

Great Falls • McLean • Oakton • Vienna • Falls Church

VivaTysons

M A G A Z I N E

July - August 2011 • vivatyson.com • \$3.⁹⁵

WOLF TRAP 40th ANNIVERSARY

SHORT HOP GETAWAYS

NATIONAL HARBOR
BEAR CREEK
EASTERN SHORE
BLUE RIDGE

MICHEL
RICHARD
COMES TO TYSONS

HIGHER
LEARNING

Plus!

• Neighborhood
Dining

• Technology & You
• Your Money

• Health & Fitness
• Real Estate

• Fabulous Finds
and more ...

PRST STD
US POSTAGE
PAID
PERMIT 38
FULTON, MO

Casey Margenau

Re/Max Distinctive & ASSOCIATES



WE SELL MORE BECAUSE WE DO MORE

Excellence is not achieved overnight; rather it is built day by day

Visit Casey's YouTube Videos of these Homes at www.margenau.com/listings



GREAT FALLS **\$3,150,000**
M&A award winning builder. 4 lvl, 4 car gar & 11 ft ceilings on ML. This custom home presents over 11,000 Sq ft. Details unmarked.



GREAT FALLS **\$1,500,000**
6 BR, 5 BA, 2 HB. In Langley district. Backs to trees with walking trails. ML & UL with hardwood floors, dual staircase and 2 story foyer.



GREAT FALLS **\$2,199,950**
New home by Versailles Custom Homes with outstanding quality and over 8,000 square feet of living space. 5 BR, 5 BA and 3 HB.



GREAT FALLS **\$1,425,000**
Private 2 acres with 3 car gar. Located near Great Falls Park. Lots of light, open floor plan, kit with large island. Private deck & balcony.



GREAT FALLS **\$1,450,000**
High end detailing with built in cabinetry, LR with gas fireplace, DR with bay window, Kit island, SS appliances and eat in kit. LL walk out to patio.



GREAT FALLS **\$1,999,900**
New home by Dean Design, LLC. On 5 acres of privacy in an equestrian community of Tally Ho. 4 car garage and Stables.



ALRINGTON **\$1,649,842**
Classic brick colonial 1 light to DC. Rear entrance 2 car gar. HW floors, lovely community, eat-in kit w/granite & SS appls. Finished LL.



FAIRFAX STATION **\$1,799,900**
4 lvl home, 3 car gar on 5 private acres with pool & tennis courts. Cherry cabinets, SS appliances. LL with bar, wine room, dance floor and full bath.



CLIFTON **\$2,000,000**
Gated 5ac, 3 decks, high-end detailing, 2-str foyer carriage house, lavish basement w/ media, bar, exercise & walk out to pool/spa.



VIENNA **\$869,983**



OAKTON **\$1,299,900**



VIENNA **\$1,129,900**

Contact Casey Today for more information
1307 Dolley Madison Blvd. McLean, VA 22101

703.827.5777 www.caseymargenau.com



RE/MAX
Distinctive

Equal Opportunity Lender

We Listen. We Design. We Remodel.



OPENING 2nd LOCATION IN MCLEAN THIS FALL.

SUN DESIGN 

design/build | additions | kitchens and baths | basements | outdoor spaces
Serving Northern Virginia for 23 years | 703.425.5588 | SunDesignInc.com

A tradition of exquisite design, expert remodeling and enduring relationships.



FEATURED ARTICLES

22 HIGHER LEARNING

Your guide to higher education opportunities in Tysons Corner

58 MICHEL RICHARD COMES TO TYSONS

Tysons Corner Ritz-Carlton welcomes French Chef Michel Richard

68 WOLFTRAP: A LOOK BACK 40 YEARS

Happy 40th Birthday Wolftrap

90 SHORT HOP GETAWAYS

Unlock nearby vacation destinations, the National Harbor, Bear Creek, Eastern Shore, and Blue Ridge



Lilian Jorgenson

703-407-0766

www.Lilian.com



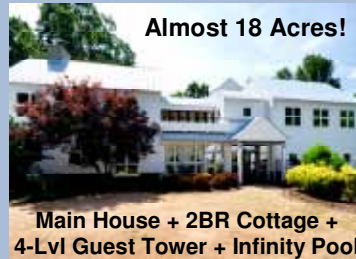
OVER \$1 BILLION SOLD...and counting!



Clifton, Wyckland Dr
\$3,900,000 FX7484902



McLean, Waverly Way
\$3,200,000 FX7293719



Almost 18 Acres!
Main House + 2BR Cottage +
4-Lvl Guest Tower + Infinity Pool
Paeonian Springs, Doe Run
\$1,299,000 LO7612624



Fairfax, Fawn Wood Ln
\$1,799,000 FX7593309



Vienna, Woodhurst Blvd
\$1,757,000 FX7615912



McLean, Potomac River Rd
\$1,275,000 FX7593187



On The Potomac and the
Signature 15th Fairway
River Creek, Cloister Pl
\$1,274,000 LO7536579



Oakton, Samaga Dr
\$985,000 FX7605985



Vienna, Cottage St
\$1,699,000 FX7571480



Vienna, Coral Crest Ln
\$1,295,000 FX7591009



Vienna, Glyndon St
\$1,649,900 FX7572629



Vienna, Arynness Dr
\$1,895,000 FX7457461



Herndon, Spring Knoll Dr
\$599,900 FX7613024



Vienna, Montmorency Dr
\$897,000 **Call For Info!**



Vienna, Wolftrap Run Rd
\$699,900 FX7455951



McLean, Cloverlawn Ct
\$1,449,000 FX7562037

Visit www.Lilian.com for
photos, floor plans & more!



McLean Sales Office 703-790-1990

#1 Agent, McLean Sales Office ... #3 Long & Foster Agent in Virginia

Top 1% of Agents Nationwide, Realty Alliance Sales Awards

**Wall Street Journal's Top 100
Individual Real Estate Professionals in the Country!**

Proven track record, Averaged 5 Sales Per Month

- | | | | |
|-----------|---|------------|--|
| 8 | Selected Local Events | 86 | Book Beat |
| 16 | Arts & Theatre
Nia Talvarides Stratos | 88 | Don't Rain On My Parade |
| 26 | Around Town
Talk of Tysons
Keep Kids Off The Summer Slide | 100 | Adding WOW To Your Walls |
| 30 | Technology & You | 102 | Glass Tile |
| 32 | Allicucina...Culinary Impressions
Pizzeria Orso | 104 | Staying Green At Wolftrap |
| 34 | Health & Fitness
Concierge Medicine
Juice Fasting
Sexy Summer Legs | 105 | Club Fitting |
| 42 | Merchant News
. | 106 | Place In The Sun Ideal For Entertaining |
| 44 | Book Beat | 110 | Changing The Face Of Route 7 In Tysons |
| 46 | Chef's Corner | 112 | CityLine Partners LLC Plan New Tysons Complex |
| 48 | Taste of Tysons
Dining With Debbie: Sea Pearl | 114 | Kitchen Cabinets: Information Or Obsession? |
| 60 | Loving An Artist | 116 | Mad Fox |
| 62 | Time To Call The PlumHERS | 118 | Love Is A Rare Bird |
| 64 | Ales & Wines...A Spirit's Profile
Summertime, Sunshine, & Summer Suds | 120 | Beauty Corner |
| 66 | In Style
Sassy Summer Shoes | 122 | Ask The Coach |
| 74 | Education at Wolftrap | 124 | Money |
| 76 | Live Stylish...Décor By Denise
Jazz Up Your Walls & Ceiling | 126 | Business
Wingin' It
QR Codes Are Here |
| 78 | Real Estate
How To Use Social Media To Sell Your Home
How Will State Redistricting Affect The Tysons Corner Area | 128 | Do You Know What You're Feeding Your Pets? |
| | | 132 | In The Loop |
| | | 134 | Fun & Games |
| | | 137 | Horoscopes |
| | | 138 | Off Leash Dog Parks |

Publisher

Johnny Hanna
johnny@vivatyson.com

Associate Publisher

Tamara Wilson
tamara@vivatyson.com

Art Director

Emily Baird
emily@vivatyson.com

Online Support & Ad Design

Kathryn Rebeiz
Alejandra Olivera
Jhoanna Fernandez
Kafroun Designs

Advertising-Client Advocates

Rick Mundy
Vice President of Sales
rick@vivatyson.com

Lauren Simmons
Vice President of Marketing
lauren@vivatyson.com

Mona Emadi
Account Executive
mona@vivatyson.com

General inquiries and comments
about this publication can be made
to comments@vivatyson.com.

www.vivatyson.com

facebook.com/vivatyson

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.

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

Accentuate the Positive...

One of the more enjoyable letters we received this month was from a reader in Vienna named Carey. She wrote to tell us who much she enjoyed our "positive attitude" despite everything going on with the traffic, politics, and the economy. "When things looks bleak, I always read a story by one of your contributors. It keeps me "in the light."

All of us know how much easier it is to curse the darkness rather than light a candle. But illuminate we must, especially when we look at all that is going on around us. New stores and restaurants are signing leases in our neighborhoods all types of business and service providers. And despite every effort to keep us tuned into the bad news on TV, the kids are finding jobs, the wine is flowing, and there's laughter in the air. Hallelujah!

In this issue we review a few new restaurants in our area, explore "short hop" vacation opportunities, look at summer educational options, and feature a few artists, authors, and service providers that make our area so special.

And speaking about special, how lucky are we to have a venue like Wolftrap in our backyard. It seems like just yesterday that I was listening to Maggie May, Just My Imagination, and Take Me Home, Country Roads. But it was 40 years ago. We spent some time with the folks at Wolftrap and Keith Loria got the story. We gave Wolftrap a lot of real estate in this issue, for a good reason. They've given us so much...it's a National Treasure-and it's in our backyard.

Our usual line-up of contributors have done it again...from staying fit to eating well to using social media to sell your house, we have some exciting reading for you.

How nice to have Michel Richard here in Tysons-we don't have to go downtown anymore. Maureen Loftus tells us how to prevent "brain-drain" and keep your kids off the "summer slide."

Jazzing up your floors and ceilings is easy and adds a decorator's touch to your home. Denise Willard shows you how. Giving your wall the "wow effect?"- Fran Rauch has it covered. We review The Mad Fox, Sea Pearl, and Pizzeria Orso in Falls Church. Marcia McCallister helps us with our Metro Updates. Richard Gazala reviews John Gilstrap's new thriller and so much more...

We have launched a new website "Taste of Tysons" (www.tasteoftyson.com) and we have a few videos to share with you about some great dining venues in our area. Please check it out.

We welcome a few new advertisers who invite you to consider the special merchandise and great services they offer right here in our neighborhoods.

And finally, another round of thanks to Rick, Tamara, Emily, Lauren, Mona, and our writers and contributors for putting our community magazine together for you. Because of you-and them, we will be moving into slightly bigger offices this month. Thank You.

Enjoy your summer. Please remember your neighborhood merchants, drive with care, and stay hydrated. See you in September.

Cheers,

Johnny Hanna



JULY JULY 1

Burn The Ballroom

Jammin' Java
227 Maple Ave E, Vienna
7:00pm • (703) 255-1566
Fee: &10 Adv/ \$13 at door
www.jamminjava.com
Burn The Ballroom is a Rock band based out of Fairfax and Richmond, VA. A trio with a rock/punk/powerpop anthem sound that has been successful nationwide, with three studio EP's and a new single every month of 2011 on every global digital retailer.

Nature Photography Exhibit

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
10am -8pm • (703) 255-3631
Fee: FREE
www.nvrpa.org/park/meadowlark_botanical_gardens
Award-winning photographer Richard Weiblinger will offer a sample of his superlative work. Several additional photographs by Mr. Weiblinger will appear concurrently in the Washington Gardener Magazine display of photo contest winners. Goes all the way through August 31, 2011.

JULY 2

Plucker Blues Band

Clare & Don's Beach Shack
130 N Washington St, Falls Church
7pm • (703) 532-WAVE
Fee: FREE • www.clareanddons.com
Come Join Plucker Blues Band on the patio for some live music and a night of fun.

JULY 3

Mid-Summer Tour of the Potomac Valley Native Plant Collection

Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct, Vienna
2pm-3pm • (703) 255-3631
Fee: FREE
www.nvrpa.org/park/meadowlark_botanical_gardens
Enjoy a walk under the cool canopy of the large trees in the native plant collection, and learn about perennials such as culvert's root, Black-eyed Susans, Bee blam and Yucca that bloom in the summer.

JULY 4

4th of July Concert

Vienna Community Center
120 Cherry Street South East, Vienna
11:00am • (703) 255-6356
www.viennacommunityband.org

JULY 6

Summer Concert on the Green

The Vienna Town Green
144 Maple Ave E, Vienna
6:30 pm • (703) 255-6360
Fee: FREE • www.viennava.gov
Performing Oh Susannah - Children's Show Sponsored by Whole Foods Market Vienna. Please bring chairs and/or blankets. No alcoholic beverages permitted. In the event of rain, please call the Weather Line at 703-255-7842 or the Vienna Community Center at 703-255-6360, 2 hours before the event.

JULY 7

Andrew Acosta the New Old Time String Band (roots music) & Damian Harlt (photography)

Cherry Hill Park
312 Park Ave, Falls Church
7pm • (703) 248-5077
Fee: FREE • www.fallschurch.com
Enjoy the best of summer at the 19th Annual Falls Church Concerts in the Park. Bring a blanket and a picnic and enjoy performances by local musicians. Each concert also features local artists and their artwork. All concerts are free to the public. For more information, call 703-248-5077 (TTY 711). The concerts are sponsored by the City of Falls Church Recreation & Parks Division and the Village Preservation and Improvement Society, with support from the Kokolopori Falls Church Sister City Partnership. Local artists are sponsored by Falls Church Arts.

JULY 8

Tango Milonga

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
9pm-1am • (703) 759-2257
Fee: \$12 • www.colvinrun.org

JULY 9

Book Collection Charity

SunTrust Bank
515 Maple Ave. E, Vienna
10:00am-4:00pm • (703) 356-8364
Fee: FREE • www.mcleanaauw.org

Collecting used books, DVDs, VHS tapes, CDs, audio books, and software. For more information Email: booksale@mcleanaauw.org

Marla Vickers

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

Ballroom Social

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
7pm-11:30pm • (703) 759-2257
Fee: \$12 • optional lesson \$5
www.colvinrun.org
A night of favorite classic and contemporary dances Waltz, Tango, Foxtrot, Rumba, Cha Cha, Samba, with a dash of Swing
No partner or prior dance experience required. Come and bring your best dancing shoes.

Daily Walking Tour

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
10am-11am • 703-255-3631
Fee: FREE
www.nvrpa.org/park/meadowlark_botanical_gardens
Janice Kennedy, of the Northern Virginia Daylily Society, will lead a tour to view Meadowlark's mid- to late-season daylilies. Daylily cultivation and care will be discussed during the tour. Free and open to the public. Reservations accepted at 703.255.3631.

JULY 13

Summer Concert on the Green

The Vienna Town Green
144 Maple Ave E, Vienna
6:30 pm • (703) 255-6360
www.viennava.gov
Peter McCorry One Man Band - Childrens Show Sponsored by Power Windows. Please bring chairs and/or blankets. No alcoholic beverages permitted. In the event of rain, please call the Weather Line at 703-255-7842 or the Vienna Community Center at 703-255-6360, 2 hours before the event.

JULY 14

Bad Hair Day (classic & modern rock) & Neil Shawen (pen & ink drawings)

Cherry Hill Park
312 Park Ave, Falls Church
7pm • (703) 248-5077

Fee: FREE • www.fallschruch.com
Enjoy the best of summer at the 19th Annual Falls Church Concerts in the Park. Bring a blanket and a picnic and enjoy performances by local musicians. Each concert also features local artists and their artwork. All concerts are free to the public. For more information, call 703-248-5077 (TTY 711). The concerts are sponsored by the City of Falls Church Recreation & Parks Division and the Village Preservation and Improvement Society, with support from the Kokolopori Falls Church Sister City Partnership. Local artists are sponsored by Falls Church Arts.

JULY 15

Classic Theatre Festival

Madeira School
8328 Georgetown Pike, McLean
4:30pm-9:30pm • (703) 987-1712
Fee: FREE • www.travelingplayers.org
CCPerformances.shtml
Traveling Players Ensemble presents three classical plays as part of its summer theatre camp. Come early, come late, or bring a picnic dinner and enjoy the full day. 4:30 to 6:30 - The Middle School Ensemble presents The Forced Marriage and Sganarelle by Moliere - two classic farces of the French theatre. 6:30 to 7:30 - Picnic Dinner Break. 7:30 to 8:45 - The High School Ensemble presents The Comedy of Errors by Shakespeare - a madcap comedy of mistakes, blunders, and, well, errors. Plays are appropriate for ages 6 and up. The venue is outside, so bring bug spray! Water and folding chairs will be available for purchase.

Pablo's Jazz

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

JULY 16

Hand Panited Swinger

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

Dance for Everyone

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
7pm - 11:30pm • (703) 759-2257
Fee: \$12, optional lesson \$5
www.colvinrun.org
Variety of dj'd contemporary and

classic dance music including west coast swing, east coast swing, hustle, shag, latin, country western two-step, waltz, and more, plus requests! From 8pm to 11:30 pm. Introductory west coast swing lesson from 7:00 to 8:00 pm. No partner or prior dance experience needed.

JULY 20

Summer Concert on the Green

The Vienna Town Green
144 Maple Ave E, Vienna
6:30 pm • (703) 255-6360
www.viennava.gov
Doc Dikeman - Big Band Sponsored by Michele F. Dandrea, CFP Morgan Stanley Smith Barney. Please bring chairs and/or blankets. No alcoholic beverages permitted. In the event of rain, please call the Weather Line at 703-255-7842 or the Vienna Community Center at 703-255-6360, 2 hours before the event.

JULY 21

Chronic Funk Disorder (funk, fusion, soul) and John Lanouette (sculpture)

Cherry Hill Park
312 Park Ave, Falls Church
7pm • (703) 248-5077
Fee: FREE • www.fallschruch.com
Enjoy the best of summer at the 19th Annual Falls Church Concerts in the Park. Bring a blanket and a picnic and enjoy performances by local musicians. Each concert also features local artists and their artwork. All concerts are free to the public. For more information, call 703-248-5077 (TTY 711). The concerts are sponsored by the City of Falls Church Recreation & Parks Division and the Village Preservation and Improvement Society, with support from the Kokolopori Falls Church Sister City Partnership. Local artists are sponsored by Falls Church Arts.

JULY 22

Sir Allen & The Calypso

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

JULY 23

West Coast Swing

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls

7:45pm - 1am • (703) 759-2257
Fee: \$12 • www.colvinrun.org
Dance Jam Productions
Time 8:30 PM to 1:00 AM
7:45 Workshop

Lynn Veronneau

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

Tropical Plants

Meadowlark Botanical Gardens,
9750 Meadowlark Gardens Ct, Vienna
10am- 11am • (703) 255-3631
Fee: \$5 • www.nvrpa.org/park/meadowlark_botanical_gardens
Join Horticulturist Laurie Short in a walk



SUMMER

SUNDAY

CONCERTS

IN THE PARK

July 3: Furnace Mountain
"Old-timey" Appalachian roots music
a la O Brother, Where Art Thou?

July 10: The USA Canteen
A 17-piece swing band with three
Andrews Sisters-esque vocalists.

July 17: The Natty Beaux
Upbeat rockabilly and jump blues.

July 24: Zoso:
The Led Zeppelin Experience
Get the Led out, McLean!

July 31: The Reagan Years
Unpack the Rubik's Cube
and the legwarmers;
the 80s are back!



5 p.m.
Sundays
July 3-31

MCLEAN CENTRAL PARK





Alden Theatre
703-790-0123/TTY: 711
www.aldentheatre.org

through the gardens to learn how to grow, propagate and over-winter tropical plants. Reservations accepted at 703.255.3631.

JULY 28

Mama Tried (bluegrass) & Chris Waters (wood tables)

Cherry Hill Park, 312 Park Ave., Falls Church
7pm • (703) 248-5077
Fee: FREE • www.fallschurch.com
Enjoy the best of summer at the 19th Annual Falls Church Concerts in the Park. Bring a blanket and a picnic and enjoy performances by local musicians. Each concert also features local artists and their artwork. All concerts are free to the public. For more information, call 703-248-5077 (TTY 711). The concerts are sponsored by the City of Falls Church Recreation & Parks Division and the Village Preservation and Improvement Society, with support from the Kokolopori Falls Church Sister City Partnership. Local artists are sponsored by Falls Church Arts.

JULY 30

Book Collection Charity

SunTrust Bank, 515 Maple Ave. E, Vienna
10am-4pm • (703) 356-8364
Fee: FREE • www.mcleanaauw.org
Collecting used books, DVDs, VHS tapes, CDs, audio books, and software. For more information Email: booksale@mcleanaauw.org

Moonshine Society

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

Birding in the Gardens

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
8am-9:30am • (703) 255-3631
Fee: FREE • www.nvrpa.org/park/meadowlark_botanical_gardens
Join our naturalist and learn the basics of identifying birds by sight, sound, and behavior! This month features a special tour of the gardens before the normal hours. Some field guides and binoculars will be available, but feel free to bring your own. Reservations required. Meet in the Visitor Center. For more information contact Casey Pittrizzi at cpittrizzi@nvrpa.org

Blue Moon Tango

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
9pm - 1am • (703) 759-2257
Fee: \$12 • www.colvinrun.org

AUGUST AUGUST 1

Nature Photography Exhibit

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court, Vienna • 10am - 8pm
(703) 255-3631 • FREE • www.nvrpa.org/park/meadowlark_botanical_gardens
Award-winning photographer Richard Weiblinger will offer a sample of his superlative work. Several additional photographs by Mr. Weiblinger will appear concurrently in the Washington Gardener Magazine display of photo contest winners. Goes all the way through August 31, 2011.

AUGUST 4

Big Tow (rock & alternative) & Fran Simms (paintings)

Cherry Hill Park, 312 Park Ave., Falls Church
7pm • (703) 248-5077

Fee: FREE • www.fallschurch.com
Enjoy the best of summer at the 19th Annual Falls Church Concerts in the Park. Bring a blanket and a picnic and enjoy performances by local musicians. Each concert also features local artists and their artwork. All concerts are free to the public. For more information, call 703-248-5077 (TTY 711). The concerts are sponsored by the City of Falls Church Recreation & Parks Division and the Village Preservation and Improvement Society, with support from the Kokolopori Falls Church Sister City Partnership. Local artists are sponsored by Falls Church Arts.

AUGUST 7

Summer Tour of the Potomac Valley Native Plant Collection

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct, Vienna
2pm - 3pm • (703) 255-3631 • FREE • www.nvrpa.org/park/meadowlark_botanical_gardens
Enjoy Eupatorium, sunflowers, Liatris, milkweed, obedient plant, purple coneflower and other native plants blooming in this woodland garden. Free and open to the public.

AUGUST 13

Ballroom Social

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
7pm - 11:30pm • (703) 759-2257
Fee: \$12 • www.colvinrun.org
A night of favorite classic and contemporary dances
Waltz, Tango, Foxtrot, Rumba, Cha Cha, Samba, with a dash of Swing
No partner or prior dance experience required. Come & Bring your best dancing shoes.

AUGUST 19

Pint for a Pint: Blood Drive

Vienna Community Center
(located in the Game Room)
120 Cherry Street SE, Vienna,
10:30am- 4:30pm • (703) 255-6360
www.inovabloodsaves.org
Inova Blood Drive. Complete the donor screening process and receive a coupon for a FREE pint of Ice Cream from Baskin Robbins. For more Information visit inova.org/donateblood, click on Schedule an Appointment, and use Sponsor Code 1058, or call 1-866-BLOODSAVES (866-256-6372).

AUGUST 20

Dance for Everyone

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
7pm - 11:30pm • (703) 759-2257
Fee: \$12 • www.colvinrun.org
Variety of dj'd contemporary and classic dance music including west coast swing, east coast swing, hustle, shag, latin, country western two-step, waltz, and more, plus requests! From 8pm to 11:30 pm. Introductory west coast swing lesson from 7:00 to 8:00 pm. No partner or prior dance experience needed. For additional information contact Ed Cottrell at edcottrell@macp.org or 703-435-5620, or Gail Crum at gailcrum3@aol.com or 703-450-6539

AUGUST 27

West Coast Swing

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
7:45pm - 1am • (703) 759-2257
Fee: \$12 • www.colvinrun.org
Dance Jam Productions
Time 8:30 PM to 1:00 AM
7:45 Workshop. For Details also visit www.dancejamproductions.com

RECURRING EVENTS

MONDAYS

Life Drawing

McLean Community Center
1234 Ingleside Ave., McLean
Starts at 4:30 pm July - August
(703) 790-1953 • Fee: \$35 per year
member fee • www.mpaart.org
Come and hang out with us every
monday night for life drawing classes
while working on current and new
projects. Share tips, socialize and have
a great time being creative. All projects
are welcome.

Sweatshop Socials

The Soundry
316 Dominion Rd, Vienna
7pm-10pm • (703) 698-0088
Fee: \$5 • www.soundry.net
Sweatshop Socials is a weekly get
together at The Soundry where DIY
artisans get together to work on
projects and hang out. It is \$5 to get in,
unless you are a Soundry member, in
which case it is free.

Ranger Rendezvous

Great Falls National Park
Great Falls Park, Overlook #3
9200 Old Dominion Dr, McLean
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

Colvin Run Community Hall
10201 Colvin Run Rd, Great Falls
6:30 pm -10:30 pm • (703) 759-2257
Fee: \$10 • www.colvinrun.org
West Coast Swing Lesson
Beginner Dance Lesson from 6:30 PM to
7:15 PM. West Coast Swing Lesson from
7:15 PM to 8:00 PM. Dancing from 8:00
PM to 10:30 PM. Music by DJ 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

THE HARBOURS AT SOLOMONS ISLAND FURNISHED MODEL GRAND OPENING FOR ACTIVE ADULTS

WATERFRONT LIVING IN A CLASSIC STYLE.



- * Fabulous selection of single-family home designs from the mid \$400s.
- * A prime location on Solomons Island between Back Creek and St. John Creek right off the Patuxent River
- * The deep-water Calvert Marina with direct access to the Chesapeake Bay

Every home at The Harbours at Solomons Island is built with a host of highly desirable standard features, including:

- * Generous first-floor owner's suites
- * Open, well-designed floor plans
- * Gourmet kitchens with granite countertops
- * Hardwood floors
- * Convenient laundry rooms
- * Plenty of expandable space
- * Maintenance free lawn care

**WITH GRAND OPENING PRICES,
THE TIME TO BUY IS NOW!**



THE HARBOURS
AT SOLOMONS ISLAND
An Active Adult Community

Classic
Community
Companies

Brokers
Welcome

www.LiveAtSolomonsIsland.com / 888-814-3330

Directions: From Washington D.C.'s Capital Beltway (I-495/I-95) take Rt. 4 (Exit 11-South)
Pennsylvania Ave. Follow Rt. 4 South approximately 50 miles to Dowell Rd. just before
Solomons Island. Turn left on Dowell Rd. to The Harbours at Solomons Island on the right.



MHBR
#5718



Book Sale

Claude Moore Colonial Farm
6310 Georgetown Pike, McLean
3pm-8pm • (703) 442-7557
www.177.org
Visit The GateHouse Shop every
Wednesday for book deals!
Books are donated and help raise funds
for the park. Prices range from \$1 - \$2
for each hardback, and paperbacks
are five for \$1.

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

Summer Stories and Sprinklers

Freeman House and Museum
The Little Library
131 Church Street Northeast, Vienna
1pm • (703) 938-5187
Fee: FREE • www.historicviennainc.org
Each Wednesday from June 23 through
August 11, join Historic Vienna, Inc.
and the Town's Department of Parks
& Recreation for "Summer Stories and
Sprinklers". This popular program is
returning to the Little Library on the
grounds of the Freeman House starting
at 1 pm. Following story time and music,
the Town Green sprinklers.

THURSDAY**Terry Lee Ryan**

Maplewood Grill
132 Branch Rd SE, Vienna
7pm-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. The
piano bar is an "institution" in the area-
don't miss it! If you can't go to the
Crescent City, then get yourself there.

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!

FRIDAY**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.caffeamour.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!

Movies in the Park

Glyndon Park
300 Glyndon St NE, Vienna
8:45pm • (703) 255-7842 • Fee: FREE
www.viennava.gov/Town_Info/News_
Letter/back_issues/current_issue.pdf
Call the number below for movie
and weather info after noon on the
Wednesday before the show date.

Summer Concert on the Green

The Vienna Town Green
144 Maple Ave E, Vienna • 6:30 pm
(703) 255-6360 • www.viennava.gov
Every Friday thru August 19th
Summer on the Green is a series of free
performances presented by the Town
of Vienna and sponsors. Please bring
chairs and/or blankets. No alcoholic
beverages permitted. In the event of
rain, please call the Weather Line at
703-255-7842 or the Vienna Community
Center at 703-255-6360, 2 hours before
the event.

SATURDAYS & SUNDAYS**Open Improv**

The Soundry
316 Dominion Rd, Vienna
11pm-1am • (703) 698-0088
Fee: FREE • www.soundry.net
July thru August
OPEN IMPROV. PRACTICE
Everyone is welcome to come by
for THE IMPS open improv practice,
exercises and fun. Free & no experience
necessary

Vienna Farmers Market

131 Church St NE, Vienna
(Caboose Parking Lot)
8:00am-12:00pm
www.viennafarmersmarket.com
This year, the Vienna Saturday Farmers'
Market welcomes vendors old and new,
including doughnut and crepe vendors!
Prizes will be given every hour through
contests and events such as a children's

DEB FRANK

HOMES

**State-of-the-Art Home Marketing
Sells Homes... (Yes, it's that easy)**

Featured Home

Just SOLD in VIENNA!

Welcome to 903 *Plum Street*



903 Plum Street SW - Listed @ \$1,274,900
Five Bedrooms, Four and a Half Bathrooms
Located in Vienna Woods & Close to Metro

CALL DEB
TO GET HOUSE
SOLD!

Deb Frank
ABR, GRI, CRS



www.DebFrank.com
(703) 758-1089

RE/MAX Distinctive
Each Office Independently Owned & Operated
1850 Centennial Park Dr.
Reston, VA, 20191



**#1 Agent
in
Fairfax
County**

2010 #1 RE/MAX INDIVIDUAL
AGENT in FAIRFAX COUNTY

See the **VIRTUAL** Tours @ DebFrank.com

Welcome to 3401 *Oakton Chase Court*



OAK HILL - LISTED @ \$1,395,000

Welcome to 12827 *Rose Grove Drive*



OAK HILL - LISTED @ \$1,350,000

JUST SOLD by DEB:

Welcome to 1105 *Kings Way Court*



VIENNA - JUST SOLD

Welcome to 3020 *Fox Mill Road*



OAKTON - JUST SOLD

hula-hoop contest.

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
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
6pm-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
1141 Walker Rd., Great Falls
4pm-9pm • (703) 759-4150
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-
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
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.

Summer Concert on the Green

The Vienna Town Green
144 Maple Ave E, Vienna
6:30pm (703) • 255-6360
www.viennava.gov
Every Sunday through August 21st

Summer on the Green is a series of
free performances presented by
the Town of Vienna and sponsors.
Please bring chairs and/or blankets.
No alcoholic beverages permitted.
In the event of rain, please call the
Weather Line at 703-255-7842 or the
Vienna Community Center at
703-255-6360, 2 hours before the
event.

TOTS AND TEENS ON THE GREEN

Club Phoenix Teen Center in Vienna
is sponsoring a summer program
for children of all ages. All events
will take place at the Vienna
Town Green. Please call the rain
line if there is inclement weather
for cancellations, 703-255-7842.
Wednesday from 2pm – 3:30pm.

July 13

Arts and Crafts Day – Show your
artistic side using beads, paint and
more. They will bring all the art
supplies, just wear clothes you can
get creative in, and paint on!!

July 20

Outdoor Twister – Right foot red,
left hand green....try and stay up!
Join them for some Twister fun in the
outdoors!

July 27

Green Thumb Day – Appreciate
nature and exercise your green
thumb while learning about how
plants grow. There will be arts and
crafts and more!

August 3

Dance Dance Day – Enjoy games
of Simon Says, Freeze Dance,
Musical Squares and a lot of
dancing on the green!

August 10

A Rockin' Obstacle Course Party–
Tricky obstacles set to some fun
music will help you keep busy during
the long lazy days of summer.

Artful Gift Shop

145B Church Street, Vienna, VA

Fabulous Handmade Gifts
By Local Artists

jewelry & fashion accessories
bath & body items · home decor
paintings & photography · pottery
glass art · cards & stationery
woodwork · baby gifts · pet gifts
& so much more!

Located on Hip &
Historic Church St. in
the Heart of Vienna, VA.

703.242.1220
www.artfulgiftshop.com



GCA- LA PRECISION

ANTIQUE HOROLOGY Since 1972
VIENNA WATCH & CLOCK SHOP



GUIDO CALVETTY ALAVE

Master Watchmaker | Antique horologer

ROLEX TRAINED & CERTIFIED #168
STATE OF THE ART EQUIPMENT
TIMELY & GUARANTEED REPAIRS

Antique · Vintage · Modern

Mention this Ad for **ONE** of the Following:
Free Battery with Any Repair
\$10 Off Any Basic Repair
\$50 of any Advanced Repair

703.255.0055

WWW.GCALAPRECISION.COM
320 Maple Ave. East, Building E, Vienna

FREE EXAM AND X-RAYS* DONT MISS OUT! LIMITED TIME FOR NEW PATIENTS ONLY** WWW.MAYBERRYDENTALIMPLANTS.COM DENTAL IMPLANTS REPLACE ONE OR MORE MISSING TEETH



R.S. Mayberry, DDS, PC & His Team

The right choice for dental implant treatment

Dr. Mayberry enjoys certification by the ABOI, the highest recognition a doctor can achieve in implant dentistry. The American Board of Oral Implantology, WWW.ABOI.ORG, is the only bona fide dental implant proficiency certifying organization in the United States.

OUR PATIENT SATISFACTION WITH DENTAL IMPLANTS:

¥The most successful type of dental restorations available
¥No decay ¥Can last a lifetime ¥Thousands of implant treatments since 1983 and IV sedation since 1977

**CALL 703-537-5725 TODAY
FOR OUR FREE DENTAL IMPLANT EXAM,
INCLUDING NECESSARY X-RAYS***

Located in Hunter Mill Shopping Plaza on the Corner
of Chain Bridge Road and Hunter Mill Road
2946 Chain Bridge Rd. ¥ Suite N ¥ Oakton, VA 22124

***Regular Fee \$495 **Offers Expire 10-31-11**

NIA TALVARID

Nia Tavlurides Stratos began her artistic endeavors at a very young age and has continued to take advantage of every opportunity to pursue her love of creating all forms of art. She employs a rich synthesis of pattern and spatial composition, through various media and assemblage.

"Creation is for me a yearning, an intrinsic desire to bring materiality to imaginative forms."



Dimiourgia Creation

There is a sustainable element to Nia's work. She incorporates a variety of used materials that inspire her, from the plastic that produce comes in to wine labels and old house paint to pieces of glass. She even uses old make-up and nail polish to car enamel and packaging.

"I have been re-using and remixing materials in art for most of my life. Little did I know that I was creating 'Green' and 'Sustainable' art."



Arete

Each composition is a mosaic of elements demanding amalgamation. Every work of art provides a thoughtful vehicle to interpret texture and dimension and is an examination of color and style through the use of various media.

"I embark on an exploration with each work of art, never quite sure where this will take me. I am prolifically inspired and restless with countless images, and tactile surfaces, whereby sight is more perceptive, sound is more intense and touch is more palpable."



Illumination

NIA TAVLARIDES STRATOS

Nia is passionate about life. Spending time in her ancestral home of Greece has given her the opportunity to explore her Byzantine heritage, another major influence in her art. Her work creates a window to her soul, revealing who she really is.

"For me art is not a passion but a kenosis - senses are absorbed, and translated from my imagination, revealing a window of my most interior thoughts and personality."

Metamorphosis



Voyage



Nia has participated in juried shows and her work is held in both private and corporate collections, including VISA Card Corporation. Expressing her artistic nature has been a foundation in her life and she has pursued her talents through painting, jewelry design, advertising, photography, interior design, and mixed media.

"I am inspired by everything but am really moved by simplistic things that stir the senses; a fragrance in the spring air, the sun setting behind the trees, the sound of the waves or the essence of a special wine."

As evidenced by these several examples, Nia Tavlariides Stratos has mastered the use of color with palettes that range from harmonious, muted, conceptualizations to bold, iconoclastic expressions.

The work of Nia Tavlariides Stratos is currently on exhibit at The Byrne Gallery of Middleburg, VA and PIOLA in Arlington, VA
www.niastratosart.com

MCLEAN PROJECT FOR THE ARTS

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

JUNE 27- AUGUST 12

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 for the 6-8 year-old include Summer Sea Sensations, Magical, Mystical and Mythical Creatures and Me, Myself and I. For 8-11 year olds, themes include 3-D Sculpture and Contraptions, Claymation Camp, and Drawing and Painting with Color. Rising 3rd graders may choose morning or afternoon sessions.

Tuition is \$165/\$150 McLean district residents (tuition for Week 2 is \$140/\$125 McLean district residents). All materials are provided. Please bring a snack as well as a painting smock or an old oversized shirt. Parents and siblings are invited to an art show the last 20 minutes of class each Friday.

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 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.

GREAT FALLS STUDIOS

(703) 759-2449 • Fee: Free
www.greatfallsstudio.com

Katie's Coffee House: Revolving Art Exhibition. Exhibition of art by one or more members of Great Falls Studios, changes periodically. Mounted in cooperation with the Katie's Coffee House. Ongoing, with new displays every month. Call (703) 759-3309 for more information.

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.

APPRECIATE. The Gallery

The GFFFTA Gallery displays multi-disciplined works by professional and emerging local and regional artists on a rotating basis; features works by students and teachers of the Great Falls School of Art; and may be reserved by members of the community to provide a unique setting for meetings, receptions and other private events. The Gallery is

open to the public Saturdays from 12pm-4pm and by appointment. Contact Elaine Elinsky at elinsky@erols.com, or Jennifer Duncan at rjanduncan@cox.net.

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.

THE MCLEAN ORCHESTRA

Claude Moore Colonial Farm
6310 Georgetown Pike, McLean
www.mclean-orchestra.org

Concert in the Park:

A Musical Salute to Our Military

September 10, 2011 - (The eve of the 10th anniversary of 9/11)
6pm-9pm, Tickets: \$250
Come support the McLean Orchestra and Fisher House Fundraiser.
Sponsorships Available!

Contact:

John Huling, Executive Director
703-893-8646

THE MCLEAN COMMUNITY PLAYERS

1234 Ingleside Ave, McLean
www.mcleancommunityplayers.org

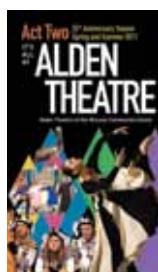
JULY 15 - JULY 30

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

THE ALDEN THEATRE

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. There's something for everyone to see and to enjoy.

1ST STAGE IN TYSONS

1524 Spring Hill Road, 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.

JULY 1

Summer Comedy Showcase

8pm, Tickets: \$15

Six of the Best Local Comedians doing what they do best. This is a night of unexpected statements, strange thinking, and odd behavior. The Showcase Features: Adam Belechter, David Blechman, Graham Currin, Kyle Martin, Kevin McCarron, and Chris Culosi. There is a 20 minute intermission. Must 21 years of age to attend.

JULY 8

Singer Songwriter Showcase Part 1

8pm, Tickets: \$18

An amazing group of local Singer - Songwriters have been brought together for one night to perform their new and classic songs. Performers are Todd Miller, Laura Tsaggarris, Rene

Moffatt, and Molly Hagan.

JULY 9

The Fabulous Mary Ann Redmond

8pm, Tickets: \$15

Redmond is well-known in her home base of Washington, DC, where she's won a staggering 14 WAMMIE Awards from the Washington Area Music Association. Must 21 years of age to attend.

JULY 15

Michael Clem Trio

8pm, Tickets: \$18

The Michael Clem Trio (from Eddie From Ohio) will be performing Live @ 1st Stage Theater in Tysons. Featuring Rusty Speidel on guitar, Thomas Gunn on upright bass, MC on guitar, harp & mandola harmonies all around. With Special Guest **Taylor Carson**

JULY 16

Singer Songwriter Showcase Part 2

8pm, Tickets: \$18

Scotoma Productions Presents the 2nd Part of the Singer Songwriter Showcase. This group features Cecelia Jeffery, Derek Evry, Jackson Edwards, and Alex Vans. These four artists bring a new sound, tone and feel musically which will inspire you.

