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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 \$1,425,000
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 \$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 \$4,500,000
6 BR & 13 BA. 5 ac. Over 12,000 sq ft, 4 story atrium, elevator 4 car gar, guest quarters w/ kit, wine cellar, pool, spa & apt above garage.



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 on 5 acres of privacy in an equestrian community of Tally Ho. 1st class amenities such as Subzero. 4 car gar and stables.



VIENNA \$3,799,984
New Home by George Sagatov. 5 BR, 5 BA, 2 HB. 9,000 sq ft. Gourmet kit w/top of the line appliances, fixtures, cabinets & flooring.



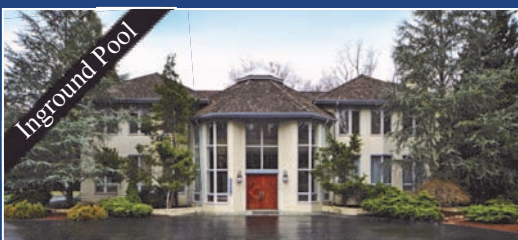
VIENNA \$1,000,000
Spacious country estate w/oversized front porch. Custom renovated rambler. MBA w/heated tiles, jetted tub, cedar walk in closet. Sauna & hot tub



VIENNA \$1,900,000
Elevator. Screened patio & deck, treed lot. LR on the UL. Amazing over-the-garage rec room/in-law suite. LL Roman Spa



MCLEAN \$2,795,656



MCLEAN \$2,999,900



MCLEAN \$1,599,500

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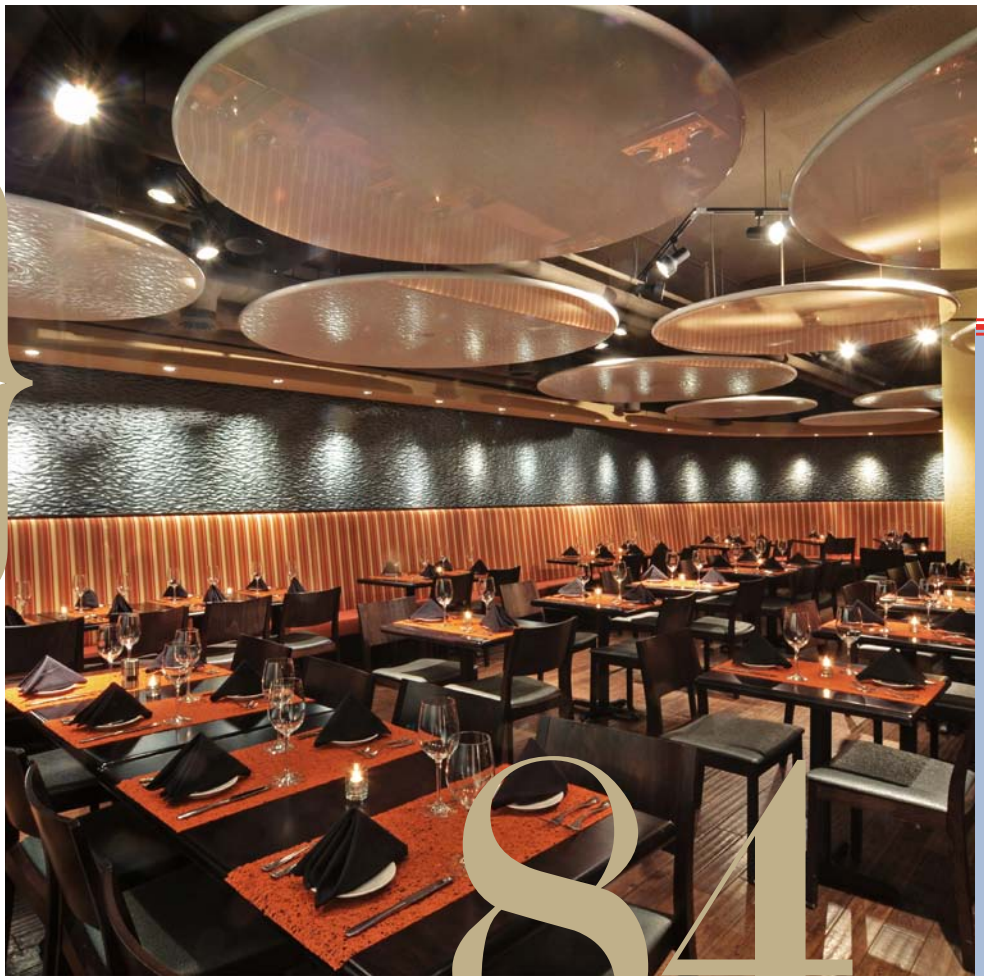
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ON THE COVER

Sea Pearl Restaurant & Lounge brings flair to Merrifield Town Center with its chic décor and contemporary atmosphere. Inspired by the serenity of the open sea at sunset, Sea Pearl exhibits the feel of the ocean with mother-of-pearl curtains and chandeliers, and the warmth of the sun with walnut hardwood floors and decorative lighting.

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96

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Old Courthouse Road



VIENNA
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Glyndon Street



VIENNA
\$1,590,000 FX7518834
Druid Hill Road



VIENNA
\$1,845,000 FX7457461
Aryness Drive



VIENNA
\$1,649,900 FX7572629
Glyndon Street



VIENNA
\$1,039,000 FX7658190
Tysons Trace Court



VIENNA
\$1,195,000 FX7650208
Tetterton Avenue



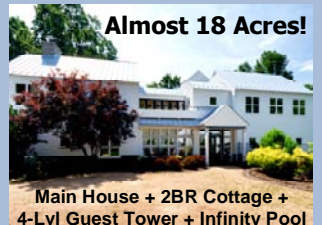
VIENNA
\$870,000 FX7622574
Montmorency Drive



VIENNA
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Glencroft Road



FAIRFAX
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Lot 1 Under Contract,
See FX7480521



Tennis Court
OAKTON
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Oakmont Court



OAKTON
\$935,000 FX7605985
Samaga Drive



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Alexander Csamaj is a freelance writer who resides in the Philadelphia area. He is a serious beer devotee and connoisseur who has travelled extensively, visiting breweries here and abroad.

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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". coachamyschoen.com

Bonita Woods teaches the fun side of nutrition through her nonprofit venture, the Bonita Woods Wellness Institute in Falls Church, VA. Chef Woods can be found leading healthful cooking classes at Culinary Cooking School in Vienna, VA. bonitawoods.org culinariacookingschool.com

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Debbie Casey has lived in Vienna for over 20 years. When not wining and dining she sells real estate for Keller Williams in Vienna/Tysons and can be found hostessing weekday lunches at one of her very favorite restaurants, Bazins on Church. Stop by and say hello...

Denise Willard is the founder of Décor by Denise, a full service interior decorating firm. Denise was named one of Home & Design's 2011 Top 100 Designers.

Dennis Shefski is a licensed insurance agent with Insphere Insurance Solutions. He has served clients in Virginia, Maryland and D.C. for thirteen years, providing health, life, long term care, and retirement policies. He has lived in the DC Metro area for 34 years.

Dominique Hoffman, Zizania founder, is a nutritionist and chef who was raised on a traditional Mediterranean plant-based diet. Since her childhood in France, Dominique gravitated towards wholesome foods that nourished her body and spirit. www.zizania.biz

Hubert Cram is a consultant with ties to the music and publishing industries and has led several companies. After a brief stint on Broadway, Hubie left acting to concentrate on his business. He lives with his wife, Kay, in Springfield and has dedicated his life to her happiness.

Jeannine Botorff 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!

Joe Cacciapaglia is an ISA Certified Arborist and the owner of "TreeDocJoe.com, Certified Arborists, LLC" serving the greater Tysons Corner area as well as most of Northern Virginia. He is a native Northern Virginian and has lived in Vienna since 1979.

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

Jonathan Fisher is a sculptor based in Great Falls. He builds highly colorful, three-dimensional wall hangings and free-standing pieces from painted wood. You can visit Fisher's studio during the 2011 Great Falls Studios Tour, Oct. 15-16.



2011
SEPTEMBER.OCTOBER

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wishing to correspond with us are asked to
write us at comments@vivatyson.com.

I first met Ype Von Hengst and Bob Giaimo while working in the wholesale market in NE Washington in the summer of 1987. Ype (Pronounced like “The girl from “Ype”...), and Bob were on a mission to restore home-made quality foods and passions of the American Diner. It’s interesting to note that the American Diner in the early 1920’s was the showcase in its time for what was “revolutionary and state of the art” in American kitchens and in eating houses.

Over the years, Ype and Bob have built a reputation for quality food, great service, and great atmosphere. Counter service like I remember as a youngster, jukeboxes at the table, a menu full of tasty treats, and breakfast ‘round the clock! (I could wait for a table forever watching those clips in the waiting area). Today, they are bringing a new, nutritious, and exciting concept to our palates and our communities. Revolutionary? You bet! Rick Mundy and I sat with Ype and got the story (Thanks for the Bison burger, Ype)...and it’s fascinating. I hope you enjoy it.

Please read the wonderful and heartbreaking story by Cheryl Stratos of her personal journey navigating the big “C”. It’s a journey of faith and strength and love not often told. Thank you Cheryl.

