE/JULY/AUGUST:
Summer Group Show

ARTIST STUDIO: Joan Marie Giampa: open to public, Features contemporary paintings and prints of local area, commissions welcome.

SCHOOL: Kids Summer Art Program for two sessions for June and July.

VIENNA STUDIO SCHOOL: Workshops, Individual and group instruction for all

ages in painting and drawing. Call the gallery to for more information.

THE ALDEN THEATRE

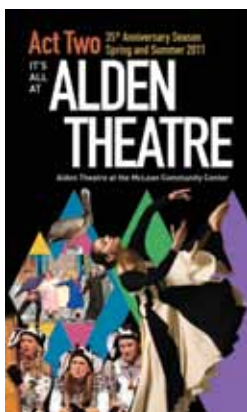
At the McLean Community Center
1234 Ingleside Ave, McLean
(703) 790-9223

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.



THE MCLEAN SYMPHONY

1350 Beverly Rd, McLean
(703) 991-7197

Fee: \$25/\$20 seniors, \$15 students,
Free for children 12 and under.
www.mclean-symphony.org

People, Places and Things

May 28, 7:30pm

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.

THE MCLEAN COMMUNITY PLAYERS

1234 Ingleside Ave, McLean
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 Gilbreth 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

Joseph made its debut on Broadway in 1982 and received Tony's 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; there is very little dialogue.



1ST STAGE



1ST STAGE IN TYSONS

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

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.

May 20 - June 19

By Jeeves

Fri 8pm; Sat 2pm & 8pm; Sun 2pm & 7pm

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

Jack in the Bean-Stalk

Sat, Sun, Tue, Thur Noon;

Memorial Day May 30, 11am & 2pm

Beginning May 28, 2011

Adapted by Mario Baldessari with

Music by Rex Daugherty,

Directed by Leslie Kobylinski

VIENNA THEATRE COMPANY

120 Cherry Street, Vienna

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.

"O great creator of
being grant us one
more hour to perform
our art and perfect
our lives." - Bob Marley

travel back in time...

Antique Shops, Consignments & More!

By Brittany Rouse

Northern Virginia offers a wide range of antique dealers and consignment shops that make for a perfect day of thrifting. Local stores like East & Beyond and Solovey Jewelers specialize in a certain antique good, such as Asian antiques or jewelry, while others like the Falls Church Antique Center have a diverse collection of antiques. If you are looking to redecorate your home, many of the area antique dealers have a large selection of furniture from many different time periods. Antique dealers are also an interesting place to look for art, rare books, china and crystal. Many antique

dealers, such as Quinn's Auction Galleries and Beekman Place offer estate planning and appraisal.

Action Music

212-B N. West St, Falls Church
(basement of Shreve McGonegal)
(703) 534-4801
www.actionguitar.com
For the music lover, check out Action Music in Falls Church. This shop features a large selection of used, vintage and new-old stock (NOS) instruments such as guitars and vintage amps. Action Music also carries new lines such as Campbell American, USA G&L, Gretsch, Guild and Trussart. The store also carries new effects pedals such as Boss, Carl Martin, Caroline Guitar, Demeter, Dunlop and Foxx. Action Music also features guitar repair, lessons and gift certificates.
Tuesday, 12pm-8pm; Wednesday-Thursday, 12pm-7pm; Friday-Saturday, 11am-6pm; Closed Sunday-Monday

Beekman Place

126 Maple Ave. East, Vienna
(703) 938-8646
Beekman Place in Vienna is the perfect place to get lost in a day of antiquing. Located on Maple Avenue in downtown Vienna, Beekman Place has a large selection of art, furniture, jewelry, instruments and much more. The store has been in business since 1988 and besides antique sales offers estate planning.
Monday, 11am to 6pm; Thursday, 11am to 6pm; Friday-Saturday, 11am to 7pm;

Sunday, 11am to 5pm; Closed Tuesday-Wednesday

Consignment Boutique

141-A Church St. NW, Vienna
(703) 281-0759
www.consignmentboutiquevienna.com
For consignment and antique shopping in Vienna, check out Consignment Boutique. This family-owned shop has been around for 25 years and features a large selection of women's apparel, accessories and home decor. At Consignment Boutique, shoppers will find business attire, outerwear, special occasion wear, shoes, purses, scarves, hats and home decor items such as mirrors, china, crystal, silver, lamps and antiques. For those interested in consigning items, make an appointment with the store if you have more than 5 items. Appointments should be booked a few months in advance of the upcoming season. Clothes must be recently cleaned and in perfect condition. The store will only accept up to 25 items and there is a maximum of three consignment appointments per year. For those with five items or less, the boutique offers first-come-first-served walk-in hours.
Monday-Friday, 10am-6pm; Saturday, 10am-5pm; Closed Sundays
Consignment Walk-in Hours:
Monday-Saturday, 10am to 11am



Beekman Place



Stifel & Capra

Christine Bartoletta

260 W. Broad St, Falls Church
(Inside Stifel & Capra)
(571) 221-2721
www.societyhilldesigns.com
Mon-Sat 10am-5pm Sunday noon-5pm

East and Beyond, Ltd.

6726 Curran St, McLean
(703) 448-8200
www.eandbeyond.com
East and Beyond, Ltd., specializing in Asian antiques, was founded by Mary and Joe Arnold in 1994. While the store specializes in furniture, there are also many other items including jewelry, shoes and handbags made from Japanese obi and kimono. Shoppers will find Chinese window panels made into head boards, dining tables, wall hangings and mirrors, and textiles made into wall hangings. According to the store's website, the Arnolds' purchase furniture pre-restoration and make several trips to Asia each year to purchase goods for the store. Chinese furniture is purchased and restored by artisans, while Japanese furniture is restored by Joe Arnold himself. Inventory at East and Beyond is constantly changing and is spread throughout a three-floor gallery.

Tuesday-Saturday, 11am to 5pm;
Closed Sunday-Monday

Falls Church Antique Center

250 W. Broad St, Falls Church
(703) 241-9642
www.fallschurchantiques.com
At Falls Church Antique Center, shoppers will find more than 20 antique dealers in 6,000 feet of retail space. The shop has been in the Falls Church area for more than 20 years, and was originally located in the Old White House and Annex before they moved to the renovated and expanded location at 250 Broad Street, formerly the Annex. According to their website, the diverse merchandise changes regularly. For those looking for English antique goods, the Antique Center

has an extensive English royalty collection including English furniture and small items. From November 1 to December 31, the store features a vintage Christmas shop.

Monday-Thursday, 10am-5pm; Friday-Saturday, 10am-6pm; Sunday, 12pm-5pm

New to You: The Chic Boutique

108 West Broad St, Falls Church
(703) 533-1251

www.newtoyou.net

Hunt for women's designer items at the New to You Chic Boutique, which has been open in Falls Church since 1992. According to the boutique's website, the shop only accepts women's designer clothing and accessories in styles from the past two years, as well as vintage items from 1960 and earlier. Some of the labels New to You accepts includes Dior, DKNY, Dolce and Gabbana, Chanel, Stella McCartney and Carolina Herrera. Besides clothes, New to You is a fun place to shop for accessories like purses, fine and costume jewelry, scarves and shoes. If you have clothing or jewelry you'd like to consign to the boutique, keep in mind that they only accept in-season clothes in excellent condition that have been recently cleaned. Check the boutique's website for more labels they do and do not accept.

Tuesday-Saturday, 10am to 6pm;
Sunday, 12pm to 5pm; Closed Mondays

Paddington Station

448 Maple Ave. East, Vienna
(703) 938-0378

www.paddingtonstationva.com

A children's consignment boutique in Vienna, Paddington Station has a large selection of children's clothes, toys, books, maternity clothes and furniture. New moms on a budget will find "pre-loved" cribs and other baby items. Other items you may find include DVDs, children's bikes and board games.

Monday-Saturday, 9:30am to 5pm



Christine Bartoletta, Society Hill Design



Pear Tree Cottage

Pear Tree Cottage

130 Maple Avenue, East, Vienna
(703) 938-1331

www.thepeartreecottage.com

Pear Tree Cottage offers one-of-a-kind and carefully selected antique, vintage and new elements for your home and garden. Predominately European, traditional and timeless, a hand-carved mahogany armoire (mid 1800's), French Louis XVI walnut center table (c.1880-1890) and French concrete garden statuary (c.1900) are sure to intrigue the eye of an antique collector. The vintage elements offer a nod to romantic, reclaimed and re-purposed furniture and home accents such as charming painted furniture, old wooden columns, vintage French linen pillows and lamps or architectural elements. There is also a stylish mix of chic fresh modern elements. Taking a cue from Mother Nature, they have an organic mix of hand-made items made of silver, stone, linen, nickel and horn. The shop also specializes in unique gift ideas for all occasions for the loved ones in your life.

I'm the oldest antique in town. -Norman Rockwell

Shop owner, Frances Brayshaw, travels near and far to discover unique finds for her shop. The shop was established in July 2008 and has quickly become known as a place to find unique furniture, gifts and items for your home that you will not find anywhere else.

Merchandise changes weekly and seasonally. Always new treasures, never the same.

*Monday & Tuesday: CLOSED;
Wednesday, Thursday, Friday, Saturday
10am- 5pm; Sunday, Noon-4pm*

Quinn's Auction Galleries

431 North Maple Ave, Falls Church
(703) 532-5632

www.quinnsauction.com

Also located in Falls Church is Quinn's Auction Galleries, a full service auction and estate services company. Paul Quinn and son David Quinn founded the company in 1995 after Paul successfully founded the Falls Church Antique Company in 1987. According to their website, Quinn's specializes in fine and decorative arts, antiques, coins, stamps, silver and porcelain. The company acquired Waverly Rare Books in 2004, adding to its collection. Fine art and antique catalogued auctions are held five times a year, and fine and rare book, map and autograph auctions are held once a month from June to September. Visit the store on Wednesdays for the Weekly Wednesday Sales that feature furniture, decorative items and collectibles. If you are relocating or organizing an estate, Quinn's and Waverly offer limited pick-up and delivery services, as well as consignment walk-in hours.

*Consignment Hours: Mondays and
Thursdays, 10am to 4pm; Fridays, 10am to
2pm; Saturdays, 10am to noon; all other
times by appointment.*

Auction Preview: Tuesday, 3pm-7pm;

*Wednesday 10am-6pm; Weekly Auction:
Wednesday, 6pm*

Solovey Jewelers, Inc.

1475 Chain Bridge Rd., McLean
703-356-0138

www.solovey.com

If you're in the market for antique and estate jewelry, visit Solovey Jewelers in McLean. Established in 1969 by Traci Solovey, the store continues to be family-owned with graduate gemologist Jeff Allinson on staff for appraisals. Solovey has a huge collection of diamonds, gold and platinum with antique and contemporary engagement rings, fashion jewelry and loose diamonds adaptable for antique or contemporary settings. Besides the collection, Solovey also offers custom design, fabrication and repair including remounting, bead and pearl stringing and watch repair.

*Tuesday-Saturday, 10:30am to 5:30pm
and by appointment*

Stifel & Capra

260 West Broad Street, Falls Church
(703) 533-3557

www.stifelandcapra.com

Monday-Saturday, 10am-5pm;

Sunday Noon-5pm

Travel down Rt 7 in Falls Church 7 days a week to Stifel & Capra. Proprietor Theresa Wells Stifel curates a feminine mix of small goods: accessories for you and your home. From silver, art & housewares to a vast collection of vintage jewelry and handbags you will find it at Stifel & Capra.

Thieves Market Antiques

6811 Dominion Dr, McLean
(703) 360-4200

www.thievesmarketantiques.com

Thieves Market Antiques, located in McLean, has a rich history. In 1952, Henry Cohen, a young entrepreneur, came to Washington D.C. to start an auction and antique business. Cohen is credited with starting the concept of the antique mall with many different dealers. According to the Thieves Market website, after 25 years of mall operation, the

company has since re-organized and no longer operates as a mall. Thieves Market has expanded to include internet auction sales and an on-site estate sales division. All the items in the store have been purchased from individuals and not through consignment. The store buys European porcelain, pottery, marble and bronze sculptures, paintings, furniture, sterling silver, textiles, oriental rugs, antique lamps and paper items such as movie and war posters, autographs and leather bound books. Thieves Market does house calls for those with items they are interested in selling. Mr. Kaplan Cohen, owner and certified buyer, specializes in appraising 18th, 19th and 20th century paintings, silver, European and American furniture, coins, oriental rugs, antique European porcelain and estates.

*Monday-Saturday, 10am to 5pm;
Closed Sunday*

Vienna Bargains

132 Maple Ave. East, Vienna
(703) 255-6119

Vienna Bargains, located on Maple Avenue, is a locally-owned antique dealer. The store has a large and diverse range of items for sale. Shoppers can hunt for items such as vintage books, jewelry, coins, gold, silver, rugs, china, oil paintings and furniture. Vienna Bargains is open daily and offers services such as gift wrapping, gift certificates, delivery and shipping.

Open daily from 10am to 6pm



Brittany Rouse is a senior at George Mason University and a freelance writer. Her work has been published in the George Mason University student newspaper, "Broadside," and she writes for Demand Media producing content for websites such as eHow and Livestrong. Contact Brittany at brouse727@gmail.com.

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clydex.com

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We'll sweeten the deal!



Sign up for a one or two year subscription to your hometown magazine **Viva Tysons** and receive a certificate for a complimentary

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My Eye Doctor

401 Maple Ave W, Vienna

On May 7, My Eye Doctor will be holding a Grand Opening celebration at the new store located at 401 Maple Ave W, Vienna. Entertainment will include frame shows and giveaways, along with cupcakes, popcorn, refreshments, face painting, a magician and lots of fun activities for kids. The mayor of Vienna is scheduled to help with a ribbon-cutting.

Red Hot Dance Party

Fundraiser- ArtSpace FC

410 S Maple Ave, Falls Church

Head on over for a dance party with DJ Michael "Atom" Shalom playing rock, pop, Latin, funk and more from 8pm-11pm on Saturday, May 7. \$10 donation to ArtSpace requested at the door. Wine and beverages available.

Falls Church named the Nation's Richest City

Falls Church City has been named by Forbes as the nation's richest city with

a median annual household income of \$113,313. Falls Church has for years enticed rich families, by providing a strong school system and location six miles from the Nation's capital.

New Zip Code for Tysons

Tysons Corner is finally getting its own postal address. I can't count the times we have had to change an ad because the GPS didn't pick up the zip code. Tysons is projected to have 200,000 workers and 100,000 residents by 2050. For now, 22102 and 22182 seem to be the best choices.

Casino Night & Taste of the Town

In a five hour celebration for charity more than 250 people gambled with casino money and chips, sampled some signature dishes from local restaurants, and heard the sounds of country music...and gambled...(of course).

Sponsored by the Vienna-Tysons Regional Chamber of Commerce; Casino Night and the Taste of the Town has become an annual event

with local businesses providing donated prizes for local charities.

ActionCOACH Virginia 1st Annual Kids' Charity Golf Classic Supports Alternative House

Friday, May 20, 2011

Registration opens at 7:30am
Shotgun Start 9am

ActionCOACH Virginia will host their 1st Annual Kids' Charity Golf Classic at Bull Run Golf Club. The Kids' Charity Golf Classic will benefit Alternative House, Northern Virginia Family Service and CASA of Greater Prince William County. ActionCOACH's goal is to change children's lives by creating a better environment. ActionCOACH provides children with the support they need to become the people they want to be and achieve the goals they want to achieve.

MAY 19

Save the Date for KYLLOPALOOZA!

144 Maple Ave E, Vienna

As some of you may know the Vienna community lost a cherished member all too soon - 18 year old Khristin Kylo. There will be a special event in her honor to raise money for the Khristin Kylo Scholarship fund that has been established by the James Madison High School Booster Club. The event is called KYLLOPALOOZA.

As an FYI, the word "palooza" is an "exaggerated event". This term was deemed a suitable name for an event to honor a young woman who lived life to the fullest, with an unwavering love & passion about life, her family, her friends & everyone she met.

KYLLOPALOOZA will be held on Thursday May 19, 2011 at the Vienna Town Green from 6pm-10pm and the entire community is welcome. On stage will be three popular local bands including "Fat Chance", "Mercury In Summer" & "In Remembrance".

For more information on donations and details please visit <http://theresnoplacelikevienna.com>. Please mark your calendars from now and save the date. Tell all your friends, you won't want to miss this!



Harmonia School Ribbon Cutting

Harmonia School opened its doors in January 2001 in Oakton, Virginia with a mission to provide the highest quality education to the D.C. Metropolitan Area.

The ribbon cutting ceremony was followed by a reception and concert. "We, our teachers and the administration, at Harmonia School are very excited to continue providing quality education in music, musical theater, and art to over 500 students in our new, 7,000 square-foot state-of-the-art facility," says Mrs. Durak, Director of Harmonia School, "our new facility will allow us to create a broader and more nurturing environment".

Carole Herrick Releases "Images of America: McLean"

Carole Herrick released her newest work: "Images of America: McLean." Our local historian takes us through McLean's early settlement by English explorers in the 17th century through the historic happenings in our Civil War. The publication is rich with pictures and illustrations of our area and should be on everyone book shelf who appreciates our area's robust history. The book stemmed from the celebration of McLean's centennial last year.

"Images of America: McLean" is published by Arcadia Publishing and costs \$21.99. It is available from online booksellers such as Amazon.com and may be purchased at the Hermitage Art Gallery, Mesmeralda's Ltd. and Langley Photo & Digital. For more information, visit the website at www.arcadiapublishing.com.

JR's Stockyards Inn

JR's Stockyards Inn reports that they continue to make significant progress in the utility/infrastructure repair project, but cannot give us a date for its completion. Stay Tuned.

Sweet City Desserts coming to Church Street

Opening next to Bike@Vienna and Pure Pasty Company...no idea when ... can't wait...

Speed Limit Enforcement Begins on Fairfax County Parkway

50-means-50 or "ticket" ... be extra careful when driving in Fairfax...Fairfax County Police are launching a "50 Means 50" campaign on the County Parkway.

This campaign is designed to tackle the aggressive and reckless driving; speeding, texting behind the wheel and, failure to pay full attention while driving. Officers will be in on motorcycles, in Mustangs, Camaros, pick-ups and other unmarked police vehicles.

TR Cook shoots Freeman House Re-enactment

Re-enactors consisting primarily of members of the 28th Massachusetts Battalion, Co. B, staged a recreation of an iconic c.1864 Civil War photo

shot at Freeman House in Vienna VA. TR Cook of Vienna shot the photo for posterity



McLean
Community
Center

The Center of It All

Here's What's Happening at MCC

Summer Session Registration

Begins **Monday, May 16**, for district residents
Monday, May 23, for all others

Jammin' Juniors

Wednesdays, May 4-18, 12:30 p.m.

McLean Central Park

Free, concerts for preschoolers.

Pushcart Players in

Peter and the Wolf

Saturday, May 14, 2 p.m.

\$12/\$8 district residents

An adaptation of the traditional Russian folktale set to the music of Sergei Prokofiev. This enchanting tale is all about the adventure of growing up.

It's the Place to Be!

McLean Day 2011

Saturday, May 21, 11 a.m.-5 p.m.

Lewinsville Park

Free admission

Summer Camp Options

Registration is Ongoing

Your children can pick their own adventures this summer as MCC offers a wide variety of special interest camp programs for all ages.

Rocknoceros

Sunday, May 22, 3 p.m.

\$12/\$8 district residents

Theatreworks USA presents

Click, Clack, Moo

Sunday, June 5, 3 p.m.

\$12/\$8 district residents

This hilariously "moooooo-ving" new musical is about negotiation and compromise. For ages 4+.

The McLean Community Center

1234 Ingleside Ave., McLean, VA 22101

703-790-0123, TTY: 711

www.mcleancenter.org

GREEN CREW

is Clue to Clean View

By Annalisa Assaadi

ENVIROW, an organization founded by McLean High School rowers, Myriam Assaadi and Alexia Bertholon, was founded this year to organize DC area high school rowers to preserve and protect the Potomac watershed. On April 9, Envirow conducted their first clean up at the Darrell Winslow Regatta held at Occoquan's Sandy Run Park. Crew teams from area schools helped in the effort where more than 1400 rowers competed. The clean up was held in conjunction with the Alice Ferguson Foundation's annual Potomac Watershed Clean Up where thousands of volunteers

organize to clean up from Rock Creek to the Anacostia. With support and encouragement from Sandy Run park rangers, the Va. Scholastic Rowing Association, and the Alice Ferguson Foundation, bags and gloves were provided to volunteers along with free water refills to encourage reusable water bottle use.

ENVIROW's top initiative this year is the "One Bottle/One Rower" campaign where water bottle use is discouraged and reusables are preferred. At area regattas, which run most every weekend in April and May, Envirow volunteers will distribute Envirow's Top Ten to each school's food tent area which encourages reduce, reuse and recycling practices.

Myriam and Alexia are planning more cleanups during and after crew season. The idea for Envirow started when they saw how much trash was left after regattas and at the boathouses. Many water bottles were left half full. After more research and by asking questions, they learned some of the trash statistics and negative side effects, particularly concerning the water bottle issues. "Lots of trash get blown into the Potomac River, and then it ends up in the ocean. It's unbelievable the huge pools of trash that end up impacting the ocean, its wildlife, and other people's lives far away from here," says Alexia Bertholon. Myriam Assaadi adds, "As rowers, we know we play a part since we depend on the health of the rivers for our sport. It's a good fit for rowers to help out on this issue and gain even a greater understanding on how we

can preserve and protect the watershed. Not losing your reusable water bottle is a great start!"

Founders of Envirow
Myriam Assaadi
(Left), Alexia
Bertholon (Right)



For more information on ENVIROW please visit any of the following sites:

ENVIROW- Rowers for Rivers!
www.envirow.webs.com

Alice Ferguson Foundation
www.fergusonfoundation.org

Virginia Scholastic Rowing Assoc.
www.vasra.org

Allie Mead, Alexia Bertholon, Myriam Assaadi, Chris Vignali (all McLean residents), ENVIROW volunteers at TBC Boathouse in Georgetown



ENVIROW TOP TEN:

- One Bottle/ One Rower
- Remember your Reusable Water Bottle
- Leave No Trace
- Volunteer or Organize a Potomac River Watershed Cleanup Day
- Discourage/Prevent Littering On Land and Water
- Stay on Designated Nature Paths
- Encourage "recycle, reuse, reduce" at crew and home
- Pick Up Trash around Rivers Everyday
- Use Recycling Bins at Boat House
- Spread Envirow's Message

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Entertainment (12:00pm-10pm)

Monday, May 30:

Vendors, Food, Entertainment. &
Rides (10am-6pm)

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Time to throw out those 3-D glasses?

Toshiba has announced that they soon begin manufacturing and selling 56- and 65-inch 3-D flat-screen TV's that can be viewed without special 3-D glasses. Although 3-D sets have been introduced over the last several months, they have required the use of specially-designed glasses to appreciate the full 3-D effect.

The company successfully tested smaller models in Japan last year which opened the way for the big screen models to be introduced. These no-goggle versions are a win for Toshiba over several other TV manufacturers that were hoping to be first to market.

Toshiba hopes to be a dominant player in the 3-D market, offering sets with passive glasses, active glasses (requiring a power source), and these new glasses-free sets, the first manufacturer to offer all three options.

Doing away with passwords

How many different passwords do you have? Do you have to carry a notebook just to access all the different combinations using Fido's and your kids' names? A new online security system backed by the government would eliminate the need to enter passwords whenever you turn on your smartphone or laptop, replacing them with devices like fingerprint readers, digital tokens or smartcards.

This would address two major problems at once:

1) passwords are not the best security as they often can be easily discovered by hacking, and 2) the sheer challenge of remembering numerous passwords. The Department of Homeland Security reports that internet company help desks could reduce staff as addressing the problem of lost passwords represents the highest cost element of maintaining these facilities.

Shedding light on lumens?

The Federal Trade Commission is proposing that light bulb manufacturers replace the watts rating with the lumens rating on the packaging. Why? Because manufacturers are going to be making lower-wattage, more efficient bulbs and lumens provide a more accurate estimate of the amount of light you have. Lumens are a measure of the brightness of the bulb's light while watts measure energy consumption.

The European Union already mandates that lumens be the official measurement for light bulbs and the US may follow in the near future.

Keeping the shakes out of your videos

Flip and cell-phone cameras are extremely convenient and easy to use. However, it can be a real challenge to keep the picture steady when the camera is held in the palm of your hand. The Steadicam Smoothee goes a long way to improving the end result. Based on a technology of counterweights, this product can eliminate the jiggles, the wiggles and the unintended movements of the videographer.

The camera is mounted on a grip which absorb the user shakes instead of moving the phone. Of course if the user chooses to pan or tilt, there are guide rings mounted on the grip that allow for this type of action.

The Smoothee sells for approximately \$200 and is available for iPhones, iPod touch, Flip Mino HD with plans for additional cameras and phones in the future.

New iPad Options

The Apple Digital AV Adapter (retail \$39) connects an iPad to your TV.

The Apple iPad Camera Connection Kit (retail \$29) allows you to download photos directly

onto your iPad.

The Apple 5-in-1 Connection Kit (retail \$29) offers multiple connectivity for the iPad.

Lightweight Bikes

Specialized has teamed up with the UK's McLaren to create a bike whose carbon fiber frame weighs just over 2 pounds. The frame module which adds the fork, seatpost and crankset weighs in at 4.56 lbs.

While US pricing has not yet been finalized, for those who simply cannot wait, version will be available in the UK in September for 5000 pounds (approximately \$8000)

Does the advertisement know who you are?

With intelligent, interactive billboards, Immersive Labs has taken targeted advertising to a new level. The billboard can know about you and your interests and customize billboard messages specifically for you.

It includes a point-of-sale system integrated with mobile technology and knows whether or not you are interested in a particular product or not. It will also customize based on age and gender while respecting individual privacy, according to the company.

Eye-Fi Mobile X2 Card uploads directly to mobile devices using Direct Mode

Eye-Fi's range of wireless memory cards give photographers the ability to send photos from a digital camera to a computer over an existing Wi-Fi networks for a few years now. That's great if you're close to your home network but what about when you're out and want to upload some of those captured pictures and videos from your camera? The company's latest Eye-Fi Mobile X2 Card is the answer. A new Direct Mode allows the card to create its own Wi-Fi

network so it can establish a direct connection and upload photos and videos directly to mobile devices such as a smartphone or tablet. Wow.

New technique brings computer model of the brain a step closer

"Connectomics" is an area of neuroscience that aims to map the brain's connections, known as synapses, to allow a greater understanding of how information flows through the circuits of the brain.

With an estimated 100 billion nerve cells, or neurons, in the brain, each connected to thousands of other nerve cells, adding up to an estimated 150 trillion synapses, the creation of such a map is no small task – but a new technique is bringing scientists a step closer to developing a computer model of the brain.

Verizon CFO says next iPhone will work overseas

The next Verizon iPhone model will work on overseas networks. The new phone would be a "global" version, implying that it will be able to roam on the "GSM" wireless networks that are common in most other countries.

Geely McCar is a combined car and motorcycle

Geely McCar debuted it's newest concept car in Auto Shanghai. Ceely engineers in China introduced an ultra-compact, two door, four- seater with a built-in folding three wheeled electric scooter in the rear of the car.

Smart phones drive mobile sales to one in four humans this year

According to the latest Display Search Quarterly Mobile Phone Shipment and Forecast Report, the mobile phone market reached

1.6 billion units in 2010 and should increase further to 1.8 billion units this year. The growth is being driven by continuously growing emerging markets and the trend to upgrading to smart phones.

Google Introduces new TV platform

Internet power house Google has teamed up with consumer electronic giants to launch "Google TV" a new platform it hopes will extend the company's search engine capabilities to combine Web video and traditional TV sets. Google is partnering with Sony, which will market the service as "Sony Internet TV" ...a package which combines Sony Bravia HDTV sets with a Sony DVD player with internet access.

Google TV will be powered by the Intel Atom CE4100 chipset, which will also be in the Logitech standalone Google TV boxes scheduled to go on sale this fall at Best Buy stores nationwide. Dish Network, which has been beta testing the service with 400 of its subscribers, said it also plans to integrate the Google TV software into all of its HD DVR receivers. Prices for the hardware or service have not been disclosed.