JULY 23

Ted Garber

8pm, Tickets: \$18

Ushering in a new golden age of live entertainment is Ted Garber, a genre-bending multi-instrumentalist whose "Blues Americana Rock" takes you on a ride from the Big Easy to South America and combines classic showmanship with a captivating singer-songwriter sensibility. Winner of the 2010 Washington Area Music Award for "Pop Rock Recording of the Year," Garber's music and show are a delight for all ages.

VIENNA ARTS SOCIETY

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

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.

SUMMER ART CAMPS

Recently added a new summer camp to our schedule:

JULY 4-8

"Sculpture" with Mary Jo Lorfano

(6-11 years old) 10am-12pm, \$125

The young artists will be given supplies to enhance their skills three-dimensionally. Each day they will be given direction in a different medium.

"Drawing People & Animals" with Teresa Ahmad

(6-12 years old) 1pm-3pm, \$115

Students will learn basic to intermediate skills in proportion, shading and techniques in pencil, charcoal and conte` crayon. Past students are welcome and will be given different direction. Materials included and some will go home.

JULY 11-15

"Painting with Artists" with Vivian Attermeyer

(6-12 years old) 10am-11:30am, \$85

Each day a few sketches and a new project using tempera, watercolor, colored sand, oil pastel or painted collage. Look at paintings of famous artists for incentive and then paint your own. Materials included.

"Jump Start, Acrylic Painting" with Vivian Attermeyer

(13+ years old) 12:30pm-3pm, \$125

What colors? What brushes? Learn how to use it all. Get started with a few studies on small pieces of canvas and progress to a larger painting. Learn about color, composition and paint handling in an exciting week of afternoon painting. Some materials included.

JULY 18-22

"Multi-Media" with Patricia Farrell

(6-10 year olds) 10am-11:15pm, \$110

"Multi-Media" with Patricia Farrell

(11-13 year olds) 1:30pm-2:45pm, \$110

A combination of different mediums will be introduced. From painting in tempura paint, to cartooning, collage, printmaking and crafts projects. Students will be given opportunity

and freedom to challenge their imagination and creativity.

JULY 25-29

"World Art" with Teresa Ahmad
(6-10 years old) 10am-12pm, \$125
Each day we will be inspired by different countries and familiarize ourselves with some of their cultures. Examples of projects this summer; Greek vases, Roman mosaics, African cloths, Mexican pottery and Indonesia batik. Materials included.
"Mixed Media" with Tanya Maddox
(6-10 years old) 1pm-2:30pm, \$115
An exploration of a variety of media which may include batik, collage, watercolor, oil pastel and mono prints to introduce concepts of motif, pattern, theme, positive and negative space and found imagery. The objective of this class is to look beyond the obvious and explore our imagination.

AUGUST 1-5

"Drawing Land & Waterscapes" with Teresa Ahmad
(6-12 years old) 10am-12pm, \$115
Using various mediums such as pastels, colored pencils, and markers, the student will learn how to develop their skills and will be introduced to proportion, perspective and composition. Materials included and some will go home with them to continue their journey in art.

"Mixed Media" with Tanya Maddox
(6-10 years old) 1pm-2:30pm, \$115
An exploration of a variety of media which may include batik, collage, watercolor, oil pastel and mono prints to introduce concepts of motif, pattern, theme, positive and negative space and found imagery. The objective of this class is to look beyond the obvious and explore our imagination.

AUGUST 8-10 (MON-WED)

"Accessorize" with Teresa Ahmad
(7-12 years old) 11am-2pm, \$135
Age requirement of student is flexible. Creation of a variety accessories from wraps, belts, jewelry and much more! The Jewelry portion will introduce and produce more ideas if the student participated in 2010. Bringing lunch is recommended.

AUGUST 15-19

"Multi-Media" with Patricia Farrell
(6-10 years old) 10am-11:15pm, \$110
"Multi-Media" with Patricia Farrell (11-13 year olds) 1:30pm-2:45pm, \$110
A combination of different mediums will be introduced. From painting in tempura paint, to cartooning, collage, printmaking and crafts projects. Students will be given opportunity and freedom to challenge their imagination and creativity prints to introduce concepts of motif, pattern, theme, positive and negative space and found imagery. The objective of this class is to look beyond the obvious and explore our imagination.

MAVERICK MOSAICS

145 Church Street NW, Vienna
(703) 938-1755
www.maverickmosaics.com

"Open Studio" every Tuesday evening from 5:30pm-9:30pm.

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.

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.

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

JULY 11-15, JULY 18-22

Cabaret and comedy Workshops for Teens

Ages: 16-19, Instructors include members of "The Capitol Steps." Falls Church, VA Creative Cauldron, Northern Virginia's innovative educational arts organization, and The Mike Thornton Agency will partner to present two summer cabaret and comedy workshops for teens ages 16-19. The workshops will be held July 11-15 and July 18-22 and will be taught by members of the nationally known musical political satire group "The Capitol Steps". The Monday through Friday program includes five evenings (6:30 pm to 10:00 pm) of classes in acting, musical comedy, and improvisation culminating in a Friday evening performance with the teens performing alongside the professionals from The Capitol Steps. Program fee for the workshops is \$375 per week. For complete information and registration materials: http://creativecauldron.org/page_144.html or 571-239-5288 or email: info@creativecauldron.org

ONGOING EVENTS

"The Fourth Wall" Cabaret Series Monday and Saturday evenings throughout the year. Original cabaret performances presented by accomplished musical theater artists who perform regularly on metro area stages. Here's your chance to enjoy an up-close and personal evening of professional musical theater entertainment. Check our website for regular updates about scintillating

cabaret offerings throughout the year!

AUGUST 6 AT 8PM
"The Best of Broadway"

AUGUST 13 AT 8PM
"A Night of Stephen Sondheim Favorites"

AUGUST 20 AT 8PM
"Unforgettable" a Night of Musical Theater Classics

AUGUST 27 AT 8PM
"Anything Goes" From Broadway ballads to Pop and Old Rock & Roll.

RED CABOOSE GALLERY & VIENNA STUDIO SCHOOL

138 Church Street, NE, Vienna
 (703) 340-7178
www.joanmariegiampa.com
 Gallery Hours: weekdays 3pm-5pm
 by appointment.



SUMMER ART PROGRAM FOR KIDS AT THE CABOOSE!

Sign-up has begun for the summer art program at the end of summer blockbuster art show in a real art gallery! Contact: Joan Giampa for more information at (703) 349-7178. This Summers Kids Program Instructor Catherine Conley Catherine has a BFA in photography from the Corcoran School of Art and Design. She has worked with children ages 4-13 for Fairfax County Park Authority as a camp director. Classes: ages 7 and up.

JULY 11-14, M-TH 12:30-2:30PM
Introduction to Photography
 Dive in to Photography \$155
 Children have a natural talent in observation. Nurture this gift with a class introducing photography. We will experiment with different subject matter, self portrait, nature and architectural photography. Student must have access to their own digital camera.

JULY 18-21, M-TH 12:30-3PM

Drawing on the Right Side of the Brain

Instructor: Joan Marie Giampa \$225
 This is a four week intensive class designed for any level drawing student to teach the skill of drawing. Ages 13 + M/W/ 3-5pm. \$400 (workbook, book, and drawing supplies not included in tuition)

JUNE 27, 29

JULY 11, 13, 18, 30, 25, 27

Red Caboose Pen-Air Paint Out

Instructor: Joan Marie Giampa
 Ages 16 up Two sessions: June 27, 29 and July 11, 13. This is a two day workshop. You will learn how to develop a painting from start to finish.

OPENING JULY 23 FROM 4-7 PM

Red Caboose Art Show

We will wrap up this summer with an art show in the Red Caboose Gallery.

Have an upcoming event you would like to share with us? E-mail us the details at events@vivatyson.com.

Introducing Allie's New International Cookbook, **allicucina, a culinary journey**

Allie's full-color international cookbook '**allicucina — a culinary journey**' is hot off the press. Travel from Virginia to international destinations such as Australia's Great Barrier Reef, Sicily, Provence, Brazil, Guam, Ecuador, Peru, the Hawaiian Islands, Nova Scotia, Thailand, and St. Kitts — without leaving your kitchen. Includes Allie's Delicious Secret Ingredients, Wines of Interest, and Cheeses of Note, as well as wine pairing suggestions from Stephen Sands of Culinary Cooking School in Vienna.



by Allison Chase Sutherland

List price \$25

Read an excerpt at
<http://www.allicucina.com/publishing/alliescookbook.html>



I cook in twelve languages!

Illustration by kyleedgell.com
 Contact Allie at 703.573.5773
allicucina@hotmail.com

We've made
 up our minds.
WE WANT YOU.

We keep looking but we don't see your name. A subscription guarantees you get your copy of our community magazine and every issue delivered to your mailbox.



**BEST
 VALUE**

\$20 for 2 YEARS
 (12 ISSUES) Save \$27.40

\$12 for 1 YEAR
 (6 ISSUES) Save \$11.70

Subscribe Online Today!
www.vivatyson.com



HIGHER LEARNING

BY KEITH LORIA

Did you know that according to the U.S. Census Bureau, just 27 percent of working adults in the U.S. have college degrees?

In a knowledge-based economy, education is a necessity for anyone who aspires to a rewarding and productive career.

High School graduation parties are over now, and as many start to contemplate their future, that sales job or backpacking trip doesn't have the same level of excitement that it did during the final days of school. Reality has set in, and many recent high school graduates are coming to the realization that they need to further their education.

Then there are those who are unhappy with their current career-path and decide that going back to school is the answer. But with jobs, families and other adult commitments, finding time for education is not always easy and students cannot attend a traditional college or university because of these responsibilities.

Luckily, there are plenty of options for those seeking higher educational opportunities in the Tysons Corner area that will work with prospective students on meeting their higher learning needs.

STRAYER UNIVERSITY www.strayeruniversity.edu

Founded in the DC-area in 1892 by S. Irving Strayer as a business college for working adults, Strayer University continues to fulfill that mission today. In fact, the average age of a Strayer student is 34 years old.

With campuses in Arlington, Loudon, Manassas, Alexandria and other close locations, Strayer University provides high-quality, post-secondary education in business administration, accounting, information technology, education, human resource management, health services administration, public administration and criminal justice.

"We are deeply committed to providing academically rigorous degree programs so that our graduates will be equipped to survive and thrive in a competitive business environment," says Chandra Quaye, Regional Dean of Strayer University. "The university is regionally accredited by the Middle States Commission on Higher Education, which also oversees Georgetown University, Princeton University and the University of Maryland."

There are numerous courses available to students to choose from as they continue their education. For those

interested in learning more about programs and classes available, a full course catalog is posted on the university website at www.strayer.edu.

"Regarding the importance of educational options, as the U.S. demographic and economic conditions continues to evolve, so does the relevance of obtaining a college degree," Quaye says. "A growing number of workers without a college education are finding that without a degree they reach a point in their careers where further advancement is no longer possible. In addition, many adults with bachelor's degrees are finding that a master's degree is required for advancement, particularly those who majored in liberal arts in college."

Strayer works diligently to ensure its curriculum stays relevant and rigorous, all while ensuring that it's logistically simple for all students to take their courses from a scheduling perspective with both on-line and on-campus classes.

"Our promise to our students is 'we fit your life' and our faculty and staff work with unmatched passion each and every day to fulfill this promise," Quaye says. "We strive to achieve this for them through a commitment to serve their diverse needs, by ensuring that what we teach is of value, and

by providing the support networks needed by many to help them step-by-step along the way."

Marymount University is a comprehensive Catholic university offering 26 bachelor's degree programs, 18 master's degree programs, and 2 doctoral programs through four schools: Arts and Sciences, Business Administration, Education and Human Services, and the Malek School of Health Professions.

MARYMOUNT UNIVERSITY www.marymount.edu

Marymount's undergraduate programs offer a liberal arts core combined with career preparation. The most popular undergraduate majors are Business Administration, Nursing, Fashion Merchandising, Biology, and Interior Design.

Marymount's most popular graduate programs are Forensic Psychology (MA), Business Administration (MBA), Physical Therapy (DPT), Community Counseling (MA), and Education (M.Ed., available in Elementary and Secondary Education, English as a Second Language, Special Education/General Curriculum, or Administration and Supervision).

"The name 'Marymount' has long been associated with excellence in higher education," says Denise Alexander, marketing spokesperson for the school. "Small classes, expert faculty, and a focus on the whole person makes Marymount a vibrant learning community."

By combining the liberal arts with career preparation, Marymount prepares student to think critically. Graduates have the knowledge, judgment, and skills to excel in the workplace. They are positioned to take advantage of the multitude of professional opportunities available in the DC region and beyond, ranging from careers in the government, IT, and health care to graphic or interior design, education, and counseling.

"A Marymount education draws upon the rich resources of the Washington, DC area, and all undergraduates are required to complete an internship related to their field of study,"

Alexander says. "Through its graduate programs, the University gives students the opportunity to acquire a high level of competence in their fields of interest and to gain significant experience in the application of advanced knowledge and skills."

A commitment to service is integral to a Marymount education. On their first weekend on campus, freshmen are introduced to the Marymount culture with an opportunity to take part in Volunteer Service Day. From that point on, there is a vast array of service opportunities available to students through the Campus Ministry Association, student clubs, and service learning in their courses.

Marymount was recently honored by the Corporation for National and Community Service (CNCS) as a leader among institutions of higher education for its support of volunteering, service-learning, and civic engagement.

VIRGINIA INTERNATIONAL UNIVERSITY www.viu.edu

Virginia International University is located in Fairfax, and offers graduate, undergraduate and certificate degrees in Business, Computer and TESOL fields. VIU also teaches English as a Second Language (ESL) to foreign students. Most of its graduate degrees and all of its undergraduate degrees are also offered fully online.

"With our small class sizes and individual attention to our students, we are an affordable and convenient choice for students who want to have a quality education in an international environment," says Jane Bondarenko, Executive Assistant to Business Affairs at Virginia International University.

A diverse student body at VIU allows each student to have an international experience and learn from each other in a friendly setting. And with its flexible schedules and online education options, it truly brings a student-centered approach to higher education.

"Virginia International University's

mission is to educate students from all over the world through a highly qualified, equally diverse faculty and staff while striving to provide academic programs that engender the intellectual curiosity, critical thinking, and creativity urgently needed in the global community," Bondarenko says. Stratford University is a private educational institution dedicated to preparing students for the challenges of a rewarding career. Alumni pursue professions in high-demand fields like information technology, hospitality, culinary arts, business administration, health sciences, and nursing.

Located in Falls Church, Stratford University is the ideal place to fulfill academic and professional goals.

Stratford University offers associates, bachelors, and masters degrees in business administration, computer information systems, culinary arts, hospitality management, health sciences, and nursing.

These degrees are the shortest path between where you are now and the career of your dreams. Emphasis on individual learning methods results in student academic success without lowering required employer-based standards.

STRATFORD UNIVERSITY www.stratford.edu

Stratford University is exempt from requirements of oversight to grant associate's, bachelor's and master's Degrees by State Council of Higher Education in Virginia (SCHEV).

The healthcare industry is always in need of confident, qualified professionals to fill vital positions in a wide range of health-related fields, which is why so many students choose Sanford-Brown College. Located in Vienna, the school helps students acquire the knowledge, practical experience and training to pursue exciting career opportunities in many of today's rewarding areas of the job market.

SANFORD-BROWN COLLEGE

www.sanfordbrown.edu

Sanford-Brown prepares students for entry-level employment through a supportive and student-oriented environment while serving the needs of our communities.

The college will help, whether you are a current healthcare professional looking to take your career to the next level or a motivated individual focused on pursuing a new direction, through short-term programs and hands-on training you need to achieve your goals.

The mission of Sanford-Brown is to support the needs of a diverse student population by providing quality, flexible and career-focused education that specializes in technical and non-technical fields of study with a focus on allied healthcare professions.

NORTHERN VIRGINIA COMMUNITY COLLEGE

www.nvcc.edu

For more than 45 years, Northern Virginia Community College has offered a quality and convenient educational experience at an affordable price. NOVA is the largest educational institution in Virginia and the second-largest community college in the United States, comprised of more than 75,000 students and 2,600 faculty and staff members.

Located near Washington, D.C., the college includes campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge; along with educational centers in Arlington, Manassas and Reston.

According to the college's president, Robert G. Templin, Jr., NOVA offers a wide-range of programs meeting standards for transfer to baccalaureate degree programs in four-year colleges and universities. It also offers developmental courses to assist students in developing skills to insure their success at the college, and community service/continuing education courses, which serve to meet personal development needs

and the needs for business/industry training and retraining.

AMERICAN COLLEGE OF COMMERCE AND TECHNOLOGY

www.acct2day.org

Located in the heart of historic Falls Church, the American College of Commerce and Technology offers AA, BS and Master's Degrees in Accounting, Business, Computer Science and Information Technology, plus certificate programs in Accounting, Paralegal Studies, and Project Management.

The American College of Commerce and Technology offers both on-campus and online classes to make it easy for anyone to attend.

All ACCT programs are designed to respond to employer needs in the marketplace and all classes are dedicated to developing the technical and "soft skills" demanded by employers.

Each quarter, classes are scheduled on days and times that meet student situations—mornings, afternoons, evenings and weekends.

Faculty are highly experienced professional educators with extensive professional work experience and many have international backgrounds. All professors of graduate level classes possess terminal degrees and all undergraduate level classes are taught by professors who hold at least a master's degree.

EVEREST COLLEGE

www.everest.edu

At Everest College-Tysons Corner, the school is dedicated to giving its students the right skills and knowledge to succeed in the future. More than 300 students are currently enrolled at the campus and it continues to grow each year.

The college offers tutoring for all students and test prep classes for the National Certification for Massage Therapy test, the CMA exam, and Medical Insurance Billing and Coding certification exams at no cost to the

students.

Every quarter, the campus has a student activity that is themed accordingly. The activities are a great time to relax and get to know the faculty, staff, and other students in an environment outside of the classroom. Some contests that are frequently run are karaoke, limbo, and scavenger hunts, with prizes for winning teams and individuals.

The Tysons Corner campus has three large computer labs that can be utilized by students after class hours, a student lounge to study or eat in, and a library with computer access for research and Internet use. Technology in the classroom has been updated to include five SMART boards and two classrooms outfitted with projectors for computer and video training use.

Degrees are offered in Business Administration, Criminal Justice, Massage Therapy, Medical Administrative Assistant, Medical Assistant, Medical Insurance Billing and Coding and Nursing. ■

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.

Taste of TYSONS

place • the atmosphere • the food • the wine • the attire • the people

We have launched a new website

"Taste of Tysons"
(www.tasteoftyson.com)

and we have a few videos to share with you about some great dining venues in our area.

Please check it out.



CREATING

For kids ages 3-15

INDEPENDENT & PROACTIVE LEARNERS

3 Reasons to enroll your child in one of our dynamic E.nopi programs

- ★ Commitment to your child
- ✕ Best curriculum around
- ✚ Individualized instruction



FREE
registration*

\$50 OFF
first month
enrollment*

*Vienna and Old Town Alexandria locations only. Offer ends August 27, 2011.

The E.nopi program supplements a fundamental learning experience by preparing students for school classes, and helping them to build a solid foundation and achieve maximum benefit from their academic practices. Contact an E.nopi Learning Center near you!

E.nopi Vienna
vienna@enopi.com
T. 703.255.5065

E.nopi Old Town Alexandria
oldtownalexandria@enopi.com
T. 703.535.3330

E.nopi

MATH • READING • WRITING

www.enopimathreading.com

Expert Tutoring & Travel Consulting

Multilingual International Travel Consultant
Geography, History, Art, Culture, Tourism, Food & Wine!

Specializing in France, Italy, Spain, Portugal, Canadian Maritimes, and many hidden islands in the Caribbean. Insider travel tips on 50 countries on 5 continents.

Expert Tutoring - French / Italian / Spanish / English

- Speaking, vocabulary, grammar, reading, writing & accent reduction
- 25 years of language teaching experience
- 8 years in Fairfax County Public Schools

B.A. French / Art History – **University of Virginia**

M.S. Applied Linguistics / Italian – **Georgetown University**

Allison Sutherland
703.573.5773
allivoice.com
allivoice@hotmail.com



Fairfax County's Services for Older Adults

We can help you find the services you need.



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

703-324-7948 TTY 711

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



www.fairfaxcounty.gov/dfs/OlderAdultServices

Talk of TYSONS



Chef Jacques Haeringer opens the new "Jacques Brasserie" at L'Auberge in Great Falls



The gang from VivaTysons celebrates at Viva Vienna



The Sanctuary on Church St in Vienna celebrates its 1st year anniversary



E.nopi Learning Center on Church St celebrates its Grand Opening



Nostos in Vienna holds Grand Opening party featuring hundreds of guests



Arthur Murray holds its Annual Summer Showcase at the Sheraton in Tysons



Décor by Denise on Mill Street celebrates Grand Opening May 25!



Monarch Dentistry Celebrates 1 year in Tysons



In January 1861, The Virginia Assembly held a special session to consider convening a convention on the question of Secession from the Union. The vote on the Secession Ordinance was held on May 23rd. The Freeman Store and Museum (then known as the Lydecker Store, in Vienna) was one of 14 polling places in Fairfax County. The Town of Vienna and Historic Vienna, Inc. staged a reenactment on May 21, 2011. On June 18, 2011 they sponsored a reenactment of The Battle of Vienna in June of 1861.



Congratulations to McLean High School Crew Club J4 women who were undefeated this season and just won 1st place Gold at States!

Liberty Swing at Clemyjontri Park

Children at Clemyjontri Park have already had the chance to ride the Liberty Swing for several weeks now, but officials and friends of the fully-accessible park gathered to celebrate the official opening of this new amenity. After poor weather forced postponement of the event, ribbon-cutting ceremonies were held on Sunday, May 22nd at the 18-acre playground located at 6317 Georgetown Pike in McLean, VA.

"We are very pleased to recognize signature sponsors HITT and Capital One Bank with the many supporters who have worked so hard to make the Liberty Swing a reality," said Park

Foundation Executive Director Bobbi Longworth. "It's been worth the wait and marks another milestone in the creation of this barrier-free playground for all."



Emily McGrail, the reigning Ms. Wheelchair Virginia stated, "After learning that there was not only an accessible swing for wheelchairs but a fully accessible playground, I was overcome by excitement!"

Dranesville District Supervisor, John Foust added that Clemyjontri Park exemplifies Fairfax County's high quality of life as part of our Gold Medal award-winning Park system.

More than \$117,000 was raised to purchase and install this swing which allows all individuals to enjoy the freedom and delight of getting on a swing – even those in wheelchairs. The Fairfax County Park Foundation initiated a fundraising campaign for this feature in the spring of 2010.

Representatives from the community as well as local business stepped forward to assist in the effort to purchase the equipment, to install it and provide surrounding fencing and walkways, as well as additional funding for site design/investigation, tree relocation, site drainage, sod, and rubber surfacing.

Julie Clemente, Friends of Clemyjontri Park President is committed to

continued support of this special place that embraces all abilities.

For additional information, please contact the Fairfax County Park Foundation at 703-324-8581 or visit www.FairfaxParkFoundation.org.



Liberty Swing Ribbon Cutting

Fairfax County Park Authority Providence District Board Member, Ken Quincy; Fairfax County Park Foundation Board Chair, Craig Stevens; Fairfax County Board of Supervisors Chairman Sharon Bulova; Volunteer Ken Richardson; Ms. Wheelchair Virginia, Emily McGrail; Fairfax County Dranesville District Supervisor John Foust; Capital One Bank Vice President, Edward Colet; Bella Nannini, first official rider of the swing; Bella's father, Mike Nannini; Fairfax County Park Authority Board Vice Chair, Harry Glasgow; Fairfax County Park Authority Dranesville District Board Member, Kevin Fay; Friends of Clemyjontri Park President, Julie Clemente; Fairfax County Park Foundation Executive Director, Bobbi Longworth; Easter Seals Board Member/former Ms. Wheelchair America, Juliette Rizzo; Clemyjontri Park Manager, Rebecca Boone; Fairfax County Park Authority Board Treasurer, Frank Vajda; Fairfax County Park Authority Mount Vernon Board Member, Linwood Gorham

Optimist Club

On Saturday, September 24, 2011 the Optimist Club of Greater Vienna will again sponsor a fundraiser on behalf of Growing Hope, a local charity that provides supportive care to Northern Virginia children with cancer. This year's event will feature a 3-mile walk along the W&OD trail, free children's activities, a dunk tank featuring Vienna mayor Jane Seeman and many more events. Last year's proceeds exceeded \$40,000, all of which was distributed between the Growing Hope Foundation and Optimist Club International. The International Club then donates their entire amount to Johns Hopkins University for childhood cancer research. Donations can be made prior to the event payable to Optimist Club of Greater Vienna.



McLean Chamber of Commerce Presents Education Awards

The McLean Chamber of Commerce recently presented the 2011 Education Awards for Langley and McLean High Schools at a luncheon hosted by Burke and Herbert Bank. Students of the Year were Langley Senior Caitlyn Cox and McLean Senior Kais Sorrells. Teachers of the Year were Langley's English 12 Teacher Sandy Hamilton and McLean's Emotional Disabilities Specialist and History Teacher Lonnie Bickel.

Pictured are H.B. Swope of Burke and Herbert Bank, E. Hunt Burke, CEO of Burke and Herbert Bank, 34th District House Delegate Barbara Cornstock, Caitlyn Cox, Kais Sorrells, Supervisor John Foust, and Faraz Siddiqui, Burke and Herbert Bank.

KEEP KIDS OFF

“THE SUMMER SLIDE”:

SMART WAYS TO SPEND THE SUMMER

BY MAUREEN M. LOFTUS

The “summer slide” may sound like fun, but it’s definitely something you’ll want to keep your kids far away from this summer! It’s a phenomenon teachers know all too well

- the loss of knowledge and ability that typically occurs when formal education stops during the summer.

- Research shows ALL young people experience learning losses when they don’t engage in educational activities during the summer. (Research compiled for an Association for Public Policy Analysis and Management Conference report.)
- During the summer, kids lose an average 2.6 months of grade-level equivalency in math computation skills and 25 percent of their reading skills.
- Teachers typically spend 4 to 6

weeks re-teaching or reviewing material that students have forgotten over summer break, according to John Hopkins Center for Summer Learning.

In many ways, the brain is like a muscle and the old adage “use it or lose it” certainly holds true. Mental exercise can keep the brain strong, just as physical exercise can keep the body strong. So, here are some ways to keep your kids from “losing it” this summer. These exercises keep the brain energized while building cognitive skills, the underlying mental abilities needed to learn.

20 QUESTIONS Think of a person or thing and give your child 20 chances to narrow down what it is by asking yes or no questions. To help them improve their logic and reasoning, teach them to strategize by using questions that will significantly narrow down the categories, such as “Are they alive?” or “Do we have one at home?”

What it helps: Logic and reasoning and memory.

SPEED CARDS Take a regular deck of cards and time your child as they separate it into two piles (red and black) or four piles (spades, hearts, clubs, diamonds). Time them, and as they get faster, try to distract them, or give them math problems to solve as they’re working.

What it helps: Processing speed, divided attention, selective attention and visual processing.

MENTAL TIC TAC TOE Similar to traditional Tic Tac Toe, this game uses a ‘mental’ grid numbered 1 to 9. Players remember where their opponent has already been and call out an unoccupied space. The player who calls an occupied space loses.

What it helps: Attention, logic and reasoning and working memory.

NEEDLE IN A HAYSTACK Take a page from a newspaper and time your child as they circle all occurrences of a specific letter. Focus on increasing both accuracy and speed.

What it helps: Visual processing speed.

POETRY Have your child choose four words that rhyme and then ask them to use those words to create a poem or a rhyming song. Or say a word, then have them come up with another that rhymes. Keep this pattern going as long as possible, then start with a new word.

What it helps: Auditory analysis, verbal rhythm, memory

COUNTING COUNTS This is a simple way to start with something we do every day. Encourage your children to count by 2’s, 3’s, 4’s, 5’s etc. when they go up or down stairs. They should say the next number aloud every time a foot hits the floor. This also works while dribbling a basketball (next number every time the ball hits the floor), while swinging on a swing set (next number every time on the forward peak), and while jumping rope (new sum every time the rope hits the ground).

What it helps: Math fluency, divided

Personal brain trainers use intensive one-on-one game-like exercises to quickly enhance weak cognitive skills such as attention, memory, processing speed, and problem solving. More than 25,000 students have gone through the training and graduates now see average gains of 3.5 years across nine essential cognitive learning areas. To learn more, visit www.learningrx.com/tysons

attention, memory and processing speed.

THE GAME OF LISTS This activity has endless possibilities. On beat to an activity like jumping rope or swinging, name 15 words that start with "B", nine types of sports, seven kinds of candy, eight dinosaurs, etc. Another version of this uses a stopwatch. While your child is doing any physical activity such as skipping, playing catch or even washing dishes, time them as they give you ten girl's names. Time them again with the goal of beating that time as they give you ten boy's names. Any topic works: movie stars, ice cream flavors, states, colors, vegetables, things that are white, etc.

What it helps: processing speed, divided attention, working memory and logic and reasoning.

Simply getting your child to read every day is another powerful way to slow the summer slide. According to Scholastic Parents Online, research shows that reading just six books during the summer can keep a struggling reader from regressing. When choosing the six, make sure they're the right level – not too hard or too easy.

And don't assume that your kids will roll their eyes when you suggest ideas to keep their brain skills strong all summer. More than half of students surveyed say they want to be involved in a summer program that helps them keep up with schoolwork or prepares them for the next grade. Besides, unlike abdominal crunches, exercise for your brain is actually FUN!

For a free five-page list of more games, or for more information on fun ways to build cognitive skills and prevent the summer slide, please contact: LearningRx.com/Tyson, tysons.va@learningrx.net or 703-462-9570 ■

Maureen Loftus is the Executive Director at LearningRx, which specializes in identifying and correcting the underlying cognitive skill deficiencies that keep people from achieving their full potential in school, business or life.

Prevent Summer Brain Drain.



Your child can get ahead

in just an hour per day and still have time for play!

According to the U.S. Department of Education, the long, lazy days of summer steal up to 25 percent of the year's academic gains from most students. But with LearningRx your child could gain 2 or more years of cognitive ability in just 12 weeks – and still have time to enjoy the summer.

Imagine the advantage brain training could be for your child this summer. You will be amazed how just an hour a day this summer could change his or her life...forever. Call today to learn more!

703-462-9570
www.LearningRx.com/Tyson

LearningRx
train the brain. get smarter. guaranteed.

Losing productivity to paperwork?

We'll handle your books so you can get back to business!

BOOKKEEPING
EXPRESS



703-766-6505

Come in for a
FREE Consultation and
receive a **FREE dessert**
for 2 at
a Tysons restaurant.



Safe drinking water through a straw

LifeStraw is a new device that allows users to drink directly from unclean water sources, without ingesting the pollutants. It is said to filter out 99.999 percent of viruses, parasites, bacteria and parasites. Each LifeStraw unit can filter 4755 gallons of water which meets the needs of 5 people for up to 3 years. Introduced in Kenya to provide access to clean water for 4.5 million people, it will eliminate the need for boiling water which also lessens the inhalation of harmful smoke.



Let your feet do the computing

Now, in addition to using a mouse to control your computer, one company has developed a foot switch that allows you to control a function of your computer. It can be a single pedal, a group of three pedals or even multiples of three (depending on number of USB ports you want to dedicate) allowing for 6 or more functions to be managed by your toes. The company, Thanko, also makes the foot-controlled StealthSwitch, which is useful in hiding your current window when a nosy co-worker or supervisor starts coming in your direction.

Solar fashion

Diffus has announced the first woman's solar-powered handbag which can be used to charge a mobile device as well as the bag itself with low exposure to sunlight. It also powers optical fibers inside the bag that will make it easier to find things when



the bag is opened. Solar cells on the surface of the bag resemble large sequins. No word yet on the pricing.

Now your lamps can play music

Now you can use light sockets to power a wireless speaker and establish a wireless link between an audio device like your smartphone or MP3 player and up to 4 speakers within a 300 foot range. Sound of Light works with standard bulbs, works with iPhones, and has a remote control unit that works both the sound and the lighting.



Bandages for the Heart?

Heart attacks cause cells to die in the affected area of the heart and those dead areas cannot regrow. Now researchers at Brown University and India have developed a carbon nanofiber patch which potentially can be placed on the heart to regenerate the heart cells that have died. The fibers make excellent electron conductors and the patch can expand and contract like heart tissue. The researchers still need to do further work before testing on a live subject to make sure that the new cells operate like regular heart cells.

Ten deep knee-bends

Having trouble staying motivated to do your prescribed physical therapy exercises? The research team at Microsoft has developed a prototype to show you what's going on inside your body. The device shows graphics on the patient's body that indicates the bone, muscles, nerves to explain the injury and treatment. AnatOnMe can also take photos which can be reviewed and printed as an aid for the patient. Since up to half of PT patients do not follow through on therapies, this device could help patients focus on maintaining their exercise regimen.

Passwords are not enough

Whether you use your pet's name as a password or come up with an alphanumeric code with no seeming connection to anything, passwords are not completely secure. Now researchers are focused on security that not only looks at what you type, but also how you type it. The method, known as key-pattern analysis or KPA, considers the speed and rhythm of the keystrokes. Analysis of both the time between keystrokes and the key depression time is done, based on entering the password multiple times during an account setup.

Does this mean the fees will start increasing?

Automated teller machines were introduced over 40 years ago and the customer was able to conduct many of his transactions without human interaction. Now NCR, the largest ATM provider in the world, is introducing the NCR SelfServ 32 which allows users to choose if they want to work with a live teller or operate in the standard self-service mode. The tellers could be housed locally or in a remote location and would mean that banks could potentially offer 24-hour live teller functionality without keeping a branch open all night. Do the lines start getting longer by the ATM?

The Auto-Tune debate gets hotter

Does Taylor Swift need to use it? Does it matter if she does? Auto-Tune processes voice tones to correct pitch of the user when singing. Now Antares, the manufacturer of Auto-Tune, has introduced a version for electric guitar, meaning perfect intonation, perfect pitch, and availability of new tones. As it begins to be adopted the battle between the purists and those who embrace the technology as a means to enhance performance in new ways will rage on yet again.

Hand-held mouse

We now have a mouse that is held in your fingers, with your thumb doing the clicking and scrolling. Weighing less than half an ounce, Ring Mouse by Genius is wireless with a range of around 30 feet. (We assume you have the wall-mounted monitor or projection screen if you're using it from 30 feet away.)



Every 3,000 miles or not?

Lubricheck is a device that can be used to determine if it's time to change the engine oil in your car. About the size of a credit card, the user puts a few drops of oil in the Lubricheck sensor cup. Measuring the capacitive and resistive properties, the device determines acidity, metal particulate content, carbonized particulate content and levels of coolant and water. The LEDs will indicate the

proper course of action to take. Both standard and synthetic oils can be measured. Expected price will be approximately \$30.

This one is too strange

Want to send a long-distance kiss at the end of your Skype call? Try the new Kiss Transmission Device. It is designed "for communications within the mouth, in other words, the goal is to obtain the feeling of kissing," according to the inventor. The system has two computer-connected bilaterally controlled devices, each with a motorized bent, tubular "tongue". As one user rotates the device in their mouth, the other "tongue" at the remote computer moves in the same way for the other user. The world may not be ready for this one.



Connect with Northern Virginia

Let the Fairfax County App be your personalized travel guide through Northern Virginia. App features include:

- **NEAR ME** – Points of interest closest to your current location
- **CATEGORIES** – View points of interest on a map or list
- **SPECIAL OFFERS** – Get special savings
- **EVENTS** – Access local events

Download our **FREE Mobile Visitor Guide App** Today!
At the iTunes store –
search for "Visit Fairfax"
Or visit FXVA.com



Fairfax County, Virginia
Connect with America



**FIRST
HERITAGE**
MORTGAGE L.L.C.

A "George Mason Mortgage" Managed Company

Buying, building, renovating or refinancing a home?

*We can help put together the right mortgage for you.
We have the products you need & the rates you want.*



**Nancy Birge-Jacobs
Will Jacobs**

Mortgage Loan Officers
NMLS#322644 & 182308

(703) 855-9451

- Loan amounts up to 3.5 million
- Bridge Loans (use your current home's equity)
- Construction/Renovation Loans — one time close
- 80/10/10's (No PMI)
- FHA/VA/VHDA/Homepath Loans
- Quick Closing—7 days
- In-house processing, underwriting & closing

Let us put our 20+ years experience to work for you

"First Heritage Mortgage, LLC is licensed by the Virginia State Corporation Commission under license number MC-893."



PIZZERIA ORSO

THERE'S A NEW BEAR IN TOWN

BY ALLISON CHASE SUTHERLAND

With Amalfi lemon-splashed walls, dark wooden beams supporting Chianti-colored sound catchers, celery-colored upholstered booths, quirky, local art, and light fixtures reminiscent of bright orbs like funky stars, Pizzeria Orso is one 'bear' we welcome to the neighborhood of the Little City of Falls Church. With a wood-burning volcanic brick oven evocative of Vesuvius and Etna, imported from Italy (along with many key ingredients) you have the makings of a great, real Italian, pizza – light on the cheese, (but good cheese) with just enough char around the edges to send your reminiscences straight back to Rome.

Start off with a light and breezy **Limoncello Martini**, Cointreau (orange liqueur) Absolut Citron and a hint of simple syrup. Or the classic **Bellini**, Prosecco (Italian sparkling wine) and fresh peach purée. The "Crush" Grape Soda, Three Olives Grape Vodka, Cointreau, a splash of lemonade, muddled lime, and club soda is a very popular selection. Beyond the Pinot Grigios, you'll find Montepulciano di Abruzzo and the lovely Italian dessert wine Moscato. They also go beyond the not-too-impressive Italian Moretti

and Peroni to include craft beers such as Sierra Nevada, Sam Adams, Magic Hat, and locally brewed Flying Dog and Gordon Biersch.

One intriguing salad is the **Pickled Beet Salad**, with dandelion greens (influence of their Greek predecessors who continue to enjoy them), yogurt, local honey, and pistachios. Notable **Antipasti** include **Smoked Bocconcini**, bite-sized ('bocca' means 'mouth') fresh mozzarella with grilled spring asparagus, deliciously delicate lemon preserve, and Italian sea salt and **Tomato Arancini**, balls of crispy risotto with Taleggio cheese, not often found outside the bars of Sicily. Long, hand-cut savory **Papardelle di Farro** (wheat) is accompanied by pioppini mushrooms (often available at the Falls Church Farmers' Market, denoted on the menu as FCFM) and lardo, something we mostly don't see in the States, but that I was introduced to in a very fine salad at the rustic villa Castel del Monte in the ancient hills of Piemonte north of Milan.

Remember, real Italian cuisine consists of well-balanced, varied, and exquisitely delicious combinations of fresh, locally sourced ingredients. Food artisans in Italy hold an extremely high status. You may not visit the doctor every day, but the baker wakes up

every morning at the crack of dawn to bake your bread for the day. Respect. In Italy, as for centuries, the seasons rule. And don't forget what the Greek philosopher Socrates espoused 2,500 year ago, "Everything in moderation." And it still holds true.

Secondi include **Blue Ridge Ricotta Gnocchi**, light and airy with crispy kale, Grana Padano and a mushroom purée imparting a rich woodsy flavor, and a spring-inspired **Fava Bean Ravioli** in a Parmesan broth, with baby carrots and roasted peppers, both on the Daily Features Menu, which changes following the whims of the chef — and the diners.

Panini, or 'little breads' (singular 'panino' or 'little bread') are offered with salumi (assorted cured meats). One panino, the **Ripieno**, which means 'filled' in Italian, comes with ricotta and broccoli rabe, a nice Italian touch. Every time I head up to South Philly for an Italian food fix, Angela Frattarelli will be sure to have a steaming dish of 'broccoli rab,' as she calls it, sautéed with garlic and olive oil, drizzled with lemon, and sprinkled with sea salt, on that long, welcoming Italian table.

As for **Pizza**, all hearth-baked crunchy sourdough 'al forno' finished with olive oil, the **Orso Pizza** is a popular favorite,



Bellini Cocktail with Bocconcini



sort of a pizza bianca or white pizza with ricotta, mozzarella, grana, fontina, pecorino, garlic, and prosciutto di Parma. Create Your Own Pizza, starting with the sauce (surprisingly the tomato purée pairs more naturally with flavors than the more robust marinara) and cheese, including grana padano, ricotta, pecorino Toscano, fontina, buffalo mozzarella (from domesticated water buffalo), and mozzarella from Blue Ridge Farms in Leesburg, Virginia. Then select from an assortment of Italian cured meats and house-made charcuterie, such as Tuscan salami, pancetta, and prosciutto di Parma, (ask them to slice it into bite-sized pieces), and assorted toppings, including artichokes, eggplant, fresh basil or oregano, or even capers. Check out the **Torino**, with cream, fontina, ham, crimini mushrooms, and oregano.