We were fascinated, grateful and impressed with Adventure Scuba’s helping hand for our veterans. SUDS (Soldiers Undertaking Disabled Scuba) seeks to give our injured soldiers from the front lines a sport they can undertake and enjoy throughout their lives. What a gift to those who gave us so much. Read about them, maybe contribute if you can.

The McLean Orchestra is 40 years old this year. When was the last time you heard a complete orchestra? Try it. You’ll like it.

Having an affair? We found some great private dining venues for your consideration. Something for every budget and event. Book early-these places go fast...

Our regular and brilliant writers have once again brought us some terrific reading: New ways to stay healthy, new dining choices to consider, some interesting people and places, and everything else to keep you in the loop and on top of your town.

A few years ago, responding to an ad on Craigslist, a young woman danced into our office from San Antonio to help us with our graphic design. Smart, articulate and gifted, she could sense we needed help. Lots of it. With just a few smiles, a couple winks, and a half dozen body slams, she set us straight and has been at the heart of the progress we have made in the product. Next week, she goes to San Antonio to marry her sweetheart. We wish her and Nate the very best. He’s a lucky guy.

Stay well, see you in November. Cheers!

- We will never forget those whose life was lost on 9/11, nor will we ever stop honoring those in and out of uniform who work tirelessly and give so much to preserve our way of life. Thank You.

Judy Caplan is a registered dietitian and media spokesperson for the American Dietetics Association. For over 25 years she has been helping clients “keep fit in a fattening world.” She specializes in preventive health. gobefull.com

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.

Krysta Hardiman is a Senior Associate specializing in office leasing at Cassidy Turley, a national full service commercial real estate firm. She can be reached at (703) 770-3400 or krysta.hardiman@cassidyturley.com. Feedback and comments welcome.

Leigh McDonald, an attorney and former law professor, is the founder of NiceShoesNoDrama.com, a freelance writer, and a local personality. She appears bi-weekly on NBC Washington’s News4 Midday. She lives in Leesburg and has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends.

Megan Tyson, is a freelance writer and cause marketing consultant. Contact her at megan@brightercause.com or visit www.brightercausemarketing.com for more information about cause marketing copywriting.

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

Rita Tersio Dobrauchi, co-owner of Terranova Design & Remodel, Rita specializes in design and authors the Modular Marvels article featured in the Home Zone. terranovalkitchenandbaths.com

Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit OVVHpets.com. Please e-mail questions to askthetvet@ovvhpets.com.

Tomme Casmay has operated Classic Wines of Great Falls since its opening in 1992. He has been a collector of fine wines for over 30 years and is frequently asked to judge wine competitions in Virginia and Washington DC.

Whitney Winn is a second semester intern at the Dulles Corridor Metrorail Project. She is entering her final semester at George Mason University this fall, and will graduate in December. Whitney is from the Greater Richmond area and she plans to pursue a career in corporate or agency public affairs.



selected events

from concerts to dance lessons; here are the area's hottest spots to go.

LOCATIONS

(referred to in the selected events)

Centreville

Bull Run Park
7700 Bull Run Dr
703.631.0550
nvrpa.org/park/bull_run/

Great Falls

Colvin Run Community Hall
10201 Colvin Run Rd
703.759.2257
colvinrun.org

Serbian Crown Restaurant
1141 Walker Rd
703.759.4150
serbiancrown.com

Turner Farm Park
925 Springvale Rd
analemma.org

Falls Church

Cherry Hill Park
312 Park Ave
703.248.5077
fallschurch.com

Clare & Don's Beach Shack
130 N Washington St
703.532.WAVE
clareanddons.com

Falls Church City Government
300 Park Ave
703.248.5001
fallschurchva.gov

Falls Church Community Center
223 Little Falls St
703.248.5077
fallschurchva.gov

G St Fabrics
6250 Seven Corners Ctr
703.354.9467
gstfabrics.com

JV's Restaurant
6666 Arlington Blvd
703.241.9504
jvsrestaurant.com

September

SEPTEMBER 1

Timothy Bloom

Jammin' Java | Vienna
8pm | Fee: \$10 Adv/\$13 Door
Singer, songwriter, multi-instrumentalist, and producer. He debuted not as a solo artist, but as a collaborative songwriter, and he got his foot in the door in a major way; the North Carolina native co-wrote a pair of songs with Smokey Robinson.

SEPTEMBER 2

Fireday V - "Fifth Flight Forward"

Jammin' Java | Vienna
8pm | Fee: \$10 Adv/\$13 Door
From video rotation on MTV in Asia to guest appearances on MYX North America--- SNRG continues to make its presence felt all over the world. Performing live in numerous cities, [DC, Toronto, Manila, LA and NY just to name a few] they have taken their moxie on the road to share their message at a venue near you.

SEPTEMBER 3

Boardwalk Karaoke

Clare & Don's | Falls Church
9pm | Fee: Free
Meet us inside the shack for a night of awesome karaoke.

SEPTEMBER 5

Fall Tour Of The Potomac Valley

Native Plant Collection
Meadowlark Botanical Gardens | Vienna
2pm-3pm | Fee: Free
Learn about goldenrod, sunflowers, wild senna and other late blooming plants native to this area.

SEPTEMBER 6

John Hiatt & The Combo Big Head Todd & The Monsters

The Filene Center at Wolf Trap | Vienna
7:30pm | Fee: \$25-\$40
Prepare for a wild night as the tongue-

in-cheek songwriter John Hiatt takes the stage at Wolf Trap, followed by energetic blues rockers Big Head Todd who have a knack for sparking a crowd.

Western Fairfax PFLAG (Parents, Families, & Friends Of Lesbians & Gays)

Unitarian Universalist Congregation Of Fairfax | Oakton
7:30pm- 9pm | Fee: Free
Western Fairfax PFLAG is a support group of the metro DC chapter of national PFLAG (parents, families, & friends of lesbians & gays). We meet the 1st Tuesday of the month (7:30-9pm) and the 3rd Sunday of the month (3-4:30pm). Both meetings are concurrent with meetings of FLY (Fairfax LGBTQ youth).

SEPTEMBER 7

American Sewing Guild

G Street Fabrics | Falls Church
7pm-9pm | Fee: Free
Sew & Go neighborhood group, Northern Virginia chapter of the American Sewing Guild meets the first Wednesday of most months at G Street Fabrics in 7 Corners, lower level. Share sewing projects, learn new techniques and find inspiration with other sewers in our area. Come see what we are about before joining ASG.

The Brothers Cazimero Special

Guest: Brother Noland
The Filene Center at Wolf Trap | Vienna
8pm | Fee: \$20-\$38
Experience island paradise as these two renowned artists bring the spirit of aloha to Vienna, mixing new music and dance with traditional Hawaiian rhythms.

SEPTEMBER 8

Fashion's Night Out

Tysons Corner Center | Vienna
6pm-8pm | Fee: Free
For the second year, Tysons Corner Center is bringing you an exclusive

night of promotions, giveaways, in-store events, DJ's, refreshments, shopping and so much more!

Judy Collins

The Filene Center At
Wolf Trap | Vienna
8pm | Fee: \$22-\$40
The folk goddess behind the Grammy-winning classic "Both Sides Now" delivers an enchanting night of enthralling vocals.

SEPTEMBER 9

The Right On Band- The World's Greatest 70's Show Band

The State Theatre | Falls Church
9pm | Fee: \$12 Adv./ \$15 Door
The Right On Band is not your average 70's tribute show, the group has truly earned the title "the world's greatest 70's show band." They have performed all over the world, with notable performances such as President Obama's Inaugural Ball and opening for acts like KC & The Sunshine Band, Commodores and The Village People.

Tango Milonga

Colvin Run Community
Hall | Great Falls
9pm-1am | Fee: \$12
Come join us to tango every second Friday of the month.

SEPTEMBER 10

Ballroom Blitz

Colvin Run Community
Hall | Great Falls
7pm-11:30pm | Fee: \$12
A night of your favorite classic and contemporary dances waltz, tango, foxtrot, rumba, cha cha, samba, with a dash of swing. No partner or prior dance experience required.

Farmers' Market Chef Demonstration with Tracy O'Grady, Kate Jansen and Debra Rubin of Willow

Falls Church City Government
9am-11am | Fee: Free
At each demonstration, the chef prepares 2-3 dishes over a two-hour period and answers questions of the preparation and any modifications participants may want. Tastings and recipes are available throughout the morning.

McLean Vendor Flea Market

McLean Community Center

9am- 1pm | Fee: Free
Located in the business bank parking garage, next to McDonald's and J. Gilbert's restaurant.

SEPTEMBER 11

ABBA: The Concert

The Filene Center at
Wolf Trap | Vienna
8pm | Fee: \$25-\$38
Enjoy "Dancing Queen," "Mamma Mia!," "Take A Chance On Me," and more during this tribute to the greatest pop group of all time! Their uncanny resemblance and exciting live performances prompted the official ABBA fan club to name them "the best ABBA tribute band in the world."

SEPTEMBER 13

The Supervillains

Jammin' Java | Vienna
8pm | Fee: \$10Adv / \$13 Door
The Supervillains are one of the most recognizable names in reggae. This fun-loving foursome is back with an overwhelming fury fueled by everything that everyone lives and loves about reggae punk rock music.