The 25th Game Developers Conference offers a peek into the future

A look into the past

Back in 1979, Pac-Man creator Toru Iwatani hoped to create a game girls would want to play. Back then, there were no home systems. Players had to go to an arcade, which was a playground for boys. He and others had a good idea, because today, about 40 percent of gamers are women.

A peek at the future

Some of the most buzzed-about games due this year came

into sharper focus at the Game Developers Conference in San Francisco. Batman: Arkham City and Battlefield 3 are due out this fall for the Xbox 360 and PS3 and PC.

Batman's adventure is even bigger in the sequel to Arkham Asylum, one of 2009's top games. It is set 18 months after Batman's defeat of the Joker in the previous game, which was primarily on an indoor layout. Arkham City takes the action into the streets of Gotham and features Batman and Catwoman.

It is five times bigger, says Dan Cox of development studio Rocksteady. Meanwhile, EZ is mounting an assault to capture fans of Call of Duty with its sensational new game, Battlefield 3. They say it's the game they have wanted to build forever. Now they have the technology and the know-how to do it. Conference attendees were wowed at a private screening preview.

Game developers for Battlefield 3 say they were inspired by films such as Black Hawk Down and The Hurt Locker.

If you have any new news on technology give us a shout at info@vivatyson.com.



"I've decided to diet while trying to quit smoking. It's a low fat, nicotine patch."

Myanmar

Restaurant

DESTINATION FLAVOR

By Allison Chase Sutherland

Nestled in Southeast Asia among the great world-class cuisines of Thailand, China, and India, Burmese cuisine has somehow managed to emerge as far more than a fusion of its neighbors with its own distinctive flair, just bursting with intricate flavors. And nestled in the tiny little Merri Falls Plaza in Falls Church, Myanmar Restaurant has quietly, yet consistently, met the challenge, recently doubling its size. Lin Lin will greet you, shyly and sweetly, just as she has since the place opened in 1999.

Right around the corner from me, I may have very well been their first visitor, always scouting out the latest, and Lin Lin has practically memorized everything I've ever ordered, even after dozens of visits. "You like tamarind," she once observed.

The menu is extensive and fascinating, and great fun to explore. Everyone I've taken there over the years has become pretty much addicted. People have called me saying, "I need some Gram Fritter Salad!" So off we go. After all these years of discovering, and devouring this menu, certain undeniable favorites have emerged.

The tangy tamarind/chili sauce that enhances the lightly **Fried Shrimp** appetizer takes it to an entirely new level. Crispy **Watercress Fritters** are a super crunchy surprise. Other fantastic salads, really more like intriguing conglomerations of flavor, include the luscious **Mango Salad**, freshly shredded mango, thinly sliced onion and cabbage, crushed peanuts, and cilantro, **Green Papaya Salad**, shredded young papaya, cabbage, onion, potato, chickpeas, and cilantro tossed with tamarind sauce, and **Home-made Yellow Tofu Salad**, Burmese-style chickpea tofu with cabbage, onion, leaves, garlic chips, and tamarind sauce. Also, experiment with dishes with sour mustard greens.

Other delectable selections include **Roasted Crispy Fish (catfish or tilapia)**, crispy fish topped with stir-fried onion, tomato, and hot chili sauce.

I've never found this elsewhere for less, and it's nice and crispy. You can also get it filleted. Myanmar also offers **Pork with Pickled Mango** and **Pork and Fresh Mango Curry**, both quite tasty, depending on your mood. For those with milder tastes, the **Chicken Coconut Curry**, marinated chicken cooked in a coconut cream sauce, or **Nanjee Thoke, (Chicken Rice Noodle)**, tossed with cabbage, onion, boiled egg, and chickpeas in chicken curry topped with cilantro, might fit the bill. For vegetarian entrées, an unexpected choice is **Jack Fruit Curry**, young green jackfruit, which is reminiscent of artichoke, cooked with spicy curry sauce.

Myanmar of course offers, among other interesting soups, **Mohingar (Fish Noodle Soup)** the national dish of Burma, which includes thin rice noodles and savory fish broth soup with lemongrass, served with cilantro, lime, and chili pepper on the side. Remember, soups are gigantic here, hence great for sharing with your group, as are all the dishes here, as attested to by the Burmese families gathered here, always a good sign. And if you need more spice with any dish, just ask!

Meeting my most important restaurant criterion of delicious cuisine in a friendly place, (and great prices don't hurt), Myanmar continues to be a crowd-pleasing favorite and on my most-visited list. Allow yourself to settle in and be transported by the enticing flavors and aromas of this exotic faraway land ... and just think, you don't even need a passport.



Restaurant reviewer/photographer Allison Chase Sutherland is a travel writer, author of 'allicucina' international cookbook, multilingual voiceover talent, and foreign language instructor. www.allivoice.com

ALLIE'S TOP PICKS

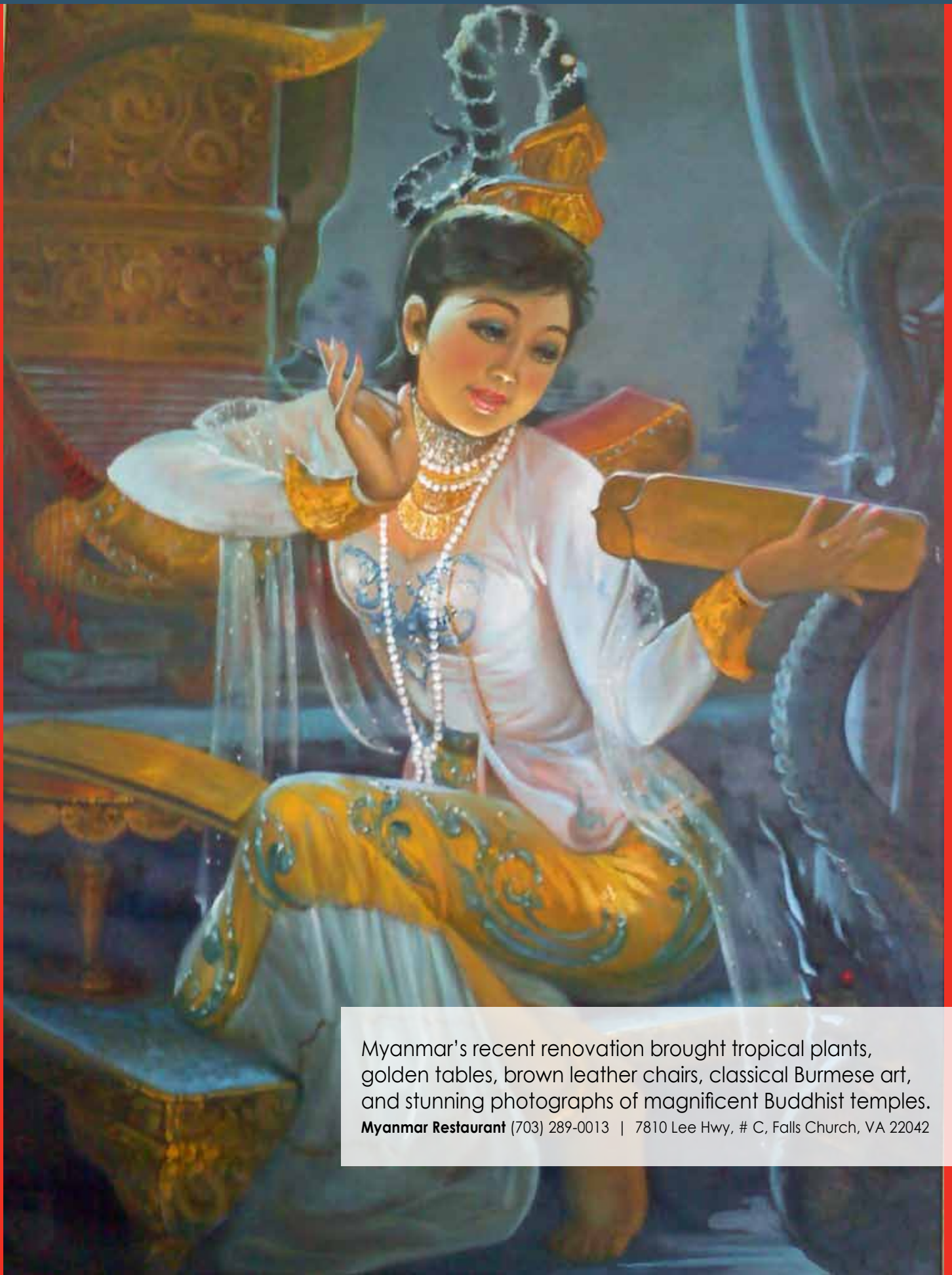
1. Pickled Green Tea Leaf/Ginger Salad

(ask Lin Lin for a combination of these two salads) marinated fermented tea leaf, cabbage, tomato, toasted garlic, broad beans, toasted yellow peas, sesame seed, pickled ginger, crunchy peanuts, and fresh lime juice. Such exciting flavors, like a crazy party! Get ready, because this will fire off taste buds you never knew you had. \$6.99 and you can split it!

2. Gram Fritter Salad, Gram (chickpea) fritters, cabbage, onion, tomato, boiled potato, cumin with chickpea gravy. All I have to say is, "Yum." \$9.99 An acquired taste, you might be hankering for it again the next day.

3. Tamarind Fish Curry, tamarind curry sauce with your choice of salmon catfish, or tilapia. Tilapia blends well with the intricate flavors. So tender, delicious, and bursting at the seams with flavor. \$10.99

allicucina... culinary impressions



Myanmar's recent renovation brought tropical plants, golden tables, brown leather chairs, classical Burmese art, and stunning photographs of magnificent Buddhist temples.

Myanmar Restaurant (703) 289-0013 | 7810 Lee Hwy, # C, Falls Church, VA 22042

Change is in the air

By Judy Caplan

Spring is here! The trees are in bloom, the daffodils are up, and the birds are singing. Renewal is all around us and so are allergens. Residents of the Mid-Atlantic region often suffer miserably from pollens.

Can changing your eating habits help reduce allergy symptoms? Have you ever eaten a piece of fruit or a particular vegetable and your mouth begins to itch? This sounds like a food allergy, but instead, it may be what is known as Oral Allergy Syndrome (OAS). This syndrome actually differs from a food allergy and is very closely connected with pollen and seasonal allergies.

About 70% of people who suffer from pollen allergies, especially hay fever, experience OAS. Usually the foods that bring on the allergy-like symptoms are connected to the type of pollen allergy the person has.

Symptoms of OAS are usually more common and more severe during the connected allergy season. Though OAS is quite common, only a very small percentage of people with OAS find that the symptoms include anything more than itchy mouth or lips, and they usually last no longer than a few minutes, sometimes just seconds, unlike

If you are allergic, you may have a reaction to the following foods:

Birch Pollen

- Apples
- Carrots
- Celery
- Hazelnuts
- Peaches
- Pears
- Raw potatoes

Ragweed Pollen

- Bananas
- Cucumbers
- Melons
(cantaloupe, honeydew and watermelon)
- Tomatoes
- Zucchini

Grasses

- Kiwi
- Melons
- Oranges
- Peanuts
- Tomatoes
- Watermelon

Mugwort Pollen

- Apples
- Carrots
- Celery
- Kiwi fruit
- Peanuts
- Some spices
(caraway seeds, parsley, coriander, anise seeds, fennel seeds)

a true food allergy. Very rarely do the symptoms advance to hives, nausea or other food allergy symptoms. Anaphylaxis is rarely seen with OAS.

Proteins in fruits and vegetables cause the reaction because they're similar to those allergy-causing proteins found in certain pollens. For example, if you're allergic to ragweed, you may also react to melons; if you're allergic to birch pollen, you may also react to apples. These allergic reactions usually occur only when the food is raw. Cooking fruits and vegetables can help you avoid this reaction. Most cooked fruits and vegetables generally don't cause cross-reactive oral allergy symptoms. For example, someone allergic to raw apples can eat apple sauce, apple jelly, apple juice, apple pie and dried apples. However, nuts

may cause allergic reactions whether raw or cooked.

This problem is usually life long. Allergy tests to these foods may sometimes be negative unless a fresh fruit is used for the test (instead of a commercial allergy extract). The allergic reaction to these foods can occur anytime of the year when eating the foods but are usually worse during the pollen season and especially if hay fever is very troublesome that year.

The allergic reaction is not due to pesticides, chemicals or wax on the fruit. However because the more allergic part of the fruit may be in the skin, some people allergic to fruits can eat the flesh without reaction if the skin is peeled away.



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. For more information about Judy and her company, Nutrition Ammunition visit www.GoBeFull.com.

local----

EVENTS

health & fitness calendar

A quick guide to ongoing events in the area.

May 7 Run for Justice 5k and Kids Fun

Benefitting the Fairfax Law Foundation
Tysons Sport & Health Club
8250 Greensboro Dr
McLean

(703)442-9150 • www.active.com
8am • Length of Walk: 5K

The Run for Justice 5k will feature disposable D-tag timing technology from Chronotrack Race Systems and as well as a Kid's Fun Run. Participants will receive a premium T-shirt and Fun Run will receive a medal. Register online at www.active.com.



May 21 Arthritis Walk

The National Mall
15th Street @
Constitution Ave, NW
Washington, DC
(202) 485-9880 • www.arthritis.org
10am • Length of Walk: one-mile/three-mile
The Arthritis Foundation's signature event raises funds and awareness to fight arthritis, the nation's most common cause of disability. Participants walk in honor of a friend or family member and take part in activities for the entire family.



May 21 Great Strides for the Cystic Fibrosis Foundation

Cherry Hill Park
223 Little Falls Street, Falls Church
(301) 951-4422 • www.cff.org
9am • Length of Walk: 5K
GREAT STRIDES is the CF Foundation's largest fund-raising event. Walk day is a fun, family-oriented celebration that includes a healthy walk, Kids' Corner activities, food, and festivities that participants look forward to year after year.



May 22 Great Strides for the Cystic Fibrosis Foundation

Vienna Town Green
144 Maple Avenue E, Vienna
(301) 951-4422 • www.cff.org
11am • Length of Walk: 5K

May 22 Walk to Cure Diabetes

1500 South Capitol Street, SE
Washington, DC
(202)675-6287
www.jdrfcapitol.org
10am • Length of Walk: 5K
The 3K walk and 1.5K family fun walk beginning at Nationals Stadium is sponsored by the Capitol Chapter of the Juvenile Diabetes Research Foundation. Music is provided by Mix 107.3 and families can enjoy live entertainment, children's activities, and snacks donated by vendors.



June 4 The 2011 Komen Global Race for the Cure

The National Mall
15th Street @ Constitution Ave, NW
Washington, DC
(202) 485-9880 • <http://globalrace.info-komen.org>
Length of Walk: 5k or one-mile route
Be bold and use your power to make a lasting impact in your community. Register for the Susan G. Komen Global Race for the Cure® and be a part of the promise to end breast cancer forever. You can run or walk the 5K or the one-mile route, or if you can't make it to Washington, D.C. on June 4, register to Sleep In for the Cure®. Kids ages 5 to 12 can register as Kids for the Cure®.



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¹ Restrictions apply.

² An applicant must have, or open prior to closing, a banking relationship with Bank of America, which can be, at a minimum, a checking or savings account.

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Bank of America Home Loans

Countdown to Summer ... Choose Your Perfect Makeover



With just weeks away until the beginning of summer, imagine yourself walking along the beach in a sleek new bathing suit...looking fabulous and fit in shorts on the tennis court...or seeing a more youthful, refreshed reflection in the mirror.

To achieve that WOW factor for your body and face, here are our 5 top choices...**and all in time for summer.**

Zerona

Eliminate fat and reduce up to 9 inches with **ZERO** Pain, ZERO Surgery and **ZERO** Downtime.

Releana Weight Loss Program

Target fat, prevent muscle loss and decrease hunger while increasing energy.

Reduce Tummy, Thighs and Arms

Smartlipo, also known as LaserBodySculpting, removes fat, then tightens and smooths skin.

Enhance Breasts

Create a more shapely appearance with a **Breast Augmentation**, **Breast Lift** or **Breast Reduction**.

Rejuvenate Brow, Face and Neck

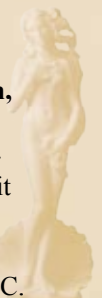
Tighten skin and eliminate wrinkles with a **Brow Lift**, **Face Lift** or **Neck Lift**.

Other rejuvenation options include the Fraxel laser, Thermage, Botox, Dysport, Juvederm, Restylane, Radiesse and Sculptra.

How to enhance your own natural beauty is very much a personal choice. However, one thing is clear. There is no better time than now to begin your countdown to summer.



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FREE WEIGHTS VS. MACHINES:

Which is More Effective?

By Cindy Pavel

I have been asked this question often, "Should I use free weights or machines?" It is a bit of a trick question. Many variables need to be considered before choosing the answer. Hence, there is not a right or wrong answer. Machines vary as well; there are pulley systems, selectorized (Nautilus) resistance, and fixed motion machines. You need to consider your goals of the workout and your current fitness level when making your choice. We will examine the differences between machines and free weights so you have a better

Core Stabilization is active during every position – lying on a bench, standing, or seated. The "core" includes the muscles of the pelvis, abdomen, lower back, and hips. Training the core is important for balance and stabilization. The difficulty lies in maintaining proper form during a movement so the core will actually work. For instance, while doing a standing biceps dumbbell curl, the only joint moving should be the elbow. If the body is rocking and your back is exceedingly arching, your core is working minimally. The major disadvantage is that free weights are limited to using gravity – linear, north and south only – and a beginner may have difficulty stabilizing the core while learning a movement.

Balance develops from using the core and allowing each side of the body to do its own work. A few examples - performing 1-legged movements (step ups, lunges) with free weights will challenge balance; shoulder presses with dumbbells will require balance.

Coordination takes repetition to master. Depending on a person's skill level and proprioception (awareness of how their body moves in space), it may take up to 100 repetitions before the movement becomes smooth and controlled.

Secondary Muscle Groups assist the prime movers (muscles) to perform an exercise. During a flat dumbbell

chest press, the chest muscles are the primary movers, but the triceps, shoulders, and core muscles are all assisting to complete the exercise.

Range of Motion speaks to how much movement each joint allows. Free weights offer more freedom of movement; this does not mean you want to exercise the joint at its greatest range of motion. The lack of restriction in movement can increase risk of injury. I cannot stress enough the importance of maintaining proper technique.

MACHINES:

Once you have an understanding of how to set the seat, machines are, generally, user-friendly. They can work multiple muscle groups, like free weights, but machines tend to isolate muscle groups to a greater extent; although easier, isolating muscles groups is not how we naturally move. Assuming you are sitting in the correct position, you are ready to do the exercise. The risk of injury is much less when exercising with machines. That is a big plus!!



understanding of why you are using what you are using!

FREE WEIGHTS:

The advantages free weights offer are numerous. Core stabilization, balance, coordination, use of secondary muscle groups, and extensive range of motion are the primary benefits.

Regardless of which type of resistance equipment you choose– **Learn and maintain proper technique throughout the entire movement!**

Balance and coordination have minor roles when using machines, and with some, no role at all. The leg extension and leg curl (single joint movements) require lining up the axis of your joint with the axis of the machine, but balance is moot. A pulley system is more demanding as it will require core positioning and stabilization (i.e., seated row).

Most machines are bilateral – which means both arms and legs move in unison. The caution here is to not allow your dominant side to do all the work. One objective for any weight training regimen should be to have both sides of your body symmetrical. When doing a leg extension, it would be easy to allow your strong side to do most of the lifting. With dumbbells, both sides have to do equal work.

One major advantage to using machines is there is less to think about and coordinate; beginners to weight training can learn more easily and not have to worry so much about their safety. However, it is imperative that free weights do enter into one's routine at some point. Our bodies naturally use many muscles at the same time when doing any activity, and free weights emulate this process more effectively. Regardless of which type of resistance equipment you choose – **Learn and maintain proper technique throughout the entire movement!** The last repetition should look like the first one!



Cindy Pavell, M.S.
Health Educator & Fitness Specialist since 1988.
Fitness + Wellness | www.fitnesspluswellness.com
Twitter: cepfitwell | Phone: 703.298.8198
Cindy welcomes any questions, suggestions for topics, and/or feedback. You can email her at cpavell@cox.net.



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1 Client 1 Trainer 1 Goal

Edward Jones Investments

410 S. Maple Street, Falls Church

Headquartered in Saint Louis, MO, Edward Jones Investments has now opened a new location in Falls Church.

Jerry's Subs & Pizza

350 W. Broad Street, Falls Church

CLOSED as of April 8th. Lease rates and rumored competition with Chipotle seem to be the main factors of their closure.

PetSmart

A new PetSmart is moving into the old Bed, Bath, and Beyond spot off Leesburg Pike.

Mad Fox

444 W. Broad Street, Falls Church

Congrats to the Mad Fox Brewing company in Falls Church! They were recently praised in the Washington City Paper as the Best Beer Bar 2011. To see the article in full detail, please visit madfoxbrewing.com.

Clawes Carpet

A new location is opening up on Maple Avenue in the heart of Vienna. Known for personal care and attention, Clawes

prides themselves on solving your flooring needs and has some valuable ideas for pet lovers.

Savvy Rest

258 Maple Ave, Vienna

Opening this summer at the new "Green Building" Savvy RestMakers offers sleepers 'organic mattresses' and chemical-free products. Savvy Rest has been the answer for many who suffer from allergens, mold, mildew and fungi.

Thai Pilin

What's going with Thai Pilin, anyone know? If so, send us an email at comments@vivatysons.com.

Vineyard Vines

8075 Tysons Corner Center, McLean

Vineyard Vines has opened in the Galleria. The Clothier from Martha's Vineyard is finally here and profits go towards helping marine life flourish!

I-Berry Yogurt

McLean

Is opening in McLean. In the same shopping center as Evo Bistro, Pasa Thai, and Plastic Surgery Associates. I-Berry

plans to offer an all-natural yogurt with your choice of toppings. Self-serve, woo hoo can't wait!

McLean Pharmacy

In the space that was previously supposed to be the McLean Tavern, next door to the upscale McLean 1910 restaurant, is a sign "Coming Soon... McLean Pharmacy."

Allstate Insurance

-Douglas White

143 Church Street, Vienna

Moving May 1 to new location, (see above address), phone number will remain the same at (703) 848-1800

Walmart

Tysons Corner

The super-saver is coming to Tysons Corner, yes you heard it correctly. Walmart plans to open a store on the site of the former Moore Cadillac dealership. The new Walmart would join the gym, parking lots and other stores as part of the project by developer JBG. JBG and Walmart are in final negotiations on a lease and construction is scheduled to

Champagne & Stilettos Reception

What an evening to remember! As seen in the previous issue of Viva Tysons, Plastic Surgery Associates hosted a Champagne and Stilettos reception March 29th. Demos, drawings, free gifts, a preview of the hottest spring fashion accessories and extraordinary values on beauty enhancements were all part of this fabulous evening. Don't miss the next one!



Midge McKee with
Dr. Csaba Magassy



Kris Furth, winner of a Microdermabrasion with
Fire & Ice Facial Treatment



Randi Max, Medicis Aesthetic Consultant, was
on hand to answer questions.

To learn about available services, call (703) 790-5454 or visit psapc.com for more details.



begin this summer. The 79,000 –square foot store is smaller and more focused on groceries and fresh food than the chain's traditional Supercenters.

DePaul's Urban Farm 2599 Chain Bridge Rd, Vienna

The old location of Cox's Farm on Maple Avenue in Vienna now houses DePaul's Urban Farm. The DePaul family says it will continue the tradition of a family farm market at the same convenient location as Cox Farms- Vienna Market has done for the past 38 years. The DePaul's have owned the property for 50 years and will continue to support the community with quality plants, shrubs and fresh produce in spring, and pumpkins, apples, Christmas trees and wreaths in the fall.

Danor Plaza West Maple Ave, Vienna

Getting a new look! Danor Plaza is busy reading itself for the opening of the new Fresh Market to be located on bustling West Maple Avenue (Route 123) in Vienna, VA. Working to reinvent itself as a more upscale alternative to those shops nearby, the team is adding an extensive façade improvement to add to the curb appeal. A revamped Danor Plaza will be a terrific addition to Vienna's retail market and attract a more exciting mix of merchants and services.



Golf Smith

Coming to Tysons in the space of the former Office Depot on Route 7 is a new golf store, more info to come.

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04/02

Tysons Corner Shopping Center

1961 Chain Bridge Rd, McLean

It's a busy time for the folks at Tysons Corner Shopping Center. Ten (10!) new stores are scheduled to open in the Tysons Corner Mall in the coming months. New stores include an IMAX



movie theatre (photo above), Seasons 52 Grill, American Girl, Intimacy (custom bra fitters), Bose Audio, Catamini (Children's clothes from France), Swatch time pieces (love these watches!), and Ecco, a

family-owned shoe company with 950 retail stores worldwide.

Opening later this month is Eyebrow Designer 21, the newest location for an Alexandria-based Salon, and Papilio, specializing in women's hosiery and legwear. Also, opening in June will be Magic & Health offering acupuncture and massage therapy.

Tysons Corner Mall attracts 22.1 million visitors annually, and more than 60,000 per day, according to mall officials.

McLean Insurance Finalist for Corporate Philanthropy Award

McLean Insurance has been named as a finalist for Washington Business Journal's 2011 Corporate Philanthropy Awards for the amount of community service hours they have worked. The award winners will be announced at the WBJ event on May 12.

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Andrea Schaaf
703.405.7105
nova.experts@gmail.com



Fenley Joins Sun Design Remodeling

Media Contact: John Byrd

Troy Fenley, principal of Encompass Design Build in Vienna, has joined Sun Design Remodeling Specialists as a project development liaison and sales consultant. Fenley is the recipient of seven "Contractor of the Year" awards (COTY), a prize for excellence in remodeling conferred annually by the National Association of the Remodeling Industry. For the past ten years, he has specialized in executing distinctive whole house remodels, mostly located in Vienna and environs. He is also a local leader in the development of Green Building technologies.

Sun Design Remodeling Specialists headquartered in Burke, is one of the nation's largest full-service remodelers. Founded in 1988, the firm is the recipient of over 80 awards for superior residential design and construction including frequent honors from the National Association of the Remodeling Industry, Washingtonian Magazine, Qualified Remodeling Magazine and Professional Remodeler Magazine.

On four occasions, Sun Design has been identified by INC as one of the fastest growing companies in the US. The company is owned by Craig Durosko and Bob Gallagher and employs a professional, technical and administrative staff of fifty.

FOR INFORMATION: (703) 425-5588, or www.SunDesignInc.com



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AL FRESCO!

In the Washington area, our wet and cold winters turn to a hot and humid sauna in what seems like overnight. But when a lasting spring arrives in our area, it's a welcome change for all to celebrate. Sidewalk cafes are alive with laughter, music and the chatter of friends sharing a long and celebrating meal.

Dining "Al Fresco" is dining in the open air. Since the earliest of times everyone used to eat outside. Europeans have mastered the art with their chic sidewalk-cafes many of which have only been seen by Americans in travel brochures and the movies. Americans have been slow in adapting to the joy of dining al fresco...an evening eating under

the start, and enjoying the bustle of people, shoppers and couples strolling the avenue. No one seems to be able to explain why the food seems to taste better when we sit under an umbrella...the cocktails seem more refreshing and the coffee...so much richer and smoother.

We have compiled a list of local restaurants which provide the "Al Fresco" experience in our area. With so many new establishments opening and so many expanding to include cafes or gardens, we hope we have covered many of the most popular ones...a taste of Ireland, Lebanon, France, Greece, Asian Delights, Italian...we have them all.

Did we miss any? Sure. Many great little coffee shops and restaurants may have a few chairs and tables for their patrons to enjoy. But we hope we got some great locations for you to enjoy. We couldn't find any rooftops in Tysons...what a shame...I'll bet the views would be great.

With our new city emerging, you can bet we'll have more and more choices in the future. In the meantime, catch the fresh spring air while you can...it'll get hot soon enough.



"Seating themselves on the greensward, they eat while the corks fly and there is talk, laughter and merriment, and perfect freedom, for the universe is their drawing room and the sun their lamp. Besides, they have appetite, Nature's special gift, which lends to such a meal a vivacity unknown indoors, however beautiful the surroundings." Jean-Anthelme Brillat-Savarin

Enjoy dining al fresco?