My nephew Aidan, who first ventured to test out the pizza at Pizzeria Orso at the age of 12, is a pizza purist. He is not influenced by all these fancy toppings, and instead goes straight for the classic and time-tested Neapolitan Pizza **Margherita DOC**, or Denominazione di Origine Controllata – simply San Marzano tomato, buffalo mozzarella, and basil. "Too many toppings on pizza isn't always good. It depends on how

the flavors taste together," he notes. There you go, authentic, iconic – and you know, the kid's got a point. If empires were determined by food, just food – pizza, plain ole pizza – would have a good shot at the title.

Aidan's take on pizza is that "they're all aiming for the same goal, basically – try and make the perfect pizza, the one that all the customers will come in for. They try to make it as Italian as possible, with their own little secret ingredient to spice it up. At Pizzeria Orso, the olive oil was unique."

For **Dolci**, try **Whipped Ricotta with Local Strawberries** topped with a lavender crumble and honey. Sorbetti include the unexpected **Honey-Tangerine Sorbetto**. And don't miss the occasional **Strawberry-Prosecco Granita**, served up at times in the summertime. With a new team in place including half Irish/half Sicilian General Manager David Tomaselli, (a great combination), Chef Chris Nye, who started as a sous-chef at 2941, attentive and informative server Rhyes, and even bartender Tim, who snuck by me to hand-pick some oregano from the kitchen garden for my pizza, it's no surprise Pizzeria Orso was nominated for a RAMMY for Best New Restaurant by the Restaurant Association of Metropolitan Washington. No wonder

everybody's talking about it. So that roar you thought you heard – well, that's the new bear in town. ■

PIZZERIA ORSO

400 S. Maple Ave.
Falls Church, VA
703.226.3460
www.pizzeriaorso.com
Mon 5PM-10PM
Tues-Thurs 11AM-10PM
Fri-Sat 11AM-11PM



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

CONCIERGE MEDICINE:

LIVING THE FUTURE OR LIVING THE PAST?

BY RICK MUNDY



WE'RE MEMBERS

We joined the hundreds of people in Tysons/McLean looking for a better healthcare option through concierge medicine. We wanted a personal relationship with our doctor, someone who would spend time with us and help us achieve our healthcare goals. We found what we were looking for at Principal Medical Group.

To become a member, visit:
www.principalmedicalgroup.com

1355 Beverly Road, Suite 220 • McLean, Virginia 22101
(703) 663-8824 Office • (703) 992-8354 Fax
info@principalmedicalgroup.com



When Joanna called her doctor to schedule a physical, the doctor's office told her it would be four weeks before she could get in. She reluctantly agreed, even though there were a couple of medical concerns on her mind. She arrived at her scheduled time, signed in and proceeded to wait in the waiting room for the next 30 minutes. When she got into the examination room, a nurse arrived to check her vitals and then she waited a bit longer for the doctor to arrive. The doctor arrived, checked the charts, a little more examination, gave Joanna just enough time to ask a couple questions and 15 minutes later the doc was on to the next patient.

Such is the challenge of much medical care today. Patients are increasingly disgruntled with the state of their health care and yet they have come to accept that the story above represents the way that medicine is practiced today. Doctors end up with patient loads of as many as 3000 or more

Meredith is on a tight schedule but her health is a top priority.
That's why Meredith chose Inova VIP 360°



We help Meredith navigate her own health care, so she can balance a busy professional and family life.

With **Inova VIP 360°** Meredith benefits from a concierge practice with **Well Woman Services**.

- 24/7 direct physician access via telephone and email
- Undivided attention and superior preventive medical care
- Guaranteed same-day or next-day appointments
- A personalized wellness and fitness plan
- Complete physical
- Mammogram
- Thyroid function (TSH)
- Pap test
- Cholesterol screening
- Bone density scan
- Time to talk



**INOVA HEALTH
SYSTEM**

703-776-7005 | inova.org/VIP360

people and they simply do not have time to get to know their patients and their medical histories as thoroughly as they would like.

Some readers may be old enough to remember a time when doctors were able to see patients quickly, when waiting rooms were nearly empty, when a doctor knew their patients' histories, and when, miraculously, doctors made house calls as needed to their patients.

Enter the concept of concierge medicine. This is an approach to health care that is rapidly gaining acceptance in a few parts of the country, one of them being the mid-Atlantic area. Generally speaking, concierge medicine or subscriber medicine is a move to return health care to a more caring arrangement.

- Doctors take on a much lower case load of 200-400 total patients so patients get same-or-next-day access to their physician for any and all medical issues.
- There is a heavy emphasis placed on preventive care.

- Patients are encouraged to contact the doctor 24/7 even as small complaints develop so that the doctor can address the issue early.
- The patient is often scheduled for 30-minute appointments to have sufficient time with the doctor and the appointment generally begins when scheduled.

Subscribers typically pay an annual fee to take advantage of these benefits which seems to average between \$1500 and \$2000 per year. This fee is for the concierge service. While it is not covered by insurance it could be applied to one's flexible spending account. Not for everyone, but for the nominal fee of roughly \$150 per month, one can save on wasted wait times, prompt attention to medical complaints and improved quality of life.

Viva Tysons visited a few concierge practices in the Tysons area to understand what makes them stand out among medical offices in the area:



**INOVA HEALTH
SYSTEM**

VIP 360 – Inova Fairfax

Inova Fairfax Hospital in Falls Church has recently introduced the VIP 360 program. At the foundation of the practice are the relationships that are formed between the practice and the patient and their goal is to have an average of 200 patients per doctor. Because they are tied to Inova Fairfax, they have immediate access to all of the specialists at the hospital as well. While Fairfax is a large, busy hospital, the VIP 360 program office is in a quiet wing with private entrance and private parking.

According to Dr. Craig Cheifetz, VIP 360's medical director, "Medical care plans are based on individualized care. We educate our patients so that they understand everything about them and their bodies."

Services include 24-hour access to one's physician via cell phone or pager plus email, periodic preventive care

exams, wellness planning, well woman services and exercise programs. If one wishes to keep their current primary care doctor who is not part of VIP 360, they may do so and care will be coordinated with that doctor.



PartnersMD

PartnersMD wants to help their members live full lives and enjoy the quality of life that they want. They use a team approach so that their doctors will partner as needed on any concerns that one doctor may have for a patient. They believe in addressing all aspects of the patient's life so they have an exercise physiologist on staff and partner with other professionals to address patient concerns.

Services at PartnersMD include a 3-hour annual physical, 24-hour access to the doctor via phone and email, creation and monitoring of health goals, coordination of specialists. They will make house calls when medically necessary and doctors will accompany patients on specialist appointments as needed.



Principal Medical Group

Principal Medical Group recently opened their office in McLean to focus on offering quality medical care. The goal is to provide exceptional healthcare through comprehensive physicals and lifestyle counseling, close monitoring and regular follow-up care of chronic illnesses and coordination of testing and referrals. If a patient is admitted to the hospital, PMG doctors will treat them while they are there and will be the discharge doctor so the patient is assured that their well-being is

the primary concern during their stay.

"Concierge medicine brings us back to basics," said David J. Jones, M.D., a physician at Principal Medical Group. "Not only will our staff get to know you as an individual, we get to know your unique healthcare needs."

Services include the annual physical, 24-hour phone/email access to the doctor, house calls or office calls as necessary, coordination with specialists including referrals and scheduling of appointments.



DocTalker

Offering the same approach to quality health care – same-day office visits, house calls, phone consultations, DocTalker of Vienna operates slightly differently from the other practices. Rather than charge a membership or concierge fee, they use time-based billing. They offer prepaid accounts which can be used for any services for a specified period and then allow the patient discounts for lab work and for any time beyond the prepaid time used during the year.

Their goals are to be able offer care for everyone and to take care of conditions quickly by using the advanced technology available today. With phone and email consultations, over 50% of all care issues are resolved without an office visit.

Our local concierge medicine providers are all moving toward similar goals of providing quality, personalized, near- immediate health care. Waiting rooms may soon become a thing of the past and the old question "do you make house calls?" may soon find its way back into our conversations with doctors. ■

GILDA'S BEAUTY HAIR AND MAKEUP

Services

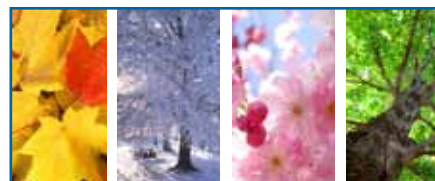
- HAIR CUT & STYLING
- HAIR COLORING
- WAXING
- PERM
- MANICURE/PEDICURE
- MESSAGES

Bridal

- HAIR & MAKEUP
- BRIDE & MOTHER
- BRIDE & MAID OF HONOR
- SKIN CARE

2304 Gallows Rd, Dunn Loring, VA

P: 703.641.8444 F: 703.641.8445
W: gildasbeauty.com



Hair For All Seasons Salon & Day Spa

- Precision Haircut
- Highlighting
- Facials
- Skin Care
- Body Massage
- Body Wrap
- Electrolysis
- Bridal Services
- Pedicure
- Manicure
- Nail Sculpting
- Silk Wrap
- Natural Feel Perm
- And More...

6716 Whittier Avenue * McLean, VA 22101

703-356-8949

SEIZE THE SUMMER!

PRIVATE
TRAINING
GETS
RESULTS.GIMMICKS
DON'T.

1 Client 1 Trainer 1 Goal

Fitness Together of Tysons Corner 703.289.9909

2235 Cedar Lane, Ste. 102, Vienna, VA 22182

www.FTTysons.com

FOCUSED.INSPIRED.TRANSFORMATION

FREE F.I.T

CONSULTATION & WORKOUT*

NEW CLIENTS ONLY - OTHER TERMS APPLY

(RETAIL VALUE \$180) EXPIRES 08/31/2011

Monarch 
Dentistry

We are bringing our tradition of gentle care and expertise
from our Pennsylvania office to Virginia.

As second-generation dentists, we want to give you comfort
and support with the best treatment modern dentistry can offer.

Our office offers a full line of dental services and treatments
that includes TMJ, Sleep Apnea, placing Implants,
IV Sedation and Nitrous Oxide.

3-D X-Ray Imaging, Digital X-Rays,
& Digital Impressions

Neil A. Flenniken, DDS, FAGD, AFAAID
Suzan Rismani-Flenniken, DDS

Licensed in Maryland, Virginia and Pennsylvania.

8300 Boone Blvd., Suite 140, Vienna, VA 22182

T 703.714.7374 | F 703.714.7376 | PA 717.249.7777



www.monarchsmiles.com
creativedentistry@monarchsmiles.com

JUICE FASTING

BY JUDY CAPLAN



Summertime is bathing suit time. A time when many of us have to face the music from our wintertime overeating and indulgences. Looking at our reflection in a three-way mirror is powerful, so powerful that we are often willing to make a deal with the devil. We will do anything to make ourselves look thinner and firmer.

Some deals with the devil are better than others. Lately I have been reading and writing about juice fasting and cleansing. There is a lot of buzz about it everywhere. I like juice fasting but often times people juice fast for the wrong reasons and end up worse off than when they started. Since summer is filled with fresh produce it is a good time to try a juice fast. But before you jump in, here are some things you might want to consider.

If you are looking for a magic cure to:

1. Lose weight instantly and keep it off
2. Clean out your system
3. Get off all your medications
- 4 Achieve Nirvana

put this article down and go get a wishbone. While juicing can be very healthy, it is not going to cure all that ails you. Bottom line is to be healthy, fit, and lean, you need to stop searching for the latest craze and concentrate on what builds health on a daily basis. (Boring but true!)

To achieve long-term weight loss and optimal health, you have to find balance and create healthy habits,

not some quick fix to drop 10 pounds in five days. As a registered dietitian who has counseled thousands of clients and been Director of Nutrition at Canyon Ranch, I have seen every passing fad and I know what works and what doesn't. So let's talk about the real story behind juicing.

The problem is not that we are not juicing enough but rather most of the time we are eating too much processed, sugar-laden, over-salted, and fried foods. We are missing out on all the health building nutrients in fresh fruits and vegetables. The typical American diet is severely lacking in micronutrients and phytochemicals found in colorful fruits and veggies.

Why Does a Juice Diet Help Me Lose Weight?

It is not magic. When you go on a juice diet or fast you are forgoing all the fatty, processed, sugar-laden food that is making you overweight and sluggish. Drinking juice helps you lose weight because the juice is lower in calories than the high-calorie foods you usually choose. Whenever you follow any specific diet plan, healthy or not, you will drop pounds because you are cutting calories.

You are also paying attention to what you are eating and when you pay attention you increase awareness. When you are aware of what you are doing, you are focused. Being focused helps you keep the commitments you make and allows you to achieve success. Losing weight, eating healthfully, and staying fit requires

all three: attention, awareness, and focus.

How Does a Juice Fast Cleanse the Body?

There have been many advertisements for body cleanses and weight loss products that claim our intestines hold lots of waste which "acts like paste or spackle and makes us fat." Again the reason you will drop weight is because you are consuming less calories. Don't be surprised if you do have many bowel movements. Juice often has a laxative effect.

What does "cleanse the body" really mean? I know it sounds good but let's look at the science. Again there is no magic. Your body has the natural ability to cleanse and renew itself every day. That is why you have an intestinal tract and organs. They work to remove wastes that accumulate in the body 24/7.

The problem is that when we overeat, eat foods that are low in nutrients, or eat foods that clog our systems, we override the body's ability to stay in homeostasis or maintain internal balance. Juicing is a way to pack a powerful punch of nutrients in at once and give your body a rest from working overtime to deal with disease-producing foods.

What Happens When the Juice Diet Ends?

Because you cannot just drink juice forever, in fact you should never do so for more than a few days unless under

the care of health professional, you have to prepare for what the next step will be when the juice diet ends. Most people use a juice diet to transition to a healthier way of eating. So again, it goes back to three important questions:

1. How can I keep off the pounds I just lost on a juice diet?
2. What should I eat to stay (or get) lean, healthy, and strong?
3. How does juicing fit into my diet after I end the juice fast or diet?

So drink up all the carrot, beet, spinach, and ginger root you can find. Take a few days off from all the processed food and indulge in some homemade fruit smoothies but remember, it is what you do everyday that determines long term health.

For more information on juice fasting, check out the GoBeFull Juice Fast and Cleanse at the iTunes bookstore. ■

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.



The life you know, a home you'll love

With a reputation for maintaining a family atmosphere, The Virginian is considered amongst Northern Virginia's most respected Continuing Care Retirement Communities (CCRC's) since opening its doors in 1980. Visit our newly renovated facility, and see for yourself why residents and their families love to call The Virginian home.



The Virginian

9229 ARLINGTON BOULEVARD
FAIRFAX, VIRGINIA 22031
(703) 385-0555 • www.thevirginian.org

Your Smile Starts Here.



SKINNER
& OSSAKOW
D.D.S. and Associates, P.C.

Intra-Oral Video Camera · Porcelain Crowns and Bridges · Implants · Root Canals · Porcelain Veneers · Sealants



GumTherapy · Invisalign® · Cosmetic Dentistry and Teeth Whitening · Digital Radiology (up to 90% less radiation than normal dental x-rays)

FREE Teeth Whitening (Reg. \$595)

(with paid comprehensive new patient exam, full mouth x-rays & routine cleaning)
Results may vary. Certain dental and medical restrictions may apply.
Not valid with any other offer. With this coupon only. Expires 9/31/11.

\$500 off INVISALIGN BRACES

(Reg. \$5,500)

Not valid with any other offer. Some restrictions apply.
With this coupon only. Expires 9/31/11.

\$399 ZOOM WHITENING SPECIAL

(Reg. \$899)

Not valid with any other offer. Upon completion of exam and some restrictions apply.
With this coupon only. Expires 9/31/11.

NEW PATIENT SPECIAL: ONLY \$75

(Reg. \$244-\$253)

Good for every member of your family. Includes: Comprehensive dental exam, routine cleaning, oral cancer exam, periodontal evaluations, digital bitewing x-rays, FREE dental care bag. Fluoride treatment for children. Certain restrictions apply. New patients only.
Not valid with any other offer. With this coupon only. Expires 9/31/2011

Skinner Ossakow DDS & Associates PC
www.centrevilledentist.com

Dr. Sheri Salartash DDS
8200 Greensboro Dr., Ste. 1002 McLean, VA 22102 • 703.734.0515

Early morning and evening appointments available. Emergencies seen promptly. Most insurance PPO plans accepted. We are a premier provider with Invisalign®.

SEXY SUMMER LEGS

TOO EASY TO CHEAT AND MISS THE BENEFITS.

BY CINDY PAVELL

The prone leg curl is a classic exercise in weight training. The machine's design has been upgraded over the last 15 years, and when performed correctly, it will target your hamstrings (upper, rear side of thigh).

Most people perform this exercise incorrectly due to using way too much weight. **Your technique matters much more than the amount of weight!** The adjustments on the machine, the position of your body, tips for the action, and several precautions will be offered during this breakdown of the prone leg curl. Follow these tips and you will be safer and you will be working the muscles efficiently!

ADJUSTMENTS TO MACHINE:

- Most prone leg curls only have one adjustment – the roller pad that sits near the ankle. The length of your legs below the knee will dictate where you adjust the roller pads.
- There can be as many as 4 or 5 adjustments; choose closer for shorter lengths, and further for longer legs.

You want the pads aligned just slightly above the ankle.

BODY POSITION:

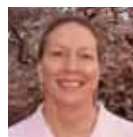
- Lie face down, with your knees just barely off the pad.
- Your hips will sit over the hump in the big pad.
- Keep your neck straight and in line with your spine.
- Do not press your chin onto the pad; head stays off the pad entirely.
- Line your knees up with the axis of the machine; many times there is a dot or different-colored mark where you would align your knee joint. If the rollers are moving up and down the lower leg, you have not lined up your knee joint with the axis of the machine. It is crucial for thorough recruitment of the hamstring muscles to be lined up properly.
- Once your body is in position, the only joint moving is the knee joint.

ACTION:

- Squeeze your buttocks tightly before you lift your legs, and press hips towards the pad.
- Flex/bend your knees and bring lower legs towards your buttocks as far as you can move; do not use momentum.

- **Do not allow your hips/buttocks to lift off the pad** – this takes emphasis off the hamstrings and puts more work on the lower back; if you feel the movement in your lower back, you are probably lifting your hips up off the pad.
- To engage the gluteals and the fibers of the hamstring which extend the hip, lift your knees off the pad at the top of the movement; this is a more advanced movement and you would be wise to receive instruction from a professional.

The prone leg curl is great for isolating the hamstrings. However, isolation of any muscle group is not how our body moves during normal life. Hence, be sure to add a compound movement (multiple joint) into your leg routine. If your hips tuck under or you have a flat butt, your hamstrings are going to be weak. Be patient! 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: [cepfittwell](https://twitter.com/cepfittwell)
Phone: 703.298.8198
Cindy welcomes any questions,
suggestions for topics, and/or
feedback. You can email her at
cpavell@cox.net.

Brighten Your Smile, Build Your Confidence.



COSMETIC & FAMILY
DENTISTRY

Ardalan Sanati, D.D.S.
Shohreh Shahram, D.D.S.



Open Saturdays
Most Insurances Accepted
Conveniently located in Tysons Corner

We provide Cosmetic and General Dentistry in an environment that is pleasant, modern, and exceptionally clean. We strive for our treatment to be comfortable, efficient and with extraordinary customer service that will exceed your expectations.

8605 Westwood Center Drive, Suite 210 Vienna, VA 22182

703.442.0770 | www.tysonsdentistry.com

\$89 New Patient
Welcome Offer

Comprehensive Oral Evaluation,
Oral Cancer Screening,
Necessary Digital X-Rays
Routine Cleaning (reg. \$275)
*Including Panoramic X-Ray

Not valid with insurance payment.
Does not apply with periodontal disease.
Expires 11/30/11.

\$299 Professional
In-Office
Teeth Whitening

Whitening cannot be done if certain dental
conditions exist. Expires 11/30/11.

WATERLASE I-PLUS DENTISTRY

We utilize the latest laser dental
technology including the popular
Waterlase I-Plus. This allows our
dental care to be more
comfortable, more convenient,
and more precise with fewer
shots and less anesthesia.

That means a new level of
comfort and satisfaction for the
entire family.

SALON Ö TONY



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

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

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

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

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

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

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

Ped & Manicure Reg. \$45
NEW CLIENTS ONLY
Only \$ 29

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

LA-BRASILIANA
Keratin Treatment with Collagen

\$185

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

American Girl American Girl comes to Tysons

Not hundreds, but thousands of young girls attended the grand opening of American Girl in Tysons Corner...Hair Salon, Café, and aisles and aisles of Dolls...over 23,000 square feet of The American Girl.

eCitie, the edge city club in Tysons is now Iris Lounge.

Owner Robert Dispenza plans to add pool tables, cigar bar, dancing, and private meeting areas.



Golfsmith of Tysons Opens near Best Buy

The new high tech, 21,000 square-foot store features four computerized, custom-fitting studios with video screens and an indoor putting green. Golfsmith has 77 stores nationwide.

It's open and doing bang- busters...Clawes Carpets

on Maple Ave... is celebrating its new location with some great deals on quality carpets and service only a family run business can provide. They've been around for over 30 years with a great reputation for value. Find them at 127 Maple Avenue in Downtown Vienna.



Seasons 52 Opens in Tysons

Seasons 52, a fresh grill and wine bar has opened in Tysons Corner Shopping Center offering Seasonally inspired dining choices expertly designed to excite and surprise the palate. All entrees are under 450 calories and 50 wines by the glass.

**Peking Express now has
seating...** a favorite of the Viva Crowd, PE has added seats ...yeah!



Robeks to Open in Vienna Shopping Center

Robeks, offering fresh, premium, made-to-order unique combination of healthy smoothies and drinks will be opening near the new Panera Bread in Vienna Shopping Center.

Sun Design to Open in McLean

Home Remodeler Sun Design will be opening a second showroom in McLean this summer. Award winner Sun Design is known for its delivering excellent results in every budget.



You have to try Nostos in Vienna.

Authentic Greek Cuisine in a Mediterranean setting...marvelous...

Oakton-Vienna Animal Hospital welcomes Dr. Lydia Megremis

Dr. Megremis will be available on weekends to keep services available for all those in need of care on the weekends, including Sundays.

Fresh Market to set to Open in July...

That's the word...we understand we're in for a real treat...stay tuned...



Now Open Sweetleaf

Their second location in our area is at 262 Maple Ave in Vienna.



Chutzpah Deli & White H.A.R.T. Present the 2nd Annual Eat For The Cure

Taking place on September 18th, festivities beginning at 4:30pm and the contest at 5pm, at Chutzpah Deli. All proceeds are donated to Susan G. Komen the 3-Day.

The event contains a timed eating contest, of which the top contestants win excellent prizes. They also include pink ribbon products for sale, on-site chair massage, a live auction, and a 50/50 raffle. Tickets for the Eating Contest are first come, and there are limited spaces. You can stop by in advance to pre-purchase your tickets.

Last year this event raised approximately \$1800 in two hours. They hope to surpass that this year.

The event will be held at 12214 Fairfax Towne Centre, Fairfax, VA 22033.

Not Open Yet...The McDonalds on Maple Avenue, Savvy Restaurant, Sprint, , Motophoto, I-berry Yogurt, and we are still waiting to hear from JR's Stockyard Inn...we love that restaurant!

Renovate your Lifestyle



From early planning to the first pool party, we pride ourselves on being the *single point of contact* for your home improvement. BOWA transforms houses into homes™ through the design and construction of luxury renovations and additions. As your single point of accountability from the earliest stages of planning, we execute and manage the entire design and construction process and your overall experience. So, when you have a project of any size in mind, call BOWA first.



Metro Area: 703-734-9050
Middleburg: 540-687-6771

DESIGN & CONSTRUCTION ■ RENOVATIONS & ADDITIONS ■ PURCHASE CONSULTATIONS

www.bowa.com

TTR

Sotheby's

INTERNATIONAL REALTY

Gloria Adams

For All Your Real Estate Needs

c 703.356.6645

t 703.319.3344

f 703.448.1785



6629 Madison McLean Dr.
McLean, VA 22101
\$899,000

Pristine, renovated, all brick townhouse in low density convenient community. Top of the line new gourmet kitchen, new updated baths. Great location in community. Move-in condition! Don't miss!

1192 Dolley Madison Blvd.
McLean, VA 22101
\$839,000

Must see inside!! Renovated, spacious, lots of windows/doors with view of private backyard in convenient location! Sets back from street. Owner is ready to sell! Don't miss!



6723 Whittier Avenue, Suite 101 | McLean, VA 22101 | www.gloriaselltoday.com

BOOK BEAT

an author's perspective

JOHN GILSTRAP'S "THREAT WARNING"

NORTHERN VIRGINIA STARS IN
LOCAL AUTHOR'S LATEST THRILLER

BY RICHARD GAZALA

One of the truly great things about living and working in this area is there's always so much happening. Northern Virginia is full of fascinating people from all walks of life and from all over the world. This place pulses with government agencies and multinational enterprises doing things we hear about every day, and other things about which we know nothing unless something goes horribly wrong. Speaking as a writer myself, this is an excellent place for thriller writers to set and spin gripping tales of intrigue and conspiracy that reverberate in, and far beyond, our beloved Beltway.

New York Times Bestselling author John Gilstrap, whose spellbinding new thriller, "Threat Warning" arrived July 1, is one of those writers. Gilstrap has lived almost his entire life in northern Virginia. He's a proud alumnus of the very first class to attend King's Park Elementary School when it opened in Springfield in 1964. He went on to the editorship of his school newspaper at Robinson High in Fairfax, before graduating from the College of William and Mary. Since then he has lived and worked here (including a stint at the Burke Volunteer Fire Department), gotten married and raised a family here, and even with his many travels around the country and the world, there's nowhere else than northern Virginia that he'd rather be.

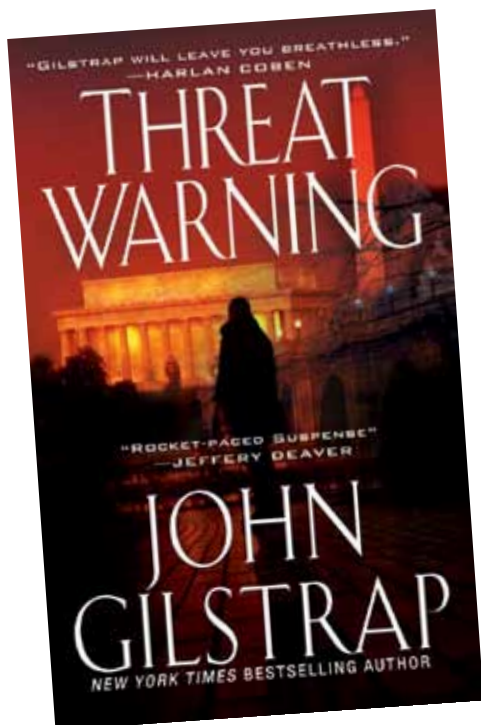
Gilstrap's affection for this area is apparent in his novels. In the case of "Threat Warning," his latest book featuring tough-guy hero Jonathan Grave, the opening scene explodes with a firefight on the Wilson Bridge during a typical rush hour on a cold November evening. The Wilson Bridge onslaught was preceded by one at a shopping mall in Kansas City, and is followed quickly by a devastating car bombing at a Detroit middle school as terrorists wage war against the United States on American soil. Meanwhile, before the gun smoke clears from the combat on the bridge, one of the terrorist shooters escapes by carjacking a Mt. Vernon military wife's minivan and kidnapping the woman and her teenaged son, soon delivering them to captivity at the terrorists' remote compound in rural West Virginia. The price

of sparing the hostages' lives is the immediate withdrawal of all U.S. forces in Afghanistan and the Middle East. Though Gilstrap veils their names and locations, northern Virginians will have little challenge recognizing local landmarks and establishments peppered throughout the novel as the formidable Grave and his small but resourceful team battle to thwart a terrorist sniper plot that threatens to cripple the government and obliterate America's financial system.

Gilstrap is a member of International Thriller Writers, and teaches writing seminars for the Smithsonian. He has authored eight fiction and nonfiction books. He's currently working on his next novel, "Damage Control," about the continuing adventures of Jonathan Grave. It's scheduled for release in July, 2012. ■

"Threat Warning" is published under the Pinnacle Books imprint of the Kensington Publishing Corporation, and is available from retailers starting July 1, 2011, including at www.amazon.com. Learn more about Gilstrap and his books at www.johngilstrap.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 work is available at www.richardgazala.com.





see food? SEE FOR YOURSELF!

the place • the atmosphere • the food • the wine • the attire • the people

Viva Tysons Magazine illuminates our area's exciting dining options with TheTaste of Tysons. Capturing the dining choices on video allows our readers a chance to see the dishes, the spaces, the neighborhoods, and the chefs and owners.

Quick and high energy videos bring the concepts, personalities, and dining experience front and center.

www.TasteofTysons.com

VivaTysons
MAGAZINE

Taste
YSONS

CHEF'S CORNER

seasonal thoughts & recipes

FOOD PAIRING 101: EAT LIKE YOUR GRANDPARENTS DID!

BY CHEF BONITA WOODS

Diet questions and statements brought to me by friends:
"All I ate this week was Captain Crunch cereal. It is fat free. Why didn't I lose any weight? Was it the skim milk that got me?"

"I never eat dairy. It is full of sugar. Wine, on the other hand, is good for your heart."

"How many calories are in a salad? My steak is about 800 calories and I don't want to go above 1,000."

"Cherries are fattening."

But the statement that hits me in the gut each time is "I just finished my diet so now I can eat normal food again, just in moderation." I always wonder: What is "normal food" and if consuming it put this person in poor health, is it a good food plan, even if in moderation? Personally, I think this attitude is a major cause of Yo-yo Dieting!

There are several ways of viewing the nutritional processing of food. You can count calories. You can go on any of a variety of diets for any of a myriad of reasons. But what happens after the diet is over? You have reached your goal – now, how do you maintain your status? How do you keep your health in check and avoid yo-yo dieting?

Happily, there is a new "food view" on the horizon. For people that are tired of calorie counting, nutrition label reading, fat percentage analyzing or turning a snack into a whole regimented & hyper managed

process... Take a look at these plans! Popular "Maintaining Diet" trends are heading in the direction of Food Pairing, Nutrient Counting and the Acid-Alkaline systems. These are less "diet for a goal" programs and more "diet for a healthful lifestyle relationship between your body & food". Say what?! Relationship counseling for food? For those of us who are always struggling with a love for food and a hate for weight, this is a relationship comfort zone we may not even remember!

But...think of it this way: Imagine that you are in couples' therapy. You love your mate but you are sick of the quibbling, nagging & fights. Suppose you & your spouse have worked hard to complete that much needed round of couple counseling. You have reached your goal! You are not about to return to your old behaviors, even if "in moderation".

Now that you are back in a place of healthy communication, appreciation and respect, you will probably continue with a slightly different style of counseling and form totally new patterns for healthy & comfortable dynamics. You want to make sure you stay in this place of marital bliss that you worked so hard to get to. You might even evolve your relationship to a better place that brings you more love & fun than you thought possible after all those years of being together.

These diets are like the followup therapy. You do not go into them with the goal of changing your body. The purpose is to develop a natural

relationship with food. This is called Mindful Eating. You think about each ingredient and how it combines with the other ingredients and is metabolized in your system to give your body a solid base of health and wellness.

This is not a new diet fad. Dr. Dean Ornish actually reversed heart disease using the techniques of mindful eating. Gary Null has been preaching about it for years. Dr. Nathan Pritikin created some of the most delicious and healthful recipes I have ever cooked! (plus he cured his own health issues with good & natural food...)

Here are the newest and increasingly popular "it" diets on the market today:

Dr. Joel Fuhrman's Eat to Live Program is extreme, but logical and easy to follow. Dr. Fuhrman defines food in terms of the Aggregate Nutrient Density Index (ANDI) which rates how many micronutrients exist per calorie in each food. The goal is to get the most nutrients with the least calories. What a fun game! He has even teamed with Whole Foods Market to promote his wellness program. Basically, you can eat as much food as you want since your choices are high in health values and low in calories. You end up eating a lot of dark leafy greens and colorful produce, some whole grains, limited poultry & fish, no dairy or added oil. Your meals should be as close to their natural state as possible to max out their nutrient value. This is a great diet for the summertime, when fresh produce is cheap and plentiful! Like

I said, it is extreme but easy to follow and VERY healthful. For dairy lovers like me, this is a great opportunity to try the alternatives out there, like oat or almond milk, coconut yogurt, soy cheese and mango sorbet. If you are looking for a way to maintain your weight, try eating 1 or 2 meals a day with Dr. Fuhrman's philosophy and see how you feel.

Acid-Alkaline Diet, heavily promoted by health experts Harvey and Marilyn Diamond, is more interested in the chemical reaction that occurs in your gut than in calorie counting. The theory is that our bodies are designed to stay alkaline and will do whatever it takes to do so. When we consume acidic foods and drink, stop exercising and continually have negative emotions, our bodies become overrun with acids which cause major systematic disruptions. Just to be clear – I am not talking about acidic foods like citrus. Please keep on enjoying those to your heart's content! This diet focuses on food that turns acidic or alkaline in your system while you process it. Acidic food ferments in your gut, creating a primary source of nourishment for yeast, fungus, and bacteria. These sneaky little fellows produce and excrete waste called toxins. Toxins have a huge & negative affect on us physically, emotionally, and spiritually. The solution to this growing problem is to cleanse the blood and nourish the cells. We do this by eating more foods that are alkaline and eliminating those foods which create over-acidification. Yeast, fungus, bacteria, mold, and virus can only survive in an acid base; they cannot survive in an alkaline base. It is very important that there is a proper ration between acid and alkaline foods in the diet. (FYI: The more alkaline, the better!) When an ideal ratio is maintained, yeast fungus, bacteria, mold, and virus will revert back to their normal healthy state.

Not surprisingly the acid foods are the ones you already know are bad for you (cola, chips, chocolate, sweets, burgers, dairy, beer, etc.) and the alkaline foods are the ones you already know are good for you (fresh foods, leafy green vegetables, salads, fruits,

whole grains, nuts, seeds, etc.).

To become alkaline you simply need to start focusing at least 70-80% of the volume of your diet on the alkaline foods and try to limit the acid foods to no more than 20-30%. Back this up with 3-4 liters of good quality, clean, filtered water each day and you will be very pleasantly surprised by the way you feel.

Food Pairing is a personal favorite of mine. It works on the surmise that synergy exists in foods. Pairing certain foods can make the sum of the meal healthier than the individual ingredients. Basically, you look at the nutritional value of your ingredients and mix them together to create a spectrum of nutritional health with each meal. It is kind of a fun puzzle because you can eat anything so long as it is healthful and part of a nutritionally balanced pairing. The best part is that you quickly get to know the nutritional value of ingredients. It is like learning a yummy new language!

Notice the commonalities about these diets. All promote fresh, natural ingredients served with minimally processed recipes. These programs advocate high fiber meals with a lot of dark, leafy greens and a variety or colorful fruits and vegetables. Meat & dairy is minimal or nonexistent. Salt & oil are limited, but whole olives are appreciated. None of these diets care about calorie or point counting. You can eat as much as you want long before you get to your caloric limit, so why bother counting?

All encompass an obviously healthful menu that actually programs your gut so you crave health infused foods. Above and beyond the general health you gain in a regularly balanced diet, these plans promote wellness – an abundance of health, energy and wellbeing. By returning us to the dietary patterns closer to our ancestors, they inspire us to enjoy an energetic and robustly healthful future! ■



Chef Bonita Woods teaches the fun side of nutrition through her nonprofit venture, the Bonita Woods Wellness Institute in Falls Church. Chef Woods also leads healthful cooking classes at Culinary Cooking School in Vienna. BonitaWoods.org
CulinaryCookingSchool.com

SEMI-CANDIED YAMS

INGREDIENTS:

- 4 pounds yam or sweet potato
- ¼ cup brown sugar
- 1 walnut oil (or olive oil)
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1/8 teaspoon nutmeg

DIRECTIONS:

- 1) Preheat oven to 400°F.
- 2) Wash yams. Place in an ovenproof pan with 1 cup water. Cover & bake until done, 30-60 minutes, depending on size of yam. Let cool then remove from baking dish & peel off yam skin.
- 3) Whisk together the rest of the ingredients.
- 4) Place yam in a lightly greased oven proof baking dish. Dot or dab with sugar mixture.
- 5) Bake for a few minutes to reheat and melt the sugar.

ALMOND MILK

Makes about 1 quart milk and 3 cups of cereal mash

INGREDIENTS:

- 1 cup ground raw almonds
- 1 cup ground uncooked whole grains of choice (we used quinoa, oats, hemp & rye)
- a handful (5 - 10) dried apricot, slivered
- a dash (1/2 teaspoon or more if desired) vanilla extract
- 6 cups water

DIRECTIONS:

- 1) Gently simmer all the ingredients in a loosely covered pot until the liquid is thick and opaque, about 20 minutes.
- 2) Strain the liquid from the mash (the cooked nut & grain mix). If desired, strain the liquid a second time in a fine mesh strainer. This will get rid of the fine grinds and give you a smooth beverage.

Note: You can save the mash for using in muffin or pancake batter. I heated it with blueberries for my morning cereal. Yum!

Taste of
TYSONS

DINING WITH DEBBIE...

SEA PEARL



I feel like a mermaid stepping into the Sea Pearl Restaurant. Hues of blue, waves of color and mother of pearl accents give this restaurant a sense of the aquatic world. Is this beautiful restaurant really in Merrifield? Yes, really, it is. Located off of Gallows Rd, in the area between Rte 29/211 and Rte 50, a small Reston Town Center "seed" has been planted. And amongst these small shops, upscale condos and fitness center sit two wonderful restaurants...one being Four Sisters and the other Sea Pearl. Not surprising that they are both excellent restaurants since Sea Pearl is owned by the eldest of the "four sisters" Ly Lai and her chef/husband Sly Liao. Four Sisters serves a Vietnamese cuisine and Sea Pearl offers Asian inspired modern American seafood. This restaurant review job is no easy job and when I tell my friends I am going to review Sea Pearl my popularity skyrockets and I have no shortage of immediate friends. Cindy and Laura graciously accompany me to dinner one night where we meet for a cocktail in the bar

area. I know this is about the food but I must comment on the dirty martini. Not dirty but "filthy". Filthy because it is sprinkled with black pepper and I found this twist very much to my liking. As I skipped to my table (inspired by the vodka) I was able to take in the stunning decor and the ocean like vastness of this 240 seat restaurant.

So we begin. We start with Hudson Valley Foie Gras Mousse served with brioche toast, grilled apple and pomegranate date chutney, gulf shrimp and crab meat spring rolls with apricot mustard and sweet chili sauce as well as the small watermelon salad which consisted of butter lettuce, jicama, feta, mint and lemon vinaigrette. All delicious!!!! Not being dainty girls who feign having little or no appetite we forge ahead to our main entrees.

I opted for the oven roasted Chilean Sea Bass with shiro miso (which I really have no idea what that is), sliced jalapeno, kai lan (again...no idea) and jasmine rice and despite the fact

that I was oblivious to some of the key ingredients it was outstanding. Cindy loved her pan seared scallops with pureed celery root, shaved fennel, green salad and lemon vinaigrette and Laura dove into her pan roasted Maine lobster with sauteed spinach, basmati rice pilaf and coconut curry sauce and begrudgingly offered her fellow diners a small morsel to sample.

Dessert time...we contemplated doing a few laps around the restaurant before ordering but decided a shared dessert would be a more acceptable alternative. You can never go wrong with molten chocolate cake with a vanilla creme anglaise but had I taken that lap around the restaurant I probably would have ordered the sweet forbidden black rice pudding with creme fraiche and peanut brittle crumble as well.

No longer capable of skipping due to my distended but very content stomach we departed this beautiful restaurant. But we will be back! They are open for lunch and brunch and also offer a Happy Hour menu Monday - Friday 4pm-8pm. ■

SEA PEARL RESTAURANT

8191 Strawberry Lane, Suite 2
Falls Church, VA 22042
703.372.5161

www.seapearlrestaurant.com

Mon- Thurs 11AM-10PM
Fri-Sat 11AM-11PM
Sunday 10AM-10PM





NOSTOS
restaurant

greek authentic dishes

fresh fish

mezedes -small plates-

signature cocktails

romantic dinners

after work drinks

business meetings

private events



8100 boone blvd.
vienna, VA 22182
tel.: **(703) 760 0690**
www.nostosrestaurant.com

join us in celebrating
the opening of Nostos
**present this advertisement and receive
20% off entire food check**
maximum \$30.00 discount
not valid on Saturday nights or with any other offers.
offer expires 09/30/11

Summer 2011 feature evenings

Please join us for special menu feature evenings we've planned for you. We look forward to serving you often this summer!