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into
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Red, White, and Bleu
127 S Washington St
703.533.9463
redwhiteandbleu.com

The State Theatre
220 North Washington St
703.237.0300
statetheatre.com

Wylie Wagg
7505 Leesburg Pike
703.748.0022
wyliewagg.com

McLean

Barnes & Noble, Tysons Corner
1961 Chain Bridge Rd
703.893.9400
shoptyson.com

The Civic Place Green at
The Palladium at McLean
1450 Emerson Ave
703.288.9505
thepalladiumatmclean.com

Claude Moore Colonial Farm
6310 Georgetown Pike
703.442.7557
1771.org

Great Falls Park
9200 Old Dominion Dr
703.285.2965
nps.gov

Iris Lounge
1524 Spring Hill Rd
McLean, VA
703.760.9000
irisloungeva.com

Lewinsville Park
1659 Chain Bridge Rd
fairfaxcounty.gov

Madeira School
8328 Georgetown Pike
703.987.1712
travelingplayers.org

McLean Community Center
1234 Ingleside Ave
703.790.0123
mcleancenter.org

The Old Firehouse
1440 Chain Bridge Rd
703.448.8336
mcleancenter.org/kids-teens/old-firehouse.asp

Tysons Corner Center
1961 Chain Bridge Rd
703.847.7300

Todd & James Acoustic

Clare & Don's | Falls Church
7pm | Fee: Free
Todd and James Acoustic (formerly
Brother Shamus) on the deck.

SEPTEMBER 16

Every Woman Has A Story

McLean Chamber Of Commerce
8:30am-4:30pm
Fee: Luncheon Only: \$35/ Member
Fee: \$85/ Non-Member Fee: \$125
The Greater McLean Chamber Of
Commerce Women's Leadership
Forum invites you to "Every Woman
Has A Story." Presented by Capital
One Bank.

SEPTEMBER 17

Fall Festival And Taste Of Falls Church

Cherry Hill Park | Falls Church
9am-3pm | Fee: Free
Features include live entertainment,
pony rides, amusement rides, crafters,
businesses and civic organizations,
and cuisine from city kitchens.
The children's activity tent offers
face painting and craft projects.
Amusement rides require the purchase
of one or more tickets. The fall festival
is held rain or shine!

Native Plant Sale

Vienna Community Center
8am-10pm | Vienna Community
Center street parking lot

Satisfaction- A Tribute To The Rolling Stones

The State Theatre | Falls Church
8pm | Fee: \$16
Internationally acclaimed as the most
authentic cast and production show
available honoring the world's greatest
rock & roll band.

SEPTEMBER 21

State Farm Insurance Educational Seminar

Vienna Volunteer Fire Department
6:30pm-7:30pm | Fee: Free
No obligation insurance information
seminar sponsored by Jonna Wooten,
State Farm Insurance agent in Vienna.
Participants can bring their current
insurance policies and have licensed
agents review the policies, explain the
coverages for a better understanding
of what they have. Come ask questions
about auto, home, life, disability,
and retirement. Refreshments will be

served!

SEPTEMBER 24

Munich In McLean Returns!

McLean Community Center
6pm-9pm | Fee: TBD
Featuring live polka music, great
German food, and of course, the
biergarten!

West Coast Swing

Colvin Run Community
Center | Great Falls
8:30pm-1am | Fee: \$12
Dance Jam Productions west coast
swing.

SEPTEMBER 27

Wine Book Club

Red, White, and Bleu | Falls Church
7:30pm-9pm | Fee: Free
Monthly Book Club Meeting. Reading
through the book, "The Wine Club" -
Maureen Christian Petrosky. Call the
shop for further details! Also hosted
October 25.

October

OCTOBER 1

Ben Rector & Graham Colton

Jammin' Java | Vienna
7pm | Fee: \$12 Adv/ \$15 Door
Ben's success has been remarkably
quick: playing piano & guitar for only
a few years, he has already released
4 albums, toured alongside Five For
Fighting, Matt Wertz, Dave Barnes,
and Ben Kweiler, where he's played his
songs for thousands and won fans all
over the country.

Farmers' Market Chef Demonstration with Bertrand Chemel of 2941

Falls Church City Government
9am-11am | Fee: Free
At each demonstration, the chef
prepares 2-3 dishes over a two-hour
period and answers questions of the
preparation and any modifications
participants may want. Tastings and
recipes are available throughout the
morning.

Oktoberfest

The Town Green & Historic
Church Street | Vienna
11am-7pm | Fee: Free
Located on Historic Church Street.
Sponsored by the Vienna Tysons
Chamber Of Commerce and the Town

of Vienna. Join us for a traditional Oktoberfest festival with drinks, food, entertainment and games for families. For more info visit www.vtrcc.org.

OCTOBER 7

The Wood Brothers-

Special Guest: Clay Cook

The Barns at Wolf Trap | Vienna
8pm | Fee: \$20

Chris Wood of Medeski, Martin & Wood and brother Oliver merge as a fierce roots-rock duo, which gains its strength from characteristic rock beats and easygoing folk melodies.

OCTOBER 8

Journey 4-A-Cure Festival

Bull Run Regional Park | Centreville
11am-5pm

Journey 4-A-Cure is a movement devoted to raising funds to advance research efforts and development of a cure for pediatric cancer, while creating broader awareness about the realities of pediatric cancer and providing support networks and valuable resources for families facing their own journeys. Wine tasting, good food, live music, children's activities and much more! For more information visit journey4acure.org

OCTOBER 13

Enter The Haggis

The Barns at Wolf Trap | Vienna
8pm | Fee: \$20

With an international fan base, this Toronto-based band produces dizzying Celtic rock with unforgettable ballads and punk-rock beats.

OCTOBER 15

Chaise Lounge

The Barns at Wolf Trap | Vienna
7:30pm | Fee: \$20

This '60s-inspired big-band jazz group pairs vibrant melodies with the glowing vocals of Marilyn Older.

Farm Day

Cherry Hill Park | Falls Church
10am-3pm

Held on one Saturday every October. This family event features blacksmith demonstrations, horse-drawn hayrides, pumpkin painting, scarecrow making, and a petting zoo. Children can learn basic farming skills such as corn-shelling, beekeeping, and apple butter making. Tours of the historic Cherry Hill farmhouse and barn are

also offered.

McLean Uncorked: A Food & Wine Festival

McLean Project For The Arts
10am-5pm | Fee: Look out for Registration

Food and wine lovers will not want to miss McLean Uncorked. For this premier event, they are honored to have Alton Brown of the Food Network as our headliner.

VFD Open House

Vienna Volunteer Fire Department
10am-4pm | Fee: Free

The Vienna VFD will be hosting its annual open house on Saturday, October 15, 2011 from 10am until 4pm. This year's theme is "protect your family from fire."

OCTOBER 17

Wolf Trap's 14th Annual Invitational Golf Tournament

The Golf Club at
Landsdowne | Vienna
9:30 am

Fee: Foursomes Start At \$3,000
Wolf Trap's 14th Annual Invitational Golf Tournament features a beautiful day on the Robert Trent Jones, Jr. course at the golf club at Lansdowne. All proceeds from the tournament directly benefit Wolf Trap Foundation's renowned arts and education programs, including the Wolf Trap Institute for Early Learning Through the Arts.

OCTOBER 19

Hanson

The State Theatre | Falls Church
8pm | Fee: \$30 Adv/\$35 Door
This is an all standing show. Limited seating is available in the balcony only on a first-come first serve basis.

OCTOBER 20

Ollabelle

The Barns At Wolf Trap | Vienna
8pm | Fee: \$20

Taking cues from her famous americana father, Levon, Amy Helm had led this group down its own path that merges bluegrass, blues, and gospel with youthful energy.

OCTOBER 21

Battlefield Band

The Barns at Wolf Trap | Vienna
8pm | Fee: \$24

After 40 years of enticing packed venues to join in with clapping hands and stomping feet, this Scottish band remains a traditional powerhouse of Celtic songs.

OCTOBER 26

Foster & Lloyd

The Barns at Wolf Trap | Vienna
8pm | Fee: \$22

With tight harmonies, memorable pop melodies, and insightful lyrics, this duo reunites to celebrate their high-energy country and roots-rock style.

Halloween Parade

Vienna

7pm-9pm | Fee: Free

Yearly Halloween parade on Maple Avenue. Come out and join the fun!

OCTOBER 27

Sonny Landreth

The Barns at Wolf Trap | Vienna
8pm | Fee: \$25

A Grammy nominee and blues slide guitarist, Landreth uses his lyrics to draw the listeners' senses right into the heart of Louisiana.

OCTOBER 29

Farmers Market Chef

Demonstration with Liam LaCivita of Liberty Tavern

Falls Church City Government
9am-11am | Fee: Free

At each demonstration, the chef prepares 2-3 dishes over a two hour period and answers questions of the preparation and any modifications participants may want. Tastings and recipes are available throughout the morning.

Special Halloween Milonga

Colvin Run Community
Hall | Great Falls
9pm-1am | Fee: \$12

Come out and join us for a night of tango.

October 31

Halloween!