Growing up overseas, we enjoyed most of our meals outside. But for some, eating outside brings a slight cringe...bugs, wind, too cold, too hot, etc. This may just be part of an evolution of our lives getting used to being inside the glass enclosed office where inoperable windows have become part of our daily existence. Whether it's being in the air conditioned mall, living a more sedentary lifestyle in front of our variety of media screens, or just the avoidance of the heat and humidity that can make this unbearable during late summer, many of us seem to have lost the romance, the peacefulness, and the charm of dining in the open air. What a shame. Hopefully we can enlighten you to some new choices found locally to get you back in the "Al Fresco" mood.

Falls Church

2941 Restaurant

-French-
2941 Fairview Park Dr
Falls Church, VA 22042
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www.2941.com

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-Italian-
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(703) 534-1033
www.argias.com

Clare and Don's Beach Shack

-Seafood-
130 N Washington St
Falls Church, VA 22046
(703) 532-9283
www.clareanddons.com

Dogwood Tavern

-American-
132 W Broad St
Falls Church, VA 22046
(703) 237-8333
www.dogwoodtavern.com

El Tio Tex Mex Grill

-Mexican-
7630 Lee Hwy
Falls Church, VA 22042
(703) 204-0233
www.eltiogrill.com

Four Sisters Restaurant

-Vietnamese-
8190 Strawberry Ln
Falls Church, VA 22042
(703) 539-8566
www.foursistersrestaurant.com

Grevey's Restaurant & Sports Bar

-American-
8130 Arlington Blvd
Falls Church, VA 22042
(703) 560-8530
www.greveys.com

Hoang's Grill & Sushi Bar

502 W Broad St
Falls Church, VA 22046
(703) 536-7777
www.hoangcuisine.com

Ireland's Four Provinces

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

Luzmila's Cuisine

-Latin American-
809 W Broad Street
Falls Church, VA 22046
(703) 237-0047

Maneki Neko

-Japanese-
238 West Broad St
Falls Church, VA 22046
(703) 534-8666
www.mneko.com

Natalia's Elegant Creations

-Bakery-
230 W Broad St
Falls Church, VA 22046
(703) 241-8040
www.nataliasellegantcreations.com

Open Kitchen

-Continental -
7115 Leesburg Pike, Ste 107
Falls Church, VA 22043
(703) 942-8148
www.openkitchen-dcmetro.com

Sea Pearl

-Asian Fusion-
8191 Strawberry Ln #2
Falls Church, VA 22042
(703) 372-5161
www.seapearlrestaurant.com

Seaside Crab House

-Seafood-
6799 Wilson Blvd #5
Falls Church, VA 22044
(703) 241-2722
www.seaside-crabhouse.com

Sunflower Vegetarian Restaurant

-Vegetarian-
6304 Leesburg Pike
Falls Church, VA 22044
(703) 237-3888
www.crystalsunflower.com

Sweetwater Taven

-American-
3066 Gate House Plaza
Falls Church, VA 22042
(703) 645-8100
www.greatamericanrestaurants.com/
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Great Falls

Brix American Bistro

-American-
1025 Seneca Rd, Ste 1
Great Falls, VA 22066
(703) 433-9050
www.brixgreatfalls.com

Dante Ristorante

-Italian-
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www.laubergechezfrancois.com

Old Brogue Irish Pub

-Irish-

760 Walker Rd, Ste C
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www.oldbrogue.com

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-Deli-

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Café Deluxe

-American-

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www.cafedeluxe.com

Cafe Oggi

-Italian-

6671 Old Dominion Dr
McLean, VA 22101
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www.cafeoggi.com

Cafe Taj

-Indian-

1379 Beverly Road
McLean, VA 22101
(703) 827-0444
www.mycafetaj.com

Chicken Out

-American-

1443-A Chain Bridge Rd
McLean, VA 22101
(703) 917-8646
www.chickenout.com

Chics N Wings

-American-

8119 Watson St
McLean, VA 22102
(703) 847-2442
www.chicsnwings.com

Greenberry's Coffee & Tea Company

-Coffee & Tea-

6839 Redmond Dr
McLean, VA 22101
(703) 821-9500
www.greenberrys.com

Kazan Restaurant

-Turkish-

6813 Redmond Dr
McLean, VA 22101
(703) 734-1960
kazanrestaurant.com

Le Grand Café

-French-

1327 Chain Bridge Rd
McLean, VA 22101
(703) 734-9082

McCormick & Schmick's Seafood

-Seafood-

8484 Westpark Dr, Ste 130
McLean, VA 22102
(703) 848-8000
www.mccormickandschmicks.com

Mylo's Grill

-Greek-

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

Neisha Thai Cuisine

-Thai-

7924 Tysons Corner Ctr
McLean, VA 22102
(703) 883-3588
www.neisha.net

O'Malley's Sports Pub

-American-

Crowne Plaza
1960 Chain Bridge Rd
McLean, VA 22102
(703) 893-2100
www.omalleystysonscorner.com

Rita Italian Café & Restaurant

-Italian-

1751 Pinnacle Drive
McLean, VA 22107
(703) 506-2932
ritarestaurant.com

Rocco's Italian Restaurant

-Italian-

1357 Chain Bridge Rd
McLean, VA 22101
(703) 821-3736
www.roccositalianrestaurantmclean.com

Star Nut Gourmet

-Coffee & Tea-

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

Sweetleaf

-Deli & Ice Cream-

1359 Chain Bridge Rd
McLean, VA 22101
(703) 893-2323
www.eatsweetleaf.com

The Greek Taverna

-Greek-
6828 Old Dominion Drive
Suite C
McLean, VA 22101
(703) 556-0788
thegreektaverna.com

Oakton

Famous Dave's

-Barbeque-
2910 Chain Bridge Road
Oakton, VA 22124
(703) 281-3800
www.famousdaves.com

Luciano Italian Restaurant

-Italian-
2946 Chain Bridge Rd, Ste G
Oakton, VA 22124
(703) 281-1748
www.lucianoitalianrestaurant.com

Santini's New York Style Deli

-Deli-
2975 Chain Bridge Rd
Oakton, VA 22124
(703) 766-6666
www.santinisdeli.com

Tigris Middle Eastern Grill

-Middle Eastern-
2946-P Chain Bridge Rd
Oakton, VA 22124
(703) 255-5950
www.tigrisgrill.com

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Chef Geoff's Tysons

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

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www.diyatyson.com

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-Middle Eastern-
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Vienna, VA 22185
(703) 288-9126
www.friendskabob.com

Konami Restaurant

-Japanese-
8221 Leesburg Pike
Vienna, VA 22182
(703) 821-3400
www.konamirestaurant.com

Lebanese Taverna

-Middle Eastern-
1840 G International Drive
McLean, VA 22102
(703) 847-5244
www.lebanesetaverna.com

Lebnan Zaman

-Lebanese-
8411 Old Courthouse Rd
Vienna, VA 22182
(703) 748-1400
www.lebnan-zaman.com

Panache Restaurant

-Italian-
Pinnacle Towers S
1753 Pinnacle Dr
McLean, VA 22102
(703) 748-1919
www.panacherestaurant.com/tysons

Ruth's Chris Steak House

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

Skorpios Maggio's

Family Restaurant
-Greek-
421 Maple Ave E
Vienna, VA 22180
(703) 938-7777
www.maggiosonline.com

Sushi Yoshi

-Sushi Bar-
101 Church Street NW
Suite B
Vienna, VA 22180
(703) 242-1350
www.sushiyoshi-vienna.com

Tequila Grande

-Mexican-
444 Maple Ave W
Vienna, VA 22180
(703) 255-5933
www.tequilagrande.com



Ruth's Chris



Panache



Open Kitchen



Sweetwater Tavern



Old Brogue

CHEF'S CORNER

seasonal thoughts & recipes

How to: BUILD A BETTER BODY

By Chef Bonita Woods

What do I love about Spring? It is that wonderful corridor from my Winter "keep insulated to stay warm" body to my Summertime "let's hike then play Frisbee by the pool" body. Not that these bodies look all that different to the casual observer, but they feel really different to me. Energy wise, once the weather warms up I am ready to go! Diet wise, I become a produce and yogurt-consuming maniac. Also, I love how all that added sunshine-infused vitamin D soaks into my very being. (After years of working in windowless kitchens, I can never get enough of it. Vitamin D also helps with the processing of amino acids, which is super important!) The biggest change for me is my tendency to lose body bulk and build lean muscle mass. The reason for this? My increased consumption of fresh produce and low-fat dairy.

I know that a lot of people think you must consume a high protein diet to build muscle. This isn't true. Too much protein in your diet makes you bulky - like me in the cold months. It is actually amino acids that form together to make

the protein that builds muscle. So, while you can get plenty of amino acid from meat, it is really hard for our digestive tract to break that food down all the way to the individual amino acids then rebuild them as muscle on you. Your body has a far easier time with whole grains & produce. The best part is that, while few fruits, grains and veggies have a complete amino acid chain, you don't need to eat the whole chain with every meal. If you consume a spectrum of produce & grains, you will hit all the amino acids you need without having to think about it. This is one reason that vegetarian athletes are usually leaner than their omnivorous counterparts.

Think of it this way - What is the international sign for protein? Beef! (Sorry vegetarians, but it really isn't tofu...) Imagine a juicy cheeseburger & a milkshake. That protein rich beef & dairy come from cows. What do cows eat? Grass and flowers. Hmmm... makes you think a little more about that amino acid situation, doesn't it?

As I mentioned, amino acids are the chemical units or "building blocks" of the body that make up

protein. Protein substances make up the muscles, fat, tendons, organs, glands, nails, and hair. Growth, repair and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight. FYI: amino acids that must be obtained from the diet are called "essential amino acids" other amino acids that the body can manufacture from other sources are called "non-essential amino acids."

Consuming fish, meat and dairy is fine, but we eat that because they are yummy and we enjoy them. We need to eat fruits, veggies and grains or our bodies stop functioning. If you want to combine your dietary needs and pleasures, go ahead. I call that the best of all worlds! Here are a few of my favorite quick & easy quinoa (VERY rich in amino acids!) recipes that are filled with a spectrum of amino acids. Enjoy!



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. BonitaWoods.org | CulinariaCookingSchool.com



ZESTY & HEARTY QUINOA SALAD

Serves 4 – 6

Ingredients:

- 1 cup quinoa
- 1/8 teaspoon salt
- 1 3/4 cups water
- 1 cup canned garbanzo beans (chickpeas), drained
- 1/2 cup corn kernels
- 1/2 cup black beans
- 1 tomato, chopped
- 1 clove garlic, minced
- 3 tablespoons lime juice
- 4 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1 pinch salt and pepper to taste

- 1/2 cup chopped fresh cilantro
- 1/2 cup shredded carrot
- 1 tomato, diced
- 1/2 bell pepper, diced large (red, yellow or orange)
- 8 ounces baby spinach or salad mix
- 1 lime, cut into wedges

Note: You can also add mango, avocado or cooked butternut squash as a garnish when seasonally available

Method:

1) Place the quinoa in a fine mesh strainer, and rinse under cold, running water until the water no longer foams. Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

2) Once done, stir in all the other ingredients. Sprinkle with reserved chopped fresh cilantro, garnish with lime wedges & serve.

MASHED CAULIFLOWER IN A TOMATO CUP

Serves 4 – 6

Ingredients:

- 1 to 1 1/2 pound Cauliflower
- 4 cloves garlic, minced
- salt & pepper to taste
- 1 tablespoon extra virgin olive oil
- 2 tablespoon pine nuts
- 1/4 teaspoon paprika
- 1 teaspoon parsley leaves, chopped
- 5 vine ripened tomatoes

Method:

1) Cut the cauliflower into florets.

2) Steam the cauliflower and garlic together until both are tender and fully cooked.

3) Meanwhile, in a toaster oven or a dry skillet, toast the pine nuts so they become golden colored. Remove to a plate to cool off.

4) Mash the cauliflower and garlic together with a hand masher, slowly incorporating the olive oil. Add salt & pepper to taste. When done mashing, stir in pine nuts.

5) Cut the top 1/3 off each tomato and hollow the tomatoes out. Rub a little olive oil on the outside of the tomatoes.

6) Fill each tomato with the mashed cauliflower. Sprinkle paprika on top.

7) Bake in 400°F oven until hot and steamy.

QUINOA GRANOLA

Makes 2 to 3 cups

Ingredients:

- 1 cup quinoa flakes
- 1/2 cup quinoa, regular or sprouted
- 3 tablespoon pure maple syrup
- 3 tablespoon olive (or nut) oil
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon allspice
- 1/8 teaspoon nutmeg
- 1/4 cup flax seed
- 1/4 cup chia seed
- 1/4 cup hemp hearts

Method:

1) Preheat oven to 350°F. Spray a baking sheet with cooking spray.

2. Rinse and thoroughly drain the regular quinoa, letting it soak for at least 1/2 hour to soften it. (Otherwise it will remain gritty.)

3) In a large bowl, stir together all the ingredients until the grains are thoroughly coated with the syrup & oil. Spread the mixture out as thinly as possible on the prepared baking sheet.

4) Toast the granola in the preheated oven until lightly golden brown, about 15 minutes, stirring every 5 minutes. Let cool completely before storing in an air-tight container. If you want, you can add dried fruit.

Note: This granola is a great additional ingredient to spiff up to pancake and morning glory muffin recipes.



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sea pearl

Voted one of the **50 Best Restaurants** for the past two years, Sea Pearl combines the inspired creativity of Chef Sly Liao with the trendsetting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Focused on seafood, Sea Pearl's menus also include salads, pasta, poultry, steak, and more. Treat yourself to a great brunch on the weekend, or early evening offerings during the week. *Northern Virginia Magazine*



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703.372.5161
8191 Strawberry Ln., Falls Church, VA
seapearrestaurant.com



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Sunday 12 pm - 8 pm

(703) 319-3131
110 Lawyers Road, NW, Vienna
(intersection of Maple Avenue)
www.plakagrill.com



recently posted on Facebook, an upcoming event at Bazin's and a Facebook friend responded with "What is a Bazin?" A Bazin, I explained is a mammal who loves food and fine wines and owns a restaurant on Church Street in Vienna.

Chef Patrick Bazin just made a few seasonal changes to the menu, so in addition to the past favorites such as crispy oyster appetizers, potato onion ravioli and mustard crusted salmon salad, he has added a non-traditional minestrone soup with a pesto broth, roasted asparagus salad, and a warm red and golden beet salad. Another well received addition to the menu is the poached jumbo shrimp

DINING WITH DEBBIE... BAZIN'S ON CHURCH

salad. It is lightly dressed with a red chili lime vinaigrette with the added bonus of being a nonfat dressing.

The luncheon entrée of potato-crust Norwegan Cod served with jumbo asparagus, mushroom sun-dried tomato salsa with a lemon chive sauce rivals my long time favorite, the maple-miso Chilean sea bass.

Come by for dinner. Smoked chicken and goat cheese cannellini is a nice beginning. More simliar to a crepe shell than a denser pasta, the thinner wrapping allows the filling to come to the forefront. A sugar cane tuna is a welcome addition to the "From the Sea" side of the dinner menu. "From the Land" includes a parmesan-crustred veal and a duck confit tagliatelle with dried cherries, shiitake mushrooms with rosemary and parmesan, also available in a smaller size luncheon portion.

For dessert, enjoy a salted caramel tart with bittersweet chocolate ice cream or savor one of the other decadent house-made desserts, you simply can't go wrong.

An extensive wine selection is continuously being updated with new and interesting wines. Check their website at www.bazinsonchurch.com for upcoming events. Catering and private party events are also available.

- Debbie Casey

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CAIPIRINHA

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- 1 Fresh Lime Juice (LG lime juiced)
- 4 Tsp Sugar
- 1 1/2 ozs Velho Barreiro Cachaca

Directions:

- Mix ingredients and combine with ice
- Shake Vigorously
- Pour in Rocks Glass and serve with a teaspoon
- (Stir before every sip)

**Caipirinha is Portuguese slang for "The farm girl who isn't as innocent as she looks."*

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BAZIN'S SPRING ASPARAGUS SALAD

**with Marinated Mushrooms,
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INGREDIENTS

- 18 Jumbo Asparagus (stem peeled, poached for 2 minutes, then roasted in the oven for 5 minutes)
- 3 oz Aged Goat Cheese
- Marinated Mushrooms
- 1 pound Crimini mushrooms
- 1/2 red onions, julienned
- 1 tb roasted garlic
- 1 tb fresh basil, chopped
- 1 tb fresh chives, chopped
- 2 oz balsamic vinegar
- 4 oz olive oil

METHOD

1. Cook mushrooms in salted water for 3-5 minutes
1. Add julienned onions to mushrooms
2. Mix in roasted garlic, basil, chives
3. Make vinaigrette with vinegar and oil, add to above mixture
4. Marinate for 4-6 hours

ASSEMBLE

1. Place roasted asparagus on a plate
2. Put marinated mushrooms on the top of asparagus
3. Mix left over vinaigrette with baby arugula
4. Crumble goat cheese all over
5. Serve

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Sergio Domestici

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428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.com

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400 South Maple Ave, Falls Church

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IGNITING APPETITES

hearth (härth) noun; The floor of a fireplace, usually extending into a room and paved with brick, flagstone, or cement

By Keith Loria

Taking that definition to heart, in April of this year, the Hilton McLean Tysons Corner has opened the new restaurant Härth and its wood-burning oven is the anchor of the public area of the hotel, just as the heart of a home is centered on the kitchen.

"Our Hilton Hotels & Resorts brand also has a renewed energy among its restaurants, elevating the dining experience with innovative and delicious restaurant concepts for hotel guests and the local community alike," says Beth Scott, Vice President of Restaurant Concepts - Full Service & Luxury Brands, Hilton Worldwide.

"We are excited about the launch of Härth into this property and community."

The bright, contemporary restaurant has joined the area's vibrant dining landscape offering a la carte and buffet breakfast, all day lunch service, and dinner seven days a week. There is also a menu of small plates and charcuterie available at the expansive Härth Bar.

Under the guidance of Executive Chef Thomas Elder, the restaurant will offer a menu of locally sourced ingredients from farms scattered throughout Virginia's Shenandoah countryside, including Charlottesville's The Organic Butcher, Ayrshire Farm in Upperville and a co-op of family-owned farms throughout the state known as Freestate.

"Tysons Corner is at the heart of an abundant and diverse region. We are able to take advantage of these assets at our 'harth-warming' restaurant," says

Brian Kelleher, general manager, Hilton McLean-Tysons Corner. "Chef Elder adds experience and vision that will drive this restaurant into the heart of the Tysons Corner community." For his part, Elder has been roaming the Virginia countryside on his motorcycle the past few months searching for product from local farmers and talking with them and really getting a good sense of the region.

"The biggest thing I am interested in is that we are part of the community," Elder says. "That is not only the local buyers, but the whole area. When we started, we talked about sustainability, stewardship to the land and I think that is the most exciting piece of all this."

The property will also source locally with a terrace level organic garden, a beehive program on the terrace and a pepper patch and mint garden offering five types of mint to be used throughout the culinary and mixology programs.

Elder and Kelleher are now members of the North Virginia Association of Beekeepers and the chef plans to use the honey that they collect from the hives in a honey ale and in his scrumptious applewood smoked bacon jam.

"My goal is to support local farmers and serve food that our guests crave—the dishes that they grew up on, executed perfectly with the freshest ingredients available," said Elder. "The goal is simple: to give each guest a memorable, delicious meal they want to come back for often."

The 120-seat dining room is decorated in hues of eggplant, cream and celery green, and set among a landscape of warm woods, cool custom chandeliers and artisan works. Throw pillows and artwork add beautiful splashes of color to the room.

"It's probably one of the best looking restaurants I have seen in a long, long time," Elder says. "It's a very contemporary look with all natural elements to it. Wooden tables, distressed walnut, leather chairs and a lot of earth-tone granites."

The interior, he says, will awaken and intrigue the senses, as the oven and three stone fireplaces provide a warm glow to the room.



Chef Elder, Härth Restaurant



The oven, regarded as Härth's "heart" not only adds to the monumental flavor profile of local ingredients throughout the menu, but also lends an enticing aroma to the large space and adjacent Härth Bar.

"We are going to be burning apple and hickory. What it does is that it helps to season more than anything else," Elder says. "What happens is that wood creates a different type of cooking environment and the flavor comes from a different type of heat source. It changes the overall texture of the product, but not in a big smoky way."

Taking full advantage of the kitchen's wood-burning granite-clad oven, Elder plans to offer a variety of fire-roasted dishes including fire roasted chicken served with brussel sprouts, forest mushrooms and rosemary jus, and the signature Härth burger topped with Talbot Reserve sharp cheddar, wood fired onions, and apple wood smoked bacon. The same bacon is used in Elder's unique apple wood-smoked bacon jam, which he plans to offer for breakfast, and throughout the day in a variety of ways.

Lunch offerings currently include hand-carved sandwiches such as short rib cheesesteak, porchetta, herbed chevre and corned beef. There are also all-day fare such as the chef's signature wood-fired flatbreads, to include standouts like Bianca, topped with prosciutto and arugula, and roasted mushroom, with caramelized onion, fontina, and truffled sea salt.

To round out the menu, Elder has added savory main plates and salads ranging from salt-roasted beets to Härth's Chopped, a filling blend of artichoke hearts, pecorino & fontina, teardrop tomatoes, garbanzo beans, cucumber, romaine and white balsamic dressing.

"We will have a seasonal menu. Our capabilities allow us to change the menu every day and we are going to base them on the seasons," Elder says. "We will do four menus a year and then change as needed by ingredients."

There are two different wine displays at the restaurant; a wine room and its own cellar inside. This allows for one of the area's best selections of bubbly.

"Our wine list are on ipads so guests can flip through different pages and see the wines and that helps save paper and goes along with all the sustainability goals we have talked about," Elder says. "Technological advances are where all great restaurants are going these days. We have a tech-lounge on the property and our bar has high-tech elements as well."

The adjacent 18-hour lobby bar provides an extensive small plates menu such as charcuterie and artisan wood-fired flatbreads for those wanting a drink and a nosh. The bar also includes little televisions built into each wall and four large plasma screens surrounded by a framework of tigerwood.

The restaurant also includes a semi-private dining space that can hold up to 20 guests.

In keeping with Elder's locavore approach to dining, Härth has began a partnership with the Capital Area Food Bank. No only will it receive food donations from Härth, but also volunteer hours from the staff, and it will have a regular presence at the much-anticipated Saturday farmer's market beginning in May at the hotel.

"Härth is proud to support the food bank and its many programs designed to help those in need in our community," Kelleher said.

Speaking of the farmer's market, it's another of the big initiatives that Elder has planned for the property and it will run every Saturday from May 14 through mid-October.

"We are also partnering with mobile lifestyle, doing blood screenings, recycling, talking about health and trying to get people thinking healthy," Elder says. "We will not only have the smaller farmers, but we will offer chef demonstrations, have a sharpening service for knives and a cupcake truck will be out here."

Härth will be open for breakfast from 6:30 a.m. until 10:30 a.m. on weekdays and until 11:00 a.m. on weekends. Lunch will be served daily from 11:00 a.m. until 2:30 p.m., and dinner from 6:00 p.m. until 10:30pm.

Härth at Hilton McLean Tysons Corner is located at 7920 Jones Branch Drive, McLean, Virginia. <http://harthrestaurant.com>

Giving Artists a Home

By Keith Loria

For 17 years Theresa Wells Stifel worked as a recruiter for Porter Group and built up a strong reputation in the business world. However, Stifel was drawn to something else.

"I come from an artsy, crafty family and always dabbled in that on the side as I worked in the corporate world for years and years and years," she says. "I retired from that to spend time with my family and found more time to play with the art and that was fulfilling and so I did arts and crafts shows and the like."

There must have been some sort of creative juices in the water of her Falls Church neighborhood on Pinewood Street, because many on Stifel's block also dabbled in art. In fact, within three streets lived a nature photographer, a watercolor artist, a pastel artist, a digital photographer, a mixed media artist, a ceramics painter and a textile designer.

Stifel put her business acumen to work. First, she gathered the artists and arranged some local art shows in coffee shops and small spaces around the area, and eventually found her

way to renting a small space to open an art and ornament gallery.

The doors to the Stifel and Capra gallery opened on July 2, 2007 with

put balloons on the rail and people wandered over. The same people who liked to buy local tomatoes from the farmer guy were enamored with buying art from local artists."



Mary Savitsky's mosaic frames

an eclectic mix of vintage and new personal and home accessories displayed along side a variety of ever changing art.

"At the time, it seemed like a very viable thing I could do; providing a service and maybe making some money," she says. "My original showroom was right across from the Falls Church Farmer's Market and I got the landlord's permission and

Stifel borrowed her "partner's name" from the director of "It's A Wonderful Life," Frank Capra.

"I am a pathologically positive person, thus the sly reference," she says. "It's a daily reminder that most of us are blessed with excess and I am especially lucky to be working in an environment that I love."

After a year in operation, the gallery broke even, which was quite the feat for

a retail store in its first year that was only opened from 10 a.m. to 2 p.m. That same year a new space became available in a two-story historic building that was three times the size of where they currently were.

"I had this itch with this building so we waited and finally moved in," she says. "I call it the un-gallery. It's not pretentious. It's in an old crooked building and we all have day jobs

so it's not full of itself. There is a lot of talent there. It's a gift shop that happens to sell art. It's a backwards way of selling I guess."

Now located at 260 West Broad Street in Falls Church, the shop has become a place to stop in, share a cup of coffee and see what has changed since one's last visit.

"Stifel and Capra is an establishment about single items which invoke memories of the people who live in this place, at this particular period of time," says artist Phil Napala. "'Store' is not the precise word; more an archeological dig which curates Washington D.C.-area memorabilia. Found here are collective memory objects which Washington DC people held as important and valuable at one time or another. Not all old, not all inexpensive, but a collection of items that need to be hunted and pondered: How did this get here?"

Another wonderful thing about Stifel and Capra is that some of the galleries are also working artist's studios. On any

given day, you might find an artist or two upstairs working on a painting, a new jewelry piece, a drawing or an icon. Artists love to talk about their work, so it's a bonus for people to be able to "meet the artist," and find out more about their work.

"Stifel and Capra is special because it brings together so many kinds of artists, some of whom have studios there, and offers them a place to show, sell, and meet with patrons and customers," says watercolor artist Deborah Conn. "Theresa has such an eclectic mix of artists, merchandise, and customers that it's a lot of fun to hang around, and there's always something new to look at or get inspired by."

There are three types of artists that are represented in Stifel and Capra. Those with studio space, artists who Stifel represents as a gallery owner, and featured artists of the month.

"What we have now is a place where 20 artists work out of. They come and paint and do their work and there's

"Stifel and Capra is special because it brings together so many kinds of artists, some of whom have studios there, and offers them a place to show, sell, and meet with patrons and customers."

-Deborah Conn

an in-house silversmith and a jeweler and everything in there is either hand-made or vintage," Stifel says. "Resident artists pay rent and the others pay a percentage of anything sold."

Elisabeth Hudgins is a mixed media artist, who works with watercolor, acrylics, charcoal, pen and ink, monoprinting and collage. Her art is available at the gallery.

"I am inspired by everyday objects and scenes: cats napping in the afternoon, a family story, a song on



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Dave Jenkins Charming Silhouettes

the radio or my daughter's jeans... these are the small things that start my creative process," Hudgins says. "My art is about taking these familiar things and depicting them in a new and unusual way. At Stifel and Capra, I not only sell my original framed paintings, I sell cards, prints of my paintings, and unframed works."

She also creates specialty items and her line of flour sack dishtowels imprinted with her original artwork that are very popular at the store.

"Stifel and Capra is unique. In this day of big-box stores and anonymous online shopping, this store is a step back—in a good way—to a time where your shop-keeper got to know her customers, take special orders, help you pick out items and take time to chat and be friendly," Hudgins says. "It's a charming store with a great mix of vintage household and personal items—hand picked by Theresa, who has a fabulous eye—and artist's galleries. The mix is dynamic and ever-changing, and the artwork is accessible, and very reasonably priced, too."

Stifel herself is an artist, and most of her personal art is constructed of vintage memorabilia and recycled objects.

"The hardest part of all of this is I opened it to sell my own art and I don't have time to make my own art!" she says. "My mission for 2011 is to make something. I think the store is a work of art. It's beautiful and a lovely place to be. What I really like is the collective camaraderie we all have."

Besides all she does with running the store and crafting her own art, Stifel is a tireless advocate for her artists.