MONDAY EVENING

"PRIX-FIXE SPECIAL"; 3 courses \$34

Choose your favorite selections from our menu



TUESDAY EVENING

"BEEF TENDERLOIN SPECIAL" \$19.50

Truffled butter, green peppercorn sauce or
gorgonzola & mushrooms



THURSDAY EVENING

"LOBSTER SPECIAL" \$19.50 each

Salad, grilled, sauteed, baked, risotto or pasta



Mon - Thurs: 11:30AM - 10PM
Friday - Sat.: 11:30AM - 11PM
Sunday: 11:30AM - 10PM

6641 old dominion dr.
mclean, va. 22101
(t) 703-918-0080



Discover What So Many Already Have!

**BEST NEW HOT SPOT IN
NORTHERN VIRGINIA**
NORTHERN VIRGINIA MAGAZINE — 2011

75 GREAT BARS
WASHINGTONIAN MAGAZINE — 2011

EDITOR'S PICK
THE WASHINGTON POST

BEST NEW BAR
WASHINGTON DC CITY PAPER — BEST
OF DC 2011 READER'S CHOICE

BEST NEW BEER BAR
WASHINGTON DC CITY PAPER — BEST
OF DC 2011 EDITOR'S CHOICE





Large Groups
\$7 Lunch Specials
After Work Specials
10 Min. from Tysons

Private dining
is available
for any event,
12 - 300+ guests.

An English-style Gastro Brewpub

444 WEST BROAD STREET SUITE I, FALLS CHURCH, VA 22046

703.942.6840
madfoxbrewing.com
follow us on  

11AM - 11PM Monday through Wednesday
11AM - Midnight Thursday through Saturday
10AM - 11PM Sunday, Brunch 10AM - 3PM

FREE PARKING GARAGE

**ASSAGGI OSTERIA**

6641 Old Dominion Dr.
McLean, VA 22101
703.918.0080
www.assaggiosteria.com

BISSIOLE COOKIE

(A Venetian recipe)

INGREDIENTS:

- 21 oz all purpose flour
- 14 oz pastry flour
- 3 tsp baking powder
- 21 oz sugar
- 21 oz butter (room temperature)
- 3 whole eggs
- 9 egg yolks

PROCEDURE:

1. In a large mixing bowl add the butter, the sugar, the two flours and mix very well. Then add the egg yolks -keep mixing, then add the whole eggs.
2. Transfer mixture to a Kitchen Aid mixer till the mixture looks very smooth.
3. Cover the mixture and let it rest in the fridge for 24 hours. Take a small amount of dough at time and roll it in a shape of a small long cylinder on a cutting board, then with a knife cut in two-inch pieces. Roll each piece in a thinner cylinder giving them a shape of an "S" and layer them in a sheet pan. Bake in a pre-heated oven at 320 degrees for fifteen minutes, till golden brown.
4. Enjoy with a cup of coffee or your favorite dessert wine!

Dance the Night Away

SINGLES NIGHT WITH TOM SAPUTO
EVERY 2ND SUNDAY 7PM-10PM

ENJOY
BENNIE
POTTER &
WESTERN
ELECTRIC

July 8 & 22
August
12 & 26



Serbian Crown

Visit www.SerbianCrown.com for Special Events and Discounts!

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

703-759-4150

Open for Lunch & Dinner | Catering & Carry-Out Available | info@serbiancrown.com

Maggio's

FAMILY RESTAURANT
"The Taste of Elegance"

*We Cater
For You!*

Open 7 Days a Week!
421 Maple Avenue East
Vienna, VA 22180

TRY OUR AWARD WINNING
ROTISSERIE CHICKEN!!!



Try our Italian Specialty Dinners!

Lamb Gyros · Fish 'n Chips · Salmon

Pasta & Meatballs · Bruschetta

703.938.7777
www.maggiosonline.com



OPA!

plaka

GRILL



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

Monday-Saturday 11 am - 9 pm
Sunday 12 pm - 8 pm

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



Maplewood Grill

It's Maplewood Grill . . .

For Private Parties...

Carryout and "Wolftrap Ready"
Picnic Baskets...

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

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

Visit our website for Specials and
Entertainment Schedule.

In the Heart of Vienna....



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



SEASONS 52 FRESH GRILL

7863L Tysons Corner Ctr, Suite N11L
McLean, VA 22182
www.seasons52.com

KEY LIME MINI INDULGENCE

Serves 8

PIE FILLING INGREDIENTS:

- 5 oz - Lime juice, fresh
- 1 ea - Lime, grate zest very fine (no white pith)
- 1 ea - Condensed Milk, sweetened, 14oz can
- 4 ea - Egg Yolks

PROCEDURE:

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk egg yolks and sweetened condensed milk together until smooth.
3. Whisk in lime juice and zest and pour mixture in glass pie dish.
4. Bake at 350 degrees for 13 minutes.
5. Remove from oven and cool on a wire rack. Refrigerate.

ASSEMBLY OF MINI INDULGENCE:

- Graham cracker crumbs
- Whipped cream
- Lime wedge for garnish (tiny cut)
- Key lime pie filling, in a pastry bag

PROCEDURE:

1. Fill the bottom of shot glass or cordial glass with 1 tablespoon of graham cracker crumbs.
2. Place key lime filling in a pastry bag.
3. Pipe filling over crumbs. Alternate layers of crumbs and filling until glass is filled.
4. Garnish with whipped cream and lime wedge.

CAFÉ RENAISSANCE



"The Most Romantic Restaurant in the DC Metro Area"

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

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

163 Glyndon Street SE, Vienna, Virginia 22180

www.CafeRenaissance.com 703.938.3311

Think you can be a Restaurant Reviewer?

Send us your best shot!

E-mail us a review from your favorite restaurant and if we publish it you'll receive a \$50 certificate to a fine local restaurant. See page 136 for more details.

Assaggi: (verb): "to taste"; (noun): "assortment to taste"

Osteria: (noun): "an inn, where good food is served in a warm hospitable environment"



And at Assaggi Osteria in McLean, it's all about fresh... From the fresh home-made pasta and fresh seafood from around the world to fresh produce from Amish Farms...and of course, the fresh home-made gelato...

It's no surprise that Open Table gave them their "Diner's Choice Award" for 2010 and 2011!

Located in the heart of McLean...

JOIN US FOR LUNCH OR DINNER ON "THE STRADA"

DAILY \$14, TWO COURSE LUNCHEON SPECIAL.

Mon - Thurs: 11:30AM - 10PM
Friday - Sat.: 11:30AM - 11PM
Sunday: 11:30AM - 10PM

6641 old dominion dr.
mclean, va. 22101
(t) 703-918-0080



As Featured on Food Network's
Diners, Drive-Ins & Dives



The American Diner
Experience is Back!

EVERYONE LOVES A DINER!

Great steaks, chops, salads,
Italian and Greek specialties,
the best breakfast selection
And of course...
some original diner standby's.

Great food, large portions,
affordable prices
and desserts to die for!

Open until 3am Friday & Saturday!



4711 Lee Highway, Arlington, VA | 703.528.2464 | www.metro29diner.com



LEE'S RIDICULOUS RUM RUNNER

Submitted by Lee Guy,
Clyde's of Tysons
www.clydes.com

- 3/4 oz Barcardi Rum
 - 1/2 oz Creme de Banane
 - 1/2 oz Creme de Cassis
 - 2 oz Pinapple Juice
 - 1 oz OJ
 - 1/2 oz Grenadine
 - Float 1/2 Myers Dark Rum
1. Mix ingredients in tall pint glass with ice
 2. Shake
 3. Garnish with orange slice & cherry
 4. Enjoy!

Oysters!
TO DIVE FOR

NOW OPEN
SERVING OYSTERS FROM BOTH COASTS

Clyde's
8332 Leesburg Pike in Vienna
703.734.1901
clydes.com

Oyster Happy Hour
Half-Price Oysters
Sunday-Thursday from 4-7pm and 10pm-midnight

FREE FOOD.

That's what we're offering!
For every hundred "likes" we have on our Facebook page, one lucky random "liker" will get an awesome gift certificate to a fabulous local restaurant. The faster you "like" us, the more chances you get. We're even throwing in a couple surprise drawings to make it interesting.

[facebook.com/vivatyson](https://www.facebook.com/vivatyson)

Est. 1982

Ristorante Bonaroti

Since 1982, affectionately nicknamed "Bonaroti's" Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons and enjoys the praise of visiting dignitaries and the stars.

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

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

**It's Time for
Red, White
& Blueberry!**



**Area's Best Pancakes, Crepes, Omelettes & Waffles.
Also serving Gluten Free Pancakes.**

THE Original® PANCAKE HOUSE
The First Name in Pancakes

FALLS CHURCH • 7395 Lee Highway • 703-698-6292

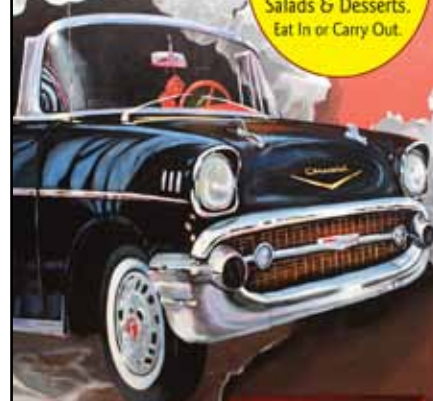
BETHESDA • 7700 Wisconsin Ave. • 301-986-0285

ROCKVILLE • 12224 Rockville Pike • 301-468-0886

www.ophrestaurants.com

**Church Street
Pizza**

New York Style
Pizza by the Slice
Salads & Desserts.
Eat In or Carry Out.



Behind the
World Famous
Vienna Inn



703.938.1155
115 Church Street, NE
Vienna, VA 22180

WHERE EAST MEETS WEST!

NEIGHBOR'S RESTAURANT

COME SEE WHY WE ARE
VIENNA'S FAVORITE SPORTS BAR...



Traditional American Classics and "THE KABOB ZONE"
with our area's most authentic Persian delights!

Offering **KARAOKE** on weekends for your enjoyment

Watch Football, Nascar, Soccer, Golf and all your favorite Sports on
our **WIDE SCREEN TV'S**

HOOKAH in all your favorite blends

PARTY ROOMS for your celebrations for up to 140 People



262-D Cedar Lane, SE, Vienna, VA 22180 | 703.698.8010 | neighborsrestaurantva.com

MEDITERRANEAN

EVO BISTRO

703.288.4422 | evobistro.com
1313 Old Chain Bridge Road, McLean

A wonderful tapas and wine bar where friends can meet and share small plates, laughter, and of course, wine. Wine selections are available by the taste through their "enomatic" wine system, so you can choose that perfect bottle from their fabulous wine list. The Mediterranean influenced tapas are exquisite. Salads, seafood, grilled meats, and don't forget those lamb chops! \$\$\$



ITALIAN

CAFÉ OGGI

703.442.7360 | cafeoggi.com
6671 Old Dominion Drive, McLean

For over 19 years Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. Authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list and more. You'll think you're in Rome. \$\$\$



MEDITERRANEAN

PANACHE

703.748.1919 | panacherestaurant.com
1753 Pinnacle Drive, McLean

Located in the heart of Tyson's Corner, Panache offers a Mediterranean experience. A sleek, contemporary lounge and restaurant is always the perfect setting when entertaining clients, that special occasion, and any time you're in the mood for the flavors of Spain, France, and Italy. Chef Claudio Sandri, and his dedicated staff ensures your complete satisfaction-That's a promise! \$\$



AMERICAN

IDYLLWOOD GRILL & WINE BAR

703.992.0915 | idyllwoodgrill.com
2190 Pimmit Drive, Unit B, Falls Church

There is always something special about a good neighborhood restaurant. Idyllwood Grill's welcoming atmosphere, attentive staff, and fine cuisine is a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of including seafood, pastas, steaks, veal, salads, and more. \$\$



DELI

BOULEVARD CAFE & CATERING

703.883.0557 | boulevardcafecatering.com
8180 Greendboro Drive, McLean

Boulevard Café & Catering is your complete corporate catering service in the Tysons Corner Area. Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrees to hors d'oeuvres and desserts, Boulevard is there for you. \$



CHINESE

PEKING EXPRESS OF VIENNA

703.281.2445 | perking-express.com
103 Center Street North #107, Vienna

Love, love, love! Peking Express of Vienna... outstanding selections for lunch and dinner. A neighborhood Chinese restaurant, just down the street ready to satisfy your craving. You need to check out their new menu! Combination platters include Egg Roll and choice of soups, authentic appetizers, chicken, shrimp, beef and pork selections and the Fried Rice or Lo Mein is to die for! \$\$



DELI

TYSONS'S BAGEL MARKET

703.448.0080 | tysonsbagelmarket.com
8137 Leesburg Pike, Vienna

Real New York Style bagels can be found on Route 7 in Tysons. Boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh baked varieties with a schmear of several cream cheeses. A full breakfast menu also awaits you, along with a long list of deli and grilled sandwiches. \$\$



CONTINENTAL

OPEN KITCHEN

703.942.8148 | openkitchen-DC.com
7155 Leesburg Pike, Falls Church

Eat, Cook, and Entertain. Open Kitchen is a true culinary community. Featuring a bistro where food and wine lovers gather to enjoy seasonally inspired handmade food in our open kitchen. Diners will savor global and local wines, worldly cuisine, freshly roasted coffees, hand-blended teas, made-in-house desserts, in an environmentally conscious establishment. A one of a kind restaurant that will be your new neighborhood favorite. \$\$\$



AMERICAN

BAZIN'S ON CHURCH

703.255.7212 | bazinsonchurch.com
111 Church Street, Vienna

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. A great selection of wines, many by the glass. Stop in for a drink at the upbeat bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended. This is a Vienna hot spot. Say hi to Julie...\$\$\$



GREEK

GREEK GRILL

703.938.8206 | thegreekgrillva.com
312 Maple Ave West, Vienna

Tiny hidden gem in the heart of Vienna. Offering breakfast, lunch and dinner the only way the Makrigorgos family can fix.

Delicious salads, Greek and Italian specialties. Their famous pizza and tasty desserts. Serving traditional breakfast seven days a week. Omelettes, pancakes, French toast and eggs any way you like them. Say "Hi" to Bill. \$



INDIAN

DIYA

703.970.7500 | diyatyson.com
2070 Chain Bridge Rd, Vienna

Diya Restaurant located near Tysons Corner in Vienna, Virginia captures the same exuberance of a traditional South Asian celebration and offers connoisseurs a culinary mosaic of Indian flavors. The vibrant ambience provides an authentic dining experience coupled with the warmth of Indian hospitality. \$\$



INTERNATIONAL

MAPLE AVE

703.319.2177 | mapleaverestaurant.com
47 Maple Ave W, Vienna

Maple Ave Restaurant serves eclectic American Cuisine in the heart of Vienna, Virginia blending American with Asian, Latin American, French flavors and techniques. Ranging from Fresh grilled Bronzini to Homemade Carnival Funnel Cake served with vanilla bean ice cream. Offering something for everyone's taste buds. Perfect place to enjoy your favorite cocktail or for a first time date. \$\$



Welcomes the
Christopher Linman
Jazz Ensemble

*Wednesday nights at 7pm,
starting in June*

"Sold out the Kennedy Center"
"Sold out the famous Blues Alley club in DC"

Songs and albums available on itunes
Visit christopherlinman.com for more info

www.irisloungeva.com

formerly eCitie
1524 Spring Hill Rd
McLean, VA 22102



MICHEL RICHARD

COMES TO TYSONS

BY KEITH LORIA

French-born chef Michel Richard has established himself as one of America's finest culinary experts over the past two decades, running award-winning restaurants like Citrus in Los Angeles, Citronelle in Georgetown and Michel Richard Central in Washington, D.C.

Having already become such a fixture in the D.C.-area, the acclaimed chef was asked to open a new restaurant last October in Tysons Corner, and Michel at the Ritz-Carlton has been a huge success in its first nine months.

"In recent years the Northern Virginia area has added many more restaurants, but Michel is the first to carry the name of a renowned celebrity chef," says Mark Sherwin, General Manager of The Ritz-Carlton, Tysons Corner. "We are certain our hotel guests, and the

community, will share our pride and excitement in partnering with Chef Richard."

The menu, executed by Executive Chef Jon Mathieson and his team, includes updated classics such as smoked salmon terrine, crab coleslaw, escargot spring roll with basil pesto, roulade of foie gras with lentils, eggplant soup, beef tartar, cheese tater tots, steak frites, and duck à l'orange, as well as Michel's signature burgers, and lemon roasted chicken.

"Diners in this area are eager to try new dishes, experience great tastes, and enjoy eating out frequently. The Ritz-Carlton, Tysons Corner has a reputation for giving their customers memorable dining choices, and I intend to more than live up to those expectations," Richard says. "We decided to create a new kind of restaurant for The Ritz-

Carlton. Michel is a place that you don't expect to see inside here. It's modern and updated. It's food and fun. The price is accessible, the service is casual and bistro style, and the food is French with an American accent."

At breakfast, choices include torte Milanese, Michel's eggs Benedict, vegetable torte, homemade yogurt and Chef's infamously buttery croissants of the "stars."

"What makes it special, first of all, is that you are getting Michel Richard's food out in Tyson's Corner, Virginia," says Executive Chef Mathieson. "He has been one of the top chefs in the Washington, D.C. area for more than 12 years now and getting his food out here is a great opportunity for the locals of this area."

Although the menu was created by Richard, Mathieson will bring his unique





ideas to the menu and blend his style within Richard's food philosophy.

"It's a collaboration. Michel and I discuss philosophy, seasonality, and I have the job to meet his expectations on each individual dish," Mathieson says. "People love Michel's food—the lobster burger, his famous French fries—and it's really an amazing menu that everyone will love."

Inside, Michel melds a relaxed atmosphere with a chic sophistication featuring a compilation of dining elements like reflective silver found in the cutlery, which is translated into the sleek chrome lines. A well-seasoned chopping block translates into grayed wood paneling that wraps the restaurant in comforting and inviting warmth. Most notably, the deep burgundy hues of a rich red wine infuse the space with color, establishing a fun yet intimate feel.

"It's a very eclectic blend of modern and classic. It's very colorful and bright with a really good vibe," Mathieson says. "It has beautiful décor and one of the nicest kitchens in the Northern Virginia area. It all adds to the whole dining experience."

The wine list features international vintages, but with an emphasis on the French. The list is smart and streamlined, incorporating small boutique wineries. There will be approximately 300 selections of approachably-priced wines, starting at about \$40. For the oenophile, rare and prestigious selections are also available.

Located on the lobby level of The Ritz-Carlton, Michel features innovative modern French cuisine in a contemporary setting with Chef Richard's signature touches of playful artistry and elegant whimsy.

"We tried to come up with good food, we respect the customer, we have a nice design and we wanted to make it unpretentious," Richard says. "The look of the restaurant is very modern with natural color and lots of wood and stone. When you go to a restaurant, sometimes you don't see anything. Here, you see the wine behind the glass, you can see the nice clean kitchen and we don't hide anything."

The space is also filled with literal creations such as the dish sculpture that has become a signature of Michel Richard restaurants. This is playfully pronounced again in the 30 plus foot light fixture that mimics plates transcending above the main dining space. It is these whimsical interpretations of all things culinary that define Michel as both an engaging and welcoming place to dine.

"When you are a guest here, you will have the opportunity to have one of the best meals in the Tysons Corner area for sure," Mathieson says. "The food is very thought out and a lot of care goes into the service. Michel has set standards for all his restaurants and this is no different. The success he has had should bring people out." ■

MICHEL RICHARD

The Ritz-Carlton, Tysons Corner
1700 Tysons Boulevard
McLean, VA 22102
703.744.3999

www.michelrichardva.com

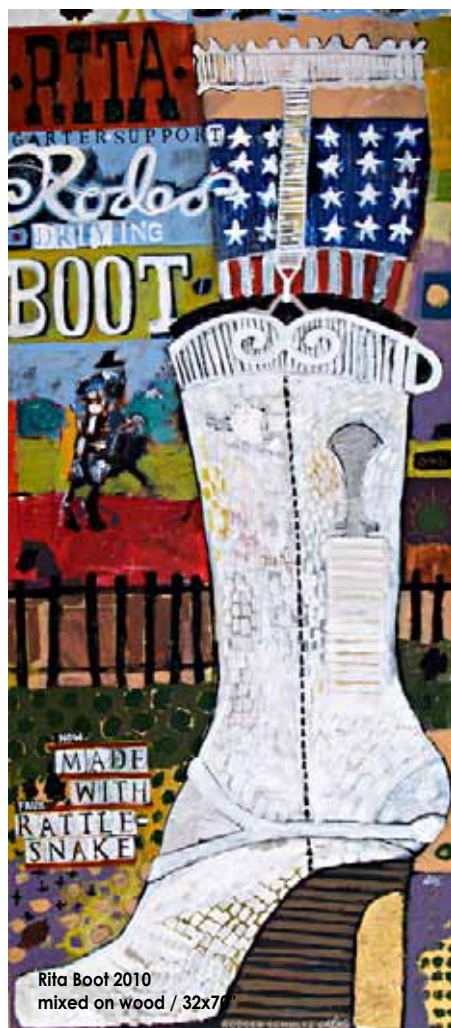
Michel will serve Breakfast seven days a week, Lunch Monday thru Saturday, Dinner Monday thru Saturday, and Sunday Brunch.



LOVING an artist



BY LEIGH MACDONALD



Jen Schultz loves her husband in a way that's undeniably obvious. At first blush, it almost seems like a young girl's giddy-eyed crush on her first love. But as the story unfolds, it's clear that her love is so much more than that. Instead, Jen's story with her husband, Rodger, spans fifteen years and tells a tale of true devotion, support, and a love that is unshakable.

In 1996, soon after Jen graduated from high school in Sedona, Arizona, her girlfriends suggested she get a job at a local coffee shop. Apparently, the shop had recently hired a very handsome cook who was new to town. Jen was looking for a job, so she soon became a barista and set her sights on that cook. He would ultimately become her husband and the father of her only child, Kaleb, who's now 12 years old.

Jen adored Rodger from the start, but they were initially just friends. Jen thought he was quirky, different, and soulful. And today, those same words accurately describe him. Yet the description is now incomplete without the additional mention of his unique talents as an artist.

And that addition is precisely what makes this love story special. Because while Rodger was surely born to be an artist, he had to be prodded—time and again—before he ultimately followed artistic pursuits. And Jen was the ultimate prod, the one who finally tipped the balance. She was that teammate who stood on Rodger's intangible sideline and whispered repeatedly, “You can do this. I know you can.” And she was right. In fact, he's now doing it; he makes a living and supports his family as an artist.

Back to the prods—there were many that predated Jen. In grade school, Rodger's classroom drawings were posted in mall hallways. In high school, Rodger's peers voted him as Second Best Artist although he'd never taken an art class or even pondered being an artist.

Instead, Rodger—a highly analytical person who from childhood loved to take things apart—expected he'd become an architect. He studied graphic design in college, albeit with less than all of his energy. And after college, he moved temporarily to Colorado with friends. There, Rodger cooked by day and waited tables by night, and he enjoyed the life of a young and undirected

bachelor. But one day, he wandered into a neighborhood art store and purchased some very basic art supplies. That afternoon, he painted a rather seductive image of a woman and hung it on the bare wall above their couch. Clearly, Rodger's "art" didn't make much of an impression on Rodger or his roommates because when they moved out of the apartment, they left it hanging right where he'd first placed it.

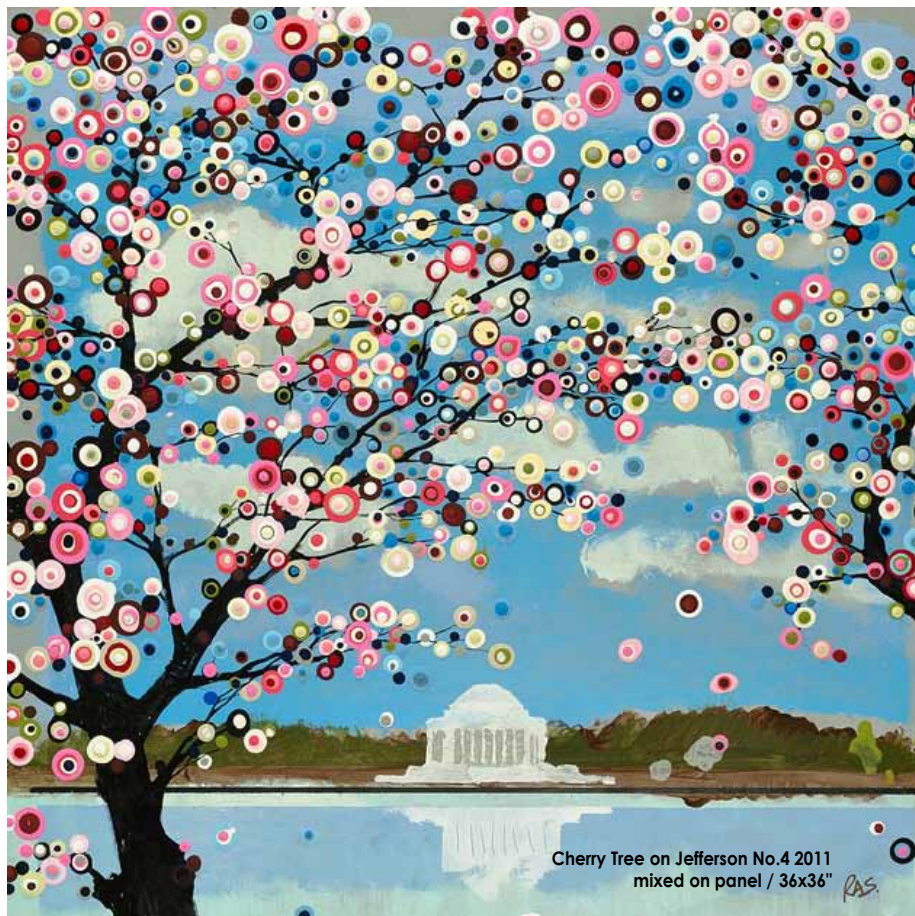
Years later, when Seth, one of Rodger's Colorado roommates, returned to that apartment for a party, he found Rodger's canvas still hanging above the couch. Seth took it from the wall and ran from the party. When Rodger received it in the mail, he was prodded—again—toward artistic pursuits, and again, he ignored the prod.

At the time, Rodger was working in Northern Virginia as a graphic artist for a major internet service provider. He was the quintessential corporate worker and made no effort to pursue or acknowledge any artistic aspirations. But as the grind of that life began to take its toll, Rodger's thoughts of doing something "that mattered" were met with kind, encouraging prods from Jen. And this time, he listened.

Today, Rodger is a full-time artist who supports his family through a career that matters, is all his, and is on his own terms. Speaking of terms, Rodger's are demanding. He paints nightly for at least six hours and zealously pushes himself to try new things. In his words, "If you only learn what you already know, you're like pond water."

Rest assured that Rodger is anything but pond water. He creates new artistic movements—JPOPS, for instance—and uniquely hones his artistry in various known genres. And with each new piece, he shares "joy" with Jen, the woman who helped him see the artist in his mirror. ■

To learn more about Rodger or his artwork, visit www.RodgerSchultz.com



SANCTUARY

ON CHURCH



INTERIOR DESIGN STUDIO HOME FURNISHINGS & GIFT

109 CHURCH STREET NORTHEAST | VIENNA, VIRGINIA 22180
703.865.6477 | WWW.SANCTUARYONCHURCH.COM

TIME TO CALL THE PLUMBERS

BY KEITH LORIA

According to the Bureau of Labor Statistics, there are a little under 600,000 plumbers working professionally in the United States, and of that number, only about three percent (18,000) are women, and even less own their own business.

But don't tell the numbers to sisters Theresa Dagenhart and Cheryl Wates, master plumbers and owners of Long's Corporation in Fairfax, because they have proved that women can do the job just as well as men.

"We laugh about it because we are the kinder, gentler company being females. We understand what it's like to have something go wrong," Dagenhart says. "It's satisfaction to know that the service we are providing and the job we are doing for people is a good job, fair, and we're giving them quality."

"When I was young and had high expectations I felt really good about coming to work every day and solving people's problems. I still do," Wates adds. "We're very good at what we do; we know the business, we know the science behind it, we know the techniques to it, so when people have a problem, we know how to fix it."

The business has been in the family since 1936, when their grandfather, E.W. Long, started working in the oil burner business in Washington, D.C. Soon after, he added plumbing and heating services and set up shop in Fairfax.

"The second generation of the business was my father and uncle, and now

Cheryl and I are the third generation to own the company," Dagenhart says. "Our family and dedicated team members are committed to providing the most effective, efficient and complete service to the families and individuals we serve at the best value possible."



Born and raised in Fairfax, the sisters weren't always intending on joining the family business. Their father told them he would pay for college or trade school so Wates went to college to study fine arts and Dagenhart headed to trade school to become a blacksmith. Their brother joined the Fairfax Fire Department. But when it was time for a new generation to take over, the sisters decided to head on back.

"It was never taken for granted that we would come into the plumbing company but we migrated back this way," Dagenhart says. "My mother

worked here for 45 years so this is where we always were and grew up."

The two sisters share an office and balance each other out perfectly. As Wates puts it: "I depend on her being here, she's the other part of the equation."

Long's specializes in plumbing, heating, air conditioning and electrical services and have worked with thousands of Virginia residents over the past 60 years tending to their service needs.

"Normally when you call in here, you can get Cheryl or me on the phone and if you have a plumbing question, we will help you out," Dagenhart says. "Our competitors would always ask us, 'Why would you give free advice?' but they will remember us if we can save them \$100 on something they can fix themselves, and when something bigger happens—replacing a furnace or air conditioner—they will remember we didn't take advantage of them. We approach it all a little differently."

That business model has served them well for a long time and Long's is proud that it has maintained relationships with so many for so long.

"A lot of people, and I hate to say it about my trade, but there's a lot of unscrupulous people and we just feel very comfortable with the work we do and the people we help," Dagenhart says. "I have been here 30 years, and offer the same kind of commitment and give the same quality of work that my grandfather had and my father had—when everything was done by handshake. You treat people the way you want to be treated."

Their experience also helps them stand out above the competition.

"A lot of work we get is by default because some of these other companies are against the wall and just don't know what to do," Wates says. "We've been doing it for so long that someone can describe their situation on the phone and we can tell them the problem."

In a trade where the average worker spends a handful of years and moves on, the sisters are proud that many of Long's workers have been there for decades.

"We treat them like family," Wates says. "We try to be tough but we realize they have families and depend on the company to keep a roof over their head and groceries on the table. Even with the recession, we didn't go through and cut everyone out. We took everything in consideration and didn't have to lay any employees off."

The sisters say they never sought out women business groups or other helping hands to guide them in running a women's-owned business, because they were never raised to feel inferior to the men plumbers.

"Our father taught us to go out, get the jobs, get to work, give it the best price for the job and provide quality service. We never thought about it as being girls playing with the boys so we never looked for the set asides or women programs, we just went head to head with guys and if we got the bid, we did the job," Dagenhart says. "We weren't treated like you need to go sit in the office because you are a girl. Our father told us to get on the truck and work. He didn't discriminate because he didn't have an option."

Not that the women don't get their share of people who are a little concerned when a woman answers the phone at the plumbing company.

"A lot of times we get phone calls and a man will call and say 'I'm having a plumbing problem, can I talk with a plumber?' and I'll be like, 'Go ahead. I'm a master plumber, I hold my license in the state of Virginia.' But they expect a man," Dagenhart says. "We have a female plumber and some of the older

women who call say, 'Do not send the lady plumber because this is men's work.' The older women have concerns that she is a lady but the younger ones think it's great."

Dagenhart is currently the president of the Plumbing & Mechanical Professionals of Virginia, whose mission is to provide networking, information, education, and training to its statewide membership as well as tracking legislation and providing a forum for problem solving. She and Wates both also teach apprenticeship training for future plumbers.

A fourth generation, Dagenhart's daughter, now works at the business doing office work, and a fifth, Dagenhart's eight-month-old grandson Ashton, comes into the shop every day, just as she did when she was a kid.

"My favorite part about being here is just the pride and knowing life is good," Dagenhart says. "I just think that a family business part of a generational thing is a commitment and it's not going to die on my watch." ■

SMILES GUARANTEED.



ELITE INVISALIGN PROVIDER



BERMAN & LEE
ORTHODONTICS

Scott Berman, D.D.S., M.S. | Edwin Lee, D.M.D.
www.bermanandlee.com

703.241.9191
311 Park Avenue
Falls Church, VA

703.481.3338
13350 Franklin Farm Rd.
Herndon, VA



Long's Corporation

11215 Lee Hwy Ste G
Fairfax Virginia 22030
Phone: 703-323-1776
Fax: 703-385-7446

www.longscorp.com

Long's Corporation-Locally Grown and "Woman Owned"

In 1936 Bing Crosby released
"Pennies From Heaven" ...
and Long's Corporation began
serving Northern Virginians with
the most effective, efficient and
complete "state of the art" services....
75 years later, that commitment
continues...

- * Repairing Kitchen Faucets
- * Sump Pump Replacements
- * Water Heaters and Water Filtration
- * New High Efficient HVAC Replacements
- * Sewer and Drainage Lines
- * Kitchen and Bath Plumbing Issues

Count on the folks at Long's to
deliver value and service with
The "Hometown Touch"



SUMMERTIME SUNSHINE UMMER SUDS

BY ALEXANDER CSAMAJ

Hot, even if it is not today, it will be in the near future, so start thinking about stocking up the fridge with tasty and refreshing beers that encompass some fundamental aspects of the season—good water, fresh fruit, and golden rays. The rays of summer sunshine fall on spectacular brews ranging from flavorful summer ales and pilsners, easy drinking IPAs, and bold sophisticated strong ales, all of which help make the long sweltering

afternoons a little more enjoyable and the evenings as chill as possible.

You don't have to get exotic when looking for a great bottle of beer that goes well with lawn work, lawn darts, or a lawn filled with good friends. Check out **Sam Adams Summer Ale** from Massachusetts. Sam Adams makes a lot of beer and some of them are great, this is one of them. It is light, flavorful, and crisp. It goes down better than water on a hot day. Always have at least a six-pack on hand, as it disappears quickly and will be enjoyed by most all beer drinkers. It is a summer classic. **(\$9.89 a 6-pack)**

For many of us, summertime is all about the session—afternoon session, camping session, tailgating session, barbecue session, etc. If you are in need of a good session beer, perhaps one you may not have tried in the past, then definitely pour yourself a bottle of **Victory's Summer Love Ale** from Pennsylvania. This is a hoppy beer crafted for summer enjoyment. Man-Oh-Man, this is a great summer beer. The hops are German and the rest of the brew is All-American Summertime Refreshment! Put the ball game on, set up the sprinkler for the kids, and find a comfortable place in the shade, it is going to be a tasty afternoon! Cheers. **(\$10.49 a 6-pack)**

Another great hoppy beverage from one of the America's most famous hop masters is **Sierra Nevada Summerfest 2011** from California. If you are looking for full flavor, smoothness, and refreshment then you just discovered it. Described by the brewer as a pilsner-style lager, this beer satisfies. It offers big aroma, a tangy hop bite and is quite refreshing—just like it says on the bottle: "Crisp". **(\$9.89 a 6-pack)**

I like beer and I like fruit but I don't like my beer to be too fruity. However, I have found some beers that do a great job of incorporating fruit and beer into a tasty summer beverage. One of my favorite summer wheat beers is **21st Amendment Hell or High Watermelon** from California. This beer is genius! Think about it, two of the most refreshing things available during the summer (beer and watermelon), in a single can. This is not an overly sweet beer and has more light wheat flavor than watermelon. Nevertheless, the watermelon is smashing. This pairing goes together almost as good as peanut butter and jelly. **(\$10.19 a 6-pack in cans only)**

The other day I was sitting with a friend and we were talking about fishing. It was hot, the sun was bright, and visions of a cool stream started to make me thirsty. I asked for a beer. I was



handed a glass and took a sip. Three sips later the glass was empty. My buddy handed me the bottle and to my surprise I had just thoroughly enjoyed a bottle of **Abita Satsuma Wit** from Louisiana. It is a "malt beverage brewed with fruit & spices", though not specifically identified, orange essence seems to be the predominate fruit. Nonetheless, the result is a smooth brew with a mild citrus taste. It is not overpowering, but rather nice and light. After checking out the bottle, I asked for another. Then I had one more. **(\$9.49 a 6-pack)**

Bell's Oberon from Michigan, described by my wife as an "easy drinking beer, easily enjoyed at summer parties, all day and into the night," is a beer with a cult following. I taste wheat; I taste citrus; and I taste hops. I wouldn't call it a hoppy beer but I would call it a summertime wheat beer worth sharing with others. It is an easy beer to find with a wide distribution, made by a producer that is well known for their well-crafted brews. **(\$10.49 a 6-pack)**

If the water is good, the beer made from it has a great shot of being worthy of quaffing. Colorado has great water and much of its beer is worthy of drinking with heart. One of my favorite "springs" is a place called Breckenridge Brewery. They make a ton of great beers and **Breckenridge SummerBright** is one of Colorado's best. It is true American white wheat ale with just a hint of citrus. Just like their website suggests, it goes great with mussels. Add a good looking view and you have yourself a lazy summer night. **(\$9.89 a 6-pack)**

One of my favorite pilsners brewed for summer is **Tröegs Sunshine Pils** from Pennsylvania. Tröegs, the home of Mad Elf (a winter classic), is also the originator of one of America's finest "European style" pilsners. The big sun on the label tells the story. It's great for warm weather when you are looking

for a glass full of character—a golden color, a bright white foamy head and a refreshingly sophisticated, mildly sweet hoppy flavor that goes great with July, August and September (if you can find it that late in the season). This beverage is worthy of a case. **(\$9.89 a 6-pack)**

All of the beers recently described have an ABV between 4.9% and 5.8%. They are not heavy duty, as you would expect from beers that are made to enjoy during the summer. However, there is a stronger side to summer beer enjoyment. If we are lucky, the summer nights will be cooler than the days. If not, hopefully your air conditioner is working. Regardless, do what you must and find a cool spot then pour yourself a glass of **La Chouffe Golden Ale** from Belgium, an unfiltered blonde beer with an ABV of 8%. Spiced with coriander which is

*good water, fresh
fruit, and golden rays
of summer sunshine fall
on spectacular brews*

accompanied by a slight hop taste, this beer refreshes, enlightens, and mellows, all at the same time. I can't say enough good things about this beer, as all my memories associated with enjoying some La Chouffe are great. I know of only one person out of a hundred who has been served this beverage by me and not fallen in love with it. Look for the white bearded gnome with the red hat. I am willing to bet after your third sip you will consider that gnome a cheery fellow, and after the bottle has been drained, the gnome will be your friend. **(11.2 oz. bottle \$6.19--750ml bottle \$12.49)**

Hopefully, some of these suggestions will help make the summer a little cooler and more memorable. ■

It is going to be a hot one, SO DRINK UP!

Classic Wines of Great Falls—a fine wine, beer and cigar shop—has been serving Great Falls, Reston, Herndon and the McLean areas since 1992. Located in the center of Great Falls, next to the fire station, the shop offers over 800 hand-selected wines, 200 imported and domestic beers, a walk-in cigar humidor and a great gourmet section specializing in cheeses, olive oils and Virginia peanuts. We are open 7 days a week and wines are available for tasting every day. If you are tired of snobbish, pretentious wine shops, then let us share with you our passion for wine in a friendly, informal atmosphere. Please visit us soon. Wine is our passion, and our customers are our friends!

VIVA TYSONS

Readers' Special from



Classic Wines of Great Falls

9912-C Georgetown Pike
Great Falls, Virginia
703.759.0430

ClassicWinesGreatFalls.com

TAKE 10% OFF

your purchase with this ad
Good through 08/31/11.
Not to be combined with any other offer.

S IN-STYLE 101: SASSY SUMMER SHOES

Heading to the beach or taking a vacation this summer? It's time to find the perfect sassy shoe! Take a peek at our favorite shoes for this season.



Christian Louboutin Sandal

\$495

barneys.com

(Photo Credit: Christian Louboutin)



H&M T-Strap Espadrille

\$49.95

HM.com

(Photo Credit: H&M)

Tory Burch Wedge

\$175

toryburch.com

(Photo Credit: Tory Burch)



Alexandre Birman Sandal

\$470

bergdorfgoodman.com

(Photo Credit: Alexandre Birman)



J.Crew Lilibeth Sandal

\$98

jcrew.com

(Photo Credit: J.Crew)

THE ARTISAN BUILDERS' COLLECTION

MODEL HOME 2011

OPEN SAT-SUN 9-12-4 PM

DECORATED AND FURNISHED

Available for viewing at Spring Hill Farm

8100 Spring Hill Farm Drive • McLean, VA 22102

Priced from the \$3 millions

CUSTOM BUILDING

FEATURED LOT:

6909 Benjamin Street • McLean, VA 22101

OR

ON YOUR OWN LOT - BUILT TO SUIT

THE LANE AT FOUR STAIRS

New designs available in Great Falls

Priced from the \$2 millions

By choosing Artisan, our clients receive
the clear advantage of selecting a
hands-on custom builder.