Recurring Events

MONDAYS

Jazz Night

Maplewood Grill | Vienna
8pm-11pm | Fee: Free

Night of instrumental jazz with guest artists. Hosted by drummer Karl

shoptysons.com

Vienna

The Barnes at Wolf Trap
1635 Trap Rd
703.255.1900
wolftrap.org

Caffe Amouri
107 Church St
703.938.1623
caffeamouri.com

The Filene Center at Wolftrap
1551 Trap Rd
703.255.1900
wolftrap.org

Glyndon Park
300 Glyndon St NE
703.255.7842
viennava.gov

Jammin' Java
227 Maple Ave E
703.255.566
jamminjava.com

The Little Library
131 Church St NE
viennava.gov

Maplewood Grill
32 Branch Rd SE
703.281.0070
maplewoodgrill.com

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Ct
703.255.3631
nvrpa.org/park/meadowlark_botanical_gardens

The Soundry
316 Dominion Rd
703.698.0088
soundry.net

The Vienna Town Green
144 Maple Ave E
703.255.6360
viennava.gov

Vienna Community Center
120 Cherry St South E
703.255.6356
viennacommunityband.org

Vienna Volunteer Fire Department
400 Center St South
703.938.2678
vvfd.org

Oakton

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Congregation of Fairfax

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Sweatshop Socials

The Soundry | Vienna
7pm-10pm | Fee: \$5
Sweatshop socials are a weekly get together at The Soundry where different 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.

Wolf's Blues Jam

JV's Restaurant | Falls Church
Every 2nd and 4th Monday
8:30pm-12:30am | Fee: Free
Featuring free live blues! Host band plays an opening set and then the local blues talent takes the stage with the band to provide a great night of blues!

TUESDAYS

Music Open Mic

The Soundry | Vienna
8pm-11pm | Fee: \$5
Every Tuesday The Soundry opens up for an open mic night, allocating time to everyone who signs up before the show starts. Performers are allowed a maximum of three songs, and use of the house drum set.

Salsa Night Lessons/ Dancing

Iris Lounge | Vienna
8pm-2am
Come out for a night of salsa lessons at one of the area's hottest clubs.

WEDNESDAYS

Christopher Linman Jazz Ensemble

Iris Lounge | Vienna
7pm-11pm
Come out for a night of jazz at one of the area's hottest clubs.

Claude Moore Colonial Farm Book Sales

Claude Moore Colonial Farm | McLean
3pm-8pm | Fee: Free
Books are donated and help raise funds for the park. Prices range from \$1 - \$2 for each hardback, and paperbacks are five for \$1.

Comedy Open Mic

The Soundry | Vienna
8pm | Fee: \$5
The comedy open mic at The Soundry welcomes comics of all levels of experience. It is a great opportunity to

try out new material.

THURSDAYS

Ladies Night

Iris Lounge | Vienna
9:30pm-2am | Free
Ladies night with drink specials all night. DJ and dancing.

Vinyl Vibrations

The Soundry | Vienna
7pm-10pm | Free
Vinyl vibrations is a weekly Thursday night record party. Bring in your old records to spin, drink some coffee and hang out.

FRIDAYS

Community Music Jam

Caffe Amouri | Vienna
7pm-10pm | Fee: Free
Bring your instruments to Caffe Amouri every Friday night for the community music jam. The event doesn't require preregistration and is open to anyone who wants to come in and jam.

FCPA Farmer's Market

Lewinsville Park | McLean
8am-12pm | Fee: Free
Come to the local farmers market for fresh fruit, vegetables, meat, eggs, baked goods, honey, cider, flowers, plants, and more!

SATURDAYS

Farmer's Market

Falls Church City Government
8am-12pm | Fee: Free
Grab fresh produce straight from farmers!

Sunset Cinema

Cherry Hill Park | Falls Church
September 2, 9, & 23
8pm or Dusk | Fee: Free
Film screenings of various family-friendly movies are shown throughout the summer evenings. Moviegoers are encouraged to bring blankets, bug spray, and picnics. In the case of inclement weather, screenings will take place at the Falls Church Community Center.

Homeward Trails Animal Rescue Dog Adoption Event

Wylie Wagg | Falls Church
Sept 17, 24 | Oct 15, 22
12pm-2pm | Fee: Free
Homeward Trails Animal Rescue is an all-breed dog and cat rescue that

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Children/Teen Events

SEPTEMBER 1

Peter Pan

The Barns at Wolf Trap | Vienna
8pm | Fee: \$20-\$80
Tony award-nominee Cathy Rigby takes flight in an all-new production of Peter Pan, filled with timeless magical moments.

SEPTEMBER 3

Skate Park On Wheels

Vienna Volunteer Fire Department
1pm-4pm | Fee: Free
Ages 6 and above. Helmets are required for everyone. Wrist guards, elbow pads, and knee pads are recommended for anyone under the age of 16.

SEPTEMBER 6

FLY - Fairfax LGBTQ Youth

Unitarian Universalist Congregation Of Fairfax
September 6 | Oct 4
7:30pm-9pm | Fee: Free
FLY is a support/social group for LGBTQ youth and allies ages 12 (with parental permission) -19, sponsored by parents, families and friends of lesbians & gays (PFLAG) Metro DC chapter. FLY meets the 1st Tuesday of the month (7:30-9pm) & the 3rd Sunday of the month (3pm-4:30pm). Both meetings are concurrent with meetings of Western Fairfax PFLAG.

SEPTEMBER 10

(Tot Rock) The Diggity Dudes

Jammin' Java | Vienna
10:30am-12pm | Fee: \$10
When we say Diggity, you say Dude... The first thing you'll notice at a Diggity Dudes show are the smiles. Everyone is smiling - the audience, the Dudes, even their pet rock Carl has relinquished his stone faced frown. The Dudes sing about kid-centric topics in an adult-friendly way.

Sing-A-Long Sound of Music

Filene Center at Wolf Trap | Vienna
7pm | Fee: \$15-\$38
From "Do-Re-Mi" to "Edelweiss,"

here is your chance to belt out all your favorite tunes as you watch this Oscar-winning musical with lyrics on huge screens in-house and on the lawn.

SEPTEMBER 17

(Tot Rock) Rocknoceros "Colonel Purple Turtle"

Jammin' Java | Vienna
11am-12:30pm | Fee: \$10
As every family with youngsters in the DC area already knows, Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie. After seeing them perform, there is no denying that they are not a typical trio. Rocknoceros is able to cover a dizzying range of musical styles in each set. From Tin Pan Alley to the shores of Jamaica, Rocknoceros hops from genre to genre like a toad on summer asphalt.

SEPTEMBER 24

Harvest Happenings

McLean Community Center
11am-2pm | Fee: \$5
A fun and exciting day for your whole family is right in your backyard. Bring your family to this indoor/outdoor festival and enjoy activities, live entertainment, fun snacks, and games at the McLean Community Center. All activities are included in entrance fee. Food concessions will be available as well. Simply show up and pay cash at the gate. Free for children 2 and under. Activities are designed for children ages 3-8.

OCTOBER 21

Hallow Screen! Movie in the Park

Vienna Community Center
8pm | Fee: Free
Ages 6 and up. Join us at Glyndon Park to get in the mood for Halloween as we show a favorite family Halloween movie. The feature will be rated PG. We welcome everyone to bring their lawn chairs and blankets and enjoy this spooky night with the whole family. Enjoy popcorn and refreshments (while they last) before our feature film begins.

OCTOBER 22

Family Halloween Party

Vienna Community Center
2pm-3pm | Fee: Free
Carnival games, crafts, door prizes,

and plenty of fun for all. The party will be in the community center gymnasium. Make sure to wear your costume! Sponsored by the Optimist Club of Vienna and the Vienna Parks and Recreation Department.

The Old Firehouse Teen Center 21st Anniversary Block Party

The Old Firehouse | McLean
11am-4pm | Fee: Free
The annual block party promises to be a great one this year. With live entertainment, amusements, food concessions, and the first ever "McLean Teens Got Talent" show, it's sure to be a blast!

OCTOBER 26

65th Annual Halloween Parade

Vienna Community Center
7pm | Fee: Free
Maple Avenue from Berry Street to Center Street. Costumed kids meet at Virginia Commerce Bank at 6:30pm and must be accompanied by an adult. Parade applications now being accepted.

OCTOBER 29

Halloween Carnival

Falls Church Community Center
6pm-8:30pm | Fee: Free
The free Halloween Carnival is held each year at the Community Center. Infants through sixth graders are invited to enjoy carnival games, a moon bounce, face painting, crafts, a haunted house, movies, candy, and a live creepy creature show featuring the spookiest reptiles in nature.

(Tot Rock) Gustafer Yellowgold

Jammin' Java | Vienna
10:30am-12pm | Fee: \$10
Gustafer Yellowgold concerts are a unique blend of live music and moving image that entrance children, teens and adults alike.

Recurring Children/ Teen Events

MON/WED/FRI

Youth Open Gym

Vienna Community Center
Sept 7- Nov 21 | Fee: Free
Ages 6-11 only - Mondays 3pm-4pm,
Wednesdays And Fridays 4pm-5pm
Ages 12-17 only- Monday 4pm-5pm,
Wednesdays and Fridays 3pm-4pm.

Please call the community center before you plan to arrive to ensure the gym is open. Gym closed 7, 10, 14, and Nov 18.

WEDNESDAYS

Kid Krusaders Kids Club Presents Mr. Knick Knack

Tysons Corner Center | Vienna
11am-11:45am | Fee: Free
Sing, dance and hop along with Mr. Knick Knack's original musical adventures every Wednesday in the Kids Play Area on Level 3.