"Theresa is a wonderful 'mother hen' to her artists," Hudgins says. "She is an inspiration, as an artist herself, and an entrepreneur. I was drawn to the store and to have my studio and gallery there because Stifel and Capra has such positive energy. It's wonderful to share information and ideas with other artists who are in the shop. I think Theresa has created a unique spot where artists and customers gather, to find one-of-a-kind vintage treasures and works of art."

Stifel draws on her past experience from the corporate world when it comes to her favorite part of running the gallery.

"Being able to take someone who maybe hasn't sold before and help them launch themselves and get viable feedback from the public and gain confidence from their ability to make money from their art," Stifel says. "It's something I did when I was a recruiter; leveraging someone into a better situation than before. It's fun to be able to give them a leg up and get them going and it's exciting to be able to combine my business background and the art that I love into a thriving business."

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ROSÉ

The Beautiful Wine of Spring

Tomme Casmay

My favorite time of year has finally arrived. The flowers are bursting out with all their splendiferous colors. (Isn't "splendiferous" a great word?) It's warm again outside and beauty abounds all around us. There is freshness underfoot; and a youthful energy just seems to pervade the very air itself. Is it any wonder why just about everyone loves springtime?

There is a perfect type of wine that embodies Spring itself. It is rosé. Rosé wines come in different shades, different styles—still and sparkling, and different weights,

Good sparkling rosé, is a Springtime joy—combining beauty and bubbles together.

and, of course, different flavors, depending upon what grape the wine is made from. The attributes that all good rosé wines share are a vibrancy of color and a freshness of taste.

But just what is rosé? Well, the word itself is French for "pink" or "rose-colored". Still rosé wines are made from red grapes, just like red wine is. In the making of red wine, the grape juice, which is always white in color regardless of the grape, is generally fermented with the red grape skins; however to make a rosé, the juice is drained of the red skins after a period of 1 to 3 days and fermented separately, generally in stainless steel to ensure maximum freshness. The amount of time the initially white juice is left in contact with the red skins will determine how lightly or deeply hued the final wine will be. The final tint or shade is also influenced by the type of red grape from which the wine is made. For example, rosés made from Pinot Noir will generally be paler in color than rosés made from Cabernet Sauvignon or Sangiovese grapes. I know that the process sounds complicated and, to a degree it is, however, it is also art, in a sense,

because every winemaker wants their rosé to not only taste good, but also to be as pretty a wine as possible.

Sparkling rosé or rosé champagne is made in a slightly different manner. It may be exclusively from red grapes or a combination of already fermented juice from both white and red grapes, for example, Chardonnay and Pinot Noir grapes. If a blending is done, it is always done after the initial still wine fermentation, prior to the secondary fermentation, which creates the bubbles and which, in good sparkling wine, is done in the bottle. Nevertheless, good sparkling rosé, whether from the Champagne region of France (expensive) or another part of the world—the United States, Spain, etc., (more reasonably priced) is a Springtime joy—combining beauty and bubbles together.

I'm going to make a very definitive statement right now... good rosé **SHOULD NOT EVER** be confused with White Zinfandel. My comment is not meant to disparage those who enjoy White Zinfandel. White Zinfandel is often referred to as a "blush" wine. It is made from the red Zinfandel grape and was

introduced in the USA in the late 70's. It did serve a positive role in introducing previously non-wine drinkers to the world of wine. However, because it is almost always a sweeter style wine and quite simple in its flavor profile, it actually created for many years an undeserved, negative image relative to serious rosé wines, which are drier and much more complex. This "white zin effect" basically destroyed the market for good rosé for at least 15 years—a negative effect which has been overcome only in the last few years. It was quite depressing to me not that long ago to recommend a lovely, vibrant, fruit forward, yet dry rosé to a customer, only to have that customer equate all rosés to "White Zin". Fortunately, those days are now behind us.

Wonderful rosé wines are made in every part of the wine producing world. Generally speaking, the good ones are dry to slightly off-dry and should always be fruit forward (fruit forward doesn't mean sweet). They should be served with a slight chill (about 50 degrees F), which is also the ideal serving temperature for Chardonnay. Be careful not to drink these beautiful wines overly chilled, or their pretty spring berry flavors of strawberry, raspberry and red cherry will be covered.

Now, let's talk about what our Spring wine beauties go with. Well, first of all, they go really well with themselves. Rosés are just wonderful "picnic wines". They are so perfect for those Spring and Summer outdoor adventures. Rosé pairs well with warm weather dishes like honey baked ham, turkey, chicken, salmon, pasta salad, your favorite sandwich, or just about any other dish that is light and casual.

Following are some delicious still or table rosés to tempt your eye as well as your palate. You will note that they are all quite young. Why? It's simple, because rosé is at its best when it is youthful and fresh. A good rule of thumb is to consume rosé wines within 2 years

of their release to enjoy them at their peak.

MAS DE LA DAME ROSÉ 2010—This wine is from the Provence region of southern France. The name means "Farm of the Women". Pale salmon in color, this elegant wine offers aromas of strawberries, peaches and roses with flavors of fresh berries. It is a blend of Grenache, Syrah and Cinsault. (\$16.99)

A TO Z ROSÉ WINE 2010—This is a 100% Sangiovese rosé with a deep, rich raspberry color. There are aromas of raspberry, cranberry and rosewater on the nose. On the palate, the wine is bright, zippy and creamy all at once with a juicy explosion of berry flavors and a lingering, crisp finish. (\$13.99)

TRES OJOS ROSÉ 2008—From Spain, this lovely wine is a Grenache/Tempranillo blend. It shows a vibrant pink color like the flesh of wild caught salmon. It is actually a mildly semi-sweet style, which would be perfect for the White Zin convert. Raspberry and red cherry flavors abound. (\$10.99)

DOMAINE DE MIRAIL ROSÉ 2010—This Cabernet Sauvignon/Merlot blend rosé from Gascogne in France is medium pink in color and while its fruit is very lush, the wine finishes quite dry. Strawberry and vibrant red cherry are the dominant flavors. It is also a real bargain. (\$9.99)

JEAN REVERDY SANCERRE ROSÉ "LES VILLOTS" 2010—This gem is a 100% Pinot Noir rosé from the Sancerre region in northern France. This lovely wine is quite dry and pale pink in color. Everything about this wine is elegant. It offers pretty aromas of rose petal, a mixture of cherry and strawberry on the palate, and a refreshing crisp finish. (\$23.99)

SEGURA VIUDAS BRUT ROSÉ NV—While there are hundreds of wonderful rosé sparkling wines to be found, I would be remiss if I did not let my readers know about this inexpensive gem from Spain. This

Spanish cava (sparkling wine) is noted for its balance and delicacy. Made from native Spanish grape varieties, its bubbles are very long lasting and quite effusive. This charming little sparkler is dry, crisp and loaded with delicate red berry flavors. It is the best rosé sparkling wine at under \$10 that I have ever tasted...from anywhere. (\$9.99)

Well, there it is...These fine rosés are sure to brighten up your Spring wine drinking immensely. Give one or all of them a try...HAPPY SPRING!

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Making BEAUTIFUL MUSIC in Vienna

By Keith Loria

Growing up in Korea, Chonghae Durak was a music prodigy who played piano and flute and was encouraged by her parents and schools to practice and perfect her music.

"I studied music all my life and went to conservatory. I started playing piano at the age of six, and changed to flute when I was in sixth grade and went to a performing arts school in Korea," Durak says. "I came to this country in ninth grade and had to go to regular school. To continue my music, I went to a prep school in Baltimore and then went to the Manhattan School of Music in New York."

Durak graduated, taught flute and played professionally. She found love, married and had kids, but she was surprised that she wasn't able to offer them the same sort of musical education that she was afforded. "In Korea, it's a little more serious when you study music and there's a lot more places for the younger children to learn," she says. "Here, while I was raising my children, I didn't find anyplace where I could take my children for a decent performing arts education, so I decided to open my own."

Durak understood the difficulties parents and serious music students faced finding the proper teachers for their music and art education, so in January 2001, Harmonia School of Music & Art opened its doors in Oakton. The school's mission was simple: to provide the highest quality of arts education in the D.C. Metropolitan area.

The concept of teaching performing and visual arts in one convenient place makes Harmonia School unique, especially in the Fairfax area.

"We have about 25 teachers here and all have their Masters or a Ph.D in their own discipline," Durak says. "Rather than education majors, I hire people who were performance majors because a lot of the teachers are from conservatories and music schools and have more experience

teaching children and like working with children."

Over the past 10 years, Harmonia School has maintained excellence in instruction, providing an artistic environment where students of all ages can enhance their performing and visual arts abilities in one convenient venue.

"These days kids do so many activities but I think it's good to have exposure other than just studying math and English because it broadens their life," Durak says. "Music helps in other studies too. When they are open-minded it helps in academics and their daily life."

Harmonia School's programs have continued to include instrumental and voice instruction in private and group settings, art classes, and theatre classes and productions.

As a parent of an 11-year-old pianist, Cindy Halim has seen the positive effects that the school can have.

"My son has been going to Harmonia for maybe four years now and it's been great," Halim says. "My son used to be autistic and had trouble coping in the classroom. But Harmonia was so understanding and accommodating, unlike many places that would simply send the kid home. Today he has recovered and is no longer autistic, and he loves going to Harmonia."

Mary Harrington has also seen her 8-year-old daughter thrive in the school's drama department; snagging roles in productions and dreaming of becoming a star.

"She was always very shy and since taking classes, has really opened up a great deal at home, at school and around her friends," Harrington says. "She talks about wanting to be on Broadway now, which I think is a wonderful dream to have. We have really loved seeing her blossom and this school gets a lot of credit for that."

Earlier this year, the school moved from Oakton to the much larger 7,000-square-foot space on 204-F Mill Street in Vienna.

"I wanted a bigger space for the facilities and our own performing space. We do a lot of performances and we have music, theatre and art departments and we always had to look for space," she says. "My dream was to have our own little space so we didn't have to pack up and do our performances and we have that now."

The school's music offerings are aplenty, and more are expected to be added now that there is a larger space to house them.

Individual lessons are available for most ages and skill levels to meet each student's needs. Lessons are offered in piano, violin, viola, cello, guitar, flute, clarinet, saxophone, trumpet and voice.

"Harmonia is a fabulous school and an absolutely wonderful place to work," says clarinet and flute teacher Rebecca Barry. "Music and arts education is so important and this school focuses solely on that. Our director trusts us and is really supportive of our ideas and that helps us with providing top-notch instruction."

For those looking to learn the theatre craft, Harmonia's drama department has burgeoned to offering advanced classes and full-scale productions.

Children as young as four can take part in the school's Little Stars program, which offers creative movement activities that are sure to engage the imagination, enhance self-expression and spark curiosity. Older kids can be part of classes in musical theatre, advanced theatre and even take part in the main stage show.

The concept of teaching performing and visual arts in one convenient place makes Harmonia School unique, especially in the Fairfax area.

"Musical theatre has been really exciting for us and we do three productions a year," Durak says. "We realized that a lot of children take the classes but had no where to perform so we decided to do more performances. The kids get excited by that and a real satisfaction and learn a lot."

Next up is a June production of "The Mikado," comprised of students from the school that will be the first show in its new space.

They also have a glee show choir class and an introduction to on-camera acting.

"The curriculum will emphasize techniques for drawing, painting, printmaking and sculpting, as well as art history, basic principles and more advanced practices."

Additionally, the Harmonia School drama department offers many different workshops throughout the year for those looking to enhance their theatrical skill set.

Harmonia School's unique art curriculum is designed to encourage creativity and self-expression through art.

"Students of all ages will find a class to engage their creativity and develop their artistic skills," Durak says. "The curriculum will emphasize techniques for drawing, painting, printmaking and sculpting, as well as art history, basic principles and more advanced practices."

The school and teachers will also help anyone looking to compile an impressive portfolio to show for college entry, competitions or job applications, as the highly experienced faculty will guide you in creating art that will not only enhance your portfolio, but also build your own artistic skill set.

Adults can also benefit from the school. A number of private and group lessons are offered in music, drama and art

media and more are being added.

Plus, now that the school calls Vienna home, Durak is looking into adding classes during the mornings and early afternoons for really young children and seniors. She also hopes to bring in the school's own concert series and host other community events.

There are also a number of educational and fun-filled summer camps at Harmonia School. The comprehensive and theme oriented programs combine various music, piano, art, theatre and choreography classes, culminating in creative performances and exhibits at the end of each session.

"We continue to enjoy talent of all ages, pre-school to adult, exhibited through various forms of media," Durak says. "At Harmonia School, we strive to continuously improve and develop our curriculum to meet our students' and community's needs."

For more information on Harmonia School of Music & Art visit their website at www.harmoniaschool.org.

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IN STYLE 101: Horse-Racing Apparel

Heading to Gold Cup, Foxfield, or Strawberry Fields this summer? Now is the time to find the perfect outfit for a horse-racing weekend. Take a peek at our how-to guide for looking fashionable while watching the steeplechase.



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Sunglasses are also crucial for your day cheering on the races. Don't discount popular and always chic designers like Christian Dior or Gucci. Big-rimmed beauties may be your favorite, but dare to make a statement with aviator silhouettes, like these from D&G.

Dress

Light and airy Southern sophistication is the goal for anyone dressing for a long day at the race field. Betsey Johnson is always a great go-to for the bright, spring-y dress required for a hot May day, but the fashionable shopper shouldn't discount up-and-coming southern designers like Leona or easy go-to's from J.Crew's spring look book.



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Shoes

Don't pack a pair of flats in your bag – pick a pair of fun wedges that are all things classic, comfortable and fun.



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Accessories

Be sure to take care of your skin and stay out of the sun by picking out a wide-brimmed, springtime hat that coordinates well with your dress. Featured collections at Saks include Eric Javits and Helen Kaminski in all types of fashionable materials like sateen cotton and raffia to keep you cool.

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HOME RENOVATIONS

By Denise Willard

As a season, spring is synonymous with allergies, budding flowers, warmer weather, and home renovations. In fact, spring is the time of the year that most home improvement projects get underway. If you have never tried to connect with a contractor at this time of the year, you will quickly learn how long it will take for the good ones to get back to you.

In my interior design business, I get asked all the time whether certain projects are worth their while in terms of recouping the homeowner's cost upon resale. The projects that top my clients' wish list include: kitchen remodels, additions, bathroom remodels, basement finishing, custom built-ins, expansive family and great rooms and enlarging the master bedroom into a master suite. Certain home renovations are a win-win situation, providing enjoyment to you, the homeowner, and then making your home more marketable, and worth more, in the future. Other upgrades, however, can set you back thousands with no guarantee of future payoff. To help you decide whether to invest your hard-earned money in your home improvement wish list, I review below the expected return on investment for a few of the top renovation projects.

Kitchen Renovations

(ROI: 70-80% when up to \$60K is invested)

Kitchens have replaced living rooms as the new "heart of the home," and when combined with a large family room (e.g., the modern great room), they have become "the place to be." Traditionally kitchen upgrades have provided the biggest bang for your investment buck because prospective buyers realize all the work involved in upgrades and when those upgrades have already been made, they increase the value of the home in the prospect's mind.



According to the Remodeling 2010-11 Cost vs. Value Report (www.costsvalue.com) for the Washington, DC area, the most value is returned on midrange upgrades versus upscale re-dos. Midrange kitchen remodeling includes projects where up to \$60K is spent on upgrades, which may include semi-custom cabinets, new flooring, upgraded countertops, new lighting

and so much more. When over \$60K is spent, the ROI goes down to the 50-60% range. So, unless you plan to stay in your home for a very long time and your kitchen needs to be outfitted with the very best to accommodate the chef in your household, keep your remodels under the \$60K threshold and you should see a significant return on your investment.

Bathroom Remodels

(ROI: 60-70% when up to \$20K is invested)

With all the rave in new bathroom furnishings and fixtures, it is difficult to not go all out when working with your contractor to update your old 4x4 tile floor or outdated sliding shower door. But, according to the Remodeling 2010-11 Cost vs. Value Report for the Washington, DC area, you are best served if you keep your upgrades to \$20K and below. Once you spend over this amount, your ROI starts to go down. So, the same rules apply here as apply to your kitchen upgrade. If you plan to stay in your home for a very long time and you cannot forego the dual rain shower or steam shower option, then go ahead with the higher cost upgrades. But, if resale is going to be important to you in the next 5-7 years, keep your bathroom modifications under \$20K and you will maximize your return upon resale.

Roofing, Siding and/or Window Upgrades (ROI: 65-90% with siding replacement providing the best return)

In addition to kitchen and bathroom upgrades, topping out the list for potential buyers is energy efficiency. It used to be that these items didn't provide as much ROI because prospects don't get "emotional" about these items as they do kitchens and baths. But, with the advent of the green movement, these upgrades have moved up the list in terms of importance, as follows:

- Siding Replacement: 80-90% ROI
- Window Upgrades: 70-80% ROI
- Roofing Improvements: 65-75% ROI

For roofing projects, the largest return is found in projects that stay at or below \$20K. For the other categories, the return doesn't seem to vary as much by the cost of the project.

Rule of Thumb:

More Is Not Necessarily Better

These are just a few of the upgrades that you may be considering this spring. For other major upgrades to your home, please check out the source I have referenced here or consult a local real estate agent who can provide you detailed resale estimates.

A good rule of thumb before you begin any major upgrades to your home is to assess the value of your home and the neighborhood it's in. If you are considering \$500K in upgrades, but all the homes in your neighborhood are selling for \$300K, you will not be able to recoup your investment.

Another thing to keep in mind is whether your upgrades would be valuable to a broad market or if they are specific to you and your particular preferences. In general, keeping your selections relatively neutral without

extravagant upgrades will ensure you maximize your return on your home improvement investment.

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

To sign-up for a monthly Design Inspiration eNewsletter, visit DecorbyDenise.com. Gain decorating inspiration at Denise's design blog at DreamDesignLive.com. Contact Denise at (703) 714-7343 or email her at denise@decorbydenise.com.

The WORST Renovation Projects

In terms of return on your investment (ROI), the following home improvement projects make up the bottom of the list with less than 50% ROI:

- Adding a pool
- Remodeling your home office
- Adding a gazebo
- Adding a sunroom



Décor by Denise is a full service interior decorating firm located in Vienna. Denise was named one of Home & Design's 2011 Top 100 Designers and was selected to participate in the 2011 DC Design House show house. Her work has been showcased on ABC Affiliate, Let's Talk Live, and in Home & Design, Washington Home & Garden, The Washingtonian, Elan and The Washington Post.



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One Hundred and Fiftieth Anniversary The Battle of Vienna



It was one hundred and fifty years ago in Vienna, VA on June 17, 1861 at six o'clock in the evening, Vienna became the site of the first train ambush of the Civil War, one month before the Battle of Manassas. A slow moving train carrying four companies of Union troops, about 300 soldiers, on three flatcars and two carriages, was fired upon by two regiments of the South Carolina First Volunteers, about 600 men, including cavalry.

According to a letter of Charles Minor Blackford, CSA, the Rebels had been at the depot since four o'clock that afternoon, destroying "all railroad property which could be of use to the enemy." While the cavalry guarding the perimeters galloped over the rolling hills, the marauders wrecked the water tower and carried off the off the main pipe. The soldiers though ht this was all the action they would see that day when they fell into formation for the march back to camp. The Federal train, coming from Alexandria, had been deploying troops along the tracks all day without incident. The commander, Brigadier General Robert Schenke, had been warned by a farmer of the situation further down the tracks in Vienna, but for some reason, chose to ignore it.

Half a mile away, marching towards Fairfax, the Rebel Army was alerted by the train's whistle. Colonel Max Gregg, suspecting that the train contained Federal troops, ordered an about-face and moved three artillery pieces into position for an ambush.

The first blasts from the cannons emptied the train and sent the federals running for their lives. The artillery used "grape," a mix of nails and other metal scrap, and "cannister," miniballs inside a casing. An account from that time in the Cleveland Plain Dealer read: "The awful effect of the shot threw the men into inextricable confusion."



A short stand was made but the majority of the men took to the woods for cover, and the conductor put the train in reverse and fled. With the Confederates in pursuit, the skirmishes continued all the way to Alexandria. Considering the amount of action, casualties were few. Only eight men were killed and four captured, all of them Federals.

On the one hundredth anniversary of the ambush, in 1961, when the tracks were still in use, a train was used for the re-enactment of the Battle of Vienna, at the actual site, which is the present day location of the Community Center. The train and the tracks are now gone, but the W & OD bike trail runs over this historic ground.

This year, marking the 150th anniversary, there will be a military encampment and at 6:30 pm on Saturday June 18th there will be the reenactment of the June 17, 1861 skirmish near the Vienna Community Center.

About the artist

If you're a resident of the Town of Vienna you would have received your 2011 Town Calendar with artwork by David Skibiak which included the watercolor of the "Battle of Vienna" on the cover. Skibiak says he has always painted and been an artist, but like most artists has had to make a living doing something other than art. Fortunately, the world of computer software has helped start many professional careers in graphic arts. The painting to the left has been altered in Photoshop to give an imaginary sense of time passage, since only still-motion 'glass plate' photography existed in 1861 and there certainly was no color photography. "My hope was to make something that could help visualize the event in the surroundings," says Skibiak, "It is hard to look past what we are looking at to imagine what the world might have looked like even fifty years ago."

Painting and printmaking have remained prominent in his artistic development and over the years he has gained recognition as a printmaker and an affiliate artist in the Discover Graphics Atelier at the Torpedo Factory in Alexandria, VA.

"It has become increasingly difficult to find a place to do printmaking these days," says Skibiak, "So I cherish being apart of the studio in Old Town." When not doing etching and lithography he likes working exclusively with watercolors, preferring to paint outdoors. "Working in 'plein air' was a big change for me, it was an 'ah-ha' moment that I always love to return to."

If you would like to purchase a signed and numbered limited edition etching or lithograph by David Skibiak, you can go to his website at <http://www.DSGrafx.com>. Prints of the painting The Battle of Vienna will also be available at the **VivaTysons** booth during Viva Vienna. Later this summer look for an exhibit at The Frame Factory at 212 Dominion Rd. in Vienna of the printmakers of the Discover Graphics Atelier; their website is <http://www.theframefactory1.com>.



A well-conceived design solution integrates the house and the setting—creating a pleasing indoor/outdoor continuum.

Greg Hadley

DECKS EVOLVING AS FAVORED INDOOR/OUTDOOR COMPONENT

From Simple Rectangle To Fully-Wired Multi-Level System,
Local Residents Like Playing Outside...and the Payback Remains Solid

By John Byrd

Sun Design Remodeling finished the rear elevation of a Vienna home with a spacious 30' x 25' deck that includes a grilling zone and a screened porch. Like many Fairfax County residents, the owners utilize their decking about four to six months a year.



"Creating an indoor/outdoor continuum from a home's rear elevation is often the first stage in converting a house into a personal living space... and this transition may begin when the owner decides to add a deck."

"The sudden demand for remodeling ideas that bring the outdoors into an owner's daily routine is always a sign that spring has arrived," says Craig Durosko, founder of Sun Design Remodeling in Burke. "If this is an economic indicator, I'd say a local recovery is underway. The volume in our design department has nearly doubled since this time last year."

Durosko, 40, a veteran remodeler whose nationally recognized design build firm is mainly busy with large-scale renovations and upgrades, has a special nostalgia for decks and their enduring relevance to the American household. Back in the 1980's, Durosko specialized in supplying local homes with their missing indoor-outdoor component—a sunroom with a deck that segued to an outdoor kitchen, an elevated observation platform made palatable by a running window wall.

"Creating an indoor/outdoor continuum from a home's rear elevation is often the first stage in converting a house into a personal living space," Durosko observes, "and this transition may begin when the owner decides to add a deck."

Durosko says that new home builders sometimes provoke an owner's initial

thoughts of future remodeling by selling a house with an appreciably unfinished rear elevation:

"The back deck is frequently the owner's first conscious claim that the house is his own. It's a statement, the beginning of customization."

Having designed and built decks in every configuration, building material and architectural style for a quarter century, Durosko also observes that the local homeowner's appetite for an open-air footprint is still evolving.

"It may be demographics, but it's clear that local requirements have become more elaborate and personalized. Back in the 1980s, decks were durable, but seldom more than a one-level rectangle. Today, homeowners are looking for sweeping creative solutions: a multi-level deck that integrates with the landscaping, and maybe includes a screen porch with an overhead fan; a sun room with a perfect garden view; or an outdoor kitchen."

Price-wise, a custom deck in Fairfax County can run from below \$5,000.00 to over \$100,000.00 depending on the scope. But the payback is impressive. According to Remodeling Magazine's annual Cost vs Value Report: a wooden deck added to a

local residence can return as much as 80% in a next day resale. In fact, out of 33 home remodeling categories that include everything from a major kitchen remodel to window replacements, a deck is one of the best investments a homeowner can make.

"A deck declares that the house is finished," says realtor Michael Seith, a top-selling agent with Weichert Realtors. "It makes the home feel ready for occupancy now."

Still, when planning a deck it's important not to underestimate what's involved.

"You may need to re-grade the site to accommodate a deck," says Daniel Speer, director of Sun Design's production operations. "If a decking system is going to function well, it must be effectively integrated with the landscaping, and you have to provide for drainage."

Award-winning remodeler Troy Fenley, who operated Encompass Design Build in Vienna for 10 years but recently joined forces with Sun Design, concurs:

"It's extremely helpful to have a diverse in-house talent pool these days," Fenley says. "The County regulatory

considerations are always evolving, so you need to be part of a team that stays on top of the rules."

The planning process gains an added complication when the homeowner is looking for outdoor "living room" centered around food preparation and dining.

Gas-powered grills, outdoor refrigerators, accent lighting, sound systems, hot tubs, awnings and even portable heaters are among popular accessories converting open air spaces into an extension of the home itself.

"We've had customers who are so smitten with our indoor outdoor solution they seldom go back into the house—weather-permitting", Duroske notes.

"A lovely outdoor room is part of what makes living in Fairfax County such a delight."

Sun Design frequently sponsors workshops on home improvement topics. For information: (703) 425-5588

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 at byrdmatx@comcast.net.



A dining porch can be as nuanced as any room inside. In this gazebo that segues from house to deck, 36-inch knee walls and paneling are separated by wrapped columns while crown molding and a decorative glass ceiling define a space that is both thoroughly finished and irresistibly comfortable. The glass-coffered ceiling can even be lighted at night.



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"Your team members visit the site daily and return calls and e-mails promptly." Property Manager, Falls Church, VA

"Design for our project was much more imaginative than at other landscape companies. Thanks for putting in the extra effort." Homeowner, Fairfax, VA

DESIGN • BUILD

A Collaborative Approach

By Josh Baker
President
BOWA

Today'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:

1. 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.

2. 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.



3. 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.

4. 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.

5. 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 out-moded appliances and equipment.



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Quoth the Maven



"With the weather heating up so is the housing market. Many properties going on the market today are getting competitive bids. The new houses coming on the market are being listed at reasonable prices. This with lower inventory levels is making the market feel like the early 2000's. Pricing has not increased at this point so the values are still very good!"

– Casey Margenau & Associates

REMAX Distinctive
www.margenau.com

"The number one comment I hear from agents is "There is nothing to show buyers" –we need more inventory-May be a great time to sell as there appears to be pent up buyer demand in the Washington Area with multiple offers and less than a week on the market in some neighborhoods."

– The Lyons and McGuire Team

Keller Williams Realty, Great Falls
www.TeamGreatFalls.com

"I'm already seeing improvement in the 2011 real estate market. There is a lot of activity in homes listed under \$1 million and I'm even seeing multiple offers again on the homes priced right. Activity in the \$2-3 million range is also improving... my listing at 1123 Litton Lane in McLean (listed for \$2,949,000) was Under Contract within 18 Days and my listing at 6644 Holland Street also in McLean (listed for \$2,595,000) received a Contract in just 7 Weeks! With the rates remaining low, buyers are seizing the opportunity to purchase sooner rather than later. This is the best time to put your home on the market and get it SOLD! If you're looking to buy or sell... Don't Wait!"

– Lilian Jorgenson

Long & Foster Realtors, McLean
www.Lilian.com

"The first quarter of 2011 had more buyers buying than sellers selling in Vienna/Oakton/McLean/Great Falls/Reston/Arlington. We are networking and putting together buyers and sellers before homes come on the market like we did so often during the peak of the market. Some homes are experiencing multiple contracts. In the immediate term, the current trend in the local market is leading to a shortage of homes with demand for quality homes in our community exceeding supply. It looks like the Spring and early Summer of 2011 will be the healthiest market since before the downturn 5 years ago."