FOR AVAILABLE LISTINGS AND RESIDENCES PLEASE CONTACT

ARTISAN BUILDERS AT 703-883-0202 x110

syeonas@yeonas.com

OR VISIT OUR WEBSITE AT

WWW.ARTISBUILD.COM



6862 ELM STREET, SUITE 410
MCLEAN, VIRGINIA 22101

PHONE: 703-883-0202 x110

FAX: 703-883-0666

EMAIL: syeonas@yeonas.com

ARTISAN  BUILDERS^{LLC}

40 YEARS

WOLF TRAP A LOOK BACK...

BY KEITH LORIA

In 1971 when the National Symphony Orchestra and Van Cliburn took the stage at the first Filene Center performance, it brought to life Catherine Filene Shouse's vision of a place where people from all over the world could experience the magic of the performing arts in a naturally enchanting setting. Driven by her love of nature, education, and the arts, Mrs. Shouse donated the land and funds necessary to establish the nation's only National Park for the Performing Arts.

This summer we're celebrating Wolf Trap's 40th anniversary as a community that believes in the power of unique artistic initiatives and innovative education programs. Tonight, as you share in the treasured experience of a performance under the stars, know that this anniversary is as much yours as it is ours. We thank you for being a part of the magic of Wolf Trap and helping us achieve this momentous milestone.

It was back in 1966 when Catherine Filene Shouse had a dream to create a national park for the performing arts and donated 100 acres of her Vienna, Va. farmland and funds for construction of a 6,800-seat indoor/outdoor theater to the U.S. government to bring her vision to life.

Five years later, Wolf Trap's Filene Center opened and ever since has been the place to be each summer for the best in outdoor entertainment.

In 1981, Shouse further left her mark on Wolf Trap by donating the land and funds for an indoor theater constructed of two adjacent 18th century barns, each moved from upstate New York and rebuilt on their present site. The addition of this 382-seat Barns Theatre created a year-round center for the performing arts.

This season marks the 40th anniversary of Wolf Trap and to celebrate the milestone, Wolf Trap is offering up an eclectic mix of exciting shows this summer, including 99 performances at the Filene Center amphitheater, eight evenings of opera at The Barns at Wolf Trap, and 70 performances at Wolf Trap's Children's Theatre-in-the-Woods.

"What I love about Wolf Trap is the extraordinary wide variety and diversity of shows that we put on ever summer," said Terre Jones, President & CEO of Wolf Trap. "One of my goals is to make sure that Mrs. Shouse's memory live on. She was 75 years old when she started this place and it's important as we celebrate the 40th to remember her and the gift she gave us all."

During the first summer 40 years ago, the National Symphony Orchestra got things started on July 1 with the first-ever performance on the Filene stage. That season would see performances from a diverse list such as Ann Margaret, The Carpenters, the New

York City Opera and B.B. King.

"For anniversary celebrations, we do try to do something special, but I like to think of every season as special," Jones says. "We try to bring an enhanced recognition to the fact that Wolf Trap has been an integral part not only to this community but to the nation as America's only national park of performing arts."

The 2011 season follows the tradition of a diverse lineup, welcoming back old favorites, new stars and some of the top musicians in the industry today.

"Over the course of the summer, approximately a half million people will come out to take in a show at the Filene Center," said Peter Zimmerman, Wolf Trap's director of program and production. "We try to fill every single day on our calendar. It comes down to artist availability and logistics, but I think we have created a wonderful schedule."

The season started with a bang at a beautiful Sunday kick-off event on May 29 featuring the United States Marine Band playing concert band favorites, followed by the now-annual fireworks show.

"The Wolf Trap blastoff has become a tradition, held on the Sunday of Memorial Day weekend. The Marine Corps band plays a free concert and it's followed by what I believe is the best fireworks in Washington, D.C.," Jones says. "We started it in 1997 and it's a great way to call attention to the fact that Wolf Trap's season has begun. It's a very special atmosphere to be in."

A typical season at Wolf Trap includes something for everyone with performances ranging

from pop, country, folk, and blues to orchestra, dance, theater, and opera, as well as innovative performance art and multimedia presentations.

Legendary comedian Bill Cosby came back to Wolf Trap for his 14th time this year, and always has fond things to say about his time here.

"I have found it to provide a very comfortable feeling," Cosby says. "It has to do with the sound for the people and those wonderful screens, as it helps me to relax in my story telling and use the facial expressions, and I can do the kind of timing that I want."



1966

◀ Catherine Filene Shouse and Lady Bird Johnson break ground for Wolf Trap, **AMERICA'S FIRST AND ONLY NATIONAL PARK FOR THE PERFORMING ARTS.**

1968

AN OPENING CEREMONY FOR THE FILENE CENTER is held, drawing dignitaries such as Gerald and Betty Ford.

Renowned pianist Van Cliburn reviews architectural drawings of the Filene Center with Mrs. Shouse.

1971

THE FIRST SEASON OPENS at Wolf Trap with 73 performances at the Filene Center, including the National Symphony Orchestra, The Carpenters, The Stuttgart Ballet, Ann-Margret, and the United States Marine Band.

1974

The National Symphony Orchestra is one of seven **PERFORMANCES FILMED FOR THE WETA SERIES In Performance at Wolf Trap.** It is the first televised arts series to originate in the U.S.

Mrs. Shouse with good friend and then-Vice President Hubert Humphrey at a National Symphony Ball. ▶

1975

Wolf Trap hosts the 37th annual **NATIONAL FOLK FESTIVAL** in early August, advertising both "Old Timey" and "Traditional" style music. ▶



1976

Prince Philip visits Wolf Trap for the **BICENTENNIAL CELEBRATION**, featuring the Scottish Military Tattoo.

1976

BOX OFFICE OPENING DAY

1977

Accompanied by her husband, John Warner, **ELIZABETH TAYLOR** hosted and chaired her first of four galas at the Filene Center in 1977.

1980

Nearly 38,000 patrons enjoy Wolf Trap's production of *Brigadoon*, which heads to **BROADWAY** and is **NOMINATED FOR A TONY AWARD.**

1981

THE BARNS AT WOLF TRAP IS ERRECTED to foster the careers of up-and-coming artists.

THE WOLF TRAP INSTITUTE FOR EARLY LEARNING THROUGH THE ARTS is founded.

1982

On April 4, **A FIRE COMPLETELY DESTROYS THE FILENE CENTER.** Overwhelming support from local and global communities, corporations, and embassies allows the season to continue with the erection of a 6,500-seat temporary venue in the meadow.

1988

Emerging pianist/singer **HARRY CONNICK, JR.** appears at the Filene Center for the first time.

1992

Wolf Trap's award-winning *Folk Masters* series, released by Smithsonian Folkways, begins taping performances at The Barns for **NATIONWIDE PUBLIC RADIO BROADCAST** ▶

1994

Mrs. Shouse's favorite artists come together for a **free performance** at the Filene Center to **CELEBRATE HER LIFE** of 98 years and her many contributions to society.

Other returning favorites include the Beach Boys, Doobie Brothers, Chicago and Lyle Lovett.

"There are a number of acts that come often, if not every year, and we welcome them and people love to see them," Jones says. "If people want to see the Beach Boys every year and they do a good show, of course we want to bring them back. The Temptations and Four Tops are the same thing."

The Go Go's are one of the bands making their Wolf Trap debut this season and the band is excited about it.

"This will be our first time but we've heard such great things about playing here from our musician friends," says Kathy Valentine of the Go Go's. "Wolf Trap is one of those places that we

have always wanted to play and are happy we are getting the chance this summer."

Also making their Wolf Trap debut are indie-rockers Bright Eyes, as will Dawes, the Goo Goo Dolls, INXS and Miranda Cosgrove. Additional first-timers include the 5 Browns, Punch Brothers, Carolina Chocolate Drops, the Shadowboxers and the Smithereens.

"We always look for new and talented performers that will excite our audience," Zimmerman says. "We have made a concerted effort to appeal to the younger demographic."

Highlights in July include Michael McDonald (July 20), Lynyrd Skynyrd (July 27) and Marvin Hamlisch with Brian Stokes Mitchell (July 29).

"I've been very fortunate to work with some of the best singers from the stage

and this is a [night] that should be a wonderful treat for the audience," says Hamlisch, the composer of countless Broadway productions.

One legendary performer returning is Dolly Parton (July 31), who was last on the Wolf Trap stage in 1992. Alison Krauss also returns after 15 years (Aug. 7) and Patti LaBelle heads back to Wolf Trap on June 14 for the first time in a decade.

Highlights in August include INXS (Aug. 8), Paul Anka (Aug. 18) and the Doobie Brothers (Aug. 29).

"It's really hard for someone to look at our calendar and not find something that for them," Zimmerman says. "Some shows sell out long in advance, some the night of, but it's a pretty good bet for a lot of shows that you can get a ticket."

1996

TERRENCE JONES becomes Wolf Trap Foundation President and CEO.

WOLF TRAP PRESENTS ITS FIRST COMMISSION, *Big Band SUPERMEGATROID*. Since 1996 Wolf Trap has commissioned **70+ new works**, including *Monsters of Grace* (1998), a multimedia chamber opera with live music by Philip Glass and 3D animated film (pictured on left).

1997

RIVERDANCE—THE SHOW SHATTERS BOX OFFICE AND ATTENDANCE RECORDS in a two-week engagement, beginning an unprecedented 13-year run at Wolf Trap.

1998

Community members gather to kick off the season at the **FIRST SUMMER BLAST-OFF**, a free performance featuring "The President's Own" United States Marine Band and a dazzling display of fireworks.

1999

A PRAIRIE HOME COMPANION WITH GARRISON KEILLOR IS BROADCAST live on NPR from the Filene Center for the first time.

2000

Wolf Trap's original multimedia artistic adventure series, **FACE OF AMERICA, PREMIERES** at the Filene Center and features Yosemite National Park. In 2008 PBS featured selections from five *Face of America* installments in a 90-minute HD TV special, *Great Performances: Dance in America*.

2003

THE CENTER FOR EDUCATION AT WOLF TRAP OPENS, reflecting Wolf Trap's longstanding commitment to education. The new building will serve as a national arts-in-education resource center for educators, performing artists, and people of all ages.

2004

WOLF TRAP COMMISSIONS THE WORLD PREMIERE OF *VOLPONE*, its first full-length opera, which opens at The Barns.

The Wolf Trap Recordings™ release of the opera, performed by Filene Young Artists in 2007, receives a **GRAMMY NOMINATION FOR BEST OPERA RECORDING** in 2009.

2008

WOLF TRAP'S NATIONAL SUMMIT ON THE ARTS AND ENVIRONMENT is held to encourage arts action for environmental improvement nationwide. Two years later, the American Society of Civil Engineers awarded Wolf Trap the Sustainability Award for "Go Green with Wolf Trap!"

Live Music & Film events on the lawn have long been part of the Wolf Trap experience.

2009

Wolf Trap is named one of the **40 BEST PLACES TO INTERN** in the country by *Bloomberg BusinessWeek*.

In the 2000s **WOLF TRAP STARTED UTILIZING NEW TECHNOLOGY** to engage younger audiences at classical shows, such as offering program notes online via podcast and becoming the first arts organization to tweet program notes live during a symphony performance.

In 2010 for the chamber music series *Discovery Goes Digital* the audience was able to chat with the artists in real time.

2010

Funded by a 4-year grant from the U.S. Department of Education, **WOLF TRAP LAUNCHES** an innovative **EARLY CHILDHOOD STEM LEARNING THROUGH THE ARTS** initiative that integrates arts-based learning approaches with science, technology, engineering, and mathematics.

2011

The Virginia Senate and House of Delegates pass a resolution **COMMENDING THE 40 YEARS OF CULTURAL CONTRIBUTIONS** Wolf Trap has provided the community and the nation.

To find out more about Wolf Trap's arts and education programs, visit www.wolftrap.org.

For news on upcoming shows and events, visit our Facebook fan page and follow us on Twitter.



In addition to year-round performances, Wolf Trap offers a variety of education programs both locally and nationwide.

"Education had been a part of Mrs. Shouse's dream and had gone on from the very beginning, but what we did is open the Center for Education eight years ago and gave it a home and a space so people knew how important education was for the people of Wolf Trap," Jones says.

Its primary education program, the Wolf Trap Institute for Early Learning Through the Arts, places professional performing artists in preschool classrooms nationwide. In classroom residencies, these artists use drama, music, and movement to teach basic skills and encourage active participation and self-esteem in the earliest stages of learning. Wolf Trap

Institute Artists also conduct workshops and presentations throughout the country to demonstrate to teachers and parents how the arts can bring new life to learning and literature.

Wolf Trap has also gained worldwide recognition for its summer residency program for young opera singers at the Wolf Trap Opera Company.

In fact, in celebration of the 40th anniversary, 15 alumni of the Wolf Trap Opera Company have volunteered their time to come back and sing a 40th anniversary opera greatest hits on Aug. 24.

"We have made a real commitment to commissioning new works. In the 16 years I have been here, we have had 75 new pieces of work that we have commissioned for dance, opera, jazz... along with national parks work we do

in multi-media," Jones says. "I think if you look at the first 25 years, they did a lot of wonderful things, but this organization made a commitment to creating new work and contributing to the American repertoire of music, dance and opera. It really is a huge commitment and it has to be."

Wolf Trap will welcome back Emil de Cou as the National Symphony Orchestra Wolf Trap Festival conductor, taking the baton for four of nine unique performances featuring the NSO.

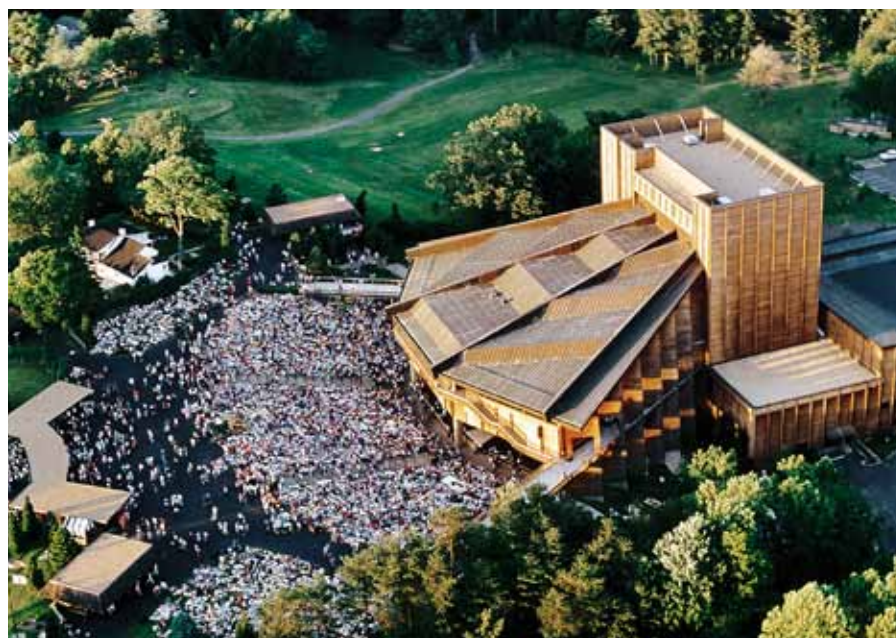
The NSO will play to the debut of Tan Dun: Martial Arts Trilogy, featuring three concertos based on the films "Crouching Tiger, Hidden Dragon", "The Banquet", and "Hero." They will also back up PLAY! A Video Game Symphony, Disney in Concert, Three Broadway Divas featuring Debbie Gravitte, Christiane Noll & Jan Horvath,



"Sweeney Todd" and provide music to the movie "Casablanca."

Spending a summer night at Wolf Trap has become a great tradition and the people behind the scenes work hard to make sure that every year is spectacular. For this season, they even installed new seats with lumbar support and have made great strides with the Go Green effort by installing improved lighting.

"We are a national park and we want to do our part in preserving the beauty of nature," Jones says. "Wolf Trap is family friendly and has something for everyone. It's this wonderful little tranquil spot in the middle of a pretty hectic Northern Virginia/Washington D.C. metro world and there's a magical feeling you get here." ■



JULY

JUNE 30-JULY 3

MAMMA MIA

2pm & 8pm • Tickets \$20-\$80

JULY 6

K.D. LANG & THE SISS BOOM BANG

The Belle Brigade

8pm • Tickets \$25-\$45

JULY 7 NSO@WOLFTRAP

TCHEERS FOR TCHAIKOVSKY!

Pietari Inkinen, Conductor

8:15pm • Tickets \$20-\$52

JULY 8 NSO@WOLFTRAP

PLAY! A VIDEO GAME SYMPHONY

Andy Brick, Conductor

Live Music & Film on Huge Screens!

8:30pm • Tickets \$20-\$52

JULY 9 NSO@WOLFTRAP

THREE BROADWAY DIVAS

Emil de Cou, Conductor

8:15pm • Tickets \$20-\$52

JULY 10

BÉLA FLECK & THE ORIGINAL FLECKTONES

The Carolina Chocolate Drops

Abigail Washburn & The Village

7pm • Tickets \$25-\$40

JULY 12

ASPEN SANTA FE BALLET

A Kay Shouse Great Performance

8:30pm • Tickets \$4-\$40

JULY 13

HUEY LEWIS & THE NEWS

Paul Thorn Band

8pm • Tickets \$25-\$42

JULY 15 - 17

FIDDLER ON THE ROOF

2pm & 8pm • Tickets \$20-\$80

JULY 19

LUCINDA WILLIAMS & AMOS LEE

8pm • Tickets \$25-\$42

JULY 20

MICHAEL MCDONALD & BOZ SCAGGS

8pm • Tickets \$25-\$42

JULY 22 NSO@WOLFTRAP

SONDHEIM: SWEENEY TODD

James Moore, Conductor

8:15pm • Tickets \$20-\$70

JULY 23

EMMYLOU HARRIS

8pm • Tickets \$25-\$42

JULY 24
GOLDEN DRAGON ACROBATS
FROM CHINA
3pm • Tickets \$15-\$38

JULY 25
MIRANDA COSGROVE
Greyson Chance
7:30pm • Tickets \$20-\$100

JULY 26
THE GOO GOO DOLLS
Michelle Branch and Parachute
7pm • Tickets \$25-\$42

JULY 27
LYNYRD SKYNYRD
8pm • Tickets \$35-\$48

JULY 28
THE 5 BROWNS NSO@WOLFTRAP
Emil de Cou, Conductor
8:15pm • Tickets \$20-\$52

JULY 29 NSO@WOLFTRAP
MARVIN HAMLISCH &
BRIAN STOKES MITCHELL
with Stephanie J. Block
8:15pm • Tickets \$20-\$52

JULY 30 NSO@WOLFTRAP
CASABLANCA
Emil de Cou, Conductor
Robert Osborne, Host
Live Music & Film on Huge Screens!
8:30pm • Tickets \$20-\$52

JULY 31
DOLLY PARTON
8pm • Tickets \$35-\$60

AUGUST

AUGUST 2
RONALD K. BROWN
Evidence, A Dance Company
8:30pm • Tickets \$4-\$40

AUGUST 3
REGGAE REVIVAL
ALI CAMPBELL'S UB40
MAXI PRIEST
JUNIOR MARVIN OF
BOB MARLEY'S WAILERS
8pm • Tickets \$25-\$42

AUGUST 4 NSO@WOLFTRAP
DISNEY IN CONCERT
Magical Music from the Movies
Steven Reineke, Conductor

Live Music & Film on Huge Screens!
8:30pm • Tickets \$20-\$52

AUGUST 5 NSO@WOLFTRAP
TAN DUN: MARTIAL ARTS TRILOGY
Tan Dun, Conductor
Live Music & Film on Huge Screens!
8:30pm • Tickets \$20-\$52

AUGUST 6 NSO@WOLFTRAP
ARLO GUTHRIE & TIME FOR THREE
Emil de Cou, Conductor
8:15pm • Tickets \$20-\$52

AUGUST 7
ALISON KRAUSS & UNION STATION
Featuring Jerry Douglas
8pm • Tickets \$30-\$48

AUGUST 8
INXS, SPECIAL GUEST: BERLIN
8pm • Tickets \$25-\$42

AUGUST 9
STEVE MILLER BAND
8pm • Tickets \$25-\$45

AUGUST 9 - 13
DINOROCK & FRIENDS AT THE
DEW DROP INN
KINDERMAN & FRIENDS
10am & 11am • Tickets \$8 day pass (both shows)

AUGUST 11-14
GUYS AND DOLLS
2pm & 8pm • Tickets \$20-\$80

AUGUST 15
GUSTER, JACK'S MANNEQUIN
Augustana
7pm • Tickets \$32-\$40

AUGUST 16
CHICAGO
8pm • Tickets \$30-\$45

AUGUST 17
CHRIS BOTTI
8pm • Tickets \$25-\$42

AUGUST 18
PAUL ANKA
8pm • Tickets \$25-\$42

AUGUST 19 & 20
GIpsy KINGS
8pm • Tickets \$25-\$42

AUGUST 21
THE BEACH BOYS
3pm • Tickets \$25-\$38

AUGUST 23
BALLET WEST
8:30pm • Tickets \$4-\$40

AUGUST 24
OPERA'S GREATEST HITS FROM WOLF TRAP
OPERA'S ALUMNI STARS
Stephen Lord, Conductor
8pm • Tickets \$20-\$75

AUGUST 25
THE TEMPTATIONS
THE FOUR TOPS
8pm • Tickets \$22-\$38

AUGUST 26
JOHN PRINE
Richard Thompson
8pm • Tickets \$25-\$42

AUGUST 27
MARY CHAPIN CARPENTER
8pm • Tickets \$20-\$42

AUGUST 28
BRUCE HORNSBY & THE NOISEMAKERS
Punch Brothers
8pm • Tickets \$20-\$42

AUGUST 29
DOOBIE BROTHERS
8pm • Tickets \$25-\$42

AUGUST 30
LYLE LOVETT
And his large band
8pm • Tickets \$20-\$42

WOLF TRAP COMPANY AT THE BARNS:

COUPLES:
FROM GETTING HITCHED TO
GETTING DITCHED
Recital with Steven Blier
July 10 • 3pm • Tickets \$30-\$45

OFFENBACH
THE TALES OF HOFFMANN
Friday & Thursday
August 5 & 11 • 8pm
August 7 • 3pm
August 13 • 7pm

VISIT WWW.WOLFTRAP.ORG FOR MORE INFORMATION AND TO PURCHASE TICKETS
PROGRAMS SUBJECT TO CHANGE

EDUCATION AT WOLF TRAP: A LOCAL STAR WITH A WORLDWIDE REACH

BY MELANIE KADLIC MEREN

While those living in Tysons and nearby communities might view Wolf Trap as the local performing arts venue, Wolf Trap's reach is much farther than its own neighborhood. As the nation's only national park for the performing arts, Wolf Trap has a responsibility to be a premier organization dedicated to learning and the arts. As a result, Wolf Trap not only offers first rate performances, but also a menu of education programs and experiences to help individuals, educators, families and children incorporate the arts into learning and life.

As the Wolf Trap Foundation celebrates its 40th anniversary, the Center for

Education at Wolf Trap also celebrates decades of success. With education as a core part of Wolf Trap's mission from the start, the Opera Company formally offered the first education programs via professional development for participants. Then, in 1981, the Foundation received a grant through the federal Head Start program to support teachers' professional development and young children's learning. The grant led to the creation of the Institute for Early Learning Through the Arts, which now celebrates its 30th anniversary.

The Institute supports learning in early childhood nationwide through classroom residencies that bring teaching artists on-site to work in partnership with early childhood

professionals. Teaching artists spend eight weeks with educators, providing coaching and modeling on how to use the arts to enliven learning, foster problem solving and critical thinking skills, introduce math and science concepts, and explore individual creativity for the youngest learners, among other techniques.

In addition to the site-based residencies, the Institute also provides professional development workshops, family workshops, field trip performances and instructional materials. While Wolf Trap is nestled in the woods in Vienna, Wolf Trap Institute services visit thousands of classrooms annually in America, and have been as far away as Jamaica, Greece and Brazil, to name a few.

Wolf Trap's education offerings continue after early childhood to satisfy adult learners. Private lessons in piano and voice, and group guitar and African drumming classes provide targeted instruction. Wolf Trap's Internship Program is nationally acclaimed and draws students nationwide to receive training and experiences in the areas of arts management, business administration, communications and marketing, education, and technical teacher. Year-round master classes provide community members with behind-the-curtain views of Wolf Trap coupled with interactions from internationally celebrated performers.

The success of education programming at Wolf Trap is attributed



to the Foundation's constant focus on its mission, which is to present and create excellent and innovative performing arts programs for the enrichment, education and enjoyment of diverse audiences and participants. In a time of budget cuts, multi-tasking and technology overload, Miriam ("Mimi") Flaherty Willis, Senior Director of Education at Wolf Trap, says Wolf Trap's success "goes back to being mission driven. We listen to our partners and offer what they need. There's a depth of work here built on years of planning to provide developmentally appropriate learning opportunities." Perhaps this is why Wolf Trap education programs now include a focus on science, technology, engineering and math (STEM)—a high priority focus in education policy and schools nationwide. Bridging the national and local personas, Wolf Trap was awarded a grant in 2009 to work with Fairfax County Public Schools to empower educators to support children's innate imagination, curiosity and creativity by using the performing arts as a catalyst

for scientific discovery.

For those in the Tysons area looking for nearby artistic fun this summer, Wolf Trap has lots to offer. From youth to adult, for basic arts exposure to deep learning, Wolf Trap has a selection of unique and inexpensive ways to experience the arts, including:

- Children's Theatre-in-the-Woods, where \$8 per person over age three buys two back-to-back 45-minute performances, a hands-on workshop with performers after the first show, and a guided nature tour after the second show
- Master classes on select Tuesday mornings where for \$15 as a participant or \$7 as an observer, you get a behind-the-scenes experience of a professional dance company
- Four dollar lawn tickets for all dance performances this summer at the Filene Center outdoor theater

The arts really do come out to play at Wolf Trap. Be sure to make time this summer and year round at this national gem located in Tyson's backyard. For more information about these and other Wolf Trap offerings, visit www.WolfTrap.org.

Melanie Kadlic Meren is author of *So Very Vienna* (<http://SoVeryVienna.com>), a blog about life in Vienna. With child in tow, she explores the nooks and crannies of this community next to the nation's capital. ■

Photo Credit: Scott Suchman



JAZZ UP YOUR FLOORS & CEILINGS

BY DENISE WILLARD

Two areas that are often overlooked by homeowners when designing a room are floors and ceilings.

I love to do ceiling treatments, even if it is as subtle as a light paint color that coordinates with the wall treatment. And most recently, I have fallen in love with painted floors. Wait till you see them!



Check out this wallpapered ceiling! It really plays up the living room and adds a visual focal point that is totally unexpected--the ceiling!

Photo Credit: Elizabeth Gordon

While painting ceilings a solid color is more dramatic than the usual white, I find that stencils, wallpaper and custom faux finishes are the treatments that really wow people. Wallpaper has made a comeback in general in home

interiors, but never has it been more popular than using it on the ceiling. In fact, if you visited the DC Design House (www.dcdesignhouse.com) in April-May of this year, Nancy Colbert used a paper on the ceiling in the library. The paper she used looked like a faux finish, but it was actually a stunning wallpaper.

Faux finishes are also gaining interest again by homeowners, especially in smaller spaces like powder rooms and accent walls. I used this approach in the design of my DC Design House powder room where the plum-toned Venetian Plaster faux wall treatment (courtesy of Beth Goldsmith Creative Works) was repeated on the ceiling to add much-needed drama and visual contrast. The results were amazing.

Like ceilings, floors are also being dressed these days with all kinds of custom designs and painted finishes. If you haven't seen these decorative floors, you are in for a real treat as they are A-M-A-Z-I-N-G and quite exquisite. They offer a truly unique way for designers and homeowners alike to personalize a room's design.

TIPS FOR PAINTING YOUR FLOORS

After reading about the horror stories of others who have attempted to paint their floors, here are a few tips you should follow when you embark on your own DIY floor painting project:

1. Talk with your preferred paint vendor first to ensure that you get the right solution for your flooring project.
2. Vacuum and wipe down the floor

thoroughly to remove all dust and dirt.

3. If painting a dark color, consider using a primer tinted in the color of the paint you will be using.

4. Use polyurethane-based porch and floor enamel.



A painted floor with a decorative stencil on top

Photo Credit: Julie Brown

5. After cutting the edges with a brush, roll on a thin coat with a 1/4 inch roller.

6. Keep the heat on (@ 70 F) to insure quick drying. Not allowing the paint to dry adequately between coats will result in bubbling, cracking and/or peeling.

7. Roll at least two more thin layers and allow several days between coats.

8. If you are concerned about wear and tear, apply three coats of water-based polyurethane to your floor after all coats of paint have completely dried. Other quick dry



This wallpaper in this bathroom heightens this small space and brings it to life. This is genius!

Photo Credit: Elizabeth Gordon

polyurethanes will darken your floor's color. Water-based polyurethanes look like skim milk going on but dry crystal clear. Sanding before and between

coats will allow the polyurethane to adhere. Again, check with your paint vendor to get advice on this step before going forward.

9. Keep the windows open while painting and don't plan to stay in the house (bad fumes).

There you have it – the latest and greatest trend for decorating floors and ceilings. Many of my clients shudder when I suggest using simple paint on their ceilings, so my hope in sharing this trend with you is that I have opened your eyes to how amazing floors and ceilings can be when you do something uniquely creative with them. I hope I have sparked your interest and inspired you to make your own unique mark on your next interior design project.

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 is over. ■



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.



IT'S LIKE A 5 STAR, VACATION-STYLE CLEAN, *minus the uncomfortable tip.*

Take some time away from cleaning, and call on The Maids.

SAVE \$50

Save \$30 on your first clean
and \$20 on your fourth clean.

Call now to receive your free, no-obligation estimate

703-691-7999

MENTION OFFER VIVA2011



www.MAIDS.com



Referred for a reason.

New customers only. Not valid with other offers. Not valid with move-in/move-out cleans.

HOW TO USE SOCIAL MEDIA TO SELL YOUR HOME!

BY CASEY MARGENAU



Today, almost everyone is on Facebook and Twitter, and now social media is here to help you sell your home. Most people understand that over 90% of the buyers today find their next home on the web. And why not? As a buyer you can look at pictures and virtual tours. If you have a savvy agent you might even have a YouTube video for your property, and if your agent's not doing this, it time for a new one. Everyone knows that Google is the #1 search engine, but most do not know that YouTube is #2, bigger then Yahoo and Bing.

Today, 90% of new search engines include video and people want video. If you think about it, it makes sense, if a picture says a 1,000 words then a video with audio says a million. We have been using video to sell homes for over four years now and believe me, it is the most effective marketing tool I've seen in my twenty- two years as a top selling real estate agent. You can showcase and discuss the neighborhood, the area, the schools and talk about every feature of the home, not just the bedrooms and baths. Buyers love it! They can walk through the entire house, and never leave the comfort of their own home. In today's net-savvy world, buyers see lots of information. When they find a home that peaks their interest, they start searching for more information and pictures. They can even compare them with other homes that are on

the market or that have sold. Many agents put homes in MLS and trust that the web crawlers will take the information and populate it to other websites. While this does happen, it is not good enough. Many of the sites only pull off 3 pictures. If that is all there is most homebuyers will just pass it by. First, because there are a lot more interesting pictures to look at and second, because there is not enough information to hold their interest long enough to find out if it matches their needs. Today you need 20 plus pictures, video and a virtual tour. Also, you have to be on the 4 big real estate websites: Realtor.com, Homes.com, Trulia and Zillow. But that does not mean you forget about the other sites. Right now we put our listings on 63 different websites, but on the big four we pay them to have higher placement and enhance our homes.

Now, when you add social media to the mix, and you use it right as an effective tool, it lets more people know your home is for sale and why they should consider it. However, let's face it, none of these tools work in isolation. I do not care how good your video is or how well your web marketing is—until the buyer makes the effort and visits the home, it is just advertising, a marketing pitch. Therefore, while it helps the decision-making when some of these visits can take place virtually, it does not take the place of personal interaction. As

we know from our own experience, talking to machines or sending e-mails when we want help, can be an effective first step, but when it gets complicated or serious we want to talk to someone that will give us answers and will help with the process. Also, as in any business transaction, follow up is key to closing the deal. YouTube is not in the business of following up.

Ok, back to the really good stuff. Facebook and Twitter allow you to get the word out and to share your marketing efforts with friends and their friends as well. Your YouTube videos should be sent to all your friends via Facebook, Twitter, Plaxo, LinkedIn or whatever your social media preference. Then ask whatever your friends to rate it, like it or just make a comment. When people comment, it will show your information on their page and, in many cases, can go viral. I had a call once from someone moving from Kentucky. They had received one of my YouTube videos from a friend of a friend who knew they were moving to Washington, D.C. When we met she had told me they watched the video 15 times before making the appointment. By the time she saw the house in person, she was already in love, knew everything about the home, and bought it on the spot.

Now, there are other ways to use Facebook to showcase your home. For example, agents use Facebook

A Powerful Combination Working for You

Morgan Stanley Smith Barney combines two of the most powerful names in wealth management to bring you global investment research and smart financial strategies that deliver thorough advice and a plan to help you preserve and grow your wealth.

Please call us at our new office. Let us introduce you to the powerful combination you have working for you.



The Davis Group at Morgan Stanley Smith Barney

Jeffrey R. Davis

Senior Vice President
Financial Advisor

Natalie F. Davis

Senior Vice President
Financial Advisor

1650 Tysons Boulevard, Suite 1000
McLean, VA 22102
703-556-8105 • 703-556-8104
natalie.davis@mssb.com
jeffrey.r.davis@mssb.com
www.fa.smithbarney.com/davisgroup

**Morgan Stanley
Smith Barney**

A Morgan Stanley Company

© 2011 Morgan Stanley Smith Barney LLC. Member SIPC.

NY CS 6248582 BC003 04/10 GP10-00387P-N02/10

advertisements as a good way to publicize their listings. You can utilize the data people provide while signing up for their accounts. When you run ads you are given the option to target market people in certain areas, age brackets or educations. One of the best tools is monitoring conversations on Twitter and Facebook. Lets say someone says to their friends in a post that they are moving to northern Virginia. You can join the conversation and offer them assistance or local advice. If you are knowledgeable and helpful, when you find out what and where they want to live, marketing your listings will come naturally. All in all social media is like going to a cocktail party and talking about real estate. If someone is in the market they will listen when the advice is sound. ■



Is this how you shop for printing?

A priceless asset like your brand identity belongs in the hands of a pro – not a shopping cart. For your valuable print communications, a “super” store might not be so, well, super. Choose a source you can trust.

Call the experts at
Allegra today.



For a free marketing or print consultation, contact:

Allegra of Tysons Corner
1577 Spring Hill Road, First Floor
Vienna, Virginia 22182
703.556.0155 • info@printallegra.net

QUALITY FULL-COLOR PRINTING | MARKETING PLANNING | LIST SOURCING & MANAGEMENT
GRAPHIC DESIGN | MAILING SERVICES | SIGNS & BANNERS | PROMOTIONAL PRODUCTS
DIRECT MAIL | NEWSLETTERS | DIGITAL COLOR PRINTING | EMAIL MARKETING | ONLINE ORDERING

[Article submitted by Mark Keam exclusively to VivaTysons Magazine]

HOW WILL STATE REDISTRICTING AFFECT THE TYSONS CORNER AREA?

BY DELEGATE MARK KEAM

Readers may have heard that the Virginia General Assembly recently convened a special session to redraw political district boundaries as part of "redistricting" that Virginia and all states must undertake every ten years.

While the redistricting process for Virginia is not yet fully completed, the state legislature has adopted a plan that will guide the upcoming November elections for all 100 seats in the House of Delegates and the 40 seats in the State Senate.

This article will provide a brief overview of redistricting generally, the current status of redistricting for state districts in Virginia, and the changes that residents living in and around Tyson's Corner will see in this year's House of Delegates elections.

What is Redistricting?

Article 1, Section 2 of the United States Constitution requires all legislative bodies to ensure that their elected members maintain equal representation for equal numbers of people. This principle of "one person, one vote" is the main policy goal behind redistricting.

This purpose makes sense. Suppose that an elected official represents 50,000 people in her district but her colleague in the next district represents 100,000 people. If both of these officials serve in the same legislative body, then they cannot possibly

provide equal representation for an equal number of people, since one official represents twice as many people as the other.

Ideally, every district in a state should each have an identical number of residents, in order to ensure equality. But because people constantly move, are born, and pass away, it is impossible to maintain the same number per district throughout the year.

That is why the Constitution also includes a requirement that we count every person in America every ten years. The census results are then used to reapportion the districts in an attempt to achieve – at least once every ten years – the goal of one person, one vote.

The decennial census has been conducted in every year ending in a "0" since 1790, with the most recent one conducted last year. The U.S. Department of Commerce oversees this massive headcount then makes the data publicly available to be used by anyone for various policy, academic and commercial purposes.

Redistricting in Virginia

Article II, Section 6 of the Virginia Constitution reads: "Every electoral district shall be composed of contiguous and compact territory and shall be so constituted as to give, as nearly as is practicable, representation in proportion to the population of the district. The General Assembly shall

reapportion the Commonwealth into electoral districts..."

Because Virginia holds state legislative elections in odd years, we were the first state in the nation to receive the 2010 census data from the Commerce Department, broken down to neighborhood level granular statistics.

When the legislature received the census data in March, we learned that Virginia now has a total of 8,001,024 people. Since there are 100 House of Delegates, 40 Senate, and 11 U.S. House of Representatives districts in Virginia, the ideal population should be 80,010 people for each State House district, 200,026 for State Senate, and 727,365 for Congress.

In April, the General Assembly convened a special session to apply these statistics and various legal criteria to redraw all of the state districts. After 10 days of consideration, House Bill 5005 was adopted on a bipartisan vote, and Governor Bob McDonnell signed it into law on April 29.

On May 10, this bill was sent to the U.S. Department of Justice to be reviewed under the Voting Rights Act of 1965. Virginia is one of 16 states that are still covered by this civil rights legislation, which means that the federal government must "pre-clear" any changes to Virginia's voting laws.

Because of past history of discrimination against certain minorities, Virginia must ensure that our laws will "not have the purpose and

CALL THE BELT TEAM at (703) 242-3975



Old Fashioned Values + 21st Century Strategies Equal a Real Estate Success Story for YOU!

WE'VE GOT YOUR BACK!

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 & commitment to our clients is unparalleled. It's what you need in TODAY'S market. And it's why more Buyers & Sellers chose The Belt Team in 2010 than almost ANY other Realtor. We are happy & proud to be able to work together to combine business & family values and *it would be a pleasure for OUR family to help YOUR family make a successful move!"*



Vienna - \$1,299,987



Fairfax - \$875,000



Oakton - \$1,139,847



Vienna - \$537,000



Vienna - \$1,329,900




Vienna - \$698,986

BELT—Bringing Expertise, Loyalty & Trust to Real Estate!



Named a Top 100 Residential Real Estate Team in U.S.

(by Wall Street Journal out of more than 1.1 million Realtors in the U.S.!) 

www.TheBeltTeam.com

Viva

will not have the effect of denying or abridging the right to vote on account of race or color." This means that we cannot reduce the number of districts where African American voters will lose their ability to elect a candidate of their choice.

The Department of Justice has up to 60 days to make its determination, so we will know by July 10 whether or not Virginia can proceed with November elections based on the new lines drawn under House Bill 5005.

While we are almost finished with state redistricting, the General Assembly is at an impasse with the federal plan. House Bill 5004 redraws the boundaries for all 11 Congressional seats. As of June 9 when the special session last met in Richmond, the Republican-led House of Delegates and Democratic-led State Senate could not agree on one set of maps.

Since the next federal election is in November 2012, the General Assembly has until the end of 2011 to complete the Congressional redistricting. But to prevent any further uncertainty, select group of House and Senate conferees

were assigned to negotiate a compromise federal proposal over the coming weeks. The General Assembly will most likely return to Richmond to complete this task during the summer.

What this means for Tysons Corner

None of the redistricting changes adopted by the General Assembly will go into effect until after the next elections, which means that your current state delegate and senator will continue to represent you until January 2012 and your congressman will continue to represent you until January 2013.

However, the elections to be held on November 8 of this year will decide the delegate and senator who will represent the newly drawn districts.

If you live in the following precincts in and around Tysons Corner, here are some of the changes that will affect you in the House of Delegates. Listed next to the name of each precinct where you vote is the change among current delegates, party affiliations and district numbers:

Chesterbrook Precinct:

Barbara Comstock (R-34) to Bob Brink (D-48)

El Nido Precinct: Barbara Comstock (R-34) to Bob Brink (D-48)

Haycock Precinct: Jim Scott (D-53) to Bob Brink (D-48)

Kirby Precinct: Jim Scott (D-53) to Bob Brink (D-48)

Longfellow Precinct: Jim Scott (D-53) to Bob Brink (D-48)

Magarity Precinct: Barbara Comstock (R-34) to Mark Keam (D-35)

McLean Precinct: Jim Scott (D-53) to Bob Brink (D-48)

Stenwood Precinct: Jim Scott (D-53) to Mark Keam (D-35)

Thoreau Precinct: Jim Scott (D-53) to Mark Keam (D-35)

Tysons Precinct: Barbara Comstock (R-34) to Mark Keam (D-35)

Westbriar Precinct: Mark Keam (D-35) to Barbara Comstock (R-34)

Westmoreland Precinct: Jim Scott (D-53) to Bob Brink (D-48)

Wolfrap Precinct: Mark Keam (D-35) to Barbara Comstock (R-34)

If you do not see your precinct listed here, it means that you were not affected by redistricting and the same delegate you currently have will continue to represent you, assuming that your delegate is successfully reelected in November.