THURSDAYS

Crate & Barrel Presents Land of Nod Story Time

Tysons Corner Center | Vienna
Time: TBA | Fee: Free
Parents and children of all ages are invited to join us at the Land of Nod Store within a Store for story time at 11am. We'll be reading from Land of Nod's fun collection of books. Please call 703-891-0090 for more information and to RSVP.



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MCLEAN ORCHESTRA CELEBRATES 40 YEARS



McLean Orchestra

For the 40th anniversary of the McLean Orchestra I was able to sit down and chat with John Huling, Executive Director; Wayne Sharp, board president; and Aileen Pisciotta, president-elect, 2012 Board of Trustees.

LS: Could you give us a brief history of the McLean Orchestra?

John: The McLean Orchestra was founded in 1971 and has grown into a critically-acclaimed professional ensemble. In the mid 1980s, Colonel Arnold Gabriel of the USAF Band in Washington, D.C. took the reins and the McLean Orchestra became established as a favorite performing organization in the Greater McLean area. In 2000, Maestra Sylvia Alimena, a member of the National Symphony

Orchestra, took the podium as Music Director/Conductor of the McLean Orchestra, raising the level of the musicians and artistic offerings to new heights. Currently, the Orchestra performs under the batons of many internationally-recognized guest conductors including Emil de Cou, J. Ernest Green, A. Scott Wood, Miriam Burns, and Jon Kalbfleisch.

The McLean Orchestra offers five professional performances of traditional orchestral repertoire each season. Each concert is followed by a cake and champagne reception which gives the audience, artists and trustees a chance to meet and mingle. Regular season performances are at Oakcrest School in McLean.

LS: What has the McLean Orchestra done this year that you are most excited about?

Wayne: A personal highlight for me was to welcome the delegation of musicians from Chiba, Japan for the McLean Youth Orchestra's nine-year old international music exchange program. Music truly is the universal language and last March, just a few weeks after the devastating Japanese earthquake, the MYO was very proud to host members of its sister youth orchestra for a joint concert in McLean. Through this program, the MYO has also helped to put McLean, Virginia on the international map. In addition, the young musicians fashioned lasting friendships during their two-week visit and stay with host families.

LS: You are one of the very few orchestras in the area that has its own youth orchestra. Tell us about the MYO.

Aileen: The MYO is the central educational program of the

McLean Orchestra. It provides a rare chance for talented middle and high school musicians to experience the excitement of performing challenging orchestral repertoire in a symphonic ensemble with a full complement of instruments. The program includes a full season of Saturday rehearsals and three public performances.

Participation in the MYO not only provides thrills, including occasional performances on the Kennedy Center stage, at the U.S. Congress, and elsewhere before national audiences, but also promotes responsibility, team work, a drive for excellence, confidence and a life-long love of good music among young people.

LS: Are you doing special concert programming to celebrate your 40th anniversary season?

John: Absolutely! We have made a point of programming many fan favorites as part of our 40th season, "A Season of Celebration." In fact, our opening subscription concert "Fireworks", will include Tchaikovsky's most famous work, his 1812 Overture, as well as the magnificent Symphony No 5.

Our holiday program in December will offer favorites from "Christmas Around the World." On our February concert, "A Night at the Opera," we will perform some of the most beloved opera arias from Turandot, Aida and La Boheme. In March, in "A Song, A Dance and A Story" the orchestra will perform Ravel's Mother Goose Suite and the ever-popular Bolero. Ottorino Respighi's Pines of Rome on our "Viva Italia" program in May will conclude our 2011-2012 season.

LS: I understand you have a new community relations task force as part of your board of trustees. What do you hope to see them accomplish?

Aileen: We recognize that the

mutual support between the McLean Orchestra and the commercial, educational and arts sectors of the community is a very positive feature of life in the area, helping to attract businesses and talent to the region.

We want to strengthen these bonds and make the McLean Orchestra a more visible player in that effort. Our Community Relations Task Force will explore ways that the McLean Orchestra can apply its talents and programs to more directly support the businesses, organizations and individuals that drive local development, which in turn sustains us.

LS: Are you planning on expanding your concert performances outside of McLean in the future?

Wayne: Yes! As a matter of fact, on November 13th we will perform a special concert at St. Francis Episcopal Church in Great Falls - "Holiday Mozart". We're excited to showcase the virtuoso child flutist, Emma Resmini, performing Mozart's Flute Concerto in D Major followed by his Jupiter Symphony. We also have plans to expand our concert series into Vienna and Falls Church over the next few seasons.

LS: Where do you see the McLean Orchestra in five years?

Aileen: Within the next five years, we hope that the McLean Orchestra succeeds in actually redefining the role of an orchestra within its community. We envision the McLean Orchestra as an active and vibrant force engaging the community in multiple ways and varied venues, and making good music part of the fabric of life. We want to take music to the people where they live by staging performances and deploying ensembles, not only in our home concert hall, but also at special events, business gatherings, public places and schools.

By using music to help provide experiences that show that the McLean Orchestra values the community, we will be assured that the community will continue to value us.

LS: How can our readers reach the McLean Orchestra?

John: All our concert, ticket, sponsorship, mission and MYO information is on our website at mclean-orchestra.org. If someone wishes to talk to me, they can call (703) 893-8646. I am happy to speak with anyone about the McLean Orchestra.

Lauren Simmons

Three trumpeters take the melody during a recent performance.



ART TOUR:

SURPRISES ON SCENIC BACK ROADS

great falls artists open home-based studios
in **top virginia cultural event**

As you maneuver the back roads of Great Falls, you may stumble across the creative haunts of a printmaker hunched over a freshly-inked lithographic stone in a woodsy home behind a towering deer fence. Minutes later, you'll likely discover a weaver creating evening bags—sculptural high fashion from a loom in a simple farmhouse left over from Great Falls' earlier days as an agricultural center.

Next, it's off to meet a potter on a historic property with buildings

that date back nearly three centuries, and extraordinary stoneware fresh from the kiln. Then to a jewelry designer whose studio is perched in treetops, rich with autumn color, above a garage in a contemporary house down a long and winding driveway.

All of this is part of what has become one of Northern Virginia's most unusual art events: the Eighth Annual Great Falls Studios Tour. This driving excursion, which is free, takes you to the home-based studios or other creative venues of 48 of the 101 painters, photographers, sculptors,

quilters and other artists who live or work in Great Falls. All this happens on Saturday and Sunday, October 15 and 16, from 10am to 5pm.

The yearly tour started back in 2003 when a handful of visitors braved heavy rains to meet artists where they work. It has expanded every year since and has emerged as a leading cultural event in the region. You can watch artists work, discuss the creative process and, if you wish, buy quality local artworks. Last year, this celebration of creativity generated more than 7,300 visits to home-



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www.fairfaxcounty.gov/dfs/OlderAdultServices

based art studios and resulted in the sale of more than \$44,000 in art.

The tour has helped put Great Falls on the map as a center for the visual arts in Fairfax County, and it is endorsed by the state and county arts agencies, the Fairfax County Chamber of Commerce, a Great Falls arts foundation and the Virginia Tourism Corporation. Artists include many of the top artistic talents in the Metro area, whose creations are on sale for surprisingly reasonable prices. Lunch and dinner are available at a variety of Great Falls restaurants in many price ranges.

On the days of the tour, you can pick up a free map and artists' guide at any of 29 tour venues, including the Great Falls Library, 9830 Georgetown Pike, near the center of town. The guide, plus directional signs throughout Great Falls, will help you navigate as you drive from studio to studio. You can also use thumbnail

descriptions in the guide and a sample visual from each artist to help you decide which to visit as you tour.

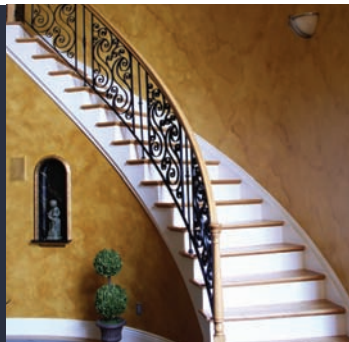
Alternatively, you can download a map from the website of the organizing group, Great Falls Studios: www.GreatFallsStudios.com. While at the site, you can explore individual web pages of most of the participating artists to better help you determine which studios to visit. You can also register to win \$50 gift certificates that can be used toward purchase of art on the tour. Last year in a series of drawings, Great Falls Studios gave away more than \$2,000 in gift certificates.

The tour is just a stone's throw from the center of Tysons Corner, where the bustle of new building at Tysons morphs to

quiet residential areas of horse farms and stately homes, parks on the Potomac and trails through the woods. This may seem an unlikely place for an arts community—all the more reason to check it out and to discover one of the region's most intriguing weekend events, with surprises at every turn.

Jonathan Fisher

Colorful quilts surround fiber artist Cindy Grisdela, a master of the sewing machine and of contemporary design. Visitors can meet artists such as Grisdela and see demonstrations of the creative process by leading artists where they work. Most studios, such as Grisdela's, are only open once a year—during Studio Tour.



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valearts celebrates years 15



Vale School House in Oakton. Photo Credit: ValeArts

It was back in 1996 that a group of 10 local artists brainstormed on a way to get their work shown locally and help sell their paintings and fine art.