– Terry Belt, The Belt Team,

Keller Williams Realty, McLean
www.thebeltteam.com

"We are all witnessing the rapid development of the Metro's new Silver Line which will travel to Reston via Tysons Corner and eventually to Dulles Airport and the Ashburn area. We know it will be a boon to Tysons Corner and help transform Tysons into a more Urban-centric mini city. But how will the Silver Line affect Real Estate values? Maybe it's time for us located here in the proximity of Tysons Corner to coin the phrase "Metro, Metro, Metro" ... In the Real Estate world it can equate to the old adage, "Location, Location, Location". Properties that are close to Metro stops, especially within walking distance, command a higher price than properties further from the stations. These properties also tend to sell faster because of the demand from commuters who wish to be near a Metro Station. So for homeowners

(or prospective homeowners) in the areas of Vienna, McLean, Oakton, Reston, Oak Hill and Herndon the Metro Silver Line expansion is a very positive development indeed. If I could send a message to Metro on the behalf of homeowners and prospective homeowners in the Silver Line's reach, I'd say to Metro: "Bring it on!"

– Deb Frank

REMAX
www.DebFrank.com

"This should be a strong Spring market - interest rates remain low, and there's a little less inventory on the market than this time last year. Given the uncertain direction of prices, buyers are understandably cautious. But for those who are serious about buying, this is a GREAT time to make a move! Interest rates will almost certainly rise by the end of 2011, so homes will cost more on a monthly basis, even if prices fall a bit. The long term outlook for TYSONS is exceptional. We are not just Downtown Northern Va. -- we're the most powerful economic engine in the region and in the State. Investing HERE just makes good sense."

– Renneye Pike

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New Real Estate Taxes Up and Down...

Homeowners in Vienna and McLean will likely pay more real estate taxes while residents in Great Falls and Oakton can expect to see a cut in taxes compared to last year.

Members of the Board of Supervisors have tentatively agreed to cut the real estate tax rate by 1.8%, from the \$1.09 to \$1.07 per \$100 assessed value. The lower real estate rate will be retroactive to Jan 1, 2011.

The average homeowner in Great Falls will pay \$10,022 in real estate taxes while McLean residents are expected to pay an average of \$8,140. Oakton residents will pay an average of \$6,500 and Vienna residents an average of \$6,100.

DSF Lands Funding for Halstead Square in Merrifield

The DSF Group has secured financing to fund the second phase of the popular mixed use Halstead Square project near the Dunn Loring Metro Station.

The private real estate investment company based in Boston received a \$70.6 million loan from PNC Bank and 11 million in mezzanine debt from Federal Capital Partners.

The second phase of the project will have 436 luxury mid-rise apartments in two six story buildings, one of which is a "loft" building. The first units should be available in the fall of 2012. The complex will also have 13,600 feet of retail space.

Amenities will include an indoor sports court, fitness center, outdoor swimming pool with an outdoor theater, fireplace, and bocce court.

Cash Buyers are Getting Big Bargains

Investors in many areas of the United States are snapping up homes in all-cash deals, betting that prices are at or near bottom. They are breathing life into some of the nation's most depressed housing markets.

Cash buyers accounted for more than half of all transactions in the

Miami-Fort Lauderdale area last year, according to analysts from Zillow.com. In the meantime, Miami prices rose 15 percent in 2010 from a year earlier.

In Phoenix, the number of buyers paying cash hit 42 percent in 2010, more than double the rate in October of 2008, according to the Raymond James equity research division.

Nationally, 28 percent of sales were all-cash transactions in 2010. The rate was 14 percent in October, according to the National Association of Realtors.

Economists say the jump in real-estate purchases by cash is another sign of the revival of spirits in the U.S. economy.

Investing in Apartment Houses a Wise Choice?

We are thinking of buying an apartment house and paying it off before we retire. Would that bring in more income than investing elsewhere?

It would certainly bring more income than CDs, savings accounts, or many 401k investments.

Though the CDs and savings accounts have guaranteed interest rates, they are small. The 401k accounts are tied to the stock market, which can go up or down at unpredictable times. Owning property puts you in control.

If you are serious about investing in income property, making your move soon is highly recommended. Because of the demand for rental units, prices are rising and will continue to rise.

Financing an apartment building generally calls for a larger down payment. Most banks will make a mortgage for only half of the property's value. FHA and mortgage brokers can do better.

A few things to consider:

* If the building has four units, consider moving into one of them yourself. A one- to four-unit building that you will live in can be financed through FHA as a single-family home. It requires a down payment of as little as 3.5 percent.

A few years after buying the property, you could move elsewhere if you want to, and the mortgage stays the same.

* HUD FHA 223(f) Apartment Loans work for buildings of any size whether or not that you will not be living there. Your mortgage broker can recommend a bank that handles them.

They offer loans of 83 percent loan-to-value (LTV) or 83 percent loan-to-cost (LTC). And 35-year fixed rate mortgages are available. As always, mortgages for 10 or 15 years have lower interest rates from banks and mortgage companies.

With an HUD FHA 223(f) loan, there are no buyer net worth requirements, lower credit scores are considered, and the loan is assumable should you decide to sell.

* If you don't mind investing more of your savings, your mortgage broker can connect you with a company that charges reasonable interest rates and takes less time to complete the deal. With FHA loans, it takes 90 to 120 days or more.

Last Chance: 3.5 % down

Mortgage industry changes: Low rates and terms soon to be history.

You are going to be hearing a lot about restructuring the mortgage industry in the next months and years. But the bottom line for home buyers is buy now and get financing in place by as early as May. The great terms of recent years will soon be gone, and probably gone forever.

Experts say you will probably never again see down payments in the 5 percent range (even now becoming harder to find) or 30-year fixed rates under 5 percent.

The median down payment in nine major U.S. cities rose to 22 percent late last year. This was the highest requirement since 1997 on properties purchased through conventional mortgages, according to a Wall Street Journal report.

In many areas, however, a down payment of only 10 percent of the mortgage amount could be available for people with high credit scores.

The lowest down payments are still offered by the Federal Housing Administration, FHA. They will finance a home with a 3.5 percent down payment.

But a recent Obama Administration white paper on the mortgage industry hints that this very low down payment might change as the federal footprint in the mortgage market shrinks.

According to CNN Money, Congress will be considering raising FHA down payment requirements, approving higher insurance fees for FHA mortgages, and changing rules for 'qualified' mortgages. This could mean higher interest rates for consumers and higher down payments, perhaps up to 30 percent.

With its low down payment requirements, low interest rates, and lower credit score requirements, FHA now has a 30 percent market share in the mortgage arena but plans are to reduce its activity to just 10 percent.

Administration officials say the planned process could take some time, but it might include phasing out federal backing of Fannie Mae and Freddie Mac. Since the mortgage crisis began, the government has bailed out the federally backed entities to the tune of \$150 billion.

How to qualify:

If you are interested in buying a home with an FHA mortgage, it's important to determine whether you have a favorable mortgage expense to income ratio. Here's how to calculate whether you would qualify for the maximum ratio of 29 percent.

Say the total monthly payment on the home would be \$750, including hazard insurance, mortgage insurance, homeowners dues, etc.

Then, say the borrower's gross monthly income, including spouse income if married, comes to \$2,850.

Divide the house payment by the monthly income.

In this case, it would produce an expense to income ratio of 26.32 percent or well below the 29 percent maximum.

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DON'T STRESS

Tips for Selecting the Right Management Company

By Katja Hom
Director of Business Development
Avery Hess Realtors

For many owners, employing a management company is not just a financial decision but an emotional one as well. Entrusting your home or investment property to others can be a difficult decision, especially to those moving out of the area. I have always been a firm believer the personal connection between a home owner and their management company is an important consideration. A mismatch in personalities could ultimately impact the professional relationship.

Homeowners need to weigh the cost versus the benefit of having a professional company handle their investment. Is it important to you having someone to market and procure tenants, to act as a liaison between you and your tenants, handle repairs and maintenance issues versus spending your own time dealing with these issues. I find owners focus on three major areas when asking questions of a management company. How are properties marketed? How are potential applicants screened? How are repairs and maintenance

as well as legal issues handled? I always encourage potential clients to interview other companies and benchmark their findings against their needs. Every owner has a "hotspot" that will trigger their decision making.



What is the aggressive strategy for attracting renters, especially on-line or mobile search capabilities? Does the company syndicate listings to a variety

of consumer websites? Which credit bureau is utilized for consumer credit reports? What kind of background check is performed? Is the lease governed by the local Realtor board? Does the lease fall under a state jurisdictional Landlord Tenant Law or Act? What are the terms of the lease? Will the property manager oversee maintenance items and cosmetic issues that need to be addressed? Don't assume every management company uses licensed, insured and bonded vendors. Ask for contractor lists and license verification. What are the nature of inspections to be performed and how often? The bottom line, attention to detail on all these items separates the great companies from the average ones.

Licensing and membership in professional organizations should also be considered. Is the company run by a real estate broker and are the individual property managers assigned to your property licensed Realtors®? Although not a requirement in all states, there are innumerable benefits if they are. It ensures compliance with local and state laws, all Fair Housing issues and gives you the single point of contact

for all necessary real estate services. Membership in NAR, NARPM or networks such as Leading Real Estate Companies of the World™ indicates a commitment to continuing education and a pledge of excellence. The end result is a higher satisfaction rate among clients.

Your final decision should be made based upon your individual needs, the services offered to satisfy those needs, the overall cost, and the professional expertise a property manager can provide. And remember, real estate services are local - so your property management should be as well!

Katja Hom is Director of Business Development at Avery-Hess, Realtors® in Vienna, VA.
www.averyhess.com

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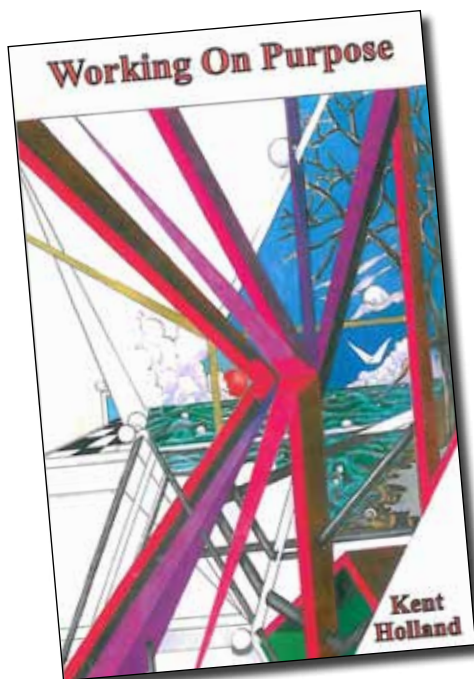
Working on Purpose

TIME FLIES, BUT YOU'RE THE PILOT

Vienna author shows 20% of the work makes 80% of the results

By Richard Gazala

Time masters all. Einstein and Hawking write about it. Roddenberry warps it. The Rolling Stones and Pink Floyd sing about it. Time consumes us as we try desperately to tame it to our needs, all the while fearing the day we find years have slipped behind us while we still have so much we want to do and too little time to do it.



Vienna author Kent Holland pays rapt attention to the incessant ticking of time's dispassionate metronome. He can't help us stop time, but in his new book, "Working on Purpose," he provides valuable insights to guide us in rearranging our relationship with time for the benefit of our families, work, and

play. It's a sensible, clear, and realistic approach to revisiting our frequently combative exchanges with time, and gives a framework to achieve more of what we wish in the limited hours allotted us.

Holland knows his subject well. Besides being a devoted husband, doting father, and successful author and public speaker, he's an attorney with a vibrant construction law practice. To excel in all these endeavors without sacrificing the others, he developed a plan based on a simple but shocking principle discovered in 1897 by Italian economist Vilfredo Pareto. It's called the 80/20 Rule: 20% of our efforts produce 80% of our results. Conversely, 80% of our work produces only 20% of our results. Think about that for a moment. Without understanding this Rule, we're doomed to spend the vast majority of our scarce time producing far fewer results far less efficiently than if we grasp this rule and its implications for how best to use our precious time effectively.

With the 80/20 Rule in head and hand, "Working on Purpose" is divided into three key parts—Time, Goals, and Purpose. The first section shares fundamental concepts directed to managing time and energy as potently as possible. It calls for us to organically reexamine our relationship with time, and our understanding of its dual roles as our adversary and more importantly, our ally. The second section offers a sound guide to conceiving and accomplishing our personal and professional goals successfully. It

explains the benefits of setting goals, the reasons why some people avoid setting them, and how to set them to maximize the rewards of conquering objectives in the least amount of time possible. The final section calls for introspection in exploring and defining purpose in life, and then developing a meaningful personal mission statement. This purpose-driven mission statement becomes a powerful force propelling the way we use our time and energies to achieving our goals effectively and efficiently.

Holland's message is deceptively elementary. Time can be stingy, but if we misuse it, we make it stingier than it needs to be.

Kent Holland is a nationally-renowned author and speaker. He is president of the risk management consulting firm ConstructionRisk, LLC, and the construction law firm ConstructionRisk Counsel, PLLC. His book, "Working on Purpose" is published by Ardent Publications, and is available at www.amazon.com. Learn more about Holland and his work at www.kentholland.com.



Richard Gazala is a Vienna author, currently writing the sequel to his award-winning thriller, "Blood of the Moon." More about Richard and his writing is available at www.richardgazala.com.

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GOLF for a Cause

Following the success of last year's inaugural MAG America golf fundraising event, the non-profit will be welcoming golfers once again for its second annual MAG American Open.

On June 6, hundreds of golf enthusiasts are expected to head to Greendale Golf Course in Alexandria to compete in a team scramble format, with cash prizes awarded to the top three team finishers, as well as for longest drive and closest to the pin.

Pat Patierno, chairman of MAG America and founder of the MAG America Open, has been involved in Mine Action programs since his days at the State Department as the Director of the Office of Humanitarian Demining.

Patierno has seen firsthand the devastation that landmines and unexploded ordnance has done to communities globally.

"There are over 70 countries still affected by landmines. Not only do landmines cause thousands of civilian deaths each year—sadly many of the victims are children—but they strangle

development in countries which don't have access to that land for farming, water, or even playgrounds," he says. "My friends and family would often want to know what they could do to help this cause so I developed the MAG America Open to raise money and awareness."

Sponsorship opportunities are still available with corporate title sponsors (\$5,000), corporate sponsors (\$2,500), beverage cart sponsors (\$500) and hole sponsors (\$250) still needed.

"We will have MAG senior operational staff on the course to talk about their work firsthand and showing exhibits of actual landmines—deactivated, of course," Patierno says. "We still have many business sponsorship opportunities and spots left to play so I hope readers of Viva Tysons will come spend the day with us on June 4th" Last year, \$13,000 was raised for MAG America through the event and they are hoping to improve upon that total as they continue their mission.

MAG (Mines Advisory Group) is an international organization that saves lives and builds futures through the destruction of weapons in conflict-

affected countries. Since 1989, MAG has worked in over 40 countries and in 1997 was awarded the Nobel Peace Prize. MAG works closely with at-risk communities to make their lives safer. We respond to their most urgent needs by providing safe access to water, shelter, food, and emergency aid, as well as through the delivery of life-saving information to those at risk. MAG's impact is long-lasting. Our work boosts economies in affected areas by opening up land for agriculture, trade, and infrastructure development and by training and employing local staff from affected communities.

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STEP DRILL

By Ted Savia

Has anyone ever told you that your "coming over the top" on your golf swing? This is a very common mistake beginning and intermediate golfers make and is a major reason for a slice. Coming over the top is defined as improperly initiating the downswing

with the upper body, causing the path of the club head to be outside of the target line prior to impact.

There are many drills to help prevent coming over the top, but I like the "Step Drill". At normal address position and before the backswing is started, the front foot is placed next to the rear foot. After this is done, the backswing is completed. Just before the downswing begins, you must return the front foot to its original position then continue the downswing as smooth as possible to completion.

The objective is to promote lower body movement which precedes the upper body. This is a fundamental trademark of

all good golf swings. If you're still having problems with your golf swing, I recommend a series of lessons from the golf professionals at The Everybody Golf School at Oak Marr Golf Course.



Work Notes

Getting along with your boss

Here are some tips on how to keep the relationship running smoothly.

1. Know what is expected of you each day. Circumstances change.
2. Learn the boss's objectives and actively try to help achieve them.
3. Avoid a buildup of frustrations by initiating regular conversations.
4. Study your boss's schedule to find when he or she is most receptive to being approached.
5. Present suggestions in writing and allow your boss time to digest, modify, and approve or disapprove them.
6. Look for ways to protect your boss from mistakes.
7. If needed, offer to work longer.
8. Don't divulge information about department operations to outsiders.

What golf can & can't do

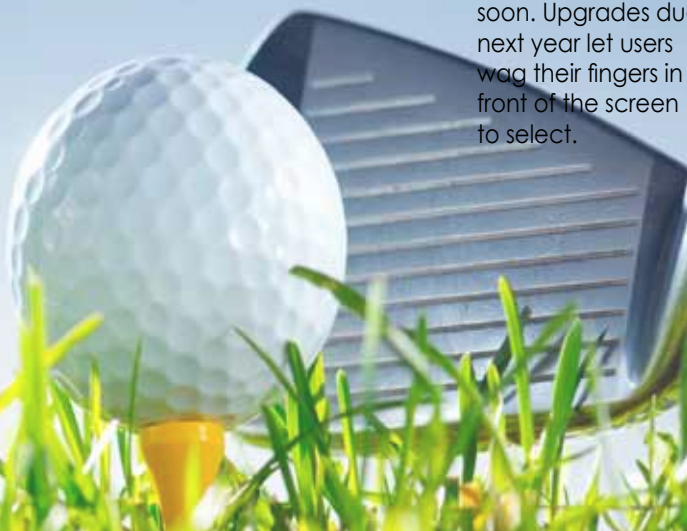
In this age of cost-cutting, fewer companies pay for golf club memberships and more companies are being run by people who would rather do something else. Add in the time golf requires, and it begins to seem that golf isn't as important as it once was. Yet in some organizations, it's more important than ever.

Both men and women at Harvard Business School often take golf lessons. Trying to sell a product or get a donation on the golf course is poor form, but it's still a place where important relationships can be developed.

Rest for tired thumbs

If your thumbs are tired from using hand-held devices, but you'd still like to play a game while waiting somewhere, there's help on the way. New games let you throw a dart or roll a marble through a maze by tilting the handsets. They include a motion-recognition component.

When downloaded on a Verizon camera phone, the \$9.95 games by GestureTek have you shake or wave handsets. Sharp and Panasonic sets preloaded with the games are due out soon. Upgrades due next year let users wag their fingers in front of the screen to select.



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My Mother THE RADIO HOST

By Keith Loria

As a youngster, Amanda Carroll used to take her boom box with a dual cassette player and create her own makeshift radio station.

"I used to record my own radio shows and make my own commercials and everything," she says. "I was always a talker—so much so that I would get in trouble for talking—and I enjoyed the idea of hearing my voice on the radio."

Flash forward a few decades and Carroll's dream has come true. She is currently the morning show co-host at "family friendly" WGTS 91.9 in Washington D.C., which she does live from her own home every morning from 6 a.m. until 10 a.m.

As a mother of three young children, the chance to work at home was a big draw for Carroll and the reason that her radio career is thriving rather than in a standstill.

"It's awesome," Carroll says. "They were really great and made it really easy for me as a mom to come back to work."

Just like when she was younger,

Carroll has her own radio station in her basement. Only this time, it's connected to a high-speed Internet and a webcam that makes it sound like and look like she is with her co-host Brennan in the Maryland studio.

"I get up at 5 in the morning and walk down to my basement and my nanny comes to help get the kids ready for the day, and then I'm done around 10 and I can be mom for the rest of the day, which is great," she says. "People who listen can't tell I'm not there at the studio."

Calling herself a "professional mother," Carroll has a 5-year-old daughter Emily, a two-and-a-half-year-old son Andy and a one-year-old daughter named Zoe Grace. When she moved to Vienna a few years ago with her family, with three young children, Carroll thought her radio career would have to be on hold for a while.

But fate came calling when "this incredible opportunity" was dropped in her lap.

"I didn't think I could still do it. I left my career for a while when we relocated here from Houston, Texas and I thought this would be a good chance for

me to do 'the mom thing,'" she says. "WGTS had been familiar with my work from Houston and knew I had moved here and I wasn't looking for a job but they brought me this opportunity and said, 'What if you can do it from your house?'"

It didn't take long for Carroll's response: "I'll do it!"

"For me, I know a lot of moms are different, but this was the perfect chance for me to have a creative outlet that keeps me going professionally, but at the same time, I don't feel like I am sacrificing a great ton in raising my small children," she says. "This is wonderful because I get to have it all."

It wasn't an easy road for Carroll to get to this great place she is now and there were times when she thought about giving up on a broadcast career.

"I originally went to journalism school at Indiana University and wanted to do broadcast television. I had an internship and realized that I didn't like the depressiveness of the news every day," she shares. "I wanted to be more of a personality and share life and inspiration and encouragement."

While working at television station WMBD-CBS 31 in Peoria, Ill., Carroll was sent out on an assignment to cover a kid who had snuck a pipe bomb into a snowdrift.

"This is the story I was getting sent out on, and then my pen froze so I couldn't take any notes and I realized, this is not the glamorous life I wanted," she says. "There was a chain smoker from the newspaper there telling me to bring a pencil next time and I knew that this was no longer what I wanted to do."

Carroll decided to try her luck at radio and volunteered for a community radio station and worked her way up through the years.

She worked at radio news AM-1230 WJBC in Bloomington, IL, and most recently at 89.3 KSBJ, a contemporary Christian radio station in Houston, the country's most listened to Christian radio station.

That's why when Carroll moved to Virginia, she was quickly snatched up to work by WGTS with Brennan.

"We are buddies and good friends on the air and off the air; sort of like a brother and sister relationship," she says. "I can get away with a lot more teasing him than he can from our listeners. Our main goal is to have fun and be relevant."

Her faith is very important to her and she believes that it has helped her with her career and getting a positive message across to her listeners.

"I like to make people's days better. I may not be good at numbers or budgeting or running a business, but I feel like I can encourage and inspire," she says. "That's why I work at a Christian radio station. It's a lot less money but I feel like every morning as someone is getting ready for their day and sitting in DC traffic, getting frustrated, and not real happy, hopefully I can say something that can touch them or make them laugh or put a smile on their face."

Plus, Carroll can wax poetic about her favorite subject all day long: her kids.

"The show gives me the chance to talk endlessly about my kids to a large audience," she smiles. "Every mother likes to brag about their kids and I get to do that all the time."

Remember that love for talking? Well, Carroll also enjoys speaking engagements, and she is often called upon to give a talk about motherhood, her career or her struggle with depression.

"For me, I know a lot of moms are different, but this was the perfect chance for me to have a creative outlet that keeps me going professionally, but at the same time, I don't feel like I am sacrificing a great ton in raising my small children... This is wonderful because I get to have it all." - Amanda Carroll

"I struggled with depression and I lived for years with depression and was literally miserable every day, until I took action. I got help from a doctor and work everyday to be happy," she says. "Speaking engagements are fun because I have an audience that I can see and I draw on my own personal life and what I have learned and try to communicate that in a way that's helpful and inspiring to others."

If things are tough now, Carroll receives joy and inspiration from her children, from whom she constantly can see the joy and love in their hearts.

"My favorite part about being a mom is that no matter what, there's joy," Carroll says. "Coming through what I've come through in my life.... I remember when my oldest one was three and she would wake up in the mornings and when the sun was shining, she would say it was happy outside. That meant so much to me because before I had children, I struggled and would wake up and not want to get out of bed. Being a mom and having a bubbly bouncy daughter who immediately thinks sunshine means happiness; I love that and they teach me how to embrace life as well."

Carroll also aspires to become a published author and has written a short faith-based book called "The Gift" about celebrating the real gifts at Christmas, and hopes to continue to write.

But of course, being "Mom" will always come first.

"This is what I was meant for," she says. "There's nothing that touches you more than the love from your children."

Little Emily may even be following in her mom's footsteps one day, as she is recreating Carroll's pretend radio days.

"She pretends everything is a microphone and she is fully aware of what her mommy does," Carroll says. "I've used her voice for some things on-air, so she already has some voice work experience."

So, don't be surprised to hear "Amanda and the kids" being broadcast one day—even if it is only over a boom box.





a life of JOY

By Rick Mundy

At 12 years old, Matthew Millstein wants to be a professional drummer. He already plays in a band and the band even has four original songs in its playlist. But before he starts touring, Matthew has other projects that keep him busy these days. Especially making greeting cards to raise money to help children in Haiti. At a very young age Matthew learned that many children in the world do not have as much as he and his friends, that basic needs of food and clean

water are hard to come by in places like Haiti. His mom, Cris Millstein, had participated in a project to help Haitian people. When he learned about young entrepreneurs in third grade, he knew what he had to do. He would be an entrepreneur making hand-drawn cards but would give his earnings to children suffering in Haiti. Thus began Cards of Joy.

The first cards were drawn on notebook paper, one at a time, and were sold in his parents' hair salon (where the main operation continues today). As Matthew became more sophisticated, he graduated, first to white paper, and then card stock.

"Dad, we need a website," became his call. Once the site was up, a "ton of orders" started coming in and hand-drawing each individual card became impossible. Today the designs are scanned and printed on high-quality card stock. Richard (Matthew's dad) oversees the computer operation but Matthew is taking on increasing amounts of the computer work.

Still, more help was needed, so classmates at Forcey Christian School were encouraged to create their own designs for the cards. "Everyone has their own unique style," offers Matthew.

He estimates that as many as 50 different kids have participated in the project over the last three years, and there are about 25 that are involved today. He still manages to spend a few hours each week to work on Cards of Joy.

Help comes in other forms also. Seven-year-old brother Michael helps out coloring some of the designs. Richard and Cris underwrite the cost of all card supplies so that 100% of the proceeds goes to the cause. Jeff and Nancy Bulman, friends of the Millsteins and owners of three local Original Pancake Houses in Falls Church, Bethesda, and Rockville, have supplied the racks for the cards.

Matthew has partnered with Beyond Borders (beyondborders.net), an international non-profit committed to building movements in Haiti to help people advance their lives. They are the link in getting the money raised through Cards of Joy to the neediest places. They also provide cards to Matthew created by Haitian children and available at cardsofjoy.org. Matthew is clear about the results of the Cards of Joy project. People buying the cards experience the joy of helping children in need, and they get a beautiful card to share. More



children in Haiti get food to eat and clean water to drink. And Matthew finds joy in "making a difference" in the world. Cris explained that it's pretty natural for Matthew to be making this effort: "He has always been compassionate. For example he never liked to see other kids picked on."

Looking to the summer, Matthew talks of plans to start clubs to make more



A Family Affair: Cris, Michael, Matthew and Richard all participate in Matthew's project.

card designs, hold bake sales and more to continue to raise money. Maybe there'll be some time for his band to practice as well, but Matthew never loses his focus on the cards.


He suggests that there are numerous ways that anyone can help. Kids can submit their own card designs to be considered for the collection. They should send an email to cardsofjoy1@gmail.com. Also donations can be made at the website, cardsofjoy.org. Any donation of \$10 or more will receive a free card. PayPal and most major credit cards are accepted.

Of course the cards can be purchased online or at any of the local Original Pancake House locations. Many new cards for Mother's Day and Father's Day have just been added to the offerings.

Finally, if you support the cause that Matthew has started, leave a message in the online guestbook. He loves to hear what people are thinking about him and his project.

Whether Matthew Millstein makes it as a big-name percussionist remains to be seen, but in the meantime he's making plenty of noise with his Cards of Joy project.