To learn about changes in the State Senate or to view the maps of your old and new districts, please visit the General Assembly's website at <http://legis.state.va.us/> or the Virginia Public Access Project's website at <http://www.vpap.org>.

Delegate Mark Keam represents Virginia's 35th House district, located in Fairfax County. The District includes Tysons Corner, McLean, Dunn Loring, Town of Vienna, Oakton and Fairfax. Currently serving his first term in office, Keam sits on the House Finance and House Militia, Police and Public Safety committees.
www.DelegateKearm.org • (703) 350-3911

We've made up our minds.
WE WANT YOU.

We keep looking but we don't see your name. A subscription guarantees you get your copy of our community magazine and every issue delivered to your mailbox.



**BEST
VALUE**

■ **\$20 for 2 YEARS**
(12 ISSUES) Save \$27.40

■ **\$12 for 1 YEAR**
(6 ISSUES) Save \$11.70

Subscribe Online Today!
www.vivatyson.com

EXPERIENCETYSONS

WITH YOUR REALTORS &
COMMUNITY CONCIERGE TEAM
....FOR LIFE!



JOAN STANSFIELD

ePro, GREEN, SFR

703.919.7761

JEstansfield@gmail.com

Follow us on Twitter! Find us on Facebook & YouTube!



6820 Elm St, McLean, VA



MY FEATURED LISTINGS

JUST LISTED!



North Arlington - \$629,000

JUST REDUCED!



Vienna - \$939,900

SOLD IN LESS THAN 30 DAYS!



Vienna - \$849,000

COMING SOON!



Arlington (Glen Carlyn)

Want a sold sign in front of your home?

Call me at **703.919.7761**

I have qualified clients ready to buy!

ELEVATE-REALESTATE.COM

Each office is independently Owned and Operated.

RESIDENTIAL

HOME MANAGEMENT SERVICES

for the Absentee, Investor or Busy Homeowner

We provide personalized management services

- Extensive Marketing for Procurement of Tenants
- Scheduling all aspects of needed Repairs or Maintenance
- Collection of Rents
- Online Financial Statements

For more information on any of these services or to schedule a home management consultation, please contact Katja Hom at khom@averyhess.com or 703-448-0485 ext. 113



WWW.AVERYHESS.COM



It's a great time to invest in real estate.

Homes cost less, but rental prices are up and still rising...

Savings and CD interest rates are the lowest in years, and the stock market is in an iffy position. It could even suffer a second dip.

So where can you invest your money and get a decent return? Consider buying a home and renting it out. In the United States, the average rent is at its highest level in history and going up every year.

Writing in Kiplinger Personal Finance, one veteran developer and house-rehabber says now is the time to strike. You could buy a \$120,000 house in the city for \$42,000. Add \$10,000 for repairs and renovations and, depending on the property, you can rent it out for up to \$1,000 a month.

Some of the rehab costs could be saved if you can patch a few cracks in the walls and do some of the cleaning and yard work yourself.

A rental property offers a big opportunity for people with some time to spend on it, such as a retiree, a teacher who has the summer off, or a man or woman who works part time.

Of course, the rehab only takes place for a month or two. Many people with full-time jobs are willing to spend weekends and some evenings on it in order to increase their monthly income after it's rented.

One man with good credit was able to finance the purchase price of a home and improvements at 7.75 percent interest. On that particular house, with little money of his own invested, and after paying for the financing and expenses, he makes a profit of \$430 a month.

Because he owns eight other financed properties with various levels of profit, he makes a very nice living.

While being a landlord is not as easy as signing on the dotted line, for many people it is a great opportunity to increase their net worth and their monthly income.

These refrigerators give the kitchen a trim look...

Maybe there's not a great deal of room in your kitchen and you could use an extra 8 or 9 inches of space between the fridge and the kitchen table. Or maybe your kitchen is large, but it bothers you to have the refrigerator reaching out from the counters and dominating the view?

When shoppers are choosing a new unit, they may not be aware that counter-depth refrigerators are available at appliance stores and department stores. Best Buy and Lowes, for example, have some in their stores. Online, they show a large selection, including French door styles, side-by-sides, and units with the freezer at the top or at the bottom.

They come in white and black as well as stainless steel. Depth, without the door handle, is from 23 1/2 to 29 1/2 inches. The height of various units is from 63 inches to 86 inches. The GE Profile and others can be ordered with custom doors that will match your kitchen cabinets. They are available for 23 and 25 cubic foot sizes. The panels can be made acrylic, wood or almost any material you want. They slide easily into place. Though customized counter-depth refrigerators cost less than built-ins, they cost somewhat more than a conventional fridge.

Choosing a wall color

Candice Olson, host of HGTV design show *Candice Tells All*, says when designing a room, she first furnishes it and hangs the art work.

When choosing a paint color, she takes into account the fabrics, artwork, rug colors and other elements that will be in the space. She says color has to have context, but she's careful not to make walls too bright. For a room with neutral furniture, she says trendy wall colors are violet and wisteria, a pale tint of violet.

Houses are more affordable now, than in the last 35 years...

Statistically speaking, this is the best time to buy a home since your parents took the plunge 35 years ago, according to the housing affordability index. But maybe you're tired of hearing about statistical matters and just want to know how this affects your pocketbook.

If your parents bought a home in 1963, it probably cost them 43 percent of your dad's income to finance it. If they were buying that same home right now, it would take only about 22 percent of their monthly income to finance it.

The National Association of Realtors today recommends an average of 25 percent of an individual or family pretax income. That means no more than 25 percent can be spent on mortgage payments, taxes, insurance and utilities. Because the affordability index is now 22 percent, a home buyer would be in a better position than the association recommends.

Still, people who need a home may be confused about whether this is a good time to buy. They wonder if it will cost even less to buy a home in the future. That isn't likely to happen, because interest rates and inflation have a big impact on the true cost of buying a home. And both are going up.

The chief economist at Moody's Analytics says, "Based on incomes, this is as affordable as it gets. If you can get a loan, these are pretty good times to buy."

For renters, that is especially true. Those who are renting a nice apartment or home for \$1,000 a month, for example, will typically experience a 3 percent rise in their rent per year. At that rate, over the next 10 years, they would pay a total of \$137,567 in rents.

Simply Your Best Move!

For The Gresh Group a "Client-First Philosophy" Involves:

- Highest Levels of Integrity and Professionalism
- Accessible and Responsive to your Concerns
- Community and Market Knowledge
- Cutting Edge Technology and Marketing Savvy
- Hi-Quality Professional Network of Service Providers

Call The Gresh Group today to schedule a complimentary review of your real estate needs. Whether you have a \$200K condo or a multi-million dollar property, we have you covered.



Keller Williams Realty, Inc.
6820 Elm Street, Suite 100
McLean, VA 22101

The Gresh Group

LICENSED IN DC, MD, VA

703.636.3588

www.SimplyYourBestMove.com

The Gresh Group Presents



Oak Hill

\$1,039,000



McLean

\$2,395,000



Vienna

\$1,348,000



McLean

\$817,000



Vienna

\$565,000



McLean

\$1,175,000

BOOK BEAT

One More Page

BOOKS, WINE, AND CHOCOLATE, OH MY!

BY LISA LEIBOW

Borders Books Tysons' closing got you down? Well Viva Tysons is all about going local and we have a new indie bookstore in the neighborhood. If you love books and haven't checked out One More Page on Westmoreland Street in Falls Church around the corner from the State Theater you really should!

I recently visited with Owner Eileen McGervey, who told me about the grand opening!

"When we did our grand opening, the first night was a galley giveaway and wine tasting. It really kicked it off. People were just like 'Wahoo!' What was really funny was my wine guy was surprised. When people came in they were so excited about the galleys that nobody went to the wine table. I told him, 'These are book people!' But after people went through the galleys, they went over and tasted some wine. Then the next day we had a local author. Then that Saturday, we had four local children's authors doing a book signing. They were here for a few hours.

That was just fantastic. We ended the weekend with a chocolate and wine tasting, which went really well."

Readers shouldn't be surprised to hear how happy I am to find a great place in the neighborhood where I can mingle three of my passions: books, wine, and oh yes... chocolate!

McGervey seems to feel the same way. "That's the thing – to give people multiple reasons to come into the store. It's a bookstore, but we sell other things and sometimes people just run in and grab a bottle of wine or some chocolates for a gift. We try to have some interesting chocolates that you wouldn't come across at another store – the same thing with the wine."

I really enjoyed visiting and shopping! I came home with a work of nonfiction that caught my eye, **FOR ALL THE TEA IN CHINA: How England Stole the World's Favorite Drink and Changed History** by Sarah Rose. Eileen also gave me an advance readers edition (galley) of **DEVIL'S PLAYTHING** by Matt Richtel.

One More Page has a book club that meets the first Tuesday night of every month and also has many author events lined up in the near future. According to McGervey, "We're lucky that we're located in a place where there are so many great authors right here."

She has plans for more events. So check www.OneMorePageBooks.com or join their twitter @justonemorepage for updates to the store's calendar. Eileen told me, "The first couple of

readings we've had have been children's authors, but there are other authors who will come do readings and book discussions. People really enjoy that. I was surprised with our first book club. We didn't really give people a whole lot of time to buy and read the book, and eight people came! Considering they only had two weeks to know about it, to get the book, and to read it, it was a great discussion. I was pleasantly surprised about that. True, it's about books. But it's also something to stimulate discussion – what they want to talk about – a community. ...We're a neighborhood bookstore. A lot of people who come here walk here. That's what I want."

They are off to a great start! The shop is cozy, vibrant, and filled with friends, books, wine, and chocolate! What more could I want? I'll become a regular at One More Page Books and I hope you'll check it out too. ■



Lisa Lipkind Leibow is an author of smart women's fiction. Her novel *Double Out and Back* (Red Rose Publishing) takes the reader on the roller-coaster ride of infertility treatments as seen through the eyes of three women. Originally working as a lawyer, Lisa decided to trade the billable hour lifestyle for fiction writing. Winner of Pitchapalooza D.C. and an

Honorable Mention in John Gardiner Award for Best Character Description, Lisa's work has also appeared or is forthcoming in *Folly*, *Pisgah Review*, *Sanskrit Literary Arts Magazine*, and *Diverse Voices Quarterly*. Lisa is currently studying for her Masters in Creative Writing at Johns Hopkins University. She lives and writes in Vienna with her husband, three sons, two clumber spaniels, and two red-eared sliders. You can learn more about Lisa and her writing at www.LLLeibow.com

Coming soon in VivaTyson's Book Beat: Lisa wants to hear from you. Write to Lisa@LLLeibow.com and tell her what your local book club is reading. Where and how often do you meet? And anything else you'd like to share about your group.

Breakfast:

Mon-Fri

6:30 am-10:30 am

Sat-Sun

7:00 am-10:30 am

Lunch:

Mon-Fri

11:30 am- 2:30 pm

Dinner:

Mon-Thurs

5:30 pm-10:00 pm

Fri-Sat

5:30pm-10:30pm

Sunday Brunch:

11:30 am- 2:30 pm

**CLOSED FOR
DINNER ON
SUNDAYS**



breakfast | lunch
dinner | brunch
wine bar



Conveniently located at the
Ritz-Carlton, Tysons Corner,
adjacent to Tysons Galleria

State of the Art open kitchen
Contemporary French-American
a la carte dining

Private dining room with an elegant, modern
yet intimate room with space to
accommodate up to 18 guests

One-of-a-kind Onyx Table made of
illuminated golden onyx provides seating for
up to 12 guests in the main dining room

At the Ritz-Carlton, Tysons Corner 1700 Tysons Blvd, Mclean, VA 22102
P 703.744.3999 F 703.744.3998 www.michelrichardva.com



DON'T RAIN ON MY PARADE

BY RICK MUNDY

The green flag drops and the cars roar off the starting line at Daytona. The huge crowd cheers and everything is off to a great start for the day. Or is it? In an office at the speedway, one person is not watching the race but a computer monitor carefully evaluating an electrical storm that is traveling just south of Daytona. To continue the race in the middle of lightning would be totally reckless. To clear the track and the stands would ruin everyone's day. Minutes later the technician has collected enough tracking information and a decision is made. The storm is headed out to sea and the race proceeds as scheduled.

In fact one of the most important common weather occurrences is lightning. A person is more likely to get seriously injured or killed from lightning than most other types of weather. The knowledge of where a storm is and where the lightning is hitting is extremely valuable as described above.

One man in Vienna has been obsessed with keeping people from harm's way his entire life. For as far back as Dan Gropper can remember he wanted to be a "fire guy." Although

being a fireman is a passing fancy for many youngsters, Dan never stopped wanting to save people. So he learned first aid, then lifeguarding and eventually joined the volunteer fire department. He had grown up in Oceanside, NY, where he also developed a fascination with the weather, so critical to the boaters and fishermen in the area. It turns out he also had a fond interest in electronics and amateur radio. Combine all of those different loves, and that's where Dan is today.

His interest in the weather led to working closely with the National Weather Service (NWS). As he spent time in the forecast office in the late 80's it became obvious to him that warnings and alerts needed to get out faster and more efficiently.

Dan's company, Thunder Eagle, has created interfaces with two-way radios, public address systems, signboards, email and other means of communication to report local weather warnings and alerts. They also provide local, onsite weather stations for industry, state and local governments, schools, and others whose operations can be heavily affected by weather conditions.

The Thunder Eagle mission closely parallels that of the NWS, which in part is to save lives and property through the dissemination of weather alerts. Dan's mission is to get weather information to people so they can make good decisions in the face of severe weather conditions. Is it working? The evidence says "yes."



This spring 250 lives were saved when, using Thunder Eagle's alerting system, a factory building was evacuated less than five minutes before a tornado ripped the roof off the building. Their equipment was also in operation in 1997 in Indianapolis when, interfacing with the city's two-way radio system, 5000 people were evacuated right

before a tornado ripped up IU stadium. In fact, Dan likes to brag, the Thunder Eagle system is so good that the NWS uses it to monitor and troubleshoot THEIR alerting systems.

What is Dan's favorite weather? He wouldn't be pinned down but claims that he loves the "awe of weather" in all forms. His comments on the company? "I didn't plan it - I had a bunch of things that I liked and ended up putting them all together. It's a public service (all of their weather data is accessible by anyone) project that got out of hand."

Predictably, when asked about the future, he simply states that he will take advantage of the products that have not been invented yet in the technology of communications, providing data to create the best warning system that can save people's lives.

Looks like he's keeping up so far. As our meeting ended he pulled out his iPhone, accessed his website and in real-time, 1500 miles away in Florida, we watched 22 lightning strikes per minute just 20 miles from sunny Daytona. If they had been racing, the technicians would have been nervous but able to make the right decision in the end. ■

Another of Dan Gropper's tasks while working with the National Weather Service several years ago was to recruit volunteers to help the service confirm what they were seeing on the new Doppler radar. Dan himself was a volunteer and continues his daily weather observations and reporting to the NWS to this day. If he goes away on vacation he finds a substitute to record the data. Typically it is not hazardous duty but he did have a bad day one winter: sliding down the driveway on a 1/2 inch of ice (he measured it), legs in the air.

IT'S TIME TO RELAX, WE CAN MANAGE



POA Management Associates offers full service management for Northern Virginia Townhouse and Single-Family Homeowners Associations. We personalize services tailored to your community's needs and budget and cover all aspects of Community Association Management, Accounting and Architectural Functions.

Contact Terri Hillaert

(703) 938-8761

poa-management@cox.net

www.poa-management.com

Other Services Available Include:

- Financial Only Services
- Reserve Studies
- Resale Disclosure Packages
- Organization of Historical Records
- Web-site Maintenance

POA Management Associates
Serving Northern Virginia Homeowners Associations since 1985

We work with with professionals and families alike, providing a level of service and personal attention unmatched by "Big Box" operations. Through our long history and stellar reputation with the best mills in America, we're able to match or beat any price.

PLEASE INQUIRE AND WE'LL BE HAPPY TO ASSIST YOU.

AT CLAWES CARPETS, YOU'RE FAMILY!

CLAWES CARPETS INC.

127 Maple Ave. West • Vienna VA 22180

Phone Number: 703-255-7266

Fax Number: 703-255-7288



At Viva Tysons we devote all of our time and energies to helping the residents and businesses of the area discover everything that the Tysons area offers. We recognize that a world exists beyond Tysons however, so we did a little exploring to find some destinations that our readers would enjoy that are a short distance away. After all, we don't want you to be gone for too long. These getaways are familiar to many so we tried to find the truly unique attractions at each that will make them special for everyone.

NATIONAL HARBOR

As you enter National Harbor Drive, you realize this is a different community. Already you have seen the buildings nestled on the waterfront. Then the sculpture appears, welcoming you to this exciting new property. If you arrive via the river, a different sculpture of a giant man, half-buried in the sand, greets you. More sculptures and art cover the landscape in this charming vacation escape.

National Harbor is a very recent addition to the DC landscape. While planning began several years ago, ground was first broken in 2006, and in just 5 years, it has blossomed with hotels and resorts, restaurants and shops and galleries. The Potomac riverfront setting provides the backdrop to the grandeur of the creation. In fact,

it was the vision of Milton Peterson, head of National Harbor's developer, Peterson Companies, that the river should serve as the natural connector among Virginia, Maryland and DC. His intent, then, is that National Harbor should be a unifying element celebrating our region and all it has to offer.

Located just 21 miles from Tysons Corner, National Harbor is the perfect place to spend a day, a one-to-two day weekend or an extended stay. Events are scheduled throughout the year, with a particularly busy calendar from May to September. Some are recurring: Movies on the Potomac are run every Friday (Date Night) and



summertime...short hop getaways



Sundays (Family Night). Bring a lawn chair, admission is free, the summer lineup is posted on their website (www.NationalHarbor.com). There is also a Friday and Saturday night Sounds of Summer Music Series. Every Saturday from Memorial Day through October plus the first Sunday of those months is the American Market, National Harbor's unique take on the farmers market, with goods from local farmers, artisans and crafters.

Looking ahead there are beer fests, swim and road races, more markets, ice sculptures and finishing off 2011 with Waterskiing Santa on December 24 and Big Night DC on New Year's Eve. And every other year, (2012 is next) National Harbor is host to Cirque de Soleil on their Plateau property.

All kinds of waterfront fun await the visitor. Take a cruise to see the Washington monuments or Mount Vernon or travel by boat to a Nationals game. How about a lunch or dinner cruise along the river? You can even charter a boat for your private event, club meeting or children's party. In addition to the Nats, there is regular water taxi service to the marina in Alexandria.

For the more adventurous, rent a canoe, kayak, sailboat or electric boat and explore on your own. Go fishing with the National Bass Guide Service in waters that are renowned for bass

fishing. Or stay on land and rent a bike to explore the trails around National Harbor.

As was mentioned, lodging is not an issue for those who want to spend 2, 3 or more days taking in the sights, the shopping, the dining. Over 3000 rooms are available at 6 tremendous properties that can address any budget and family including the Gaylord National, Aloft, Hampton Inn & Suites, the Residence Inn, The Westin and Wyndham Vacation Ownership. For those who choose, there are home ownership opportunities at National Harbor as well.

Dining also runs the gamut, with choices that accommodate every palate and dining preference. National Harbor dining experiences can be casual, formal, outdoor,

intimate, waterfront, in a multitude of cuisines. Over 20 restaurants will tempt you so that you will either have to stay for several days or return often in order to enjoy each one.

Shops and galleries abound throughout these few blocks. Over 40 establishments from national retailers to unique local boutiques provide a complete shopping experience. You'll find so many delightful ideas that include clothing, jewelry, shoes, food, cosmetic and more.

After you have played and eaten and shopped, there is yet another event to enjoy at National Harbor for the sunsets on the Potomac at that special spot are simply spectacular. You can return to your hotel room or to Tysons having had a truly delightful day. ■

SPECIAL EVENTS ALSO ARE PLANNED FOR MANY WEEKENDS. UPCOMING SUMMER OFFERINGS INCLUDE:

JULY 2
JULY 3
JULY 23
AUGUST 6
AUGUST 13/14
AUGUST 20
AUGUST 21

UNCLE SAM JAM
FIREWORKS AND FUN
RED BULL NATIONAL WAKE 2.0
CRUISIN' ON THE RIVER CAR SHOW
PADDLE AND SWIM FOR HUMANITY
CHESAPEAKE CRAB AND BEER FESTIVAL
ANCOP WALK FOR THE POOR

BEAR CREEK

Tired of the same old beach “staycation”? If battling beach traffic and finding sand in every crevice are not appealing to you, Bear Creek Mountain Resort & Conference Center is conveniently located in the Lehigh Valley of Pennsylvania, about a 3-hour drive from the Washington, DC metro area. The resort is a luxurious privately owned year-round facility featuring a rustic stone-and-wood base lodge and an elegant

hotel reminiscent of those found at premier Western resorts. Bear Creek Mountain Resort is a unique place that needs to be experienced to be fully appreciated both in ski season and out. At this special mountain retreat, travelers will discover a variety of activities and indulgences and can experience the finest aspects of sport and relaxation.

Nestled within a picturesque mountain valley, Bear Creek Mountain Resort

is the winter home of 21 skiing and snowboarding trails ranging from beginner to expert levels. All year round, guests luxuriate in the resort's plush and modern accommodations and enjoy its cozy atmosphere. You can dine on exquisite contemporary cuisine at The Grille at Bear Creek and grab breakfast or try handcrafted pizza at the poolside Trails End Café. If physical and mental relaxation is what you seek, The Spa at Bear Creek offers all-natural treatments that will leave you feeling refreshed and rejuvenated. If you are looking for a little more activity, you might want to try hiking or mountain-biking on the extensive network of mountain trails, fishing or boating on the lake, playing a few sets of tennis or swimming in the indoor or outdoor pools. Guests of the hotel can also enjoy an indoor fitness room, disc golf, volleyball, basketball, horseshoes, and video gaming available on site. Afterwards, tranquil travelers are sure to enjoy a soothing soak in one of the indoor or outdoor hot tubs or simply soaking up the romantic atmosphere created by two outdoor fireplaces.

Surrounding the resort are 12 championship golf courses, scenic biking and hiking trails, prominent wineries, and a host of artisan and antiquing opportunities. In addition, Bear Creek Mountain Resort is only 12 miles from Dorney Park and Wild Water Kingdom (the largest outdoor water



summertime...short hop getaways




park on the east coast) and less than a half-hour drive to Goggle Works Center for the Arts, historic Bethlehem and the Sands Casino, and the Crayola Crayon Factory. Hershey Park and the Lancaster farm country, home to the Amish and the renowned Lancaster shopping outlets, are within range for a day trip.





Hospitality is an art at Bear Creek Mountain Resort. The people who

make up the Bear Creek team are genuinely welcoming, and they understand how to make guests feel truly appreciated. Whether you are looking for a perfect retreat for a couple or family, or just seeking some time to pamper yourself, this eco-friendly resort has a warm and inviting atmosphere that will delight your senses, invigorate your spirit, and soothe your soul! That is the "Bear Creek Difference." ■





Family Fun all Year Round!
Just 3 hours from Washington



BEAR CREEK OFFERS:
Hotel • Conference Center • Spa
Restaurants • Pools • Hot Tubs
Skiing & Snowboarding • Snowtubing • Hiking
Biking • Disc Golf • Tennis
Fishing • Kayaks • Paddleboats
And more!

BEAR CREEK MOUNTAIN RESORT:
101 Doe Mountain Lane, Macungie, PA 18062
1-866-754-2822 • bcmountainresort.com

EASTERN SHORE



If you crave the ocean for your getaway, then Virginia's Eastern Shore is just about 200 miles or 4 hours away. A variety of hotels, motels, bed & breakfast, estate rentals and campgrounds are available for the overnighter, weekend or vacationer.

Here are several reasons why visiting Virginia's Eastern Shore is so worth it.

REFLOAT YOUR LOVE BOAT: RELAX, RECHARGE

Rustic retreat in an authentic Oyster Watch House: On our pristine seaside it's just the two of you immersed in watercolor sunrises/sunsets in a cabin

perched above quiet tides. No houses, no humans in sight where kayaks await to paddle to your own deserted isles and beaches. Gourmet dinners prepared by your guide before he bids you good night.

Sail Cape Charles: Prefer to return to shore? Romance the winds, watch dolphins dance in the southern Chesapeake Bay with intimate evening and sunset sails. A selection of gracious B&Bs await in and near the bayside town of Cape Charles, even one with your own private beach.

Unwind at Day Spa in Victorian Town with couple massages.

Boutique Wineries: Drink in the day at

trio of award-winning wineries with tastings/tours and the best sovereigns ever- "memories" to uncork at home.

ATYPICAL, AMAZING FAMILY FUN

Dig Em! Kayak Clamming Tour: The thrill of the hunt begins with an intriguing visit to a family "clam farm" where the tasty bivalves begin life no bigger than a pinhead, followed by an easy paddle in the waters where they are raised. Learn how to clam with rakes or toes for an adventure your family will talk about for years to come. Finale – steaming & savoring on your own private dock.

Chincoteague Island: Nostalgic and sweet as salt water taffy: This old-fashioned seaside resort is small town safe and as family friendly as its famous pony herd that lives on neighboring Chincoteague National Wildlife Refuge. The whole family will revel in its nationally ranked beach, flat terrain bike trails and historic lighthouse.

While there don't miss:

1. The Indiana Jones of Chincoteague Island:

Captain Barry: His boat tours are infamous for his wild, wacky ways of entertaining even the most jaded teens with hands-on learning about the environment of Chincoteague Bay.

2. Not Just Any Pony Ride:

Chincoteague Pony Centre: Get up close and personal with the descendants of the famed Misty of Chincoteague, star of the children's book classic. Pony rides and lessons.



Marsh Mud Included: Marine Science Consortium: They'll be telling their grandkids about exploring the wild barrier islands, casting nets from an ocean research vessel to collect cool marine creatures, kayaking with their great grandparents as osprey soared above. They'll laugh at how Great Aunt Kelsey jumped knee deep in the marsh mud. Family camps make memories as staffers make it easy for parents to unwind and enjoy their kids with all meals/lodging/activities included.

Huck Finn Island: aka Tangier Island: Instead of bringing the kids where history is so over with and –yawn – boring, immerse them in living history on one of the last authentic working watermen islands in the Chesapeake Bay. No cars, just golf carts/bikes to traverse this unpretentious 7-mile island. Begin with a ferry ride from quaint Onancock on the mainland, then take an honorary watermen's tour and pull crab pots with an island captain. With free kayaks at the island museum, discover ghost communities, washed away by time and tides. Later look for arrowheads on uncrowded beaches, where you can build a campfire and tell ghost stories.

PEEPS PLAY: GUYS/GAL PALS GETAWAYS

Paddle Your Glass Off! Kayak Winery Tour: Even if you've never kayaked you'll love this carefree day with friends. Relaxing paddle on serene waters, unspoiled farm, forest vistas –and wine waiting on the other side! The country's only authentic Kayak Winery Tour delivers you to the shores of an award-winning boutique winery. Learn the vine to wine story while you enjoy tastings. Final chapter, land at tiny creek isle with your favorite vintage aboard. Now toast to a happy ending!

Soar the Shore: Parasailing/Hang gliding: Parasail up to 800 ft. over the waves of Chincoteague Bay. Or bring a picnic lunch from a local restaurant to beautiful Campfield Airfield, a grass runway established in 1933. Cheer each other on as you make like a bird with an aero-tow tandem hang gliding lesson over scenic wineries and waters. NO experience necessary.

Expedition Extraordinaire: Explore a chain of undeveloped isles, almost mystical in their isolation. A 5th generation Hog islander is one of only a handful of eco-tour guides who can get you there. Customized tours include fly/surf fishing, beachcombing, cooked fresh on the island meals, natural history and intriguing tales like

the Drowned Village of Broadwater.

There's More!

Fishing charters abound on our bayside and seaside, especially the ocean marinas of Wachapreague known as the "Flounder Capital of the World".

Nationally recognized golf courses of Bay Creek Resort & Club: The resort was the first in the world to have both Jack Nicklaus and Arnold Palmer signature golf courses. The courses intersect along stunning water vistas.

For even more ideas go online to http://www.esvatourism.org/es_planner/visitors_guide.asp

Event descriptions excerpted from Eastern Shore of Virginia Tourism Commission. ■

DISCOVERING VIRGINIA'S BLUE RIDGE

AN UNEXPECTEDLY ELEGANT ESCAPE

BY ALLISON CHASE SUTHERLAND

Meandering down the Virginia Scenic Byway 15 South (www.virginiadot.org/programs/prog-byways.asp) toward the University of Virginia in Charlottesville for my 25th reunion, I happened to chance upon a most extraordinary place. I spied it off to the side, lingering sleepily in the sunshine of a rolling hillside, gazing across the winding road over black fences to pastoral fields of hay bales. I swerved up the gravel driveway enticed by the inviting sign beckoning me for lunch or dinner.

Here I was at the breathtaking Inn at Willow Grove (14079 Plantation Way, Orange, Virginia, 22960, 540.672.7001, www.theinnatwillowgrove.com) nestled in Virginia's horse and wine country in the foothills of the Blue Ridge Mountains. The stately mansion, built in

1778 in the Federal style, is clapboard in spring yellow, with Jeffersonian design elements such as the Greek revival Ionic columns that grace the grand porches (with gentle rocking chairs) and architecturally fascinating walk-through 'window-doors,' not to mention the 'flying balcony.' This home has historical caché, as the bricks are believed to have been fired in the same ovens as those for Monticello, and Lafayette is known to have forded the nearby Rapidan River during the Revolutionary War.

Opened less than one year ago in its current iteration, owner David Scibal and his wife Charlene, an avid art collector and interior decorator, which is clearly evident in the contemporary flair, attention to detail, and eclectic, whimsical touches throughout – invested several million dollars in this magnificent renovation, modernizing the property while maintaining its

historical authenticity. But, as they say, "This is not your grandmother's inn." As I began my exploration of the magnificently appointed house and magnolia-shaded English boxwood gardens, I was utterly captivated. Every last corner is considered, insisting upon being savored, slowly.

Here you may actually expect exceptional five-star service – minus the snob factor. Gene, the butler, will tend to your every whim with style and grace. Amenities are by the French Provençal l'Occitane, along with VOSS water. Gene astutely points out, "The details make the difference." Together with General Manager Brian, they run the place like a clock, but not the giant clock on the Carriage House that indicates that it is always five o'clock somewhere.

Behind the grand home, the Tuscan portico leads to the zinc-themed





Banquet Hall which boasts fascinating light fixtures, one resembling a multicolored glass Portuguese Man o' War. Quaint little cottages to select from include the Weaver's Cottage and the Butler's Cottage, for a total of 14 luxurious rooms and suites, all adorned with fresh orchids. Several have quiet shady porches, gas fireplaces, and heated stone floors. One of the cottages was once the oldest schoolhouse in Orange County. It was once a servants' quarters, where the children of slaves were taught to read and write.

From Chef Jason Daniels' Spring Lunch Menu at their superb world-class restaurant Vintage, I opted to relax with a Provençal Rosé (as I used to when I studied in sunny Avignon back in the UVA days) on the slate patio by the cool bronze frog fountain, and revel in Grilled Halibut Tacos stuffed with Cilantro Adobo, Jicama Slaw,

Ancho Mayo and crunchy Dried Corn. Everywhere you look you'll see geraniums and mums, pansies and impatiens. After a leisurely lunch, take

a stroll under the willows, ash, tall walnuts and ancient chestnuts, by the trickling brook, past fountains and over the footbridge. Venture up the hill at





sunset to take in the majestic mountain views.

The Inn is currently running a two-night midweek special for \$500 which includes Wednesday and Thursday nights in any room, dinner for two in Vintage Restaurant (up to \$100), French press coffee and hot beignets delivered every morning, and a sweet treat and hot tea at turndown every evening. Mention Viva Tysons! when you make your reservation and get a free bottle of locally vinted Kluge Blanc de Blanc Sparkling Wine upon arrival. Also, your butler can arrange tours to nearby James Madison's Montpelier, horseback riding, hot air balloon rides, or a massage in their Smokehouse Spa.

Enjoy exploring charming Charlottesville with its rich architectural heritage as well as its neighboring wineries such as Jefferson Vineyards, 1353 Thomas Jefferson Parkway on the road to Monticello and check out the wonderful Virginia Viognier.

After a stroll on Charlottesville's funky and artistic outdoor downtown mall, visit Orzo Kitchen and Wine Bar, 416 W. Main St., and treat yourself to a nice Grilled Halloumi (Middle

Eastern cheese) balanced delicately with the Greek apéritif ouzo, diced tomato, and lemon over triangles of flatbread, kind of like an interestingly deconstructed pizza.

And when at last it's time to say 'until we meet again' to Willow Grove – sigh – head out on Scenic Byway 250 West toward the awe-inspiring Skyline Drive. Another charming village to take in on your way toward Shenandoah National Park is Crozet, where you will encounter the authentic Mexican La Cocina del Sol, 1200 Crozet Avenue, serving up a flavorful rendition of Sopa Azteca topped with avocado and fresh cilantro. These muchachos actually integrate real Mexican cheeses such as Queso de Oaxaca, Queso Fresco, and Queso Cotija into their recipes. Cheddar is a beautiful cheese – but not in Mexican food, and refreshingly, they know this.

Enter Skyline Drive at Rockfish Gap near Waynesboro, enjoy the sweeping panoramas of the Shenandoah Valley, and see why they call it the Blue Ridge. Then wind down the mountain until you reach Thornton Gap. Rustic overnight options in the park include Lewis Mountain Cabins, Big Meadows Lodge, Skyland, or even camping

(www.visitshenandoah.com). Take 211 East and stop in Sperryville at the Thornton River Grill, 3710 Sperryville Pike. Listen to some relaxing music on the upstairs patio, while enjoying perhaps some Roasted Red Pepper Soup and some locally grown Watercress Salad with Fresh Goat Cheese and Raspberries to eke out the last moments of delight on your fun little getaway before you finally head back toward 66 to Tysons Corner.

While Tuscany and Provence are both undeniably dreamy destinations – replete with history, unrivaled cuisine, and undulating hills dotted with vineyards – well, I say, “Viva la Virginia!” Why not just jump in the car, put the top down, and head west – to the Blue Ridge, that is. So make your escape – it's time. ■

The new Bank of America Doctor Loan could be the right home loan for you.



If you are a licensed, practicing doctor or resident, dentist or other eligible medical professional,¹ Bank of America Home Loans® could help you make the move to your next home. With our new Doctor Loan, you can count on clear information and guidance from an expert mortgage loan officer, plus significant home financing advantages, such as²:

- As little as 5% down on mortgages up to \$850,000
- Employment start date up to 60 days after closing allowed¹
- Student loan debt not included in total debt calculation¹
- A range of fixed and adjustable-rate loans

Contact us to learn more.

Office: 571.303.9809

Marc Aymard

Retail Sales Manager

marc.aymard@
bankofamerica.com

Jeff Richards

Senior Loan Officer

jeffrey.r.richards@
bankofamerica.com

Tom Scanlon

Senior Loan Officer

thomas.p.scanlon@
bankofamerica.com

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.

Credit and collateral are subject to approval. Terms and conditions apply. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. Bank of America, N.A., Member FDIC. Equal Housing Lender. © 2010 Bank of America Corporation. ARE2P2M0 00-62-2311D 07-2010

Bank of America  **Home Loans**

JOIN THE EXCITEMENT! LIVE *Elegantly!*

The active assisted living community of McLean/Falls Church



2010 GREATER McLEAN CHAMBER OF COMMERCE
COMMUNITY PARTNERSHIP AWARD WINNER

CONVENIENTLY LOCATED in McLean/Falls Church within a beautiful, wooded setting, Chesterbrook Residences offers luxurious amenities, the most lively social and cultural schedule, fabulous cuisine and a licensed nursing staff.

SOCIAL AND RECREATIONAL EXCURSIONS to area concerts, theatre, Kennedy Center and other DC attractions.

LARGE, ENCLOSED COURTYARD with resident garden.

Chesterbrook
RESIDENCES

703.531.0781

2030 Westmoreland Street • Falls Church, VA 22043 • www.chesterbrookres.org



Coordinated Services Management, Inc. - Professional Management of Retirement Communities since 1981



**Hurry! Limited number
of apartments available.**

ADDING WOW TO YOUR WALLS



Fran Rauch did not start out as an artist. She grew up on a greenhouse flower farm in Laurel, Maryland and majored in horticulture at BYU. She had a career as a floral designer for many years. She discovered her real talent fifteen years ago when her father was undergoing treatments for leukemia cancer and was confined to a windowless hospital room that did not even allow flowers.

Fran wanted to cheer him up and make the room less stark and depressing during treatments so she came up with the idea of painting

some cherished scenes of his home, nature, and his gardens on a bed sheet that could be tacked up where he could see it. Her gift brought great joy to her father who had always inspired her in how he viewed life so positively and how he treasured all beauty of nature, appreciating even the smallest of God's creations.

This small gift of bed sheet canvases changed her life forever. Her talent was undeniable and when her family and friends saw her work they requested that she paint in their homes as well. This fueled her newly discovered passion to create beauty on large scale surfaces for others to enjoy. Her new career was born.

Fran is now a sought-after artist and faux paint specialist nationwide as well as internationally. You can find her creations in local restaurants, spas and commercial spaces as well as many fine homes in the Washington, DC area and across the globe.

She continues to stretch the limits of faux painting, giving life to flat walls through three-dimensional illusions, creating ambiance to fit any décor, enhancing durability while hiding imperfections and general wear that occurs over time. Through the use of plasters, glazes and the artist brush

she can provide a customized setting illustrating the homeowner's personality and making their favorite images come "alive" in their homes.

Fran can bring out the best in a room, uniting the furniture and décor with the perfect backdrops of color and texture for the walls. Her eye for design helps bring a natural flow of color and style to give visual balance to each room. Color stimulates the senses and creates a unique atmosphere. Custom paint and faux treatments deliver subtle sophistication and inviting warmth which can transform cold white walls into welcoming elegance and a pleasant environment.

Popular requests include customized scrollwork designs used in grand two-story foyers to fill in these large open areas with beautiful focal points. Italian Tuscan kitchens, wine cellar tasting rooms, and Mediterranean theme rooms involving nature or street scenes are also in demand.

Fantasies are set free by theme rooms of favorite places we have been or would like to visit - perhaps a mural of that cozy romantic Paris café or the bright blue architecture of the Greek islands where one can escape or dream of returning.



The blank walls of an indoor pool can become your own personal relaxing tropical island grotto complete with palm trees and sunset over the ocean. Cherished childhood characters like Spiderman, Tinkerbell or dinosaur dragons & fairies come to life and imprint timeless, lifelong memories. Clouds look like they have been plucked from the sky for your enjoyment and can brighten any moment even on the stormiest day.

Fran transforms your home, making it a place of relaxation and enjoyment and captures the "WOW" Factor that you desire. She can offer lots of options with her extensive portfolio, from providing the perfect backdrop of color with the latest faux technique or a custom mural that makes a room feel bigger or makes you smile when you enter the room. ■

For more information and ideas visit her website www.frgallery.com.





FREE DESSERT
WITH THE PURCHASE OF
2 ENTREES
Offer expires 10/31/11

the optimal time for friends, food & wine

Comfortable Atmosphere • Extensive Wine List •
Patio Dining • Meals To-Go

703.433.9050 • www.brixgreatfalls.com

1025-I Seneca Road | Great Falls, VA
(Located in the Seneca Square Shopping Center at
the Corner of Seneca Road & Georgetown Pike)
CLOSED ON MONDAYS



FREE CONSULTATION \$125 VALUE
FR DESIGNS LLC • 703.304.6636
With this coupon. Not valid with other offers or prior services.



we put the **WOW**
in your home décor!

add excitement to your home with
paint, glazes and textures!

- decorative and faux paint: walls, tray ceilings, floors, cabinets, doors and more
- theme rooms for children and adults
- hand-painted murals, clouds, trompe l'oeil
- marbleization, pillars, stone, tuscan effects, old world plasters
- gold leaf, gilding, and embellishments
- other specialty finishes, reactionary processes, exceptional enhancements

visit www.frgallery.com
to see examples of our work



FR DESIGNS LLC
FRAN RAUCH
703.304.6636
FRAN@FRGALLERY.COM

licensed, certified, and insured
master artist & faux finish specialist for over 15 years
custom painting / faux specialist / muralist

Q&A----

JUD TILE, LTD.

tips on home improvement

GLASS TILE



Why choose glass tile?