“We all had met through different art classes, and had all been in different galleries and shows, and we asked, ‘Why can’t we do this ourselves?’” says artist Diana Eichler. “We all lived in the immediate area and we found out about the Vale Schoolhouse being a rental, and since we all lived within a five-mile radius, we thought this was the perfect place to do it.”

The group founded ValeArts, and each year the collective artists hold two art shows at the 1888 one-room Vale Schoolhouse in Oakton, which the artists considered the perfect venue for showing and selling their paintings and works of fine art.

The Vale Community, as it was once known, was once a very rural area of Fairfax County and the school is something of a historic landmark in the area.

The schoolhouse was used both as a school and for community use. It

served as a school for area children until the 1930’s when the Vale Home Demonstration Club bought it to serve as a community center. The Vale Methodist Church across the street also met at the schoolhouse before the present church was erected. Today, the schoolhouse remains a center for the Vale area. The local community gathers at the historic structure for various shows and fairs, and twice a year the schoolhouse becomes the adopted home of the members of ValeArts.

The group’s fall show will take place from Sept. 30 through Oct. 2 with a theme of “Shared Passion; Different Strokes.”

“This is our show’s 15th anniversary and there are shows twice a year,” says artist Traci Oberle, who serves as general administrator for the group. “We have a great variety of art and wonderful artists taking part.”

Unlike some Virginia art shows, where artists from all over the country are on display, this show is designed to highlight local artists exclusively.

“Everyone is from Northern Virginia,” says Eichler. “This has always been a



An artist during the "paint-out" in Reedville, VA. Photo Credit: ValeArts



Paintings at Vale Schoolhouse. Photo Credit: ValeArts

really great showcase for our artists and is always well attended by people from the area."

ValeArts is currently comprised of Diana Urban Eichler, Laura Barringer, H. Jenna Klimchak, Traci Oberle, Linda Lovell, Karin Sebolka, Marni Maree and Betsey Mulloy.

Klimchak, who does mixed media using acrylic, collage and drawing mediums, has also been a part of the group from the start, and is happy there's a venue nearby for her to meet others in the community.

"Art is an emotional thing. It can change your mood and make you think," Kleimchak says. "Over the years, we have built up a lot of clientele and we see a lot of the same faces. They look forward to coming and they may not buy every time they come in, but they look at the art and we do fairly well."

In addition to the eight permanent members of the group, for each show, they invite a special guest or two. The show continues to also promote all original members of the group.

"We have different artists each time we have a show and that keeps the show vitalized," Eichler says.

ValeArts has a quotation on its website that reads, "Art for Everyone," and the group strives to make sure this show

has something for everyone who walks in the door.

"This is a way that we can bring a little art in people's lives and they seem to enjoy it," says Arlington's Barringer, who has been with the group for six years, and concentrates on oils, landscapes and still-lives. "It's a great location and a great little community event that I think people look forward to coming to each year."

art is an
emotional thing.
it can change
your mood and
make you think.

Kari Sebolka concentrates on large watercolors and has a number of great pieces in the show.

"I love the large watercolors. I don't draw on the paper anymore, I just go straight with the brush onto the paper and have the real thing right in front of me," she says. "This is a wonderful group. We meet when we are getting ready for the shows and it's not very

time consuming, but just a wonderful group of artists."

Marni Maree has had success selling some originals, but also sees a lot of her note cards and reproductions sell at the shows.

"Our show is full of wonderful art and I am working with wonderful people. This is a great group of women artists," says Maree, who has been with ValeArts for five years. "It's a well-known event in our community and a lot of people look forward to coming twice a year."

For Barringer, the show gives her a chance to get her work out in public.

"I don't have a show space in my home and it allows me to come in and bring everything here to show," she says. "The show is a lot of fun and it's a great place to find some great gifts."

In addition to the two shows held each year, the ValeArts club has meetings, club get-togethers to paint and they have built a strong camaraderie through the years.

"It's been wonderful," Eichler says. "ValeArts has been a great thing for the artists and the community as a whole." **Keith Loria**



arts & theatre

from aspiring artists to
local theatre companies;
there is something for everyone.

ARTS & THEATRE

(referred to in the arts & theatre)

Falls Church

Artspace Falls Church
410 South Maple Ave
(home of Falls Church Arts
& Creative Cauldron)

Creative Cauldron
571.239.5288
creativecauldron.org

Falls Church Arts
fallschurcharts.org

Great Falls

The Great Falls Foundation
For The Arts
1144 Walker Rd
Suite D & G
greatfallsfoundationforarts.org

Great Falls Studios
703.759.2440
greatfallsstudios.com

McLean

1st Stage in Tysons
1524 Spring Hill Rd
703.854.1856
1ststagetysons.org

McLean Community Players
McLean Community Center
1234 Ingleside Ave
mcleancommunityplayers.org

McLean Orchestra
850 Balls Hill Rd,
703.893.8646
mclean-orchestra.org

McLean Project for the Arts
McLean Community Center
1234 Ingleside Ave
703.790.1953
mpaart.org

The Alden Theatre
McLean Community Center
1234 Ingleside Ave
703.790.9223
aldentheatre.org

FALLS CHURCH

Creative Cauldron

Creative Cauldron, located in Artspace, is a non-profit arts organization providing opportunities for learning and participation in the performing and visual arts for children and adults.

September 17

Laugh It Up, Funny Girl
8pm | Fee: \$20

Actor and vocalist Gia Mora brings her latest jazz cabaret *Laugh It Up, Funny Girl*, featuring Charlie Barnett to the Fourth Wall Cabaret Series.

September 23 - 24

Tumble Down Dreams:
A Life in the Theater"
8pm | Fee: \$20
Starring Terrence Currier and
Pianist Eli Staple

The evening will include songs from such diverse composers as Jaques Brel, Dave Frishberg, Fats Waller, Cole Porter, Irving Berlin, the Gershwins, Tom Lehrer, Andre Previn and Johnny Mercer.

October 7 - 30

Edgar Allan Poe's *Nevermore*
Fri 8pm | Sat 2pm & 8pm | Sun 4pm
Fee: \$25 Adults | \$22 Students/Seniors

Take a dark and mysterious journey into the life of Edgar Allan Poe. This imaginative musical uses Poe's poetry and short stories as its base and his shifting obsession with the women in his life as its catalyst. With hauntingly beautiful melodies, *Nevermore* breathes new life into Poe's work and explores a twisted true-life tale that is as bizarre as his classic stories of the macabre.

GREAT FALLS

Great Falls Studios

October 15 - 16

Annual Great Falls Studio Tour
Fee: Free | Tour will exhibit 48 artists and their studios across Great Falls. Meet the artists, see demonstrations of how they create their works, and check out exhibitions of their most recent work. Visit website for details.

The Great Falls Foundation For The Arts

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.

November 4

Richard Kelly Shares Tips on Building
and Caring for an Art Collection
Great Falls Library | 7pm-9pm

Kelly is the founder of the highly regarded Kelly Collection of American Illustration and is recognized as one of the most extensive collections of paintings and drawings from the "Golden Age" of American illustration in the country.

November 19

Art Night Out 2011
Riverbend Country Club | 7pm-10pm
An evening of art and entertainment to benefit Great Falls School of Art. Event proceeds will be used to secure workshop space, establish scholarships, market the school's programs and expand its curriculum. Visit website for more details.

MCLEAN

McLean Orchestra

October 8

Fireworks

Oak Crest School

850 Balls Hill Rd, McLean, VA

8pm | By J. Earnest Green

Fee: \$30 Adults | \$15 Students | \$25 Seniors

McLean Symphony

October 22

Two Passionate Seconds!

7:30pm

Fee: \$25 Adults | \$20 Students | \$15 Seniors

McLean Project for the Arts

McLean Project for the Arts (MPA) is a non-profit organization that presents the visual arts program for the community at the McLean Community Center (MCC), thanks to a public/private partnership with MCC and Fairfax County.

September 16 - November 5

Seth Rosenberg: The Cleveland Years

7pm-9pm | Fee: Free

Reception and gallery talk- September 16

This very special exhibition is the first opportunity for those in the Washington area to see the abstract paintings and prints completed by the late Seth Rosenberg during his final years in Cleveland.

October 2

MPA artfest

McLean Central Park

10am-5pm | Fee: Free | Donations welcomed

MPA artfest will transform McLean Central Park into a lively landscape of mini-art galleries, showcasing and offering for sale the work of a diverse group of more than 40 juried artists. In addition to art shopping opportunities, MPA artfest includes activities to captivate art-lovers of all ages. Stroll through the children's artwalk to experience the work of young artists from McLean area schools.

October 22

Family Art Workshop

Fantasy Landscapes

10am-11:30am | Fee: \$10 per family

For ages 4 - 8 and their parents

Using silver, black, white, gray and gold paint and collage elements, we will cut and paint layers of shapes and patterns, creating our own fantasy landscapes. We will view the paintings of Seth Rosenberg for inspiration.

1st Stage Theatre

1st Stage Theatre's mission is to hire young and emerging talent and help them develop and work with more seasoned professionals in a nurturing environment. 1st Stage won the John Aniello Award for Outstanding Emerging Theater given by the Washington DC-based Helen Hayes Awards in 2010.