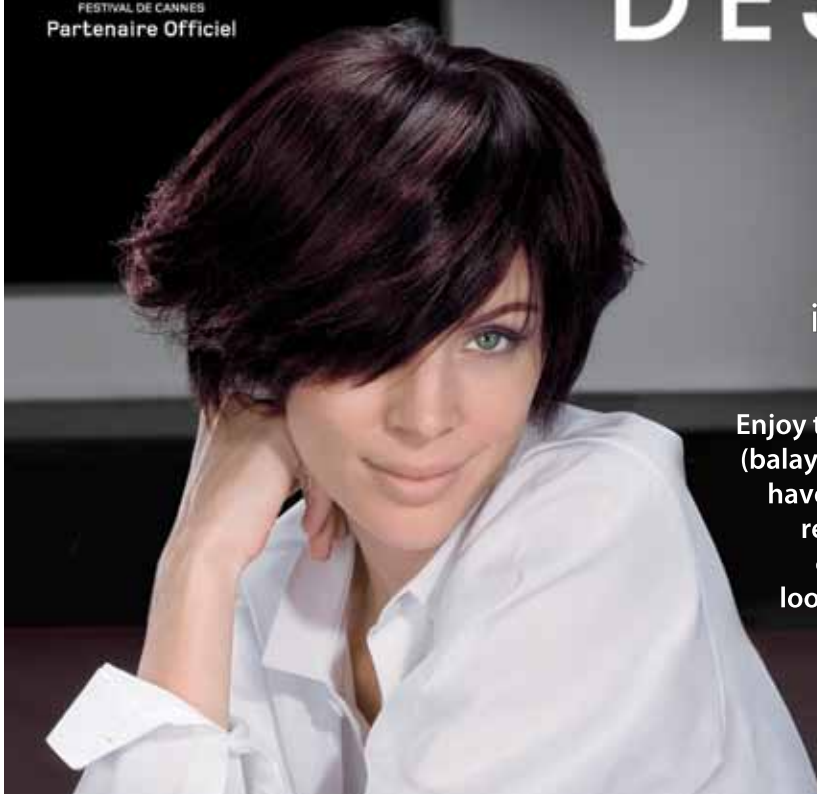




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FROM SKI LODGE TO DRAWING ROOM

Great Falls Family Room Makeover Shows Possibilities of
Finely Detailed Elevations, Coffered Ceiling

By John Byrd



Designer Emily Pierson paid close attention to 18th century tradition. Crown molding, fluted columns and arched pediments above the inset bookcases are specific to Colonial- and Georgian- style detailing.

Sitting in the classically-proportioned family room of John and Stefani Dearie's home in Great Falls, it's hard to believe that this warmly elegant interior was previously designed as a kind of faux ski lodge complete with rock-clad hearth ascending craggily into a 13 foot vaulted ceiling.

"Apparently, the previous look reflected tastes from the early 1980s," John Dearie speculates. "The dining room, den and other rooms in the house are more consistent with the home's Colonial-style architecture, so the family room, as I first saw it, was an anomaly...at best."

Nevertheless, when the Dearies were relocating from upstate New York to northern Virginia last year, they loved everything about this spacious four-bedroom custom home but the family room-- which would clearly have to be transformed.

"The rising stack of stones around the fireplace reminded me of something out of the Beowulf legend," says Dearie, whose passion for 18th century architecture includes experiences renovating a 225-year-old farmhouse. "I'm partial to symmetry and balance."

"Certainly the scale was wrong," recalls Emily Pierson, the interior designer from Landis Construction who created many of the new family room's distinctive elevations. "But the biggest problem was the vaulted ceiling. It seemed like a room in a completely different house."

So what to do?

Pierson and colleagues responded with a two-part solution:

- 1) lower the ceiling to the standard ten feet, restoring style-appropriate proportionality
- 2) disassemble the rock-wall and create an entirely new hearth-side elevation starting with a flush surface.

Thoughts of a better-rationalized interior, however, also prompted large questions: what's to be done with a lower ceiling in a 17' x 26' space and what's the best way to achieve a cohesive, aesthetically-pleasing whole?

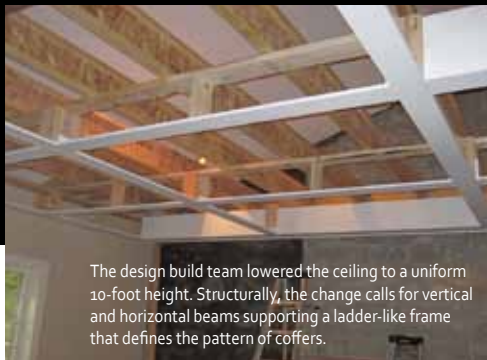
"I had seen some coffered ceilings in Georgian-style drawings rooms that really appealed to me," John Dearie continues. "My concern was whether it was feasible for this room."

Coffered ceilings—a style that articulates the surface overhead as a perfectly geometrical pattern of panels, or coffers—were "high-style" in the palaces of the Italian renaissance, and remained a staple of fine homes in Europe and Britain through the American Colonial period. As new techniques simplified residential construction, less ornate interior designs proliferated everywhere— yet the coffered ceiling remained a feature in more upscale residences, where attention to detail was inevitably on display.

"There's no doubt that a coffered ceiling is labor intensive," Landis project manager Andrew Kerr points out. "Creating a grid that's perfectly rationalized from one side of the room to the other requires a certain amount of trial and error—especially since the symmetry is a bit of an illusion."

In fact, designer Pierson points out, the panels closer to the room's rear elevation are actually smaller:

"The continuum contracts slightly as you move to the back so as not to distract from the room's real focal point-- the fireplace, the mantel, the built-in bookcases."



The design build team lowered the ceiling to a uniform 10-foot height. Structurally, the change calls for vertical and horizontal beams supporting a ladder-like frame that defines the pattern of coffers.



New owners of a spacious Great Falls Colonial liked everything about the house, but the family room, which featured a rock-clad fireplace rising 13 feet into a cathedral ceiling. Among other problems, the owners found the room in appropriately proportioned relative to the rest of the house.

Structurally, the ceiling has three elements: A pair of ledger boards bolted into the cinder block on opposite walls run the entire length of the room; microlaminate beams—12 in all-- are fastened to the boards perpendicularly, spanning the room's 17 foot width. Finally, a ladder-like frame of 2"x 8's is attached below the microlam.

The exposed lumber surfaces are faced with 1"x 8" finish material; finished panels—appropriately-sized—are, likewise, installed to the top of each of bay.

"The three dimensional pattern overhead effect is really pleasing," Dearie says. "It sets off the room in a way that nothing else could."

Designing a compatible elevation around the fireplace was, of course, integral to the overall solution, a process which began by dismantling a

floor-to-ceiling backsplash comprised of nearly a hundred stones.

"Building out the paneling in front of the stones would've reduced the available floorplace" Kerr explains. "More importantly, this interior design style calls for inset book cases."

Pierson's decorative choices for the mantel and built-ins pay close attention to 18th century tradition. The crown molding, fluted columns and arched pediments above the bookcases are specific to Colonial- and Georgian- style detailing. The coffers, in turn, match the crown molding profile used in the built-ins.

"It's the convergence of subtle design sympathies that imparts an almost unconscious awareness that there's something special about the room you now occupy," Pierson observes.

As a final touch, the Landis team replaced a non-symmetrical trio

of glass-facing doors accessing the east-side deck with a more balanced French variation framed by a transom and side lights. The change dramatically enhances visual connectivity to a lovely setting defined by mature tress and abundant natural light.

Dearie says his family loves the new room, and now spends most of their at-home leisure time in it:

"It's such a pretty place. We naturally gravitate to it."

Landis Construction periodically offers workshops on home remodeling issues. FOR INFORMATION: 202/726-377 or www.landisconstruction.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.



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ask F A Q Jud

Q: What do I do if my grout is black in the corners surrounding my tile and where the tile meets the tub?

A: Take the black grout out with a utility knife and let the area dry for several days, then spray with Clorox water (5 to 1). Once that has dried, apply siliconized caulk or pure silicone caulk.

Q: The grout is cracked in the corners and at the shower (or tub) base and there is missing grout in the walls themselves. How can I fix this?

A: Remove all loose grout with a utility knife; then fill the voids with caulk. Fill missing grout in walls with matching unsanded grout.

Q: What should I do if my grout is cracking and loose on the floor?

A: You should call a qualified, licensed, and insured tile contractor for an opinion. Loose, missing or cracked grout may be a bigger problem than you think. It may simply be due to settlement or it might even be loose or improperly installed floor.

Q: What can I do if my grout is discolored?

A: Try cleaning with Soft Scrub (if not stone) or a commercial tile and grout cleaner. Most of the time, this does wonders. If discoloration is permanent, try your hand at staining the grout. Stain comes in many different colors.

Q: Do I use sanded or unsanded grout?

A: The size of the grout joint and the surface of the tile are the deciding factors in which grout to use. Unsanded grout is designed for grout joints smaller than 1/8", sanded grout is for grout joints 1/8" or larger. Also soft polished stone, and glass tile can be susceptible to scratching with sanded grout.

Q: How do I go about matching a grout color?

A: Even if you have the exact same grout as was originally used, it could still vary in color when installed. Color of the grout will vary depending on how much water is used during mixing the grout and then during cleaning the grouted area. The color will vary depending on the rate at which it dries from various conditions such as temperature, relative humidity, wind, and how absorbing the surface is to which it is being attached.

You can try to match the grout color and if it doesn't come out well you can get a grout colorant and paint the grouted area to try to better match it.

Q: What grout do I use outdoors?

A: In a freeze thaw climate such as we have in this area, you should use a latex admix to your grout to make it stronger, more dense and more resistant to freeze thaw damage

Jud Robertson is co-owner of Jud Tile, along with his wife Linda.



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COMPOSTING 101:

Better Home Waste Management

By Beth Chung

Anyone who's environmentally aware knows that the best organic garden fertilizer is made at home. Green enthusiasts the world over know how to compost. It's been a way of life in Europe and Asia for centuries, and used to be common practice in America in local communities and on farms. It's easy, ecofriendly, and anyone can do it without much effort or expense.

The reason why composting matters today is that Americans are ruining drinking water with organic waste. We grind up too much food waste in our garbage disposals, raising the nutrient load in wastewater and making it more expensive and time consuming to clean up. Or we dump food waste into the trash, and it heads to a packed landfill where it can't get the necessary surface space and air to biodegrade quickly and efficiently. In the Chesapeake Bay region, it is especially important to use compost (whether you make it yourself or buy it) because the alternative—chemical fertilizers—are so deadly to life in the Bay. Suburban runoff is second only to commercial agriculture when it comes to putting harmful amounts of nitrogen and phosphorus into our surface water (which of course we must purify and drink later). So give composting a try this year—early summer is the perfect time to start.

Common reasons why people don't compost include: they don't know how, they think it smells, or it's too much trouble. These are myths, and can be dispelled quickly.

What is compost?

Compost (aka "brown gold") consists of aerobically derived remnants of organic materials. When you combine the leftovers of plant material and add a little air, water and nitrogen, you get good compost. The decomposition is performed primarily by aerobes (organisms with oxygen-based metabolism), although larger creatures such as ants, nematodes, and worms (this process is also known as vermiculture) can also contribute. This decomposition occurs naturally except for in extreme anaerobic conditions, like in landfills, very arid deserts or cold weather which prevent the microbes and other decomposers from thriving. Decomposition happens even in the absence of some of these ingredients, but not as quickly or as pleasantly. Compost is used most often at the consumer level in gardening and agriculture as a fertilizer-type soil additive, and can also often replace commercial fertilizers. In my half-acre garden, I use only compost, no chemical fertilizers. The practice of collecting kitchen and yard waste to do so takes me 5 minutes per week.

How to make compost

Given enough time, all biodegradable material will compost. The goal in a composting system is to provide a healthy environment and nutrition for the rapid decomposers, the bacteria. Not all biodegradable materials are appropriate for backyard or at-home composting, though. Most backyard systems will not reach temperatures high enough to kill pathogens and deter vermin, so pet droppings, meat scraps, and dairy products are best left in the trash. Their omission will also help keep wild animals out of your compost bin.

The most rapid composting occurs with the ideal carbon to nitrogen ratio of 30 to 1 by dry chemical weight. In other words, the ingredients placed in the pile should contain 30 times as much carbon as nitrogen. For example, grass clippings average about 19 to 1 and dry autumn leaves average about 55 to 1, so mixing equal parts by volume nets approximately the correct range. The ideal mix is 60-40 ratio of 'brown' (leaves, small dry twigs, shredded newspaper) to 'green' (vegetable matter, such as vegetable trimmings, grass clippings) content.

Some good ingredients from your kitchen can boost the nutritional content of compost. These include egg shells (great for calcium and other minerals), coffee grounds (toss in with their unbleached filters), and bread

scraps. In general with composting, it's best to toss in items that are 1 inch cubic diameter in size or less. Few things need a special effort—watermelon rind and sweet corn cobs in the summer are the ones I tend to cut up to speed the biodegrading process. That said, whole banana peels are fine, as are whole berries that have gone moldy or soft, for example. Remember, rot works in your favor when composting, so don't dump these valuable organics in the trash.

How to compost: techniques

There are a couple of different techniques for composting that use two primary methods. Active, or hot, composting, as the name suggests, occurs when the compost stays above about 90°F (32°C), allowing aerobic bacteria to thrive, killing most pathogens and seeds, and rapidly (9–12 months) producing usable compost. Passive, or cold, composting occurs in many domestic garden compost bins in which temperatures never reach above 86°F or 30°C. If you put kitchen scraps in the garden compost bin and leaving them untended, you're cold composting. This "scrap bin," because it has a very high moisture content and doesn't get active aeration, is likely to turn anaerobic and will not smell very good, though it will produce compost, after a while. This process can be improved by adding some wood chips or small pieces of bark, leaves, twigs, or a combination of these materials,

throughout the mixture, helping to improve drainage and airflow.

Using compost improves soil structure, texture, and aeration and increases the soil's water-holding capacity. Compost loosens clay soils and helps sandy soils retain water. Adding compost improves soil fertility and stimulates healthy root development in plants. The organic matter provided in compost provides food for microorganisms, which keeps the soil in a healthy, balanced condition. Nitrogen, potassium, and phosphorus will be produced naturally by the feeding of microorganisms, so few, if any, other soil additives will be needed.

Using compost bins and piles will help you create compost more quickly and easily; read on for my tips for using compost bins and piles.

Using compost bins & piles

Anyone with a few extra square feet (even inside your kitchen or out on a deck or balcony) can produce compost, there are a few options for those who don't have the space to start a big heap in the backyard. Though a common misconception, properly aerated compost does not smell like rotten food (though the "passive compost" described above certainly can), which makes it possible for small home dwellers to create their own without making a big mess or raising a stink.

Here's how I do my bin composting. Everyone in the family has been told (and for several weeks reminded) what does and doesn't go in the compost. We started with a little sign in front of the one quart stainless steel countertop bucket right above the trash bin, saying "no meat, cheese or bones." As people scrape their plates, they put the vegetable matter into the bin and bones or meat/gristle scraps into the trash. It takes no extra time once it becomes habit. Likewise when prepping to cook meals, instead of tossing vegetable and fruit trimmings and rind into the trash, just put them in the kitchen compost bucket. Ditto for heels of loaves of bread, rice, potato and other starches. These are all your "green" items for the compost mix.

An outdoor rotating drum compost bin is a great way to get started with hot or cold composting. Look for air holes and a good sliding door design. I use a SunMar 200 brand drum, and keep a few bags of autumn leaves stored next to it to toss in as needed. I take the countertop bucket by the handle out to the outdoor rotating drum composter twice a week. It's located on the side of my garage. I add it to my drum opening and toss in a similar amount of leaves. Close the door, give it a spin, and that's it. In seven years no animals—but plenty of beneficial insects—have gotten into my bin. Once a month, toss in a shovel full of rich garden soil (for its microbial power). If you want to get fancy (and there's no need to) you can buy compost accelerator in a good garden store. Adding some in June can be a good boost to a slow 'hot pile.' I get hot compost once a year in the early spring from this one bin, just when I need it. I'm adding a second bin this year, because it's been so successful for me—I want more black gold.

The countertop bucket does not smell (and I have a sensitive nose). If a week has gone by and you have not emptied it, take it out to your drum or sprinkle a little baking soda on top until you can get to it. No need for carbon filters or anything fancy. Once a month I rinse the countertop bucket

Kitchen waste before it becomes "brown gold"—rich soil enhancing compost.





Open wood bin composite

out with a little baking soda, white vinegar and hot water.

Some people are fans of open wood bins. I have no problem with these if you don't have a lot of animals around, and you don't mind tossing the pile (to aerate it) with a pitchfork once every few months. If you have a lawn and produce lots of grass clippings, this is a good way to go in retaining those scraps to produce cold compost. I don't have a lawn, but my neighbor does, and he says he doesn't ever turn his, but he adds layers of dry leaves seasonally. After 3 years he's

got cold compost. The reason to have more than one bin is so that you can have different stages of the process going—one you're leaving alone and another you're starting/adding to. It obviously slows down completion of the compost if you keep adding new material to a large existing pile that has been decomposing for over a year.

Learn more about compost and composting...

Check out the US EPA's www.epa.gov/compost and the USDA's Natural Resource Conservation Service www.nrcs.usda.gov/feature/backyard/compost.html for more information.

Composting is not difficult, and it makes a very positive environmental impact. For the \$200 it costs to buy a rotating drum and countertop bin, you

can have years of great homemade organic soil enrichment. You probably spent that much on chemicals and fertilizer to compensate for poor soil quality last year alone. Compost actually enhances the structure of your soil for the long term, along with its productivity. So give it a try—make a short-term decision to save some money and help the environment in the long run. If you need help, drop me an email—I frequently help clients enjoy composting success.

Beth Chung is a green expert who works locally with homeowners, businesses, schools and land trusts on a variety of projects that promote conservation and efficiency. She is a founding member of GreenMcLean, a consortium of local businesses that promote sustainability in the community. Contact her for help with your green agenda at beth@mygreenexpert.com.



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What is RED DAY? (Renew, Energize and Donate) is an initiative dedicated to celebrating Keller Williams Realty's year-round commitment to improving our local communities. Each year, on the second Thursday in May, tens of thousands of associates from across the United States and Canada participate in a wide range of projects, devoting our time to renewing and energizing aspects of the neighborhoods in which we serve. This year the Tysons/Vienna Office will be helping a very worthy organization located within our community that feeds over 2,000 families in need per month.



We will be out front our office on May 12th boxing food for delivery. If you would like to participate with non perishables or donations please come by. We have a drop box in our lobby or call 703-564-4000 to find about how to sponsor a box.

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FINELINES FURNISHINGS BRINGS YOU TRENDS FOR SPRING

By Lauren Simmons

Although the Spring High Point Furniture market just ended, it left behind hints of a renewed energy sparked by vibrant colors and innovative new products. Bringing promises of new beginnings, Spring is a great time to reinvigorate your surroundings and add some interesting new touches. Some trends we're seeing:



Quality Furniture

We're noticing a trend towards well designed, quality items that last as opposed to less expensive, poorly made pieces. Investing in quality furniture doesn't mean you're stuck with one look forever; rooms can easily be updated with the addition of color and texture.

There is a renewed interest in American-made products. Designer Bob Timberlake says: "I'm enthused! I know the public is coming back to 'Made in America' – fast, I'm trying to create jobs and keep jobs - whether (the product is) wine, furniture or anything else." Upholstery manufacturer C.R. Laine's products (pictured above) are made in Hickory, North Carolina and have been around since 1958

Multi-Purpose Furniture

In this economy, more and more households are downsizing, and as a result we're seeing smaller, more efficient multi-purpose furniture that can serve a variety of functions in several rooms. For example, this secretary neatly stows your home office items out of sight in one compact place.





Indoor/Outdoor Furnishings

There is also an interest in indoor/outdoor furnishings and fabrics – consumers are seeking those dual functional items:

Bioethanol fire centerpieces are compact, portable, and create a dramatic atmosphere while being a wholly renewable source of energy. Perfect for a dinner table, coffee table, or outdoors on the patio or by the pool.

Outdoor Rugs

Outdoor rugs make it easy to create a chic, comfortable retreat. Virtually maintenance-free, outdoor rugs offer soft comfort and weather resistance for porches or patios while also providing high-traffic durability for kitchens and entryways.



FineLines Furnishings is a local online retailer of home furnishings and accessories. Our mission is to help you achieve just the right look for your home.

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- You have existing pieces to work with but need ideas on how to use them to update your surroundings
- You want quality pieces at great prices (we offer tons of manufacturers' specials and promotions)
- You don't want a decorator to take over your life and home
- You need help finding specific items

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Lauren Simmons, owner of FineLines Furnishings, has always had an excellent eye for decorating and accessorizing. By owning a store she is now able to provide beautiful home décor at competitive prices. The store is independently owned, yet, it has connections to some of the finest furniture and accessories manufacturers in the world. Lauren provides in-home consultations as well as virtual decorating assistance - providing as much or as little as desired.



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ABOVE PART OF THE TUNNELS: Route 7 westbound has been realigned in this area near Route 123 so that tunnel construction can be done on the section leading into the future Tysons Central 7 station, Dulles Corridor Metrorail Project Photo by Stephen Barna.



M KEEP TYSONS MOVING



OH WHAT A SKYLINE: The top of the guideway for aerial bridges that bring trains from the Dulles Connector Road into Tysons Corner along the northwest side of Route 123 provides a delightful view of Tysons, Dulles Corridor Metrorail Project Photo by Stephen Barna.

Dulles Rail: Connecting Loudoun, Dulles Airport, Reston/Herndon, Tysons Corner to the Metro Region

While the construction is more than 36 percent complete on Phase 1 of the Dulles Corridor Metrorail Project, questions still arise as to just what is this project.

A rail connection to Dulles Airport was envisioned just days after Washington Dulles International Airport opened in what was literally still farm country. In fact, the right-of-way for such a connection was quickly set aside in what became the corridor that now contains the Dulles International Airport Access Highway, the free road for traffic heading to and from the airport, and for the Dulles Toll Road.

Today, construction is under way on the first phase of rail to Dulles which will eventually be a 23-mile extension of Metro's existing Orange Line. It will connect the Dulles Corridor, home to Dulles Airport, and Tysons Corner to the nation's capital and suburban Maryland, providing access to and from jobs, recreational and shopping opportunities and the dynamic lifestyles provided here in Northern Virginia. For example, Tysons Corner is home to some of the region's largest employer's and one of the largest collections of shopping opportunities in the nation.

What and where is Dulles Rail?

The extension will join the existing Orange Line where the Dulles Connector Road and I-66 come together between the existing East Falls Church Metro Station and the West Falls Church Metro Station. The trains on the new line will share the tracks from that point east through Arlington into Washington, D.C. and ending at the Stadium-Armory Station, providing additional service to Arlington and

the District. This will provide a one-seat ride to downtown for those who live in Tysons Corner, Reston, Herndon, near Dulles and in eastern Loudoun County, according to project officials.

The project is being built in two phases. Phase 1 has five stations, four in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston. In Tysons, the rail line leaves the toll road corridor and follows Routes 123 and 7.

The Tysons stations and their locations are:

- Tysons East, on the northwest side of Route 123 at Colshire Drive, near the Capital One headquarters
- Tysons Central 123, on the northwest corner of Route 123 at Tysons Boulevard, near Tysons Corner Center and Tysons Galleria
- 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

All of the stations are on the side of or in the middle of busy roads. Riders will get to the stations via pedestrian bridges from access buildings on the sides of the roadways.

The bulk of the system in Tysons Corner is aerial, but there are inbound and outbound tunnels under construction connecting Route 7 and Route 123. Phase 1 is scheduled for completion in 2013.

Phase 2 runs from Wiehle Avenue in Reston westward, continuing in the median of the toll road, through Dulles Airport and in Loudoun County in the median of the Dulles Greenway.

Phase 2 stations are:

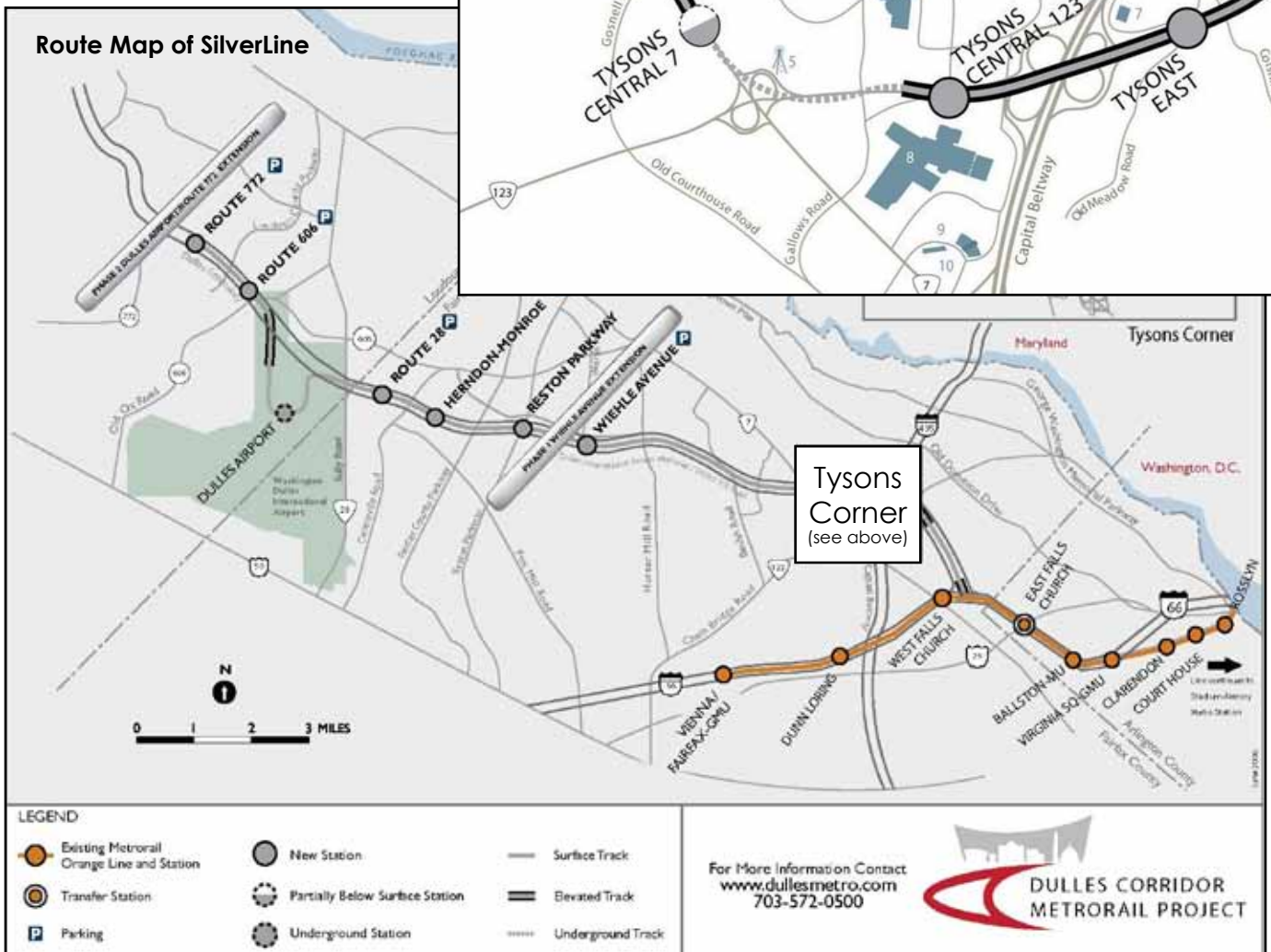
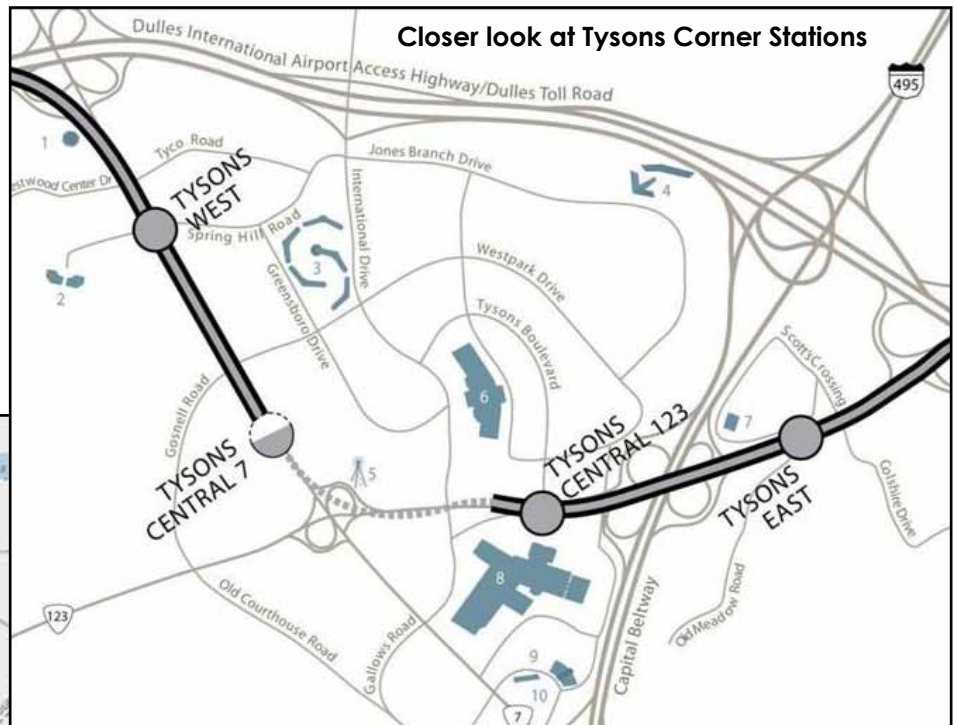
- Reston Parkway, near Reston Town Center
- Herndon-Monroe, at the exiting park-and-ride lot

- Route 28, near the Center for Innovative Technology
- Washington Dulles International Airport
- Route 606
- Ashburn at Route 772

Phase 2 completion is scheduled for 2017.