Glass tile is a fun and beautiful way to dress up any application where conventional ceramic and porcelain tile would be used.

Is it suitable for outdoors?

Many, but not, all glass tiles can be used in outdoor situations, such as swimming pools or outdoor kitchens. You should consult the manufacturer specifications.

Is it suitable for floors?

Once again consult manufacturer specifications. Much of the glass is rated for light-duty residential flooring. Also take into consideration the finish of the tile with regard to the slip factor in wet area applications.

Is glass tile a trend?

The market for glass tile has been ever expanding since its introduction. I do not feel that it gives a "dated" look for a couple of reasons. First, the glass manufacturers keep up with the market's tastes and are continually releasing new styles. Second, glass tile is a great way to bring splashes of color into a room without overwhelming it with a dominant color that may be out of fashion in several years.

Is it expensive?

Glass tile averages around four times the price per square foot of quality porcelain. When used as a field tile (the main tile of an application) it can be expensive. However when used as a decorative accent it can become less expensive than traditional decoratives. For example if you wanted a 4 inch band of glass around your shower walls, and the glass mosaic comes on a 12"x12" sheet you will get 3 linear feet per square foot you buy, making it a very affordable accent.

What materials do I need to install it?

Glass tile manufacturers require specific setting materials. Always check with them before doing an installation. However usually you can use a latex modified white thinset. Make sure to use white thinset especially when dealing with tiles with translucence, as using any other color will change the final look of the tile.

Jud Robertson is co-owner of Jud Tile, along with his wife Linda. They both have operated Jud Tile in Vienna for over forty years. ■



For the past forty years, **Jud Tile, Ltd.** has been serving the Washington Metropolitan area with custom installation and retail sales for many home remodelers who utilize our expertise.



With a huge 3000 sq ft showroom and so many tiles and samples from which to choose, you'll have no problem finding the 'style' or the 'look' for your home.



www.judtile.net

204-G MILL STREET N.E., VIENNA, VA
PHONE: 703-255-5571 FAX: 703-255-0615

Everyone needs a good local mechanic...

HASSLE FREE SERVICE All Repairs - Large & Small

**Purchasing a used vehicle?
Let us check it out for you!**

PT Auto Experts

Foreign and Domestic Auto/Truck Repair

- Experienced ASE Certified Technicians
- Independently owned & operated with 40 years of experience.
- State and Emmission Inspections
- 12 mo/12,000 mile warranty on all repairs
- Large, clean, kid friendly waiting area.

HOURS:

Monday-Friday 7:00 am to 6:00 pm

Saturdays 8:00 am to 1:00 pm

703-281-7506

**340 Mill Street NE, Suite A
Vienna, VA 22180**



Own a Piece of American Coastal History

Extraordinary Patuxent River estate, just 90 minutes from DC/NOVA. Historic 'Customs House' was used for collecting tariffs, circa 1730. Complimentary residence constructed in 2003 to provide maximum river views and elegant living. Four brick 'Rumsford' style fireplaces, Brazilian cherry floors, post and beam great room with bistro style kitchen. Guest/rental apt over the detached garage. 4.2 acres, 240' river frontage, private pier with water/elec/lift, and private beach. Solomons Island Harbor is 5 minutes to the west, Chesapeake access is 10 minutes to the East. Watch the active Solomons channel from your screened porch! Priced at \$1,699,000



Chris McNelis, Broker
chris@mcnelisgroup.com
office: 410.394.0990 cell: 410.610.4045

The **McNelis Group, LLC**
Real Estate Services
www.mcnelisgroup.com



BB&T

BB&T Home Mortgage

**Local service. Local lenders.
The benefits of having a
local mortgage.**

OUR LOCAL FINANCIAL CENTERS AND LOCAL LENDERS KEEP US CLOSE TO OUR CLIENTS, so when you need us, we're here for you. Whether it's to answer a question, or explore changing needs, you'll have someone you can trust, right here in your community. When you're considering buying, building or refinancing a home, the place to call is BB&T.

To learn more contact:



Terri Wilcox
Mortgage Loan Officer
703-442-5577
twilcox@bbandt.com



Michael Fry
Mortgage Loan Officer
703-442-5545
michael.fry@bbandt.com

Mortgage products are offered through Branch Banking and Trust Company, a Member FDIC and Equal Housing Lender.
Loans subject to credit approval.
©2011 Branch Banking and Trust Company.

STAYING GREEN AT WOLFTRAP

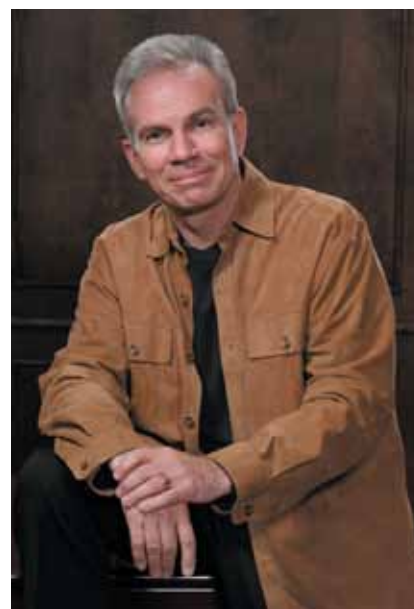
From his "Tree Top" office at Wolftrap, Terre Jones looks at the landscape of trees and foliage and says "Since we started the Go Green program in 2006 with a bench mark study done by Booz Allen Hamilton, we have reduced our carbon footprint by 20% and cut land fill waste in half."

"One of the newest aspects of our program is the installation of three charging stations for the Chevy Volts from corporate sponsor GM to ferry artists to and from the airports and around town." Terre, a 15-year veteran of the Wolftrap Foundation, is always mindful that Wolftrap's mission is to educate and that early learning starts at 3-5 years old. As such, commissioned shows like "The Junkyard Pirates" teaches young children to reuse, reduce, repair and recycle.

Since we started the Go Green program in 2006 with a bench mark study done by Booz Allen Hamilton, **we have reduced our carbon footprint by 20% and cut its land fill waste in half.**

Other components of the efforts to Go Green at Wolftrap include:

- Taking steps to insure environmentally responsible concession sales by providing individual trash/recycle bags for patron use: white bags are for trash, blue for recycling. Additional recycling containers placed on the plaza and concession areas so guests can commingle glass and plastic.
- Recycle all extra paper at the box office.
- Light bulbs changed to be energy efficient (Incandescent bulbs in elevators to compact fluorescent)
- Cleaning agents are green-only
- Pitchers of water, not individual bottles at meetings
- Employment of Siemens HVAC controls to optimize energy use
- Recycling of all paper, metal, plastic, glass and cardboard
- "Grasscycling" lawn trimmings
- Eliminating use of styrofoam cups, plastic utensils, plastic trash bags
- Changing office thermostat by a few degrees to save both energy and money
- Scheduling and monitoring heating and air conditioning to minimize electric and gas consumption



Terrence D. Jones, President and CEO
Photo Credit: Bachrach

For more information about the Go Green efforts at Wolftrap, please visit www.wolftrap.org/Learn_About_Wolf_Trap/Go_Green_with_Wolf_Trap ■

CLUB FITTING

IMPROVE YOUR GAME!

BY MATT TRENTON
Manager of Golfdom

Each year, golf consumers are bombarded with seemingly unlimited equipment options all promising longer distance, increased accuracy or more spin from the rough. A myriad of options does not always equate to every golfer's dreams of lower scores, so how can you sort through all the new stuff and find what will actually make you better? In my opinion, the answer is proper club-fitting by an experienced professional. Fitting is far more than getting your grip-size or measuring your swing-speed. It is an interactive process where the club-fitter and golfer work together to build a set of clubs that helps address the golfer's strengths, weaknesses and goals. Today, providing a customer with PGA Tour-quality fittings, utilizing state-of-the-art launch monitors and various shaft and loft combinations, is more accessible than ever before. At Golfdom, we interpret the golfer's launch data and experiment with multiple shaft, loft and club-head combinations to work toward what the golfer wants out of his new equipment. It is important to understand that the ultimate fitting provides the consumer with confidence that his or her needs or goals have been met while properly satisfying aesthetics, feel and budget as well. Many people walk into golf shops looking for the latest technology and often buy without getting fit, which frequently leaves them unsatisfied. Golf clubs are expensive and hard to choose based on advertising alone, so why not take the extra time and make sure you are spending money on something that will actually help your scores? ■



**I KEEP SPENDING...
BUT MY GAME DOESN'T IMPROVE ...
WE CAN HELP!**

Golfdom is your complete game improvement headquarters. Our staff Lives the Game – and offers options and advice that the major chain stores can't...

Are you looking to save money or are you looking to GET THE RIGHT FIT? Well, how about BOTH at Golfdom. Backed by our PRICE GUARANTEE, why not get fit by the area's best fitters and know you are buying the right equipment. Plus...

We get it RIGHT, 100% of the time. If we don't we'll Take it Back. Golfdom's 100% Club Satisfaction Guarantee will leave you with the peace of mind that will allow you to play better golf knowing you have the right clubs and if not Golfdom has you covered.

All this, and the area's Finest Apparel and Shoe Selection! For all the details, go to GolfdomGolf.com or stop in the store today!



Like the View?

Get There More Often With Quality Golf Gear From Golfdom.

With over 20,000 square feet, we carry the area's widest selection of the latest golf equipment, name brand apparel and golf-inspired products. From beginner to professional, we have the products you are looking for.



GOLFDOM
Live the Game.
www.GolfdomGolf.com

703.790.8844
off route 7, one block west
of tysons corner center
8203 watson street
mclean, virginia 22102



shop our eBay Store
Golfdom Back 9



PLACE IN THE SUN IDEAL FOR ENTERTAINING

Indoor/Outdoor Solution to Vienna Home Wins Master Design Award

BY JOHN BYRD



The program called for integrating a reconfigured kitchen with 300 sq ft conservatory/ sunroom that segues to an existing Olympic-sized pool. The solution satisfies an array of owner entertainment requirements. The project won a Master Design Award for Sun Design Remodeling of Burke.

A 12 ft x 25 ft rear elevation sunroom thoughtfully integrated with an enlarged and reconfigured kitchen has reinvigorated the long-term residence of an entertainment-oriented Vienna family-- and proven an exceptional design solution in its own right.

The new conservatory not only provides the gracious transition between house and pool owners Ilene and Larry Garvey had been seeking, but also won national recognition---- a Master Design award from Qualified Remodeler Magazine-- for the project's design/build team, Sun Design Remodeling of Burke.

Of course, for owner Ilene Garvey, the keener pleasure is how well the solution works in supporting an on-premise lifestyle that includes poolside parties, hot tubbing, cook-outs and dinner parties for fifty or more.

And the home's enhanced socialization value is all the sweeter, Garvey observes, since she and her husband Larry have occupied their sprawling split-level for some 25 years, virtually their entire married life.

"Our home is always evolving," Garvey says, with a chuckle. "Larry and I bought it in 1987--shortly after we were married-- and we've periodically made changes simply to enhance the basic

pleasures you can derive from staying in one place."

An Olympic-sized pool and porch enclosure installed in the mid-1990s, for instance, inaugurated in a whole new era of family-oriented outdoor activity. But Garvey observes that one set of improvements--fully experienced and appreciated--often points the way to previously unconsidered possibilities."

"I was soaking in the hot tub corner of our patio enclosure," Garvey recounts, "when I starting thinking about how the space could become part of an enlarged kitchen. I began to envision a more finished, mainstream room

between the house and the pool-- but didn't want to lose the beautiful view of the pool. Frankly, I just wasn't sure where to go from there."

Enter Sun Design's space planning, interior design and production team, a group Garvey had learned about from neighbors:

"Our goal was to upgrade the quality and usefulness of the entire rear of the house...without encroaching beyond the footprint of the old porch enclosure," Sun Design project manager Dave Clearly recalls. "The new kitchen was to be more spacious, but also more functional as food and

While staying within the footprint of a previous patio enclosure, the new space is distinctly zoned, conferring complete privacy on the hot tub which now has its own entrance to the outside.





beverage support for all the outdoor places. Above all, the indoor/outdoor continuum—particularly the view of the pool—was to be enhanced.

The upshot, Cleary points out, is that every surface of the new sunroom—window walls, floor, roof pitch—had to be positioned to serve several roles.

"The trick was in the framing, and tying off the roof," Cleary says. "We had to model house-to-pool sightlines, and fabricated transom windows for the gables as well as several sliding glass doors to fit the required angles."

In total the kitchen gains 85 sq ft of usable space. The footprint formerly occupied by the hot tub converts to a spacious adjunct den. A dining counter doubles as a serving station to the new conservatory. Glass-facing cabinets bring glasses, plates and utensils nearer to the action outside, and there's a new wine bar around the corner.

To eliminate protruding corners (the bane of every fast-paced household), the new double door, stainless steel refrigerator is embedded in a niche carved out of the garage. Garvey says the new location really facilitates traffic for both everyday situations and entertaining.

At a little over 400 sq ft, the new sunroom isn't much larger than it's patio enclosure predecessor. Yet the space is now distinctly zoned, wrapping the eastern corner of the house and conferring complete privacy on the hot tub, which now has its own entrance to the outside.

Moreover, with its cathedral ceiling, transoms and running window walls, the conservatory's main block frames a vivid living portrait of the pool, surrounding trees and sky.

"Everything just feels very open," Garvey says. "The design makes perfect sense of the relationship of the house and pool, and for northern Virginia's climate."

To maximize moisture-resistance and extend the seasonal-use of unheated rooms Sun Design specified gold-hued Hardipanel with Azek trim for the wall covering. The interior ceiling is an eggshell white Versatex beadboard. Natural slate and ceramic tiling confer an earthy warmth which, Garvey reports, responds beautifully to the ascending natural light of an east-facing room.

"The sunroom is so well insulated that we use it continuously except during the coldest winter months", Garvey adds.

As for its value in entertaining: Garvey says she is now having parties of up to ninety guests—not including pool parties of twenty-or more.

"We're just enjoying the house more than ever," Garvey says "Which is a wonderful feeling when you been at the same address for as long as we have." ■

The program called for integrating a reconfigured kitchen with 300 sq ft conservatory/ sunroom that segues to an existing Olympic-sized pool. The solution satisfies an array of owner entertainment requirements. The project won a Master Design Award for Sun Design Remodeling of Burke.



WHY NOT HAVE A PARADISE ESCAPE...



...IN YOUR OWN BACKYARD.



Professional Designs for your outdoor living...

Since 1989 our team of highly skilled landscape designers and architects have worked with homeowners and property managers to create extraordinary outdoor environments.

Offering a complete range of services from concept and design to construction and implementation, you can trust the pros at M & M to deliver uncompromising and exceptional results-at very reasonable rates.

Let us begin your transformation today.

Please contact us for a complimentary assessment of your outdoor visions.

What Locals Are Saying...

"Thanks for a seamless and beautiful job. The workmanship was outstanding on the walls and carpentry and my neighbors love it too." Homeowner, McLean, VA

"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

CHANGING THE FACE

OF ROUTE
IN TYSONS 7

Construction of the Dulles Corridor Metrorail Project has dramatically changed the landscape of Tysons Corner, including the busy Route 7 corridor, from the Dulles Toll Road to Route 123. Since construction started in March of 2009, the road has been widened, service roads that paralleled Route 7 east and west are gone and mid-block left turns have been eliminated. Most of the utility poles along the edges of Route 7 are gone because the power lines have been placed underground. Sidewalks are in place in many areas. And new businesses have moved in the area, contradicting early project critics who said businesses would flee once construction started.

Today the wider median is the focus of work. For the past several months, three large horizontal cranes, also known as

trusses, have been used to build aerial bridges. One is working along Route 123, another is working across I-495 and now a third is at work on Route 7.

In June one of the trusses, bright blue and yellow and weighing more than 370 tons, was dismantled along Route 123 at Tysons Boulevard where its mission was completed. In recent weeks, its segments were moved to Route 7 and put into place between piers at the western edge of the future Tysons Central 7 Station. From that point, it is being used to build aerial bridges moving westward toward Tysons West Station area between Spring Hill and Tyco roads.

In late spring/early summer, crews quickly transformed the newly-widened median of Route 7 in a column of concrete and steel piers standing ready for the truss and other cranes to build



spans between the piers where the tracks will be laid.

Crews continue to work day and night, creating a dynamic light show of colors as construction lights mingle with beams from traffic moving through the corridor. There are fewer detours now that the final lane shifts of Route 7 have been completed, creating the median large enough for piers and the two rail stations. But traffic alerts continue as construction vehicles move in and out of work zones.

On Route 7, construction is also moving at a rapid pace at both future rail stations – Tysons Central 7 and Tysons West.

- Tysons Central 7, in the median of Route 7 west of Route 123 near

SAIC and Marshalls, is 10 percent completed.

- Tysons West, in the median of Route 7 between Spring Hill and Tyco roads, is 16 percent complete.

On Route 123, one of the giant yellow trusses continues its work near Capital One. And the large white truss is making its way across I-495, creating some detours many nights for drivers using the Capital Beltway (I-495 corridor). For several months, drivers have face slow-downs and ramp closings and one, two or three northbound lanes have closed for the overhead construction. Closings of the southbound lanes have now started.

Previous plans to completely shut down all lanes of the beltway have been replaced by plans to close three lanes at a time. However, should an emergency arise, all lanes would be closed.

Drivers using I-495 are urged to monitor newspapers and radio and television for alerts about these and other significant lane closings throughout the summer. The rail communications office issues frequent traffic alerts by email. To sign up, visit www.dullesmetro.com/info/signup.cfm. ■





CITYLINE PARTNERS LLC PLANS NEW TYSONS COMPLEX.

Cityline Partners of Tysons Corner, VA has unveiled plans to transform 19 acres of land near the Tysons Central 123 Metro station, into a mixed-use, transit-oriented redevelopment integrated with a large urban park and plaza.. In addition, Cityline proposes to dedicate an 8-acre parcel to Fairfax County for an urban elementary school, multi-purpose athletic fields and parkland.

Approval of the proposed rezoning would allow Cityline to replace six aging suburban office buildings and surface parking lots along Westpark

Drive with an integrated mix of office, residential, hotel, retail, and civic uses, all located within an easy, safe, and pleasant walk to the new Metro station. Cityline's plan would replace an existing topographic barrier and provide pedestrian access to Metro by creating an urban park with a grand staircase built into the hillside between Tysons Boulevard and Westpark Drive.

"Our proposed redevelopment of the Westpark property would create a mix of land uses with 24/7 opportunities to live, work, play and stay, while providing high-quality architecture and an attractive skyline reflecting the new urban form of the nation's quintessential 'edge city,'" said Tom Fleury, Executive Vice President, Cityline Partners. "It will provide space for a new, urban Fairfax County public school to serve the planned future growth in the Tysons Corner population, create an urban park and plazas, incorporate sustainable design, greatly improve pedestrian connectivity and access to Metro, and provide workforce housing."

In February 2011, Cityline filed a rezoning application for 40 acres of land adjacent to the Tysons East Metro station,

West of Westbranch Drive, Cityline plans two multifamily residential buildings. A mid-rise residential

building would maximize views of the existing pond and woodlands along the property's western boundary. An adjacent high-rise residential building with ground-level retail space would feature an amenity terrace overlooking public open space, recreation courtyards, private terraces, seating areas, a swimming pool, and trails.

To the east of Westbranch Drive, an integrated office complex with inter-connected plazas and parks would anchor the center of the new block. A 14-story office building with ground-level retail space would feature an entry court plaza and a parking deck built into the hill on the south side, with a "green arbor row" of trellis structures on the top level.

Next door would be two ten-story office buildings along with an urban park and plaza. The expansive and highly visible urban park will provide a gracious gateway into the development from its Metro-facing south side, and serve as the focal point for this new mixed-use community. The planned park includes a great lawn suitable for strolling, relaxing, playing, and special events with inviting seating areas, and a 2-pathway system. A paved terrace promenade offers generous views of the office buildings and urban plaza below. ■

Cityline Partners LLC has received the go-ahead to construct its new building at 7598 Coleshire Drive in McLean. The 340,000 square-foot building is expected to be 225 feet tall, (14 stories) roughly two and a half times the current ninety-foot limit. The building, under contract to MITRE Corporation, will be part of the complex in Tysons Corner and will be designed to attain Gold Certification under the US Green Building Council's Leadership in Energy and Environmental Design. Plans call for an underground parking facility with approximately 450 spaces.

Lyons & McGuire

EXCEEDING YOUR EXPECTATIONS

703-406-9009

VIVIAN LYONS • DEBBIE MCGUIRE



WWW.TEAMGREATFALLS.COM

KELLER WILLIAMS®
REALTY

Each Keller Williams Office is Independently Owned and Operated.



Other Agents will list your home.

The Lyons & McGuire Team

will get it

SOLD!

**Don't Wait...Call to Experience
the Lyons & McGuire Difference**

774-A Walker Rd. Great Falls, VA 22066



ARLINGTON \$625,000
509 South Harrison St.



GREAT FALLS \$899,900
904 Holly Creek Dr.



GREAT FALLS \$850,000
11885 Holly Spring Dr.



HERNDON \$490,000
2621 Bastian Lane



GREAT FALLS \$719,000
1011 Cup Leaf Holly Ct.



GREAT FALLS \$835,000
1122 Morningwood Ln.



LEESBURG \$1,290,000
40598 Weaver Court



McLEAN \$1,299,000
1517 Pathfinder Lane



GREAT FALLS \$1,799,000
10712 Milkweed Dr.



GREAT FALLS \$725,000
1024 Challedon Rd.



ALEXANDRIA \$949,000
717 Fords Landing Way



GREAT FALLS \$920,000
10107 Minburn St.



GREAT FALLS \$815,000
922 Holly Run Ct.



Anne Marie Charaoui
Buyer Agent
703-597-6350

KITCHEN CABINETS:

INFORMATION OR OBSESSION?

BY RITA TERSIO DOBRAUCHI
Co-owner of Terranova Construction,
Kitchen & Bath, Tysons Corner

Yes, it is a big deal. Kitchen cabinets are the highest ticketed item in the kitchen remodeling project, approximately 29%* of the project budget. So if you are shopping for kitchen cabinets and you don't know where to start, here is some important information you should consider for kitchen (and bath) cabinets.

Do not get discouraged by the wealth of information you will find about each cabinet maker. There are a few key elements instrumental to comparing the cabinets' quality. The bad news is that it's virtually impossible to do an apple-to-apple comparison. Why? Because kitchen cabinets are priced based on several key factors but each manufacturer assigns a different of price percentage to each factor.

For example consider inset doors --, those nice, really popular cabinet doors that are inserted into the cabinet frame, making them more expensive than regular partial or full overlay doors because the door has to be fitted and carefully cut. Holiday Kitchen Cabinets, a Wisconsin-based cabinetry maker, would charge you 5% for inset doors while Bertch-Legacy would charge 18% for exactly the same thing.

But the calculus gets even trickier.

Door styles are priced on an A-F category, where A is the most affordable option and F is the most expensive one. The same door can be considered at different price levels depending on the brand you look at. And then there is the finish. Stained or painted? Bertch-Legacy offers the paint and glaze finish at a

15% upcharge each, while other companies charge 20% for each. So watch out. If you really want those beautiful white cabinets like your neighbor but you want to keep your budget under control, maybe you can compromise on the finish.

Another important factor is the wood type. Again, different manufacturers price their wood options differently. A cherry wood rather than a birch cabinet can cost you anywhere from 15 to 20% more on the total cabinet price depending on the maker.

Furthermore, be careful if you see a certain type of cabinet marketed in every showroom and featured in every pamphlet and brochure you come across. Ask yourselves: Are you paying for their huge marketing campaign or for the quality of the product?

Finally, when considering a cabinetry manufacturer always ask your designer (because we assume that you hire a professional to design your kitchen!!) how the manufacturer responds to crisis. For instance: If the cabinet breaks, how long do you have to wait for replacement? There are many things happening behind the scenes of a kitchen remodel so keep that in mind too!

In the end, it's up to you to decide what your priorities are. Do you want cabinets that will last 8 or 80 years? Do you really want that inset door, or maybe you compromise on that to because you must absolutely have





that rich cherry wood?

So, look around but do not obsess. Instead, understand your limitation. Or even better - sit back, relax and try to trust your designer. That could be your smartest move of the whole process.

The 4 Signs of Quality:

1. Box construction – $\frac{3}{4}$ " plywood on sides. Melamine or laminate interiors are ok, because they wear better over time.
2. Drawer construction: Dovetail drawer is a must.
3. Drawer glides: Full extension glides, rated for 100lbs (75 lbs is standard).
4. Doors: Choose a full overlay door style for an updated look. (3/4 overlay looks builder grade!).

Kitchen Cabinets- Price levels & quality

"Big Box" stores: Do-it-yourself stores are fine for short term investments and quick fixes, but they offer limited sizes, finishes, and questionable construction. Great for your first condo or rental properties, but NOT great for resale value or long term wear. Would you trust boxes that are stapled together to last?

Stock: Basic sizes and finishes, but at better quality than big box stores. What you give up: the design flexibility of specialty cabinets that improve function and upgrade the look of

your kitchen, like super Susan corner cabinets, glass front cabinet doors, and flexible sizing.

Semi-Custom: Most of kitchens remodeled between \$35,000 to \$85,000** are designed with semi-custom cabinets that have great design flexibility with a good price tag.

Custom: Top of the line cabinets. So free your imagination and design anything you want. Obviously, expect to pay accordingly for it. ■

*Source NKBA

** Source Terranova Construction, K&B

EAT 🍴 AT OUR BISTRO

"Our bistro is voted among the top restaurants in the "Fit for Foodies" category by over 700,000 Open Table Diners. Honoring the farm-to-table spirit, we feature handmade food with seasonally inspired ingredients locally and organically sourced whenever possible."

COOK 🍳 IN OUR CLASSES

"We offer a variety of Cooking Classes including Knife Skills & Butchering, Roasting 101, and The Art of Sautéing."

ENTERTAIN 🍷 AT OUR HOME OR YOURS

"Whether you're planning a Corporate Cooking Team Building event or an Iron Chef Competition, a Bachelorette or Graduation Cooking Party, a Children Birthday Cooking Party, a catered Housewarming Dinner, or a Client Appreciation Wine Pairing Dinner, Open Kitchen would love to help you host a unique culinary experience with our Catering & Private Event Services."

7115 Leesburg Pk, Falls Church 22043
(Btwn Chestnut & Shreve St)
Bistro Dinner Wed-Sun 5pm-10pm
Cooking Classes Sat-Tues 10am-1pm &
Mon-Tues 630pm-930pm
Private Events by Reservation

www.openkitchen-dcmetro.com
Phone – 703-942-8148
Fax – 703-942-8736

MAD



FOX

BY JEANNINE BOTTORFF

Years ago, when I dreamed of my future husband, I pictured a wine lover to share a bottle but I got a beer lover instead; one who doesn't just like it, but lives for it. He has introduced me to the complexity and flavors outside of the standard issue Bud Light. I now know the difference between a "good" beer and a "bad" one and truly appreciate beer almost as much as wine. That brings me to Mad Fox Brewery, a gastro-pub in Falls Church.

Mad Fox is cavernous, featuring a 63-foot bar – perfect for sampling the 7-10 house brewed beers, seasonal selections and cask ales. There is also seating in the bar area for the groups who come here for happy hour. There is also a section for those who prefer sitting away from the bar. And, Mad Fox is child-friendly, offering a special menu and house-made root beer. My 9-year old thinks the hot dog is awesome!

Mad Fox's beers include Belgian, German, English and American styles served in pints, snifters and, if you can't make up your mind, in a sampler of 4. These varying styles have floral notes, hoppiness, chocolatey bitterness and many other flavors. My favorite is the Saison; a Belgian farmhouse ale –

smooth, sweet and rich. So, while my husband can try every one on the list I know I will be just as happy with my favorite. But, lucky for me, when I'm not in the mood for beer, Mad Fox has a wine selection that's not just an afterthought.



Now for the food! Mad Fox makes everything from scratch, including the pickles they use for their amazing deep-fried, crunchy and vinegary Frickles. If you haven't tried them before, you NEED to try them at Mad Fox. There are also pretzel bites that arrive at your table warm and soft, served with a rough mustard. They also have decent pizza with any number of toppings, standard chicken wings and fries. My new favorite appetizer is the Bitterballen, a Dutch treat of deep-fried curried beef. Sounds strange (I was reluctant to try it), but if you are a curry lover you will adore this. They also have a few different salads that you can

top with grilled beef, chicken or shrimp fairly inexpensively. They also have a variety of entrees – everything from stuffed meatloaf to roasted chicken. Mad Fox provides such a variety of choices, it would be hard not to satisfy just about anyone.

The bottom line is that Mad Fox manages to disburse the spotlight on the beer, the food and wine equally. They even make a mean chocolate caramel tart – which you must order when you get there or risk them running out. That's what happened to me last night and I won't let it happen again! ■

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!

MAD FOX BREWING COMPANY

444 W Broad St.
Falls Church, VA 22046
703.942.6840

www.madfoxbrewing.com



SHIRLEY BUFORD ASSOCIATES

Work With Positive Agents For Positive Results

Direct: 571.238.7800

703.244.8882

Office: 703.873.5116

Fax: 703.873.1901

greathomes@teambuford.com



4507 35TH STREET N
ARLINGTON • \$1,999,000



9806 MEADOW DALE COURT
VIENNA • \$699,900



4774 OLD DOMINION DRIVE
ARLINGTON • \$1,198,500



2858 HILL ROAD
VIENNA • \$1,195,000



10423 LAWYERS ROAD
VIENNA • \$1,999,500



10213 MARTINHOE DRIVE
VIENNA • \$830,000



11101 SWEETWOOD LANE
OAKTON • \$1,389,000



2690 MATTOX CREEK DRIVE
OAKTON • \$850,000



3108 HUNT ROAD
OAKTON



10201 PALMER GLEN COURT
OAKTON



2781 MARSHALL LAKE DRIVE
OAKTON



2782 MARSHALL LAKE DRIVE
OAKTON

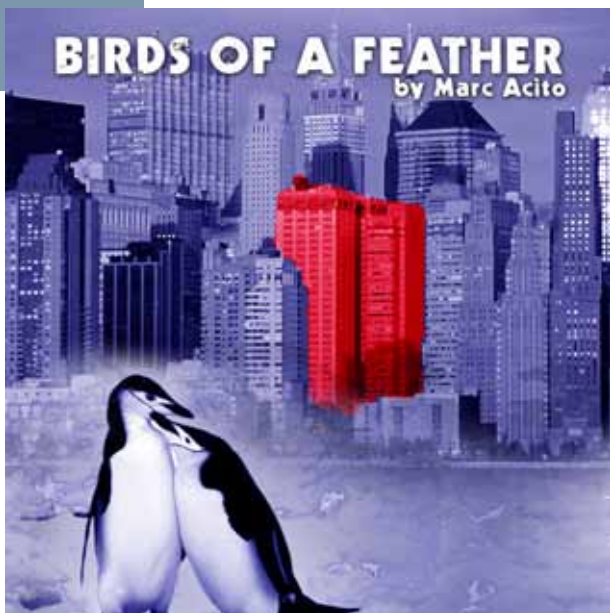
Exclusive Affiliate of
CHRISTIE'S
GREAT ESTATES

LEADING
REAL ESTATE
COMPANIES
of THE WORLD

LONG & FOSTER'S
EXTRAORDINARY
PROPERTIES



6862 Elm Street McLean, VA 22101



LOVE IS A RARE BIRD

BY RANDY CARSWELL

A local professional theatre in Fairfax is taking on the same-sex adoption issue. And they are not apologizing for it—in fact, they welcome it with their most current production, *Birds of A Feather*.

Helen Pafumi, artistic director of the Hub Theatre, now in its third year said, "Controversy is not what made me choose *Birds of A Feather* for The Hub Theatre, but I certainly am not shying away from it. The play's illustration of the many faces of love and acceptance - romantic, familial, and friendly - can ease our community into discussing issues like same-sex couples adopting. *Birds of A Feather* celebrates our common humanity, and that is The Hub's unwavering mission."

Birds of a Feather, by Marc Acito, award-winning author (*How I Paid For College* and *Attack of the Theatre People*), recounts the story of Roy and Silo, the two Central Park Zoo

chintrap penguins who partnered, adopted an egg, hatched and raised a chick together. Roy and Silo are no strangers to the spotlight. In 2008, they were the subject of a widely contested children's book, *And Tango Makes Three*, which became one of the most banned books in the US.

"The controversy around *Tango* makes evident the enormous amount of anger and bias in the world," said Marc Acito, playwright. "*Tango* is a beautiful story and it's based on real incidents. The controversy inspired me to write *Birds*. Nothing could be more perfect than to premiere it right here in Fairfax, so close to where the book had been temporarily banned."

Birds of a Feather by Marc Acito and directed by Shirley Serotsky, premieres on July 15 at the John Swayze Theatre at the New School of Virginia. Performances continue through August 7. Select performances will feature a post-show discussion with the playwright, director, and members

of the cast. For more information, a complete performance schedule, and to purchase tickets visit www.thehubtheatre.org. ■

Birds of a Feather by Marc Acito
with Performances at The John Swayze
Theatre at the New School of Virginia

THE HUB THEATRE

9431 Silver King Court, Fairfax, VA 22031
Tickets: \$25 adults
\$15 children and seniors



Marc Acito, Playwright

PRITI NAIK DDS

family + cosmetic dentistry

Does your family have a dentist that truly makes them smile? They Can Now!

- Honest, gentle care
- A comfortable state-of-the-art facility
- In house root canal and gum specialists
- Most PPO Insurance Plans accepted
- Saturday Hours available



8230 Boone Blvd. Suite #320
Vienna, VA 22182

www.pritinaikdds.com
703.288.1800



Find | Decorate | Save

Decorate your life with FineLines Furnishings

From Sleek & Transitional To Classic & Traditional



Allow us to assist you in selecting the latest in high-quality furnishings directly from our manufacturers. Create your dream surroundings at substantial savings.

WEB-EXCLUSIVE

703.906.1338

www.FineLinesFurnishings.com
Info@FineLinesFurnishings.com

Perfect for all Seasons, and all Occasions



photos by www.rodnybarley.com



Available for
weddings,
corporate and
private parties
703.759.3800

LUNCHE Tues-Sat, 11:30am-4:30pm • Sun, 12:00pm-3:00pm
DINNER Tues-Fri, 5:00pm-9:00pm • Sat, 4:30pm-9:30pm • Sun, 12:00pm-7:30pm • Closed Mondays
332 Springvale Rd. • Great Falls, VA • www.laubergechezfrancois.com

Taste of TYSONS

place • the atmosphere • the food • the wine • the attire • the people

We have launched a new website

"Taste of Tysons"
(www.tasteoftyson.com)

and we have a few videos to share with you about some great dining venues in our area.

Please check it out.



BEAUTY CORNER

get your summer glow today

FIVE TIPS TO YOUR SUMMER GLOW

NO SUN OR SUNLESS TANNERS.

BY LEIGH MACDONALD

These tips are tried, true, and all about you. And it gets even better ... they're quick, easy, and not the least bit costly.

1. Pass on Powder.

If you use powder—even mineral powder—put it away for the summer. Instead, find a light-weight tinted moisturizer that contains SPF. The SPF will protect your skin from the sun's harmful rays and you'll end up with a light, dewy, and youthful look. Then take an extra moment to properly apply your tinted moisturizer with a foundation brush and/or a make-up wedge. By doing so, you'll use less product and your coverage will be more even. Neutrogena's Healthy Defense tinted moisturizer is a great drugstore option. And my favorite tinted moisturizer is by Bobbi Brown. My daily go-to is her tinted moisturizing balm, which comes in a lidded dish-style container. But she also makes another—even lighter, oil-free—option that is sold in a narrow squeeze bottle. Translation: super-handly for travel.

2. Bronzer is a Beauty Best Friend.

If you're not using bronzer daily, you should be. The first step is finding a bronzer that best suits your skin tone and preferences. Once applied, a bronzer should be subtle, and color choices aren't always obvious. My skin, for example, has pink undertones, so a pink bronzer doesn't work well. Instead, a bronzer-gone-brown(ish) offers me an instant, sun-kissed glow. And if you're lucky enough to have a darker natural skin tone, you'll likely find that you have added choices.

You might even purchase bronzers of varying hues, and in turn, have options depending on the rest of your look on any given day. In applying a bronzer, focus on the perimeter of your face. And remember that bronzer can also be used to beautifully highlight cheek bones, collarbones, and the contours of your chin. Indeed, it can even create perfectly shadowed biceps with a fraction of the effort you'd expend on another set of curls.

3. Moisture is a Summertime Must.

While we know the importance of water intake on hot summer days, moisturizing our skin from the outside often falls from priority. Change that and moisturize daily. And ... if you exfoliate weekly, your body will be prepped and ready to receive your moisturizing TLC. The easiest, most time-effective method involves exfoliating gloves, which you can find anywhere (Amazon; Bed, Bath & Beyond; your corner drug store). When you add a light, but beaded, skin cleanser, your skin will feel like you just left the spa after a fabulous scrub. But don't scrub too hard ... your goal is to simply slough off the outermost layer of dead skin and you needn't rub hard to do that.

4. Soy is Superior for Soft, Glowing Skin.

Purchase a soy candle today. You'll be so glad you did this, and it's a true example of a feel-it-to-believe-it product. My favorites are made by SoyDelicious (www.Soy-Delicious.com) and Greenfire (available on Amazon). You simply light the candle for a few minutes. After you blow out

the flame, immediately dip your finger into the wax. It's warm, but not too hot to touch. Rub the warm soy wax onto your elbows, knees, and heels. It's too heavy for facial application (yes, the NiceShoesNoDrama.com team tested it so that you don't have to), but the effects are amazing. And the impact on body parts that are generally not soft and supple—well, it's delightful.

5. Skin that Sparkles.

This is such an easy trick, yet it's often overlooked. Find yourself a light spray-on oil for your legs and arms. Baby oil and like products are workable for creating a healthy, glowing look, but they generally leave residue on your clothes and furniture. My pick in this category is Votre Vu's Amour D'ore Multi-Vitamin Oil. It gives legs and arms a gorgeous healthy glow, and it's even light enough for facial application. The best part? It will stay just where you apply it. And your clothes and furniture will be safe from oily deposits that correspond to less fabulous body oils.

Enjoy your summer ... and your beautiful glow! ■



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

State

JULY

- | | |
|--------------------|---|
| FRI
7/01 | \$5 Comedy Night |
| SAT
7/02 | Michael Jackson
Dance Party
with DJ Lil' E |
| THU
7/07 | Jarabe de Palo |
| FRI
7/08 | Hackensaw Boys
w. The Founding Fathers |
| SAT
7/09 | No Te Va Gustar |
| THU
7/14 | The Legendary
Rhythm and Blues
Revue |
| FRI
7/15 | Los Amigos Invisibles |
| SAT
7/16 | The Morrison
Brothers |
| THU
7/21 | Free Concert Series
Midnight plus
Spaghetti Jounce |
| FRI
7/22 | Bruce in the USA |
| SAT
7/23 | Frontiers The Premiere Tribute
to Journey |
| FRI
7/29 | Jefferson Starship |

220 N Washington St. Falls Church
www.thestatetheatre.com

f /statetheatreva @statetheatredc

ALWAYS THE FINEST

Valerianne



Luxury Linens • Gifts • Home Accessories
111 Church St NW Suite 201(upstairs)
Vienna Virginia 22180 • 703.242.1790
www.valerianne.com

got a question?

ASK THE COACH

dating & relationship guide



Dear Coach Amy,

I am a 40 year-old woman who never married. I am serious about wanting to find a man who is interested in marriage and having a family. Most of my friends are married with children at this point in their lives. I have been dating online and going to singles events for several years with little or no luck. I am considered attractive and am successful in my career, although I find the work environment to be toxic these days. To make matters worse my widowed mother in her mid-60's went online to date and met a man. They have been dating seriously for several months and now are talking marriage. Even though I am happy for my mother, this has hit me very hard. Should I just give up?

Miserable in McLean

Dear M,

First of all, many of my forty-something clients and friends have met and married. I believe there is still hope to have a fulfilling relationship and a family. However, the picture of what family looks like may differ from what you have originally thought. Many women over forty can have fertility issues and today there are many options with IVF, donor egg and adoption to have children in your life. Also, the man you meet may already have children and you can have a big impact on their lives. I know of situations that the ex-parent has not really been in the picture. I myself got

married at 42 (after being divorced at 36 with no children) and my husband had not been married before at 48. We are very fortunate to have been able to have a child given that I was in my forties.

As a whole life coach, I urge you to seek help to learn more about what is fulfilling for you in your personal and work life. Your work environment could be hanging a black cloud over your life and spill into how you show up at dating. Perhaps you need to re-evaluate your work situation and see if a change can be made to make it more livable for you. We spend so much time at work – so what does your ideal life look like? How does work fit into your ideal life? We cannot tolerate a toxic environment for too long. Our bodies react when our top values are being suppressed and it can seriously affect your health.