September 9 - October 2

Don't Dress for Dinner

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

By Marc Camoletti, Directed by Tom Prewit

Things are never what they seem in *Don't Dress for Dinner* as fidelity is thrown to the pigs and every lover belongs to someone else. Bernard's weekend tryst is foiled when his wife decides to rendezvous with her lover under the same roof. Mistaken identity, feuding spouses and unwitting cooks make up this crowded table of cheating dinner guests. A perfect concoction of hilarity and farce, this is one meal that will keep you laughing from aperitifs to after dinner drinks.

September 18

Half a Life

5:30pm-6:45pm | Fee: Free

1st Stage will be hosting Darin Strauss who will be reading from his memoir, *Half a Life*. Darin Strauss talks about his recovery from the fatal car crash that left a female classmate dead, his harrowing inspiration for writing *Half a Life*, winner of the National Book Critics Circle Award for memoir and autobiography. *1st Stage is excited to be one of the sponsors for Fall for the Book 2011.*

October 28 - November 20

The How and the Why

Time varies | Fee: \$15-\$25

More than science is at stake when two women, of different generations, clash over evolutionary biology and what it means to be female. Emotion and intellect guide their journey through the murky waters of family, love, and truth on the eve of a competitive conference. *The How and the Why*, a new play by the writer of HBO's *In Treatment*, is a thrilling and provocative exploration of sex and gender, family and biology, nurture and nature.

McLean Community Players

MCP, formed out of the Great Falls Players, C.A.S.T. in McLean, and the McLean Theatre Alliance, has been entertaining the community since about 1964. Performances are at the Alden Theatre.

September 16 - October 1

Social Security

Fri & Sat 8pm | Sun 2pm

Fee: \$16 Adults | \$14 Students/Seniors | \$12 Groups 10+

By Andrew Bergman

VIENNA

The McLean Symphony
1350 Beverly Rd
Suite 115-172
703.991.7197
mclean-symphony.org

Vienna

Vienna Arts Society, Inc.
513 Maple Ave, W #1
703.319.3220
viennaartssociety.org

Maverick Mosaics
145 Church St NW
703.938.1755
maverickmosaics.com

Vienna Studio School &
Red Caboose Gallery
138 Church St, NE
703.349.7178
joanmariegampa.com

The Frame Factory
212 Dominion Rd NE
703.281.2350

Vienna Theatre Company
120 Cherry St
viennatheatrecompany.com

Vienna Arts Society

For information about the ongoing Figure Drawing Studios on Mondays, children's summer art camps, adult classes and the new "virtual workshops", contact VAS at (703) 319-3971; viennaartssociety.org. VAS continues a partnership with Caffé Amouri and will host a series of exhibits throughout the rest of the year.

October 17 - November 28

"Creative Thinking through Watercolors" class

Mon 10am-12:30pm | Fee: \$150

Marni Lawson will teach the tools/building blocks for creating watercolors. Students will also share exercises in creative thinking. All levels of ability are welcome. Students supply their own supplies. Class size 5-8 students, so sign up early! Wednesday morning and Thursday evening classes available in Haymarket as well. Call 703-577-0967 for more info.

Vienna Studio School
& Red Caboose Gallery

Gallery Hours: Tues-Thur-Fri-2-5pm
Saturday 1pm-5 pm or by special
appnt. Closed Sun, Mon & Wed

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

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

The Frame Factory

September 1 - October 1

An Exhibition of Printmakers
From the Discover Graphics Atelier in the
Torpedo Factory

*Reception to be held September 10th,
5pm-7pm.*

The public is cordially invited.

Maverick Mosaics

"Open Studio" every Tuesday evening from 5:30pm-9:30pm and Wednesday afternoons from 12:30pm - 5:30pm. Maverick Mosaics is an educational art studio, dedicated to nurturing and expanding creative expression through the art of mosaic. A variety of workshops and learning opportunities for all ages and skill levels; and a Visiting Artist Series, provide unique educational experiences. Additionally we design, produce and install one-of-a-kind mosaic artwork for commercial and residential applications

September 7 - December 29

Mosaic Express

Fee: \$99 | All supplies/tools included
Mosaic Express offers you a streamlined session to create a unique work of art with no mosaic experience or "artistic ability" necessary. It's fun and you'll be proud of the results.

September 15 - November 19

Design Clinic

Fee: \$115

Beginning with your inspiration piece – be it a photograph, a piece of fabric or something in your head, you will be guided through the important preparatory, development, and completion stages to create wonderful mosaics. Visit website for more details.

The Vienna Theatre Company

Since its chartering by the town in 1982, the Vienna Theatre Company is the resident, non-profit performing company at the Vienna Community Center.

October 21 - 22, 28, 29, 30

November 4-6

Rounding Third

8pm

This is the story of two Little League coaches with very different views of how to teach the game. Don is a "play to win" smart-aleck and Michael is the more laid back and accepting. Both characters have heart and humor. The play is funny, touching, and very insightful and will resonate for anyone who ever thought that on the whole, winning is better than losing. *By Richard Dresser, directed by Leta Hall*

Inaugural Women's Leadership Forum "Every Woman Has a Story"

SECOND ANNUAL "SUITS & SNEAKERS CELEBRATION"

The Greater McLean Chamber of Commerce is happy to announce our Second Annual Suits and Sneakers Celebration, featuring the 2011 Business and Community Awards with a Taste of McLean on October 4, 2011! This event showcases all that the McLean community has to offer including: restaurants, non profits, schools, and so much more! A portion of the proceeds from this event will benefit The Claude Moore Colonial Farm, a 501©3 organization, as well as programs of The Greater McLean Chamber of Commerce. **Special Guest** J. Knox Singleton, CEO of Inova Health System

Featuring the Business & Community Awards with a **Taste of McLean**

WHEN Tuesday, October 4, 2011
TIME 6pm - 9pm
WHERE Claude Moore Colonial Farm
6310 Georgetown Pike
McLean, VA

FEE \$75 Members/ \$85 Non-Members
MORE INFO www.mcleanchamber.org
or abeck@mcleanchamber.org



MCLEAN CHAMBER FALL MIXERS

End of Summer Celebration Barbecue

Joint Mixer Vienna/Tysons
Regional Chamber of Commerce and
the Greater McLean Chamber of Commerce

WHEN Tuesday, September 13, 2011
TIME 5:30pm - 7:30pm
WHERE Macerich's Tysons Corner Center
1860 International Drive
McLean, VA

FEE \$15 Members/ \$20 Non-Members

GMCC Mixer Hosted by Cardinal Bank

WHEN Wednesday, October 19, 2011
TIME 5:30pm - 7:30pm
WHERE Cardinal Bank
1313 Dolley Madison Boulevard
McLean, VA 22101

Join us for a day of enlightenment as we share stories of entrepreneurship and success. Speakers include Wanda Alexis Alexander, President and CEO, Horizon Consulting Inc., Rebecca Shambaugh, CEO & President, Shambaugh Leadership and Sam Horn, The Intrigue Expert.

Forum Presented by **Capital One Bank**

WHEN Friday, September 16, 2011
TIME 8:30am - 4:30pm
WHERE Capital One Bank Headquarters
1680 Capital One Drive
McLean, VA

FEE \$100 Members/ \$125 Non-Members
MORE INFO www.mcleanchamber.org
or abeck@mcleanchamber.org



2011 Non-Profit Forum "Collaboration: Leveraging Strategic Partnerships to Achieve Success"

Key note speaker is Key Note Speaker: Dr. Alan Merten President, George Mason University. Breakout session topics include Developing and Communicating with a Broad Base of Funding Sources, Marketing Using Sports Professionals, Developing Strategic Partnerships, Executing an Integrated Marketing Strategy and much more....

WHEN Tuesday, October 25, 2011
TIME 8am - 4pm
WHERE Gannett Headquarters
7950 Jones Branch Drive
McLean, VA

FEE \$65 Members/ \$75 Non-Members
MORE INFO www.mcleanchamber.org
or abeck@mcleanchamber.org



MCLEAN CHAMBER OF COMMERCE EVENT CALENDAR



Photo Credit: Kelpphoto.com

Long Way Down by Chelsea Lee

its hard to fit in when they don't
understand there's so much behind these
eyes and i can't pretend that i'm not who
i am a reflection i don't recognize

i lay on the roof and lose count of the
stars and find myself drifting away

its a long way down it's gonna hurt til
i hit the ground and there'll be a lot of
mistakes that i'll try not to make on the
long way down

from up here its hard to know just where
i'm headed but easy to see where i've
been i'm leaving this heart where its hard
to forget it in case i ever need it again

i lay on the roof and make wishes on
stars and find myself falling away

its a long way down it's gonna hurt til
i hit the ground and there'll be a lot of
mistakes that i'll try not to make on the
long way down

back to the place that my mind can't
erase when i'm trying to turn it around

its a long way down it's gonna hurt til
i hit the ground and there'll be a lot of
mistakes that i'll try not to make on the
long way down.

CHELSEA LEE

you were only waiting for this moment to arise

"blackbird" -lennon/mccartney

One thing is clear. Chelsea Lee is here to sing and she's not waiting...for anyone. She's already doing what she loves most, which is performing for her fans.

At 20, Chelsea has been singing for years in clubs and other venues in the greater DC area. Chelsea started at 14 with openings for well-known local artist Mary Ann Redmond, her voice teacher, in a variety of performances and continued at open mic nights at Jammin' Java in Vienna.