The rail project is owned and managed by the Metropolitan Washington Airports Authority. Dulles Transit Partners is the design-build contractor. When construction is completed, the project will be turned over to the Washington Metropolitan Area Transit Authority and will become part of the existing 106-mile Metro system.

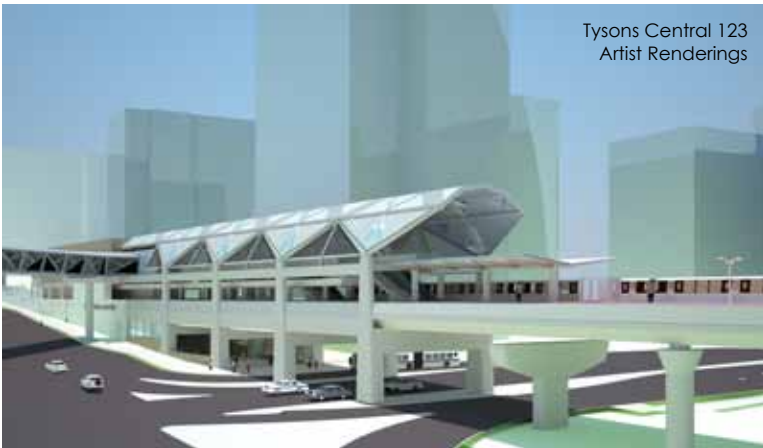
For additional information, visit



Tysons East-Looking West
Artist Renderings



Tysons Central 123
Artist Renderings



Tysons Central 7- Looking East
Artist Renderings



Tysons West
Artist Renderings



I-495 Capital Beltway HOT Lanes

Tysons Corner today may best be described as the home to two of the nation's most significant transportation improvement projects – The Virginia Megaproject's HOTLanes project and the Dulles Corridor Metrorail Project.

Both are changing the landscape and forcing drivers to find new ways to safely commute from one construction zone to another.

"But once the dust settles around Tysons Corner, those of us who have shored the pain of progress will reap its rewards," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors as she addressed those attending the third annual Keep Tysons Moving event at the Capital One headquarters in April.

"History is being made here in Tysons as what was once a dairy farm, and a sprawling albeit successful office park, is transformed into a mixed use-urban downtown for Fairfax County," she said.

Those who attended the event listened to progress reports on both projects and heard speakers say that both have reached significant construction milestones. For example, construction of the Dulles Corridor Metrorail Project is now 35 per cent complete and the Beltway HOTLanes are 65 percent complete.

Bulova called the four new Metrorail stations now under construction in Tysons "the cornerstone for the transit-oriented development plans now moving through the county's planning and zoning department." Supervisors have directed the Planning Commission to work with the county planning staff to develop a process for moving the Tysons Transformation plan forward, she said.

"Their work will focus on the financing for the infrastructure creation, interim commuter parking and the walking distance within the new developments, and remaining workforce housing issues," she said.

Those recommendations are to be forward to the board this fall.

Local guide to **FARMER'S MARKETS**

By Brittany Rouse



As spring finally arrives after a long winter in northern Virginia, local residents can look forward to farmer's markets throughout the Tysons Corner area. While these markets will of course have the basic fresh fruits and vegetables, farmer's markets are also a great source of delicious baked goods such as bread and pies, as well as fresh meats and dairy products. By shopping at farmer's markets, you'll know exactly where your food is coming from, which can be helpful if you're trying to maintain a green and organic lifestyle. Buying from markets means you'll be supporting the local economy and you'll know that your food was likely harvested much more recently than food found in a grocery store. Shopping at farmer's markets also means finding more variety. While a grocery store may have one or two varieties of tomatoes or apples, farmers markets may offer dozens of choices.

Falls Church

City of Falls Church Farmer's Market
300 Park Avenue, Falls Church
8 am to noon • Every Saturday
www.fallschurchva.gov

On Saturdays in Falls Church, visit the City of Falls Church Farmer's Market. This year-round market is open on Saturdays from 8 am to noon April through December and 9 am to noon January through March in the City Hall parking lot. During the winter there

will be up to 15 vendors, while spring, summer and fall markets will feature up to 40 vendors. Vendors may include Cavanna Pasta, Howie's Honey, North Gate Vineyard, The Jam Jar and Smithfield Farm. This farmer's market also features the Chef's Series, where chefs from local restaurants will demo recipes developed from local and seasonal food. Local restaurant demos will include MadFox Brewing Company, Rustico, Willow Restaurant and 2941 Restaurant. Check the City of Falls Church Farmer's Market website for dates of the Chef's Series. This market is accessible from the East & West Falls Church Metro stations.

Great Falls

Farmers' Market at St. Francis
9220 Georgetown Pike, Great Falls
8 am to noon • Every Saturday
www.stfrancisgreatfalls.org

May 1-November 6, 8 am to noon, visit the Farmer's Market at St. Francis. This market runs from the first Saturday in May to the first Saturday in November. Vendors at this market include Toigo Orchards, Hiddencroft Vineyards, Blue Ridge Dairy, Dragonfly Farms and Dolce Gelato.

McLean

McLean Farmer's Market
1659 Chain Bridge Rd, McLean
8 am to noon • Every Friday
www.fairfaxcounty.gov

The McLean Farmer's market opens on May 6th and runs through November 18th. Locals can visit this market on Fridays from 8 am to noon. According to the Fairfax County website, vendors at this market usually include American Rose Services, Lois's Produce, Middleburg Creamery, Mt. Olympus Berry Farm and Reid's Orchard. These vendors and many more sell cut flowers and potted plants, fresh herbs, baked goods, produce, meats, teas and ice cream. For those interested in gardening, a Master Gardener Plant Clinic will be on site to answer questions. This market is closed on May 13th for McLean Day.

Vienna/Oakton

The Vienna/Oakton Farmer's Market
3200 Jermantown Rd, Oakton
8 am to noon • Every Wednesday
www.fairfaxcounty.gov

Market will be open on Wednesdays from 8 am to noon starting May 4th and running to November 16th at the Oak Marr Park and RECenter. Just like the McLean clinic, there will be a Master Gardener Plant Clinic on site. According to the Fairfax County website, this market will usually include vendors such as Valentine's Country Bakery and Meats, Garner's Produce, Emine's Baklava and Borek, Cenena's Bakery and Kuhn Orchards. These and other vendors sell salsa, cut flowers and potted plants, specialty meats, produce, dairy products, soups, dips, spices and fresh herbs.

Vienna

Vienna Farmer's Market

131 Church St, Vienna
8 am to noon • Every Saturday
www.viennafarmersmarket.com



food of the month:

RAISINS

Vienna also has a farmer's market that opens on May 7th and runs through October 29 at the Caboose Parking Lot. This producer only market, sponsored by the Optimist Club of Greater Vienna, only allows farmers or producers to sell what they grow, raise or make on their own farms. The market is open rain or shine from 8 a.m. to noon through October. According to the Vienna Farmer's Market website, vendors include Westmoreland Produce, Becky's Pastries, Colonial Kettle Corn, McLeaf Orchards and Guata Java. Due to Town of Vienna events, there will be no market on May 28th and October 1st.

Brittany Rouse is a senior at George Mason University and a freelance writer. Her work has been published in the George Mason University student newspaper, "Broadside," and she writes for Demand Media producing content for websites such as eHow and Livestrong. Contact Brittany at brouse727@gmail.com.

One of the oldest foods in human history, raisins are attracting new attention in today's efforts to keep energy levels steady.

Raisins are a top energy source. They sustain blood sugar levels longer than other energy foods, but don't have the letdown that is often associated with other foods. If you munch on a donut, you'll be hungry again in a little while. If you munch on a little box of raisins, you won't.

The California Raisin Marketing Board says the list of health benefits associated with raisins keeps growing. In a study done on the effect of raisins on cholesterol, subjects with elevated cholesterol ate a diet high in fiber and low in fats. The diet included raisins, which

are shown to contain 4 grams of fiber per one and one-half ounce serving. Those who followed the diet lowered their cholesterol levels and reduced their risk of heart disease.

Other studies show that raisins are rich in antioxidants, which help to prevent heart disease and cancer.

Research sponsored by the World Health Organization shows that raisins are one of the top contributors of boron to the diet. Boron has beneficial effects on the bones and the brain and helps to metabolize such nutrients as calcium, copper, and nitrogen.

If you want to control your blood pressure, raisins are one of the best snacks for you. They're a good source of potassium, a mineral that has been shown to lower high blood pressure.

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*Read an excerpt at <http://www.allivoice.com/publishing/alliescookbook.html>



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PASA-THAI

SPICING UP MCLEAN

By Jeannine Bottorff

When I was growing up during the '70s in sleepy McLean, there were very few restaurant choices – pizza, chain hamburgers and a few other establishments my frugal parents deemed “too fancy” (read: too expensive). Today, I still live in McLean but a very different one from 30 years ago.

Today, McLean has choices ranging from Japanese and Italian to Turkish and Persian; however, my husband and I still longed for a great little Thai place. You know, one that has a cozy dining room open for both lunch and dinner as well as delivery service for rainy Friday nights. We got our wish when Pasa Thai moved to town.

Pasa Thai's space is small and simple with an industrial feel to it – without the typical Thai restaurant's colorful décor. However, Pasa Thai does not lack for color. There are ruby hued cocktails and dishes served with vibrant pepper sauces all delivered by the friendly wait staff.

Our “usual” starts with larb gai – ground chicken served in a spicy lime sauce flecked with cilantro and made crunchy with red onion or the tender steamed dumplings filled with pork,

crab and shrimp, served with a sweet soy sauce. Good, tasty and hot every time. There are also many other starters to choose from including crunchy spring rolls and satay with peanut sauce.

For main courses try chicken, beef or pork teamed with sweet and spicy ka prow (chili basil) sauce or for something flavorful but not so spicy, try the gingery Pad Khing stir fried with mushroom, onion and bean sauce. Familiar Thai flavors and consistency make ordering here a pleasure. But Pasa Thai doesn't stop there – they also have their own specialty dishes. One standout is the crispy basil chicken; a lightly battered chicken in a light chef's special sauce with deep fried basil.

On a recently Wednesday night out my husband, our 8 year old and I stopped by for dinner. The crowd was surprisingly diverse – a few young singles sitting at the bar, older couples sharing a bottle of wine over dinner and families enjoying some down time between soccer games and homework. But more surprising than the crowd was the number of specials offered on a week night - including two my husband and I took advantage of: Chili Basil Rockfish - a filet fried crispy and grease-free topped with a fragrant sweet pepper sauce and

a minced chicken and shrimp stir fry. Both of these dishes were served on over-sized plates (they were platters!) with vegetable garnish and brown rice. These dishes paired with one of their wines by the glass for me, a Belgian beer for my husband (and lemonade for my daughter!) turned a typical Wednesday night into more of an occasion.

Pasa Thai could easily be overlooked due to its location behind the shopping center that houses Rite Aid and the Hallmark store. Swing by, have a drink, try one of the dishes I've mentioned or try your favorite “Pasa” style. I guarantee you will not be disappointed.

Jeannine Bottorff is a native Washingtonian, growing up in McLean. While spending most of her life working corporate jobs, she has worked in the catering industry and owned a hot sauce business. Her big loves are her husband, daughter and, of course, food!

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BUILD-UP YOUR "creativity confidence"

"If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced." - Vincent Van Gogh

By Brit Hammer-Dijcks

One of the best things you can do is to consciously build up your "creativity confidence". Know that by empowering yourself you give license to others to empower themselves. Not sure how? It's easier than you might think.

As a working artist I experienced distinct stages to building up my own confidence. It's not a linear process but an upwards spiral like "Spark of Life" (shown), so you could go around in circles for a while or bounce from one step to another for quite some time. You could also be working on multiple stages simultaneously. No matter your progress,

know that making a conscious effort to increase your confidence is worth it and benefits everyone.

These are the stages I went through to build up my creativity confidence:

1. Starting point

Artist makes first artwork and thinks little of it because she is not yet ready to see her own inner beauty. She is in the power of her fragile ego, which keeps her thinking small.

2. Overcome fear to create

The artist creates more art but is afraid to show it lest someone say it's not "good", which would quickly stop her from creating.

3. Overcome criticism

All the artist's fears are reflected back to her as she seeks confirmation from a select audience that her work is "good". If she is full of self-doubt this is what others will reflect back to her.

4. Stand tall and proud

The artist comes to know deep down that her work is good simply because it came from her heart and soul and no longer seeks external validation.

5. Begin to see own worth and dance on the edge of success

The artist no longer attracts negative comments but is now at the edge of success where there is an "initiation via potential sabotage".

6. Seek elusive limelight

The artist searches for the limelight... outside herself.

7. Learn how to stand in own light

The artist realizes the light is not outside but inside her. All she has to do to attract attention is to shine her inner light and allow others to reflect that light back to her.

8. Step fully into own light

A moment of true beauty. The artist allows herself to be seen and felt by others and to accept their love. This is self-love.

9. Become fully empowered

The artist has freed herself from the ego's grasp and follows her heartlight. True liberation!

Just start wherever you are and take the next step, because as Rumi so eloquently wrote, "You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don't. You have wings. Learn to use them and fly!"



A native of the DC area, Brit Hammer-Dijcks is an artist and the author of bestselling books *Breakout! Your Pathway to Success* and *Mosaic: Finding Your Own Voice*.
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making and needing friends.

By Leigh Macdonald

Ethel Barrymore once said, "The best time to make friends is before you need them." Isn't that the truth?

Good friends are like great winter clothes—they come in layers.

First, you click.

You just have an easy, and perhaps instant, connection with someone. One of my dearest girlfriends in the world—the kind who would do anything for me—easily shares this story: "I knew that Leigh and I would be friends the moment I saw her. She was new in the office, and she was wearing the most amazing pink and brown shoes. I just knew." And you know what? I knew, too. She was effervescent, intelligent, and all put-together. It was a no-brainer.

Then, you build on common ground, common interests, and common values. But as you continue to build a blossoming friendship, you'll surely find dissimilarities. And when friends begin to embrace those differences, really awesome things happen. You gain new perspective, you grow as a person, and you develop a window to another person's soul.

Then one day, someone will stumble.

It's inevitable. At least in any real and well-developed relationship. Look around you and consider those with whom you've never disagreed. They're probably new friends, acquaintances, neighbors, colleagues, or the like. Now ponder your other sphere of relationships—those with people who

the enjoyment phase of friendship is perpetual. It's dropping by for a glass of wine. It's quick chats to catch up. It's girls' nights or weekends. It's sharing egg yellows and changing rooms. It's stealing away for a quick lunch together, but then chatting longer than you should. It's talking about things that matter, and it's telling and keeping secrets. It's about listening—really listening—when she speaks and remembering to offer and deliver help when needed.

And then, finally, you need.

Here's where Ethel really got it right. Quite simply, she knew that you build before you tug. Just think about the last time you met someone who said "Hi, nice to meet you, I need...." Did you even hear them? Maybe, but probably not. And even if you heard them, you weren't building warm-fuzzies as you ran to their

aid. Instead, you were acting out of some sense of obligation.

So click with a new friend. Then build. And when someone stumbles, respect each other and grow from it. Enjoying the friendship will be easy because, well, that's just fun. And then when the need comes along, your girlfriend . . . she'll be right there, ready to help.

know you at a deeper level—you've probably had at least a moment when you didn't see eye-to-eye. It's the way those moments are handled. The respect with which you communicate. And the sincerity of your effort to understand the other's viewpoint. Those are the things that make stumbles fade away.

Next, you enjoy. Friendship is one of the greatest gifts. And fortunately,

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. 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



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got a question? ASK THE COACH



Dear Coach Amy,

With a family of 3 kids and all of life's responsibilities, stress has taken over BIG TIME!!! How can my husband and I put the spark back into our relationship? Also, on a limited budget, I might add.
-Overwhelmed in Merrifield

Dear Overwhelmed,

Yes, the realities of everyday

life of kids and the other daily responsibilities can wreak havoc on a marriage. You did not mention work, so I will assume you are not working. However, work would add another dimension of stress and logistics for many couples.

What keeps a relationship from going downhill and last the test of time? What are the needed skills that are needed for a marriage to survive? There have been volumes of books written on this subject.

However, for your purposes I have 3 simple tips or suggestions for you. Many of these cost nothing or very little!

1. Every day, if possible, find alone time to be together and reconnect – even if it's for fifteen minutes or a half an hour to share your day.

2. Show your appreciation for your partner every day in some way such as giving a verbal nod or a written recognition. I tell my husband that I appreciate him for emptying the dishwasher and taking out the garbage even though it's his job (or the one he takes on regularly by default!)

3. Think about how you can make your partner feel special and cared for. Different people respond to different ways of expressing love so be sure to find a way that is

meaningful to your spouse – be it making his favorite meal or sending a love text during the day.

Last find a way to talk to your husband about your feelings of overwhelm and discuss possible solutions for you to get more support for those responsibilities even if it means having a mother's helper so you can have some down time of your own. This relief will make you happier and that will have a positive impact on your family and your marriage!

Amy Schoen is a Certified Professional Life Coach and Dating/Relationship Expert based in the DC area. She is the author of "Get It Right This Time-How to Find and Keep Your Ideal Romantic Relationship". Go to www.CoachAmySchoen.com and submit any questions you may have for her.





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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.

Statute of limitations on debt collection...

Most states have limits on how long bad debts are considered valid. So-called scavenger debt collectors often buy very old accounts from credit card or retail companies and try to collect. They often don't inform the consumer that the debt has passed the statute of limitations (SOL). Each state has a different statute of limitation on debt. A new law in New Mexico sets a limit of four years. The law was passed after a consumer complained about a threat to sue on a bill that was 17 years old. Other states have time limits that are longer, including Indiana, at six years, Wyoming, at eight years, and Louisiana at 10 years.

Once an old debt has passed the SOL, it becomes a time-barred debt. Collectors can still bring suit, but a debtor can argue for dismissal since the SOL has passed. Wisconsin and Mississippi have laws that eliminate the right to sue on time-barred debts. New York has a law that requires collectors to advise in writing if the debt has passed the statute of limitations. Consumer advocates advise debtors to never admit they owe an old debt, never make a payment on old debt, and never agree to payment arrangements.

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.

Best legal advice online...

Need legal advice that's reliable and inexpensive ... or free? The editors of Kiplinger's Personal Finance recommend NOLO.COM. It's a good source for legal information and has been around for about 40 years. They say it's easy to navigate and it's packed with practical advice about a wide range of legal issues.

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 (VGTIX) and 40 percent in Vanguard Total Bond (VTBFX).

Debit cards are not best for everything

People like their debit cards, because they are convenient and interest free. But sometimes a credit card is better for purchases like these:

- * Online. Some debit cards aren't covered by the law that gives you the right to dispute purchases. Credit cards are better.
- * Big Ticket items such as a television set or dishwasher.
- * Restaurants. The card is out of sight, a problem in itself, but there have been reports of adding or adjusting tips without advising the card holder.
- * Hotel reservations. Because the hotel has no way of knowing how much your final bill will be, they place a generous hold on your bank account.
- * Automatic payments. Unless the charge is the same each month, such as for life insurance, money can be pulled out of your account before you can address any mistakes. If the unexpected withdrawal is for hundreds of dollars, it could cause problems.

Save energy drying clothes

When you wash a heavy load of towels or sweatshirts, run them through a second spin cycle in a top loading washing machine. For front loaders, put them through a second drain-and-spin cycle. You'll get more water out of heavy loads, which means they will take less time to dry.

Experts for Good Housekeeping recommend adding a second load

to the dryer as soon as the first one is finished. It will take less energy to warm it up.

Add a clean dry towel to a wet load to absorb dampness and the load will dry faster.

Watch for lumens

The government wants the next generation of light bulbs to be measured by lumens, meaning brightness, and to show an annual energy cost for each. A 60-watt bulb is about 800 lumens, but you may see a lumens estimate of 750 to 1050 on a specific brand of bulb.

The complicated world of credit scores

Lenders use different credit scores for different purchases. If you have successfully navigated a website that offers to sell you your credit score, you may think you have all the information you need in order to apply for a loan or new credit card.

Not necessarily. The score you received could be quite different from what a lender receives. Different scores are offered for mortgages, car loans, insurance and more.

Under the Fair Credit Reporting Act that took effect January 1, lenders must either tell those who apply for credit what score was used, or tell them how it was used if the applicant doesn't receive the best terms available.

Here are some reasons why a credit score (a number between 300 and 850) still won't tell you how a lender evaluates of you:

* Some lenders give the best rates to people with a score of 740, others may use 760 or higher. Some give credit to people with scores in the high 500s, but others require 620 or more.

* Credit scores don't reflect whether you are making good financial decisions or poor ones. If you refinance your home at a lower interest rate, inquiries could show up on your report. Inquiries lower a score.

* Late payments show up on your score for a couple of years, but paying down a high balance has an immediately beneficial impact.

* If you pay your credit card bill in full every month, you don't get a zero balance on your credit report. The report shows the balance at the end of the billing period, before the payment.

* Rather than checking your score frequently, you are better off making sure the information on your report is correct. Make your payments on time and reduce monthly balances for a month or two before applying for a loan or mortgage.

Trend: Business turns phones into cash registers

Now your smartphone can be your cash register. Thousands of entrepreneurs are using simple credit-card payment devices that plug into the top of a smartphone to allow merchants to swipe and read a credit card. Examples of businesses using the device, offered by Bloomberg Businessweek, include a restaurant supplier who delivers on weekends, veterinarians and plumbing-and-heating technicians making house calls, and a sidewalk artist selling books in New York's Washington Square. The device is like a hand-held cash register ready on demand.

Payments by smartphone credit-card readers will total \$11 billion this year and are predicted to reach \$55 billion by 2015, according to researcher Aite Group. One maker, The Square, launched by Twitter co-founder Jack Dorsey, is said to be adding 60,000 new accounts each month. Intuit offers its free GoPayment card swiper free to the 4 million small businesses that use its accounting software, QuickBooks. Veriphone has a similar system for swiping credit cards.

Most companies give merchants a free or inexpensive app and a card reader that plugs into a handset. Customers swipe a card, sign the touchscreen with a finger or stylus, then get an email receipt. The service costs merchants 15 cents to 20 cents per transaction plus 2 percent to 3 percent of the sales amount, and, sometimes, a small monthly fee. Right now, card readers, such as the Square's, plug into iPads, iPhones and Android devices.

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New Marketing System Addresses Consumers' Buying Decisions

When you ask business owners for the most important need they have today, the answer is "more business." Most businesses have seen their revenues drop dramatically as the result of the ongoing recession and the high unemployment nationwide. The dramatic drop in consumer spending is the result of consumers' having less disposable income, less than perfect credit or maxed out credit cards. So what can business owners do to increase their business? They may resort to more advertising and marketing which can result in wasted dollars if they do not carefully design targeted advertising programs, or more often, they discount their prices

to gain some market advantage. These approaches to addressing business shortfalls can end up lowering their profits dramatically.

To help business owners significantly grow their business, creditZero, based in Atlanta, has begun a national rollout of its highly successful "ultimate marketing system", a program that since 2007 has had huge success giving business owners the tools to increase their foot traffic and phone inquiries and convert a large number of price-checkers and browsers into customers – and the results have been immediate. At the heart of this marketing program is a unique payment solution that allows businesses to capture the business of the consumer who otherwise would

have not been able to afford the product or service. While making the purchase "affordable" for the consumer, creditZero also allows the business owner to dramatically reduce or even eliminate the need for any discounting. As a result, business owners can sell more and sell at higher prices than their discounted prices. Finally, this innovative program gives business owners what they need to stand out in the crowd and gain valuable market advantage.

Business owners must qualify for program's guidelines but once they do, their customers are automatically pre-approved for this unique payment system that will enable them to purchase what they need affordably.

For more information on creditZero, please visit www.creditzeropay.com or call us at (703) 667-0456. Mention code "VITA11" and get a \$100 discount from the cost of this unique marketing system.



TYSONS MEANS BUSINESS

Tyson's introduces a new feature in this issue looking at innovative approaches to business practices. Watch for "Tysons Means Business" in future issues of this magazine. If you have a unique idea to share with Tyson's area businesses please contact us at rick@vivatyson.com

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PARASITES & PETS

Why should I worry about intestinal parasites in my cat?
They're not a problem around here, are they?
How can my dog have worms if he's not sick?

By Sanford Christmus, DVM

Veterinarians hear variations of these questions almost daily. Some people think parasites are a concern only in rural areas. Others think that because their cats don't go outside, they aren't at risk for parasites. Still others assume that their pets seem healthy, so they can't have parasites. Another theory is that because pets are on monthly heartworm and intestinal parasite prevention, the animals are free of all parasites.

Unfortunately parasite infestation in our dogs and cats is a very real and common condition in our region. The most common intestinal parasites we see in my veterinary practice are roundworms, hookworms, whipworms, coccidia, tapeworms and giardia. Some of these parasites are zoonotic, meaning people can develop them, too. Some heartworm preventives do a good job of preventing some of these parasites, but no medication prevents them all. All dogs and cats, regardless of their lifestyle or medication history, are at risk for intestinal parasites. Below is a summary of the most common parasites in our region and their risks.

Roundworms are three to seven inches

long and can be seen in feces and vomit. They can cause vomiting and diarrhea or cause no outward signs of distress at all. Puppies can be born with roundworms or become infested from mom's milk, whereas kittens are infected through the milk only. A pet's pot belly is a common sign of parasite infestation in young animals, even if they don't appear ill. The adult worms pass eggs into the pet's stool, and the eggs become infective over a period of two to four weeks. By that time, the stool has dried up and broken apart, and the eggs have dispersed into the environment. Small rodents and earthworms can ingest the eggs and be a source of infestation for cats and dogs. Pets that walk on the ground and then clean themselves can ingest the eggs, which develop into adult worms. Indoor cats can be infested by insects that come in from outside and carry the eggs on their feet. Humans, especially children, are susceptible to roundworms, too. Unfortunately the worms can cause more serious problems in people, including liver, lung or brain inflammation and even blindness. People, especially children, pick up the infective eggs the same

way dogs and cats do, from the environment, such as the playground, sandbox or garden.

Hookworms are less common, but they can cause severe diarrhea or even anemia, in the worst cases. Anemia is a lack of red blood cells which, in mild cases, can cause weakness and lethargy, but in more serious cases can cause death. Puppies can be infested in utero or through their mother's milk, as with roundworms. Adults are infested by either ingesting an infested animal's stool, or the larvae can burrow through the skin. It takes only two to ten days for hookworm larvae to be infective. The larvae live in water droplets on the ground and swim well, just waiting for a host to walk by. People develop a disease called cutaneous larval migrans when the larvae burrow through our skin, usually on our feet or arms, creating a very itchy, tingly rash. Dogs and cats don't typically develop the skin irritation, but the larvae migrate to the intestinal tract to continue their life cycle. They go through several transformations, or molts, to become adults that live in the small intestine, suck blood and get their nutrition. Some dogs will show no



signs of infestation, but many will have diarrhea.

Whipworms are a potentially serious, but less common, intestinal parasite of dogs. These worms are about a quarter of an inch long and can cause bloody, mucus-filled stool and can cause anemia, in the worst cases. Many dogs don't show any signs if their infestation is light, but they are contagious to other dogs in the area. People, however, are not at risk from whipworms.