I am glad to see you can be happy for your mom to find a suitable new mate.

It seems to me you have to focus on the positive aspects of who you are and what you have to offer to a relationship. As a motivated to marry® person, you need to find other marriage-minded individuals - online dating has been very successful for my clients. Perhaps you need to take a fresh look at what you are presenting and determine if it puts your best foot forward. Perhaps your mom can help you review your profile! I suggest, if not already, to be upfront you are about looking for marriage and a family. Then you can weed out those who are just out having fun or have


not gotten over a past relationship and are not ready for a committed relationship.

My experience has been that those clients who stick with the process have been most successful with achieving their relationship goals. They have the mindset that they deserve to be in a loving marriage and make this a priority and focus in their lives. They seek out all avenues and resources open to them to find that special person. For more marriage-minded dating tips and strategies visit my blog at <http://www.motivatedtomarry.com>. My hope is that you make the necessary changes in your life to support your goal of finding that special relationship. I urge you not to give up and to build your resolve for finding your true love! ■



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.

Announcing
Selective
Openings
in her
2011-2012
Studio!!



Holly Carol Shockey
Professional Singer/Voice Coach
Mc Lean
703.795.4988

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



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



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

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.[™]

PO26038

statefarm.com[®]
State Farm[®] • Home Offices: Bloomington, Illinois

04/02

THE **MAGIC** BEGINS HERE
CALL TODAY, **DANCE** TONIGHT!

- Trained professionals who make you feel at home
- Feel comfortable on any floor with any partner
- Convenient times to meet any schedule
- Special summer "Walk-in, Dance-out" promotions



8603 Westwood Center Drive
Suite 205
Vienna, VA 22182
Phone: 703-556-0088
www.arthurmurraydc.com

BEST WEDDING
DANCE SPECIALISTS
THE KNOT
BEST OF WEDDINGS 2011



A GOOD IDEA: SHOP FOR AN INTEREST RATE **BEFORE** SHOPPING FOR A NEW CAR

So you've made the big decision. It's time for a new car. You'll have a good time checking out the models, colors and features before deciding what's right for you. But then what?

The dealer will make financing easy to get. Step into the office, sign the papers and drive away. It's convenient, but even though you made a good deal on the vehicle, you might not be getting the best interest rate on the loan.

If the dealer has a no-interest offer, be sure to know how long the term will be. If it's just a couple of years, the payments will be high.

It's smart to look for financing before you get serious about buying a specific car. Your visits to car dealers will give

you a good idea about how much the car of your choice will cost. Your next step should be shopping for a loan.

Visit a couple of banks and credit unions to determine what the interest rate for a person with your credit score would be. You can buy a copy of your credit score at TransUnion or Equifax for \$15.95 from www.myfico.com.

Most lenders will prequalify you for a loan even if you don't know exactly what vehicle you will buy, according to Consumers Union.

MoneyAisle.com is an auction site that allows consumers to solicit bids from financial institutions for new and used vehicle loans. If you like the bid, you can contact the bank or credit union, say experts at USA Today.

Some dealers offer the choice of no-interest finance or a rebate. If you get a low interest rate elsewhere, the rebate might be the better choice.

Edmunds.com has a calculator to compare the savings between the two. Search under "Low APR Versus Cash Back."

Insurers give a discount if they monitor your driving

Some safe drivers think they should be paying less for auto insurance. There's now a new discount available from many insurance companies.

If you're such a safe driver that you are willing to allow the insurance company to monitor your every day driving

habits, you could save as much as \$150 a year.

Progressive Insurance has its Snapshot program in which drivers can install a small data recorder in their cars. It tracks how hard they brake, how far they drive and whether it's day or night driving. The program is available in 32 states right now.

Allstate has the Drive Wise program, which is expanding to many states. The data recorder tracks time of day, mileage, hard braking and speeds above 80 miles per hour. The program offers discounts up to 30 percent.

GMAC just tracks mileage with its OnStar satellite system for discounts up to 54 percent if you drive fewer than 2,500 miles a year.

State Farm also uses OnStar Drive & Save program in California, and Ohio. Texas and other states are being added.

The programs are voluntary, but some privacy advocates worry that the devices will eventually make monitoring mandatory. Some states have privacy laws that might ban the programs even if drivers are willing to take part in it.

Insurance companies generally set their rates based on accidents and tickets, but also on such factors as age, gender and ZIP code.

They say the new programs are one way very safe drivers can get the biggest discounts.



The biggest budget killer: impulse buying

Studies at the University of Pittsburgh show that impulse buying adds up to 30 percent of overall spending. Here are some tricks to keep you from unplanned purchases:

- Look at the clothing or electronic gadget but don't touch them. Picking up an expensive sweater or cellphone increases your sense of ownership, which makes it more difficult to resist buying.
- Consider what you would rather do with the money. Save it toward a grand vacation? Focus on which one you would rather give up.
- Shop with a list. This classic idea can be one of the biggest money savers of all. Decide what you want and need. Mentally decide how much you are willing to spend on gifts, personal care and items for your home, and how you could save one-third of those costs over a year.
- Create separate savings accounts for items like vacations, Christmas, and new furniture. One Dartmouth researcher says a reminder on your calendar can help. Reminders like "Deposit tax refund to Roth IRA" can boost savings by 15 percent.

Moneywise-Where you can get the money when you're in a bind

When your emergency savings won't cover a big car repair or a new roof for the house, check available options.

- Your credit union may have a loan plan that suits your needs, and the payments could be payroll deductible.
- Some banks make emergency cash loans. Check with banks in your area.
- A loan from your 401(k) could be another option if your company allows them. Check with Human Resources.

For 401K loans, the amount you can borrow varies from company to company and is usually limited to half of your balance.

Payments may be payroll deductible and could be for an extended period. But in most cases, you won't be able to contribute to your 401(k) until the loan is paid off, which could be a setback to your retirement savings goals. If you should leave the company, you may be required to repay the loan in full. Be sure to read the loan application to see if this repayment provision would apply to you.

Apartment dwellers at risk without renters insurance

A poll done by the Insurance Research Council shows only 43 percent of renters had hazard insurance, while 96 percent of homeowners did.

Some study respondents said their apartments were small and they didn't have many possessions. But consider this: In case of a fire, they could lose

their television set and CDs, their computer, table and chairs, bed and their clothing.

Renters insurance would cover the cost of replacement.

In larger apartments and rental homes, the cost of replacing furniture and possessions would be far greater. Some apartment dwellers mistakenly think their stuff is covered by the owner's insurance. Landlord policies cover the building and common areas, but not the belongings of tenants.

Renters insurance policies also provide liability insurance. If someone trips over a rug and breaks a leg, the cost would be covered by insurance.

Renters insurance provides living expenses if a fire or disaster makes the apartment unavailable to the insured.

The cost of a renters insurance policy varies from \$12 to \$18 a month and can be paid monthly or annually. ■



EDDINE LIMOUSINE

SERVICING VIRGINIA, MARYLAND, AND WASHINGTON DC

Offering the finest vehicles for your traveling needs.

We offer unlimited Wi-Fi and complimentary usage of an iPad during your ride.

Contact us today to travel with the premier leader in transportation!

www.vasedans.com

1-888-314-6335

Airport pick-up/drop-off

Corporate Accounts Welcome

WINGIN' IT

GETTING HELP IN "WORKING THE ROOM"

BY RICK MUNDY

Some people are naturals when it comes to networking at chamber mixers and other meet-and-greet events. They work the room, seemingly talking with every person they want to meet and are completely at ease throughout the process.

For many others this operation is more difficult. How do you approach someone? How do you get to everyone that you want to meet at an event? What do you want to learn? How long do you talk? How do you break away? How do you cut into an existing conversation of two or more people?

Now there is Corporate Wingman, a local service that addresses all of these concerns and more. As the

name suggests, Corporate Wingman acts on your behalf to help if you don't enjoy networking, if you don't network particularly well or if an event is too large to cover with your own staff.

"It's a missing service," says Kelly Jan, chief connections officer with Corporate Wingman. "Businesses are asking all of their employees to be marketers these days and some people are not entirely comfortable in that role."



Corporate Wingman will attend an event with you and develop contacts in a third-party referral manner. In this way they can expand the number of contacts made and speak on your behalf to the people you most want to reach. After the event, you receive a full report of their efforts. It's an effective approach," Kelly says, "it's not you talking about you, but us saying to the prospect that he could benefit from meeting you."

The company also provides workshops on networking that are typically a half-day for up to 15 people that cover networking

basics, mock networking and practicing introductions. They also offer a more customized 2-month-long training that allows for greater feedback and progress tracking. "This is not sales training, but the development of the important skill of interacting most effectively with other businesspeople," says Andrew Jan, chief operating officer and co-founder of Corporate Wingman with his wife, Kelly. "There are so many people who waste valuable opportunities. What events are best for me? Who should I connect with? What do I do with the information I collect at the event?"

Networking is increasingly important to the success of most businesses these days and Corporate Wingman can help make your efforts pay off in a big way. Reach them at www.corporatewingman.com, Telephone 703 438 8820, email kelly.jan@corporatewingman.com or andrew.jan@corporatewingman.com

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. ■

KELLY & ANDREW'S TIPS FOR NETWORKING SUCCESS

- Know who you want to meet.
- Figure out where to go to meet those people.
- Have a plan to follow up after an event.
- Approach the event thinking "How can I help you?," not "How will you help me?"
- Take notes on the people you meet to follow up.

QR CODES ARE HERE!

CONNECTING PRINT & ONLINE MARKETING

BY DAVE YOUNG

You're starting to see them everywhere. They look like jigsaw puzzles, sometimes in color, but most often in black-and-white. You see them in magazine advertisements, on posters and billboards, on business cards, and just about everywhere else. They are quick response (or QR) codes.

If viewers see something they like, they simply scan the QR code with their cellphone. The phone is automatically directed to a webpage, video, or other content. Static content suddenly turns into a dynamic, interactive medium.

What's the big deal about QR codes? Why is their use literally exploding all around the world? Let's take a look at some of their benefits:

- **No charge:** In their most basic form, QR codes are free to generate and cost nothing extra to print; just add them to your materials like any other image.
- **Immediate response:** As soon as an advertisement or marketing pitch catches their eye, consumers snap and view. There's no delay between the interest and the response.
- **Capitalize on mobile culture:** The cellphone has been described as today's laptop. Peoples' entire lives are stored on their phones; it's one

device that's with people all the time.

- **Link from the static printed world to the dynamic internet space:** It is what makes the indispensable printed media (like this magazine) quickly adaptable to current or additional information on demand.

There are, indeed, several technical issues to consider but let's look at just a few possible ways to use QR codes.

For restaurants: put QR Codes on the table tents. These may direct

direct people to current information about your company, the project and the schedule.

QR Codes are portable: Add a QR Code on your business card that provides people with your contact information. Add them to badges that conference or trade show attendees wear. This will make it easy for everyone to share their information with others. Hosting an outdoor festival? Put QR Codes on signs and posters. They may direct people to a mobile-optimized festival guide and schedule.

Enhance your customer service offerings – Next time you distribute release notes, or training manuals, include QR Codes to link people to online tutorials or ways to reach your support team via their mobile phone. Make it easy for people to assemble your products. Put a QR Code on the box or on the directions that allow them to see videos on their cell phone that show how to put something together.

There are techniques and cautions to consider with this new tool, but with such a terrific number of great applications, you'll find it to be an asset to your business. ■



This is a QR Code.

QR codes are new types of barcodes that contain data. We can print several codes which can be placed on signs, menus and other literature. You can use a QR reading application and the camera on your 3G mobile phone to access additional images, information, and video pertaining the positioned code. Try It!



TEXT QRCODE to 41411

people to social media pages for the restaurant. Add a QR Code to a print advertisement for a restaurant which directs people to a page where they can view the current menu or make reservations. These codes, next to menu items, can link to pages that provide nutritional information to help people decide if something is right for them to order.

For real estate: add a QR Code to sign riders. Direct people to a video/virtual tour of the house. Put a QR Code on construction signs which

Dave Young is Principal at Allegra Printing in Tysons Corner. Allegra Printing offers a suite of Printing and Marketing tools to enhance the Value of the Businesses they serve.
Find him at
1577 Spring Hill Road, First Floor
Vienna, VA 22182
Phone: (703) 556-0155
Fax: (703) 556-0420

DO YOU KNOW WHAT YOU'RE FEEDING YOUR PET?

UNDERSTAND THESE COMMON PET FOOD MYTHS

BY DR. SANFORD CHRISTMUS

Over the past few years, our pet food options have ballooned to levels never seen before. We have grain-free options, vegetarian diets, raw diets, diets that contain duck and kangaroo, and many other choices. Unfortunately these options can be confusing to pet owners, and the marketing and hype associated with some of these diets can be misleading. I'd like to clarify some misconceptions or myths that we veterinarians hear from our clients regarding pet foods.

Myth: Grains are bad for dogs.

While some dogs are intolerant and some truly allergic to grains, they are a reasonable and healthy source of protein, fiber, and other nutrients for most dogs. Pets are most commonly allergic to beef, dairy products, chicken, lamb, fish, eggs, corn, wheat, and soy, in that order. Note that grains are low on that list, while the more common protein sources in pet foods are high on the list.

Dogs are omnivores, able to derive

nutrition from animal and vegetable sources. Cats, on the other hand, are true carnivores, which is why there are no recommended vegetarian diets for cats and why they shouldn't eat dog food exclusively.

Many diets that are "grain-free" replace grains with potatoes. Unfortunately potatoes have less nutritive value than most of the ingredients they replace. In grain-free diets, other ingredients or synthetically derived vitamins must be added to replace the proteins, vitamins and minerals that are missing because of the exclusion of grains.

Some clients say their dogs look glossier on a grain-free diet. Like people, dogs differ, so certainly, some dogs will be happier or healthier on some diets versus others. Be aware, though, that high levels of fatty acids and other ingredients can make a dog's coat look glossy, but an outward appearance doesn't reflect the overall nutritive quality of a diet.

Myth: Avoid byproducts in pet foods.

First, let's start with a legal definition of byproducts from the Association

Of American Feed Control Officials (AAFCO), the body that governs pet food labeling. Byproducts are "the non-rendered, clean parts, other than meat, derived from slaughtered mammals. Byproducts include, but are not limited to, lungs, spleen, kidneys, brain, livers, blood, bone, partially defatted low-temperature fatty tissue, and stomachs and intestines freed of their contents. It does not include hair, horns, teeth and hooves." The reason they are called byproducts is because they are byproducts of the human food chain in the US. In most other countries, however, people eat lungs, spleen, kidneys, brain, livers, blood, intestines, stomach, pancreas, thymus, etc. Have you ever watched Bizarre Foods with Andrew Zimmern on the Travel Channel? He eats these things and more every week! These ingredients are excellent sources of nutrition for dogs, cats and people, so there's no reason to reject a diet that includes animal byproducts.

Some diets make a point of stating they include stomach and intestines, which makes their diet better. While the diet might be fine, it includes byproducts; they're just not called by that name.

Myth: "Organic" pet foods and diets that say "human-grade ingredients" are better.

There is no legal definition of "organic" in pet foods. While the USDA has legally defined the term "organic" for products designed for human consumption, there is no such thing for pet food ingredients. "Organic" dog foods can contain pesticides or chemicals not allowed in organic foods for human consumption, but because the ingredients are in pet foods, the manufacturers can call it "organic" without risk. As for the term "human grade," the AAFCO does not have a definition for this term, either. It is illegal to use it in the ingredient list; however, the use of the term on the label is less restricted. It's possible to say on the label that the ingredients are "human grade," but this undefined term is an advertising gimmick. What constitutes "human grade" to you may not be what's "human grade" to pet food manufacturers.

On the other hand, the term "natural" is a legally defined term for pet food labels. It means that no ingredients were made synthetically. Because the term is so strict, all foods labeled as "natural" will say "with added vitamins and minerals," because it's very difficult and expensive to use non-synthetic vitamins.

Myth: All foods sold today are sufficient for long-term feeding.

The AAFCO requires that every pet food label include a statement defining the life stage for which the product is formulated. It'll say "Brand X is formulated to meet the nutritional levels established by the AAFCO dog (or cat) Food Nutrient Profiles for growth (or maintenance or all life stages)" or "Animal feeding tests using AAFCO procedures substantiate that (name of product) provides complete and balanced nutrition for (specific life stage)."

There are several things to note here.

1. Some foods are tested using feeding trials, and others are determined to be complete by the nutrient profile only. In general, companies that use feeding tests are more serious about the quality of their food. While the tests aren't perfect, they are expensive and time-consuming, and it's a lot cheaper and easier not to perform them.

2. The AAFCO specifies two life stages only, growth/reproduction and adult maintenance. There are no requirements for a senior life stage diet at this time. Labels that state a diet is formulated for "all life stages" mean they fit the minimum requirements for both categories. The hazard here is that some nutrients will be somewhat

higher than necessary for adults (like protein, calcium, phosphorus, etc.) and significantly higher for seniors, mainly protein levels. Nutritional excesses can be just as dangerous as deficiencies. Many senior cats and dogs with kidney disease have dangerously elevated blood values because they are eating a diet for "all life stages" and are therefore eating too much protein.

Some foods display an AAFCO statement that says, "This product is intended for intermittent or supplemental feeding." These foods do not meet the minimum requirement for either life stage. The label on the food can market itself as an adult dog food; however, if you don't carefully read the label, your pet could be getting poor nutrition for the long term.

Choosing the right diet for your pet can be confusing and frustrating. I hope this information debunks the myths you've heard and helps you choose a suitable, sustainable diet for your furry friend. ■

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.



SOME OF OUR CANINE VISITORS AT VIVA VIENNA ON MAY 29 & 30



Dexter,
3 months old



Fred,
3 years old



Sookie,
5 months old



Annie,
5 years old



Zev,
9 weeks old

For New Clients:
Free Registration!

AuPurr CatSitting

Professional Feline Child Care

703-203-4930

info@aupurr.com • www.aupurr.com

*Friendly or feral, indoor or out,
Cats 1 or 20, give us a shout!*

Serving the cats of
the Vienna/Tysons area
(& other Northern VA areas)

Licensed, bonded & insured

PET RECIPE

Cow Food 9 Cats

A dry/wet food mix. Try it, it's weird, but great.

1 small mushroom
1 t Cool Whip
1 scoop dry cat food
1 scoop wet cat food
Mix all together thoroughly. Your cat will love you.

(Called Cow food after a cat named Cow)

www.foha.org

Friends of Homeless Animals

Serving the Northern Virginia
& Washington DC area

SPCA NOVA Annual Dog Wash

Saturday, August 6, 2011

The annual Dog Wash will be Saturday, August 6th from 10am until 3pm at Weber's Pet Supermarket, 11021 Lee Hwy, Fairfax, VA 22030, (703)385-3766.

Is Rover a bit smelly? Does Fifi need a manicure? Do we have the deal for you! Bring your dogs to the SPCA NOVA Dog Wash and they will take care of those problems with bathing, ear cleaning, and nail clipping. They will be sweet smelling and you'll be helping the SPCA NOVA to help homeless animals. Tell everyone you know to bring out their dog for a squeaky clean bath at dirt cheap prices! Along with washing dogs, we will also have nail trimming and ear cleaning available, T-shirts and magnets for sale.



Poppy, Jack Russell Terrier, age 5. Comes from Wiltshire, UK, but is living in Falls Church for 3 years while his owner is on assignment at the British Embassy. He loves the snow and looking for squirrels and chipmunks.

OUR FURRY FRIENDS OF VIENNA

Say hello to Zippy the Pinhead. Owner is Nancy Preston of Vienna



TO FIGHT STRESS, GET A PET

Work can be stressful. Sometimes homelife is stressful too, but having a pet can help. A Pet Care Trust study shows that you don't even have to stroke or cuddle your pet to reap the stress-busting benefits.

Merely being in the same room with a pet has been shown to lower stress levels, reduce heart beat, and lower blood pressure. About 64 percent of people reported that having a pet reduced their anxiety levels.

Researchers at the University of Pennsylvania say gazing at a fish tank can have the same calming effect as a session of hypnosis.

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.ovhvpets.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

So...there's good news regarding the effort to keep **Norm's** in business...after a heart-felt campaign by his loyal patrons to "Save Norm's", we have word that **The Fresh Market** has reached out to him and promised they would not interfere with any leasing arrangements between him and the landlord. Stay Tuned...

Speaking of **Danor Plaza**, we hear that a few new merchants are on the way, in particular (this is rumor... and only rumor) an **Elevation Burger, Bubbles,**

a **Massage Envy** and a pizzeria...a new look for that corner...half the shopping center is getting a new look...

It opened June 27...**Seasons 52** is now open in Tysons Corner right across from **Coastal Flats**...a new concept in dining...every dish under 450 calories...and over 50 glasses of wine by the glass... under the direction of Executive Chef and Partner Dane Scott, we should expect some great dining experiences...

It's open and doing bang-busters... **Clawes Carpets** on Maple Ave,

is celebrating its new location with some great deals on quality carpets and service only a family run business can provide...they've been around for over 30 years... with a great reputation for value. Find them at 127 Maple Avenue in Downtown Vienna.

Panera Bread is open...and it's giving us a great new option for baked goods, breakfast, lunch and a place to meet and chat...in the Virginia Shopping Center...

And next to Panera Bread...a new **Robeks** and **Motophoto**...is on the way...where are we going to park?

Iris Lounge (formally eCite) is progressing with its changes...a cigar lounge, pool tables, private party rooms...looking good...if you stop by, say hi to Robert...

It's not very far...**Farm to Fork Loudoun** is celebrating the Eat Local-Drink Local campaign with 21 Culinary sites. Also being featured will be wine/spirits from 11 local vineyards and fresh ingredients from 17 Loudoun County Farms. For more information visit farmtoforkloudoun.com.

Sun Design will be opening its second sensational showroom in McLean this summer...watch for it...

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 subscriber 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.

Nouveau Salon has opened near **Lost Dog Café** in McLean...

What an opening! The long awaited **American Girl** has opened in Tysons Corner...includes a café for the youngsters to dine with their dolls...

Still waiting for **S'fizi Café** to open on Broad Street...The wine tasting room at **L'Auberge Chez Francois** is open and just delightful...a great place to meet friends and enjoy some quiet conversation and great food and drink...

Nostos is Open...talk about some great Greek dishes...you have to try this place...(the grape leaves are to die for)...

New restaurant on Maple Avenue coming...**Locust Garden**...where **Panjshir** used to be...

Fiat is open...so is **Golfsmith** (that was the fastest refurbishing and renovation I have ever seen) ...79,000 sq. feet of golf...(does

anyone still play tennis?)

E.nopi has opened on Church Street...a new dynamic in learning ...from Korea...math, reading, and writing...

Café Amouri has introduced a new line up of lunch and snack items...the grilled cheese is great...**Peking Express** has added seating...we love the hot and sour soup...

We have another **Paisano's** in Falls Church- 244 West Broad. This is their ninth location in Northern Virginia with three more coming soon in Springfield, Manassas, and Ashburn...

Looking for more dining choices? Check out our new portal www.TasteofTysons.com for short video tidbits about area restaurants...

And we're moving...thanks to you...our small offices can't hold all the excitement...we're moving right around the corner...Thank you for making that possible. ■

Taste of
TYSONS

place • the atmosphere • the food • the wine • the attire • the people

We have launched a new website

"Taste of Tysons"
(www.tasteoftyson.com)

and we have a few videos to share with you about some great dining venues in our area.

Please check it out.



MCLEAN AUTOMOTIVE SERVICE CENTER

In 1953, Les Paul and Mary Ford released the hit "Vaya Con Dios." "From Here to Eternity" was the box office hit, Chevrolet introduced the Corvette
...and...

McLean Automotive Service Center opens its doors.

The Landscape may change, autos may change, ... but some things shouldn't!

At **McLean Automotive Service Center**, we've been servicing the automotive needs of area drivers since 1953. It's an old-fashioned formula that transcends time. A relationship that begins with a handshake and a desire to be your mechanic for life. Quality Workmanship, Honest Pricing and Service that exceeds your expectations. (That's why we're still here!)

Expert Auto Repair — Satisfaction Guaranteed!

And remember...you can trust your car to our local mechanics for all your service needs, scheduled maintenance, and **All Virginia Required Inspections** without any risk to your vehicle's warranty!



**McLean Automotive
Service Center**

703.356.7730

703.356.3730

www.mcleanautoservice.com

**1387 Chain Bridge Road
McLean, VA 22101**

BRIDGE TERMS WORD SEARCH

Y F O R C E Q P Y T P E D
M H W D O U B L E R D P R
M T R I C K P E N A L T Y
U R Q B S P R X P E F P N
D O Y S M S P S D H I O R
L N A U U L T I S D N I U
L P R I E A A O E A E N F
A T T A G M U C P E S T F
C B D A O T L O S P S S C
R R M N H A N N M O E L V
E E D Z R A O T I B U R U
V B S E T P H R N B M E F
O B R O S A O A O T A V F
I U E E N D Q C R S J O U
D R R D E B I T T E O K L
R E L A E D C B L W R E S

BID	HAND	RUBBER
CLUB	HEART	RUFF
CONTRACT	LEAD	SLUFF
DEALER	MAJOR	SOUTH
DECLARER	MINOR	SPADE
DIAMOND	NORTH	STOPPER
DOUBLE	OVERCALL	SUIT
DUMMY	PASS	TRICK
EAST	PENALTY	TRUMP
FINESSE	POINTS	VOID
FORCE	RESPONSE	WEST
GAME	REVOKE	SET
		SLAM

A guy asks his waiter how they prepare their chicken. The waiter says that there's nothin' special... we just flat out tell' em they're gonna die...

Riddle:
What is so fragile that when you say it's name you break it ?



"I'm making out my will. Is there anything you want me to leave to you, other than debt?"

Did you know...

The largest flower in the world, the rafflesia arnoldi, weighs 15 pounds and grows only on the Sumatra and Borneo islands of Indonesia. Its petals grow to 1.6 ft (1 metre) long and 1 inch (2,5 cm) thick.

I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer.

-Jim Carrey

SEEN IN NEWSPAPER ADS:

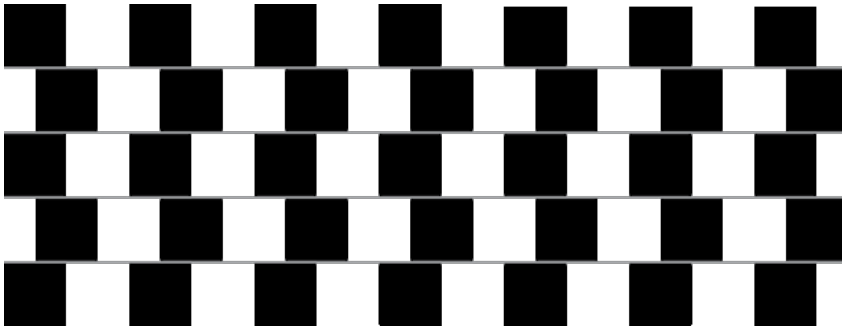
- Get rid of aunts: Zap does the job in 24 hours.
- Sheer stockings: So serviceable that a lot of women wear nothing else.
- Save regularly at our bank. You'll never regret it.
- Software designed to help music lovers increase their reproduction.
- Semi-annual after-Christmas sale.
- And now, the Superstore: unequaled in size, unmatched in variety, unrivaled inconvenience.
- We will oil your sewing machine and adjust tension in your home for \$5.00.
- Ladies and gentlemen, now you can have a bikini for a ridiculous figure.
- When you are thirsty, try 7-Up, the refreshing drink in the green bottle with the big 7 on it and u-p after.
- Tired of cleaning yourself? Let me do it.
- Great dames for sale.
- Creative daily specials, including beef, foul, vegetables and salads.
- Have several very old dresses from grandmother in beautiful condition
- For sale: Three yellow canaries of undermined sex.
- Vacation special: Have your home exterminated.
- The hotel has bowling alleys, tennis courts, comfortable beds and other athletic facilities.



How to solve wordoku puzzle

To solve a wordoku, takes simple logic. Simply make sure that each 3x3 square region has a only one occurrence of each letter in the keyword (which is ANGELFISH.) It fits in the center row. Each column and row of the large grid must have only one instance of each letter, A, N, G, E, L, F, I, S, H. The difficulty rating on this puzzle is easy.

BRAIN TEASER: Are the horizontal lines parallel?

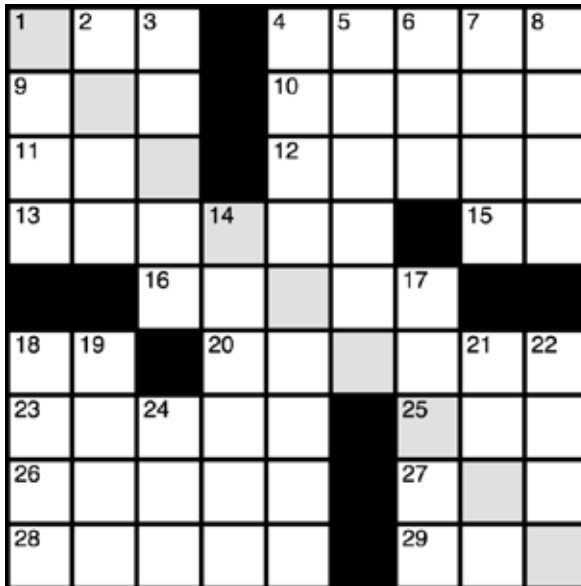


SUMMERTIME LEISURE CROSSWORD

Note: The headline is a clue to word in the shaded diagonal

Across

1. Tennessee athlete, for short
4. Opposition to Tories
9. ___ Claire, Wis.
10. Of the ear
11. And more: Abbr.
12. Adult insect
13. "Wheel of Fortune" category
15. Expressing direction
16. Bonus
18. "___ You Like It"
20. Playground equipment
23. Japanese-American
25. Neighbor of Wash.
26. Nominal
27. Genetic info carrier
28. Like some remarks
29. Double curve



Down

1. Political second banana
2. Curse
3. Riches
4. Place for a belt
5. Arm bones
6. Bank offering, for short
7. Famous Lady singer
8. Coin opening
14. Crown vetch
17. Be crazy about
18. Carpenter and fire ___
19. State of Israel
21. Coastal raptors
22. Caribbean and others
24. Schuss, e.g.

TRIVIA TEASER PUT UP YOUR DUKES

CAN YOU ANSWER THESE TRIVIA QUESTIONS ABOUT THE MANY DUKES?

1. What was the name of the female cousin on The Dukes of Hazzard?
a) Petunia b) Rose c) Daisy d) Honey
2. Duke the talking dog is featured in TV commercials for what food product?
a) Activia yogurt b) Snickers candy bar c) Miracle Whip salad dressing d) Bush's baked beans
3. Center fielder Duke Snider played for what baseball team for 15 seasons?
a) Orioles b) Dodgers c) Cubs d) Giants
4. What is the correct address when speaking to a duke?
a) Your grace b) Your eminence c) Your honor d) Your holiness
5. What was the name of Patty Lane's identical cousin on The Patty Duke Show?
a) Wanda b) Randi c) Cathy d) Betty
6. Who recorded the 1962 hit song "Duke of Earl"?
a) Thurston Harris b) Buddy Holly c) Gene Chandler d) Frankie Valli
7. Which of Shakespeare's plays concerns a Duke adopting a disguise in order to observe the actions of his subjects, including his deputy Angelo?
a) Measure for Measure b) The Tempest c) Twelfth Night d) Coriolanus.
8. Norm Duke was 18 years old when he became the youngest pro athlete to win a title in what sport?
a) Bowling b) Speed skating c) Motorcycle racing d) Weightlifting
9. In which comedy film will you find the conniving brothers Randolph and Mortimer Duke?
a) Arthur b) Brewster's Millions c) Doctor Detroit, d) Trading Places
10. What was the real first name of jazz musician Duke Ellington?
a) William b) James c) Thomas d) Edward.

So here's to all those summer nights when my feet hit the sand and the waves break my fall and all my friends around me out number the stars. - Unknown



PUT OUR MONEY WHERE YOUR MOUTH IS!

Viva Tysons! Wants to hear from you!

We know that our readers know the best places to eat. We want you to tell the rest of our readers about your favorite finds. Send us your review of a local Tysons area restaurant. If we print it, you get a \$50 gift certificate to a fine area restaurant! So what's the catch? Just the catch of the day! Creative, sincere, and well written reviews will get to the top of the stack, so put some thought into it. Who knows? Maybe you'll get a regular column! Send your review to comments@vivatyson.com, put REVIEW in the subject line and try keep it under 600 words. Deadline is August 15th at midnight. Bon appetit! Hopefully your next meal there will be on us!



www.beltwaybargains.com

Beltwaybargains.com is a new community site for posting classified ads, jobs, resumes, cars and community events... and it's easy as 1,2,3.

1. Register @ www.beltwaybargains.com and create your account.
2. Post your items for sale, advertise your business, post resumes, jobs, lost or found items or pets and events. Sell your car or boat! (You can post coupons too!) Upload your pictures...and...
3. That's it! You're done!

Check ratings for business and rate those in the area. Enter contests! Community bulletin board for posting events.

It's free!



Answers to 'Put Up You Dukes'

- 1-c Daisy 2-d, Bush's baked beans
3-b, Dodgers 4-a, Your grace
5-c Cathy 6-c Gene Chandler
7-a, Measure for Measure
8-a, Bowling 9-d, Trading Places
10-d, Edward

Answer to riddle : Silence

Brain Teaser: Yes

2011 HOROSCOPE

JULY

ARIES: Small or large mistakes could be found this month at the department store checkout or in various credit card bills. If a checkout person or bank teller makes a mistake in your favor, tell them about it.

TAURUS: You might think you don't have time to read in July, but a revelation or life correction could be found in a book, a sentence or a phrase. It can happen even when reading fiction.

GEMINI: When you feel that your life is at a crossroad, the decision to take a certain course, or not to, should not be taken without great consideration. Avoid issuing ultimatums. They could backfire.

CANCER: Sometimes a friend or co-worker makes a statement that offends you. He or she might not be aware of the error, so don't pull back or cease communication. Discuss it and clear the air.

LEO: You might be comfortable doing what you have always done before, maybe too comfortable. Whether it's a vacation, a restaurant, or a more important issue, go beyond your comfort zone.

VIRGO: People will rise to your expectations if you have faith in them. Instruct, build their confidence, and check back several times to see if they understood what needs to be done. It works with kids too.

LIBRA: Sometimes a relationship with a fellow worker reaches almost telepathic heights. You find yourself working in congruency even though you haven't communicated verbally. Thank your lucky stars for it.

SCORPIO: In a loving relationship, sometimes it's best to defer to the wishes of your partner. What seems unclear to you now could be clarified. Even if it is not, deferring could solidify a relationship.

SAGITTARIUS: Health problems are complicating your life and your work. It's important to tend to the basics of diet, exercise and a positive outlook. Follow instructions from the doctor and on medicine bottles.

CAPRICORN: If your usual creativity is dormant and the days seem longer than before, you need a break. Vacations are great for revitalizing, so if you have one coming to you, be sure to take it.

AQUARIUS: Fourth of July fireworks may be a family tradition, but seeing them also brings an opportunity to gather with family members you haven't seen for a while. Invite them to your place or to an event.

PISCES: The song says, "Summertime, and the livin' is easy," but you still have to do things like cut the grass and paint the fence. When you do it with a smile, summertime will bring its own rewards.

AUGUST

ARIES: It's good to have people you can talk to, but it's also wise to not tell all. Advice is cheap and must be taken with a grain of salt. Season your life with reality and contemplation.

TAURUS: Good luck comes your way in August. You will find ways to make your life more fulfilling. You could begin seeing a difference in your fortunes and contacts beginning today.

GEMINI: Take advantage of as many lazy days of summer that you can realistically take. Short breaks away from work can have a renewing effect. A little play can make you brighter.

CANCER: In an issue you will recognize, deferring to the wishes of the person will be the best choice. This is especially true when your talents and your time are already stretched with responsibility.

LEO: Making a hasty decision this month might not be in your best interest. In weeks ahead, you could have more options available to you. Your creativity is high now, but could lead you in the wrong direction.

VIRGO: A meeting or convention could change your perspective about your work and your future. Your ability to take in new information separates you from others and makes you stand out.

LIBRA: Telecommuting workers or those who work alone may feel disconnected. If you are one of them, watch for opportunities to communicate with bosses and with other company people.

SCORPIO: Your social nature is flourishing this month. To increase your visibility further, wear bright colors even if they are just on a tie or a scarf, and you will get the attention you deserve.

SAGITTARIUS: If there is confusion a problem at work, think twice about delving into it. When it's not your problem, it may be best to stay out of it. Generally, avoid excessive self-scrutiny.

CAPRICORN: You don't have to be single to have romantic opportunities. Spouses and partners can experience random romantic feelings, or they can take the lead and create them for themselves.

AQUARIUS: An extra effort made for a family member can pay off in closeness and appreciation for years to come. Or it may not, depending on the person and the personality. It can be a risk but it's worth taking.

PISCES: A new opportunity coming your way could be the envy of your friends or co-workers. Take it in stride and their feelings could soon subside. Focus on doing your best work now.

QUICK CORNER

a guide to off leash dog parks

OFF-LEASH DOG PARKS OPEN: DAYLIGHT TO DUSK

VIENNA DOG PARK

700 Courthouse Rd, Vienna, VA

Features: Fenced 90 x 150, area is shaded with on-site water.

Dogs must be licensed by the Town of Vienna or Fairfax County.

BARON CAMERON PARK

11300 Baron Cameron Ave

Reston, VA

Features: Area for dogs under 25lbs and area for dogs over 25lbs. Water supply and separate area for small dogs (under 25 lbs.)

OAKTON BLAKE LANE DOG PARK

10033 Blake Ln, Oakton, VA

Features: Grassy, fenced field

CHANDON

900 Palmer Dr, Herndon, VA

Make sure you follow these Off Leash Dog area rules:

1. The off-leash dog area is for dogs, their handlers and those accompanying them. No other use is allowed.
2. All dogs must be legally licensed and vaccinated, and shall wear a visible dog license.
3. Dogs under 4 months of age and female dogs in heat are prohibited.
4. Dogs must be on leash when entering and exiting the off-leash dog area.
5. Dogs must be under the control of their handler and in view of their handler at all times.
6. Spiked collars are prohibited.
7. Children 8 years and under are not allowed in the off-leash dog area; children ages 9 - 15 years must be accompanied by an adult.
8. Handlers must be 16 years of age or older.
9. Handlers must have possession of the dog leash at all times.
10. Handler is limited to a maximum of two dogs.
11. Handlers must "scoop the poop" and fill any holes dug by dogs under their control.
12. Food and drinks in glass containers are prohibited; training treats are allowed.
13. Dogs must be removed from the off-leash dog area at the first sign of aggression.
14. No animals other than dogs shall be permitted in the area.
15. Handlers are responsible for any injuries caused by the dog(s) under their control.
16. Users of the facility do so at their own risk. Neither Fairfax County nor the Fairfax County Park Authority shall be liable for any injury or damage caused by any dog in the off-leash area. ■



Ranked as Top Dentist by Health & Beauty, Washingtonian and Northern Virginia Magazines.

© 2010 D.T. Dental Technologies Inc.

INTRODUCING ROXANA BANAFSHE
2009 MACVENEERS™
Model Search Winner

Dentistry by: Dr. Chong W. Lee, DDS
(Porcelain Veneers)

With over 25 years expertise in
aesthetic, neuromuscular (TMJ), and
comprehensive dentistry, Dr. Lee has
been recognized as a leader in cosmetic
dentistry across the nation.

Galleria Dental Aesthetics achieves
superior results through unparalleled
experience, skillful artistry and
exceptional care.

Call us and schedule
your Smile Makeover
Consultation today!

Dr. Chong W. Lee, DDS and
Dr. Joseph Oh, DDS

Galleria Dental Aesthetics
1600 Tysons Blvd. Suite 120
McLean, VA 22102

703-448-1020
www.leeohdds.com

 **GALLERIA**
DENTAL AESTHETICS

WE PROUDLY OFFER
MACVENEERS™
BY MICRODENTAL TECHNOLOGIES



Spring Cleaning

NEVER LOOKED SO GOOD.

For 100 years, we've helped our customers improve the appearance, energy efficiency and value of their homes.

From the White House to your house, we're the Washington area's most trusted name in window, door, siding and patio upgrades.

SHOWROOM HOURS

Monday - Friday 8-5

Saturday 9-2



Congratulations
WOLFTRAP ON YOUR
40th
ANNIVERSARY!

When Wolf Trap first opened the Filiene Center in 1971 the Hodges Co was celebrating it's 65th anniversary.

Today the Hodges Co. is joining the area in celebration of Wolf Trap's 40 years commitment to the performing arts.



HODGES WINDOWS AND DOORS

120 W. Jefferson Street, Falls Church, Virginia 22046

ph: 703 532 0184 www.hodgescompany.com