The most common tapeworms, *Dipylidium*, are often noticed more by pet owners than by veterinarians. Owners may spot small rice-like segments, more tan than white, moving or dried on the pet's fur, or sometimes on the feces. Some owners have said they spotted the segments in the pet's bed or the owner's bed, when the pet sleeps there. Your veterinarian checks for microscopic eggs of parasites, and if *Dipylidium* segments aren't on the stool the veterinarian analyzes, the typical fecal test will not reveal the most common tapeworm infestation. Fleas are the carrier for this worm; the

eggs are inside the flea's gut. The pet eats the flea, and the worm develops and attaches to the small intestine. Tapeworms don't cause many clinical signs and don't cause weight loss or "scooting," as the old wives' tales say. The worm commonly measures eight to eighteen inches long, but can grow longer than that. In the most severe cases, tapeworms can cause stomach upset, vomiting or diarrhea. Other tapeworms affect pets; however, they're not frequently seen in our area.

Coccidia are microscopic one-celled organisms that can cause soft stool, especially in puppies and kittens. Adult dogs and cats can develop coccidia, too, but they often don't show any clinical signs. Sometimes the animal's immune system rids the body of the parasite, but often veterinarians will treat the pet, especially if it is showing any clinical signs, such as diarrhea or soft stool. Pets can become infested with coccidia from a contaminated environment or from another infested pet's feces.

Giardia is another one-celled protozoal organism that can cause vomiting and/or recurrent diarrhea in dogs and

cats. Infestation occurs from ingesting contaminated water, soil or food. Infective organisms are passed in the stool of infested animals, such as dogs, cats, humans, birds and deer. Many animals don't get sick when they're infested with giardia, while others can experience chronic diarrhea, weight loss and, in the worst cases, death. Even if not sick, infested animals can pass millions of infective giardia cysts into the environment in their feces. Although humans can pass giardia to dogs, the giardia most pets have does not typically cause sickness in people.

Parasites are a risk to all of our pets, and are sometimes a risk to their caregivers. The Companion Animal Parasite Council recommends testing all dogs and cats for intestinal parasites two to four times a year. If you're interested in more information, go to www.PetsAndParasites.org.

Sanford Christmus, DVM, practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit www.OVVHpets.com. If there are questions you'd like to see answered in this column, please email them to AskTheVet@ovvhpets.com.



GIBSON, 8 YEARS-OLD, VIENNA



CALVIN, 7 YEARS-OLD, VIENNA



TIGGER, 7 YEARS-OLD, RESTON

Got a "Super Pet" picture?

Send it to us! Email us your best pet photo to pets@vivatyson.com. Please include pet's name, age, location, and your name... Thanks!

PET TECH

Nite Ize SpotLit

Lightweight and durable, the Nite Ize SpotLit clips right on to your four-footed friend's collar. Now you'll be able to easily see your beloved companion in the darkest night and so will everyone else within 1000 feet of the cute canine. The battery-powered LED emanates a bright ambient glow, excellent for those pre-dawn or after dark ventures.

You can choose from two modes that are easy to activate, pressing once for a steady glow or twice for a continuous flash. Not only are you helping to keep your pet safe, but you'll also be able to recognize your pet clearly from a distance. The Nite Ize SpotLit comes in colors blue and red.



The SpotLit features a durable stainless steel carabiner clip and easy to replace batteries. Measures 1.25" W x 2" L. Visit www.dogtoys.com for more details.

RECOGNIZE THIS PUPPY?

Oliver was born in August and went to NYC to be in the Puppy Bowl VII last October as did his brother River! Both did a great job representing Appalachian Great Pyrenees Rescue (AGPR), an organization that helps unite Great Pyrenees dogs with their prospective new homes as well as help lost dogs find their owners. For more information on AGPR visit www.agprescue.com.



PET TREATS!

Barking Barley Brownies

Ingredients:

- 1 1/4 pounds beef liver -- or chicken liver
- 2 cups wheat germ
- 2 tablespoons whole wheat flour
- 1 cup cooked barley
- 2 whole eggs
- 3 tablespoons peanut butter
- 1 tablespoon olive oil

Preparation and Cooking:

- 1) Pre-heat oven to 350.
- 2) Liquefy liver in a blender, when it's smooth add eggs and peanut butter. Blend till smooth.
- 3) In separate mixing bowl combine wheat germ, whole wheat flour, and cooked barley. Add processed liver mixture and olive oil. Mix well. Spread mixture in a greased 9x9 baking dish. Bake for 20 minutes or till done.
- 4) When cool cut into pieces that accommodate your dog's size. Store in refrigerator or freezer.

Please visit www.healthyrecipesforpets.com for more fun and healthy recipes!

www.foha.org

Friends of Homeless Animals

Serving the Northern Virginia & Washington DC area

FOHA



PET STOP

Dogs and their owners are encouraged to take a break from their walk at the Wright's home in Falls Church. Instead of signs that say "Keep off the Grass" they can find a bench for the owners and a supply of biscuits for the dog with a sign reading "Dogs are welcome here."

PET EVENTS

What's going on around town for you and your furry one!

May 7

Bark For Life of Northern Virginia

Bluemont Park

601 N. Manchester St, Arlington

9:30am - Noon • (703) 938-5550

Fee: \$25.00 • www.bringfido.com

The American Cancer Society Bark For Life is an ACS Relay fundraising event that honors the care giving qualities and life long contributions of mans "best friend." This is an opportunity for people to be empowered through their canine companion partnerships and a chance to contribute in finding cancer cures through the mission of the ACS. The ACS Bark For Life is an irresistible way to take a bite out of cancer, have fun, and make new friends – both canine and human. Visit website for more details.

Pet Fiesta

Reston Town Center

11900 Market St, Reston

10am - 4pm • (571) 233-4557

Fee: FREE • www.petfiesta.org

Benefiting: GoodDogz.org

The 2011 Pet Fiesta outdoor festival involves local businesses, animal rescue groups and pet owners for an exciting day of activities, demonstrations and animals. Meet remarkable animals looking for their forever homes and check out the latest in pet products. Enjoy onstage entertainment, face painting and caricature artists. Bring your kids and entire family to join in a fun-filled day of pets and more! Visit website for more details.

May 14

Guiding Eyes for the Blind Open House

Vienna Presbyterian Church

124 Park Street NE, Vienna

1pm - 4 pm • (703) 242-2232

Fee: FREE • www.viennapres.org

Loving dogs is about all you'll need to join in this exciting adventure! This is a volunteer organization which is run on faith and the hope that the right person will show up all in due time. Puppy raisers are needed. Participation is limited only to your passion for the cause. Letters are received continually from graduates who can barely find words to express their new-found freedom and confidence as they move through a cloudy and sometimes bleak world with a well trained, 4-legged companion. EventList powered by schlu.net. For more info contact: Michele Khol (703) 242-2232 or at kholcm@verizon.net.

June 23

Low-cost Rabies Clinic

Animal Welfare League of Arlington

2650 S. Arlington Mill Dr, Arlington

6:30pm - 8:30pm • (703) 931-9241

Fee: \$10 • www.awla.org

Please be sure to bring proof of a prior rabies shot (a rabies certificate, not a tag) to get a three-year rabies shot. Without it, your pet will receive a one-year shot. Please dress for the weather, as waiting will be outdoors. All dogs must be on leash and cats and ferrets must be in carriers. Visit website for more details.

What's the story behind your pet's name?

Whether your pet is a big tough dog, a sweet little one, or a bossy cat, there's probably a good story behind its name. As a matter of fact, we bet your pet has a number of names. Even though you named your dog or cat with the best of intentions, as it grew up its name didn't quite match its personality.

One boxer-mix was named Banjo after one of its master's musical instruments. As he grew, his nickname became Banger, which is another name for a banjo and more descriptive of his personality. So what's the story behind your pet's name? How many 'pet names' does your pet have and how did he get them? Write us at pets@vivatyson.com and share your fun story with us!

OAKTON-VIENNA VETERINARY HOSPITAL



Our qualified, conscientious healthcare professionals give your pets *longer and healthier lives.*

In the heart of Vienna, across from Outback Steakhouse, we provide a complete list of services, including:

- Thorough physical exams
- The safest vaccines available
- Parasite exams and prevention
- Routine bloodwork for older pets
- Client education



OAKTON-VIENNA VETERINARY HOSPITAL

703 • 938 • 2800

320 Maple Ave. East
Vienna, VA 22180

www.ovvhpets.com

For your convenience, we are open evenings and weekends.

Monday—Friday
7:30 am—8:00 pm

Saturdays
9:00 am—2:00 pm

Sunday hours coming soon

In the Loop

The talk of Tysons...

With so much going on out there it's hard to keep track....

Adam's Corner

2319 Wilson Blvd, Arlington

Recently opened, new neighborhood bar and hookah lounge. Offering great lunch specials, after work specials, not to mention one of the few spots outside of the Massachusetts area that serves up authentic stuffed Quahog's! What's a Quahog anyway? Ask General Manager, Steve Furtado, and he'll be sure to give you a brief little history behind the New England delicacy. Enjoy the use of free WIFI and bring along your iPod and play your own tunes on their speaker system. Join the FREE VIP CLUB by texting ADAMS to 71421 and enjoy a FREE appetizer with the purchase of an entree. Receive one text a week informing you of the latest events and specials from Adams Corner!

Mad Fox

444 W. Broad Street, Falls Church

Congrats to the Mad Fox Brewing company in Falls Church! They were recently praised in the Washington City Paper as the Best Beer Bar 2011. To see the article in full detail, please visit madfoxbrewing.com.

Edible Arrangements

105 Center St N, Vienna

Now open in Vienna, next to Palm Beach Tan. Love that chocolate covered fruit!

Gilda's Beauty Shop

2304 Gallows Road, Dunn Loring

They're expanding and 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

401 Maple Ave W, Vienna

My Eye Doctor is constructing a larger, more modern office down the street on April 2nd, (the old location will be closed.)

Molly's Yogurt

521 Maple Ave W, Vienna

Same owner of Italian Gourmet, Jeremy Schottler, opened this ice cream shop in the same shopping center of the former Nizam's. The true star at this shop is their homemade gelato, made by pastry chef Gianluigi Dellaccio.

Paisano's Pizzeria

8603 Westwood Center Dr, Vienna

The popular Northern Virginia pizza chain is now officially opened in its newest location in the Tyson's neighborhood. Check it out for gourmet pizza, pasta, subs, strombolis and more!

The Fresh Market

144 Branch Road SE, Vienna

In 1982, Ray Berry and his wife, Beverly, opened a small grocery store in Greensboro, North Carolina dedicated to providing quality foods in a friendly atmosphere. The now popular chain is now opening in Vienna, in the shopping center directly across the street from Giant

nonetheless. The stores suggest the feel of an old world European market, all under one roof!

Subway Restaurant

Cedar Park Shopping Center, Vienna

Opening in the very near future, no exact date yet!

Wine Tasting Room

Jacques at L'Auberge Chez Francois is opening a wine tasting room at his award winning establishments, you can bet it'll be the talk of the town when he opens it...stay tuned.

The Casbah Club

8417 Old Courthouse, Vienna

Coming soon near 123 is a new Iranian restaurant serving Persian cuisine in Vienna. The Casbah is opening in the China Castle location on Gallows Road near the toilet bowl building, watch for the opening on our Facebook and website updates.

Hot Spot on Church St

Patrick and Julie Bazin of Bazin's on Church are up to something, perhaps a new hot spot on Church Street? We know, but we're not telling...yet!

Nostos

8100 Boone Blvd, Vienna

Looking forward to Nostos opening on Boone Blvd, a new full service Greek restaurant in the old Chutzpah Deli space across from Morton's. Currently under construction, hopefully opening in the early spring. Owned by the owners of Mykonos Grill in Rockville.

JR's Stockyards Inn

8130 Watson Street, McLean

Still no new news on when JR's will be reopening, so as for now they are still "temporarily closed!"

Naked Pizza

**1363 Chain Bridge Rd., McLean AND
1101 S Joyce St., Arlington**

As we go to print we're still waiting for Pizza from Naked Pizza on Chain Bridge road. They focus on all natural ingredients and a chance to win "Free Pizza for a Year." (Just what I need) Visit www.nakedpizza.biz for more details.

Maplewood Grill

132 Branch Road SE, Vienna

Every Tuesday, 8pm-10pm
Come and listen to the talented Lou Neely. Lou is a vocalist who performs jazz blues and ballads with a touch of soul. He's multi-talented, playing the piano, keyboard and guitar.

E.nopi Learning Center

A new learning center called E.nopi (yes it has a period between the E and N) is opening above the Artful Gift Shop on Church Street, there's talk of a Vet too, keep you posted...

Danor Shopping Center

West Maple Ave, Vienna

Danor shopping center in Vienna is getting a new look! See our merchant news section for more info.

PetSmart

What was once a Safeway, Herman's World of Sports, and Bed, Bath and Beyond is going to the dogs and cats. PetSmart will be opening in the former BBB in Tysons.

Walmart

Yes, it's true, Walmart is opening where the Moore Cadillac location, see merchant news for more info.

S'fizi Café

800 W. Broad Street, Falls Church

The old location in Fairfax closed this winter but luckily for us, a new location will open in Falls Church this spring! Stay tuned...

New American Girl

We hear that the New American Girl store in Tysons will have a restaurant so the patrons will have a place to enjoy a meal with their new friends.

New Salon

A new salon might be opening next to the new Lost Dog Café, stay tuned.

Cas Boutique

6706 Whittier Avenue, McLean

Cas Boutique just opened with one-of-a-kind designs and hand-crafted clothing.

The Fresh Market

Can't say when they will open...hear great things about them from friends in the Carolina's...Old world charm and known for customer service!

Härth

7920 Jones Branch Drive, McLean

The farm-to-table themed restaurant is now open, read their review on page 58.

DePaul's Urban Farm

2599 Chain Bridge Rd, Vienna

Words out that the old location of Cox's Farm on Maple Avenue in Vienna now houses "DePaul's Urban Farm", keeping the tradition of the local family farm market.

McLean Pharmacy

Thanks goes out to one of our readers who informed us that the Old McLean Tavern (next door to McLean 1910) has a small sign in the window that states, 'Coming Soon- McLean Pharmacy.' More to come...

Assaggi Osteria

6641 Old Dominion Dr, McLean

Will be hosting a "Customer Appreciation" dinner starting in June and July that will focus on a \$30, 3 course, prix-fixe menu Sunday-Thursday evenings.. come hungry!

Savvy Rest

258 Maple Ave, Vienna

Opening this summer at the new "Green Building" Savvy RestMakers offers sleepers 'organic mattresses' and chemical-free products. Savvy Rest has been the answer for many who suffer from allergens, mold, mildew and fungi.

Wine Festivals

Watch for the many "Wine Festivals" this spring and summer at Bazin's on Church, Assaggi Osteria, L'Auberge Chez Francois, The Vienna Vintner, Café Renaissance and more! Follow us on our website and on Facebook for the latest updates.

If you live in the town of Vienna, you can now elect to receive information straight from the town...simply visit <http://viennava.onthealert.com> You will be asked to provide your address.

Please don't forget... we love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of info to comments@vivatyson.com. Let us decide if it is too trivial, it rarely is.

Like what you're reading? A subscription is the best way to guarantee getting every issue of Viva Tysons! delivered to your home or office. See the details and subscribe online at www.vivatyson.com. Support a home town magazine owned, written, published, and sweated over by Tysons Corner locals.

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.

APRIL EVENTS WORD SEARCH

M R C E L O P H T R O N U
A A E A R T H Q U A K E J
P T Y E R D N O M A I D A
P I S R T O M M Q A T R W
O U I O E N U A C P S A A
M G A M L A U S E F G G R
A W D U F I S L E B O Y I
T M X H T Q N T O L R C E
T A A Y A I D C E V F O S
O R R T A R S H O R C L T
X A V Q H D B M Y L S U W
B T A L C O H O L U N M I
K H T A X E S T R U M B N
P O E T R Y Z U R D Q I K
N N L I B R A R Y A A A I
N C I N A T I T I A E Y E

ALCOHOL
APPOMATTOX
ARBOR DAY
ARIES
ASPCA
AUTISM
CAROUSEL
COLUMBIA
DAISY
DIAMOND
EARTH DAY
EARTHQUAKE
EASTER
FROG

GARDEN
GUITAR
HUMOR
LIBRARY
LINCOLN
MARATHON
MATH
NORTH POLE
POETRY
TAURUS
TAXES
TITANIC
TWINKIE
VOLUNTEER

Zed: "I've had bad luck with both my wives."
Fred: "How come?"
Zed: The first one ran off with another man."
Fred: "Too bad, and the second?"
Zed: " She didn't."

Did you know...
The dollar sign is a combination of the letters P and S, PS being the abbreviation for peso, the principal coin in circulation in the United States until 1794, when we began marketing our own dollars.

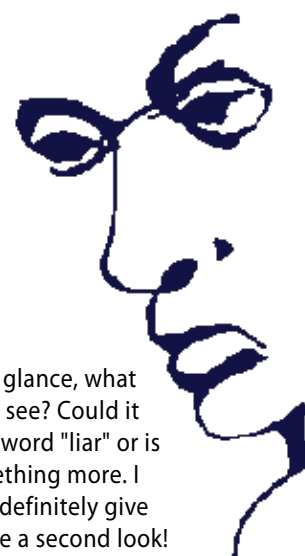


"You couldn't follow the Yellow Brick Road! Noooo, I have GPS!"

I start with the letter E,
and I end with the letter E.
I contain only one letter,
yet I am not the letter E!
What am I?

You are walking through a field, and you find something to eat. It doesn't have bones, and it doesn't have meat. You pick it up and put it into your pocket. You take it home and put it on a shelf, but 3 day's later it walks away. What is it?

At first glance, what do you see? Could it be the word "liar" or is it something more. I would definitely give this one a second look!



Can you read what it says below?



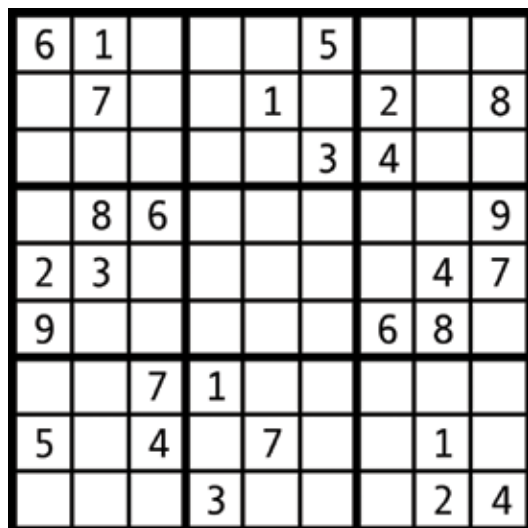
Look at the chart below and say the **COLOR** of the word, not the word itself.

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

LEFT-RIGHT CONFLICT:

Why is it so difficult? Because the right half of your brain is trying to say the color, while the left side of your brain is trying to say the word.

The answer will be between 1 and 20. It is the number most likely to be picked as a random number. People think that this is the minimum possible number of givens for a sudoku puzzle with a unique solution. In the U.S. you dial 911 but in France you dial a different number, this number. What is the number?



To solve a sudoku, you only need logic and patience. 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.

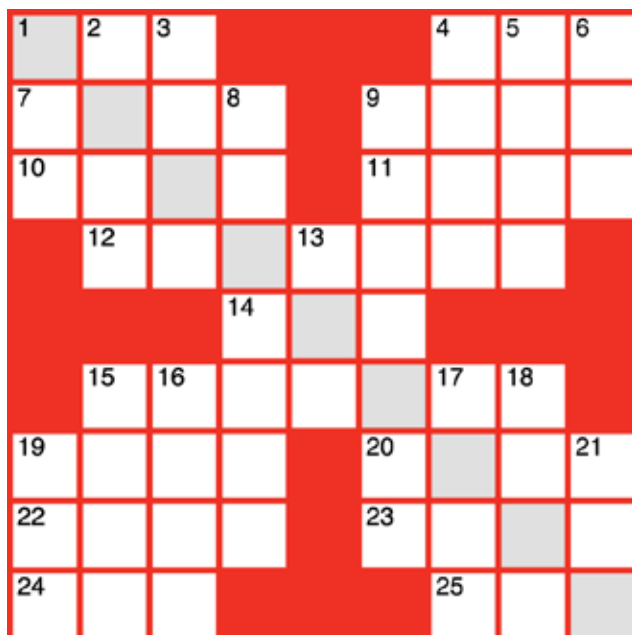
I cdnuolt blveiee that I cluod aulacly uestdnatnrd what I was rdgnieg. The phaonmneal pweor of the human mind aoccdnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in waht order the ltteers in a word are, the only iprmoatnt thing is that the frist and lsat ltter be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm. Tishs is bcuseae the human mind deos not raed ervery lteter by istlef, but the word as a slohe. Amzanig huh? Yaeh and I awlyas thought sepelling was ipmorant!! Ceehrs!

Fruit Of The Palm Crossword

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

Across

1. "Harper Valley ____"
4. Bleat
7. Clue
9. Unload, as stock
10. Animal shelters
11. Cord fiber
12. Fiends
14. Make lace
15. Worrywart
19. It may be struck
20. Stratford - ____ - Avon
22. Regrets
23. Raconteur's offering
24. "To ____ is human ..."
25. Author Harper



Down

1. High degree
2. 20-20, e.g.
3. "____ and the King of Siam"
4. "____ there, done that"
5. Charity
6. Matterhorn, e.g.
8. African pests
9. Olympic field event
13. More, in Madrid
15. Quartet
16. Computer operator

17. Birthstone after sapphire
18. Lacquered metalware
19. Season opener?
21. Born

Trivia Teaser

THE WILSONS

CAN YOU ANSWER THESE TRIVIA QUESTIONS ABOUT OUR FORMER PRESIDENT & HIS FAMILY?

1. After serving as U.S. President, Woodrow Wilson became the head of what university?
a) Princeton b) Harvard c) Dartmouth d) Yale
2. Sisters Ann and Nancy Wilson are members of what rock group?
a) Eurhythmics b) Heart c) The B-52s d) The Go-Gos
3. Dr. James Wilson is the best friend of what TV character?
a) Det. Horatio Caine b) Dr. Marcus Welby c) Dr. Gregory House d) Det. Lily Rush
4. Dooley Wilson is famous for playing what piano-playing character in the movie Casablanca?
a) Sam b) Ray c) Bruce d) Dan
5. Ben Wilson was the leading rusher for what NFL team in Super Bowl II?
a) Miami Dolphins b) Green Bay Packers c) Oakland Raiders d) Kansas City Chiefs
6. The lyrics of what Beatles song mention former British Prime Ministers Harold Wilson and Edward Heath?
a) "Mean Mr. Mustard" b) "I Want You (She's So Heavy)" c) "Taxman" d) "Maxwell's Silver Hammer"
7. Don Wilson was the announcer for what comedian's radio and TV shows from 1934 to 1965?
a) Fred Allen b) Jack Benny c) George Burns d) Milton Berle
8. What was the name of comedian Flip Wilson's female alter ego?
a) Geraldine b) Sasha c) Brandy d) Carolyn
9. By what nickname was country singer Woodrow Wilson Sovine known?
a) Red b) Stringbean c) Prince d) Frog
10. With what two words did Republican South Carolina Representative Joe Wilson interrupt President Obama's health care address before a joint session of Congress in September 2009?
a) Have some b) Except Obama c) Get lost d) You lie

A snail was in France and went to a Cadillac dealer. He wanted to buy a Cadillac, and he wanted a large letter "S" on the doors, the hood and trunk.

The dealer did this, and the snail bought the car. He zoomed out of the dealership. Some Americans saw him speeding up the road. One of the Americans said to the other, "Man, look at that S-CAR GO!"

What do you mean my birth certificate expired? · Don't cry because it's over. Smile because it happened. · If you die in an elevator, be sure to push the Up button.

It is impossible to travel faster than the speed of light, and certainly not desirable, as one's hat keeps blowing off.

2011 HOROSCOPE

MAY



JUNE

ARIES: An avoided task is brought to your attention and you can procrastinate no more. You'll find that starting is the hardest part. Once you get going, you'll have smooth sailing through to the end of it.

TAURUS: Making decisions is easier when you know the lay of the land. Study the subject at hand and write down the pros and cons of various options. Discuss the matter with a trusted friend. Brainstorm.

GEMINI: Look outside. May flowers will cheer you up even if you are feeling lonely. You do have friends. Talk to them on the phone or set a time to get together. Family is good, but sometimes you need others.

CANCER: You are at your best when taking steps to achieve something. Keep that in mind when you go about your work. Set a goal for each project, work to achieve it and you will grow and flourish.

LEO: Diplomacy might not be your long suit, but tune up the skills you have, because what comes to you this month will take a lot of it. Clear your head, watch what you say and you will handle the situations.

VIRGO: When it comes to Mother's Day, remember all the good things she did for you. Put the other stuff aside at least for a day. Strive for a harmonious existence with this person who is important in your life.

LIBRA: Oh, oh, you've got that feeling again. It's not too bad, but it sure isn't good. You need to check your lifestyle, see a doctor for a checkup, and get back to feeling healthy again.

SCORPIO: The stars say that life is an ever-changing scene. Know that no part of it will stay exactly the same for very long. So be flexible, grab the good stuff and wait for less-than-good situations to change.

SAGITTARIUS: Persistence pays off, whether you are socking away a few dollars each month or working hard to get a promotion. When you stick to your plans, you move closer and closer to what you want.

CAPRICORN: If spring fever is creeping up on you, take heart, Memorial Day weekend is coming up. In the meantime, take a few mental breaks and visualize scenes from a great vacation you had the past.

AQUARIUS: Creativity is fine, but sometimes you have to deal with practical matters. Take time to straighten out a mess at work. Then, while you're in the mood, tackle that storage area at home.

PISCES: It's spring, the time of new life, and possibly new romance. Can you feel it? The full moon on May 17 creates an ideal time to take a stroll in the moonlight with

ARIES: Maintain your strong sense of direction. Over time, your life and work will goals will fall into place. Keep your principles high, relate well with others, and continue on the path.

TAURUS: You have the feeling that others are not sharing the total picture with you. The information you need is important, so continue to seek it but try other sources.

GEMINI: Changes continue to occur, sometimes where you least expect them. Stay centered and be flexible. If your boss seems distant right now, don't sweat it. The boss may be focused on changes too.

CANCER: Sudden insights or the emergence of strong intuition can help you understand a given situation. Solutions don't need to be cast in stone in stone in order to be ultimately effective.

LEO: Personal matters demand more of your attention in June. Mark Father's Day as a big event and give it the attention it deserves. While you're at it, give your domestic situation a tune-up.

VIRGO: When it seems as though you've had your nose to the grindstone too long, it's time for a break. Take a vacation or a weekend so you can recharge and rejuvenate. The Fourth of July is coming soon.

LIBRA: Lucky Libra could be in for something of a surprise when summarizing bills and payments due. Put the brakes on big spending plans until you fund your emergency stash and avoid extravagances.

SCORPIO: The full moon on June 15 brings a romantic opportunity for those in a committed relationship. Build up to a romantic evening with your significant other, spouse or partner. Be sweet in the morning.

SAGITTARIUS: Summer comes just in time as you focus on your health. Get out there and play, walk or swim. Whether you are young and vigorous, middle-aged or beyond, exercise and fresh air will do you good.

CAPRICORN: Make a greater effort to communicate effectively with co-workers. A good relationship with them makes the work flow smoothly and the day go faster.

AQUARIUS: June should be a month of good luck for Aquarians. It could come in many different forms. Be ready to recognize it and its opportunities. Serve on a picnic committee and see what happens.

PISCES: People you meet are inclined to like you and trust you immediately. While they may have a surface attraction to you, it's how you interact with them later that determines the cooperation you will get.

Tyson's Quick Guide

"Everybody talks about the weather, but nobody does anything about it" - Mark Twain

We go from spring to summer real fast in our area. These folks can help keep you cool this summer with award winning services. Please keep this Tyson's "Quick Guide" handy should you need servicing in the Tyson's Area. Here are a few hometown service providers for your consideration.



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Pope's Heating & Air Conditioning

Fairfax - (202) 618-6572

www.popesair.com

CroppMetcalfe Services

Fairfax - 1-866-929-2028

www.croppmetcalfe.net

FALLS CHURCH

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www.michaelandson.com

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www.nugentsons.com

SSI Air Conditioning & Heating

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