She stayed busy perfecting her craft. She has opened for Pat Benatar, Marc Cohn at the

Birchmere (her favorite venue), and just last month opened for Roseanne Cash, a sold-out evening, again at the Birchmere. "I'm always the opener," she says with a little smile. Of course that's not necessarily a bad thing. It was while Chelsea was opening for Australian band, the Kin, at Rockwood Music Hall in New York, that Ken Rockwood heard her and put her in touch with Atlantic Records. She performed for Atlantic executives who subsequently signed her to a contract.

While a record has yet to be released, Lee does not wait. She had a residency at the Rockwood this summer, taking the bus up

on Wednesdays, performing for an hour and hopping the bus on Thursday for the trip back to McLean. And she occasionally sings with The Walking Sticks (and dates their guitarist, Spencer Ernst).

Other days she can be found working on songs. "It's easy to be creative," she explains, "but I have to be in the mood. I start with the melody first, so I'm really just singing gibberish. Then I write the words separately." As she gets older she finds her creations maturing and growing also. Atlantic Records has also helped by arranging for her to travel to Nashville and Los Angeles to write with other artists, allowing her to further enhance the writing.

her life ambition
and plan is to be
performing music
for others.

Musically Lee calls her writing acoustic pop. Her singing might appeal to fans of Mary Chapin Carpenter, Jonatha Brooke or Patty Griffin, who is Chelsea's absolute favorite and her inspiration.

She credits her success thus far to her family and friends "who have been so supportive" and especially her parents, Scott and Jennifer Lee, "who have been super-supportive." The Lees have strongly encouraged Chelsea to follow her dream, understanding that music is the most important thing in her life. Record or not, her life ambition and plan is to be performing music for others.

Her advice for others who think this career path might be for them

vivatysons.com



Wes Hutchinson, guitar, Chelsea Lee, and Spencer Cohen, percussion performing at Rockwood Music Hall.

is not to stand in line at American Idol auditions. Rather, she says, "You've got to start at the bottom. Go to those open mic nights. Start getting people to know you and do networking. Everybody wants to help everyone else, at least in this area." It could be sound advice. It seems to be

working for Chelsea Lee.

No written publication can deliver words to allow someone to fully appreciate a musical talent. Please go to www.ChelseaLeeMusic.com to hear Chelsea Lee perform.

Rick Mundy

Photo Credit: Kelphoto.com



SEPTEMBER/OCTOBER 2011 | **theTysons** 27

from RUSSIA

with ART



Growing up in Siberia, Elena Nolan knew early on that she had the eye of a painter. However, opportunities for young artists in northern Russia during the '70 and '80s were limited at best.

Her chance to study art came at the age of 10, when her mother escaped an abusive relationship from her father and enrolled her in art school.

"From the ages of 10 to 14, I went to art school for five hours a day and learned everything about art," Nolan says. "I did painting, drawing, sculptures, learned about art history. It was wonderful."

She continued her art education in Moscow and was inspired mostly by one teacher, who taught her most about the passion of being an artist.

"There was this one old lady who was a successful artist drawing on canvas, and she really inspired me to paint oils," Nolan says. "From the moment my brush touched the canvas, there was no going back to watercolors."

After school, Nolan met her first husband and moved to Kazakhstan in 1983. She took a break from art to try and have kids, but her attempt was unsuccessful, and soon the marriage fell apart. As did the country itself.

She soon met her second husband, who inspired her to return to her art. The couple moved to the Washington, D.C.-area in 2005 and Nolan began exhibiting her artwork in expos throughout Europe and America, creating a buzz in the art world with her optimistic and lifelike oil paintings.

During a show in Las Vegas, Nolan's work was discovered by the owner of the Coffee Gallery in Michigan, and they have been displaying her work ever since. Currently, 15 pieces hang on its walls and she has sold "to many people in the area who have

become friends" over the years.

Locally, Nolan hasn't had much going on with displaying her work, and she is working on her marketing skills to better get her art out to the right people. Over the years, she has lived in Alexandria and Falls Church, and the Russian-born artist has worked hard to instill herself into the local art community.

One place that her talent can be viewed is at Trader Joe's in Falls Church, where Nolan works as an "assigned artist," sort of a graphic designer mixed with natural artist, responsible for painting the signs, murals and all the signs for the store.

when i am
excited and
happy, i paint.
i try to put in
all beauty i
see everywhere.

"The job is a lot of fun and I get to do what I am best at," she says. "The signs need to be done by hand and murals need to go up in the windows, so there is a lot that is required."

Working on large murals is something that Nolan had experience in doing from her time living in Kazakhstan. While there, she painted inside some religious temples, including six murals for a spiritual guru teaching the word of the Hare Krishna.

"It was a special, spiritual time in my life," Nolan says. "That work was important."

A recent message on her website shows that her murals are still evoking strong messages. A woman, who saw her mural in Trader Joe's, sent Nolan an e-mail telling her how inspired she was

after seeing her work.

"She thanked me for being so positive," Nolan says. "For me, if I can have someone feel positive with emotion, even for one second, my job is done. People need desperately in this world to be positive."

That's why Nolan won't even paint unless she is in the right frame of mind. Her landscapes, still lifes and portraits give off energy and bright light and all things cheery.

"Beauty is all around me. When I see something beautiful or inspiring, like a sunrise or sunset, it makes me want to paint," she says. "If I am at some interesting place, I really need to draw it. It's inside me. I am always drawing in my mind."

Unfortunately, between her job at the store and another as a salesperson in a woman's department store, Nolan has had very little time to paint lately, so her imagination is where a lot of her ideas go.

"I don't want to go on vacation or do anything else, I just want to sit down and paint," she says. "When I am excited and happy, I paint. I try to put in all the beauty I see everywhere."

Looking ahead, Nolan envisions a time when she can paint and work in her own gallery. She recently had several paintings sell at the Coffee Gallery, the last for \$6,000, and her talent is obvious to all who see her work.

"But you need more than talent. It's only a small part of being an artist. You need to work hard and be patient," she says. "Someday I will be able to just paint. That's my dream." **Keith Loria**





up

sharpen your skills

local businesses offer help from **tutoring to cooking**

INSTITUTIONS

Referred to in the article

E.nopi of Vienna

Math-Reading-Writing
145 Church St NW
Suite 301
Vienna, VA
703.255.5065
enopimathreading.com

Mathnasium

302 Maple Avenue West
Vienna, VA
703.255.MATH
mathnasium.com

Learning Rx Tysons Brain Training Center

8321 Old Courthouse Rd Suite 130
Tysons, VA
703.462.9570
learningrx.com/tysons/default.htm

Culinaria Cooking School

110 Pleasant St NW
Vienna, VA
info@culinariacookingschool.com
703.865.7920
culinariacookingschool.com

Maverick Mosaics Art School & Studio

145 Church St NW
Vienna, VA
703.938.1755
maverickmosaics.com

We've already presented you with a selection of some close-to-home higher learning

institutions in the last issue, but Tysons Corner also is home to many businesses focusing on tutoring, test mastering, brain improving and some non-traditional education classes in cooking and the arts.

E.nopi

Historic Church Street in Vienna is home to E.nopi Math, Reading and Writing Education Center, which came to our area on May 21.

E.nopi is a supplemental education program that originated in Korea about 30 years ago and now has over 2.5 million children enrolled world-wide.

"We are the leading provider in supplemental education in the areas of Math and Reading and Writing," says E.nopi Director, Ann Kelly. "Our philosophy is that every child has the potential to learn and master math, reading and writing. We enable students to realize this potential by bringing the instructional materials to the

eye-level of your child."

By conducting a thorough, yet child-friendly skills assessment, instructors are able to isolate your child's strengths and areas of development. They then create a specifically tailored program that builds upon your child's strengths to help develop any areas of weaker understanding.

every child
that walks
through our
door is special.

"Our Math, Reading and Writing programs are aligned to United States educational standards," Kelly says. "This means that while the work your child completes in E.nopi may not correlate exactly to what they are currently doing in the classroom, it does support and advance their understanding of

their classroom work.”

E.nopi Math builds and develops critical problem solving and computation skills. Process-based learning is supported by various activities that aid in the mastery of skills such as addition, subtraction, multiplication, division, fractions and more.

Our Critical Thinking component applies these computation skills to more complex problem solving,” Kelly says. “Students work with patterns, geometry and grid-paper to build spatial reasoning. These carefully constructed activities will eventually lead into number patterns, functions and graphing complex equations.”

E.nopi Reading incorporates both writing and reading skills into a comprehensive language program. For students ages 3-12, the curriculum combines aspects of both phonics and whole language to create a program that targets areas of potential difficulty before they arise. Younger students in the program learn to recognize capital and lower case letters, break up words into beginning, middle and ending sounds, and develop

grammatical awareness.

“Every child that walks through our door is special,” Kelly says. “Our individualized math and reading programs will provide the best possible instruction that is accessible and eye-level for your child. We are not a one-size-fits-all program and your child will never be treated this way. Because of this approach to every child, we are able to help students achieve skills and confidence that they never thought possible.

Mathnasium

Mathnasium, located in Vienna, specialize in teaching kids from early education to high school math the way that makes sense to them. Using the time-tested proprietary Mathnasium Method and curriculum that has helped thousands of students in more than 200 Mathnasium centers nationwide, instructors are committed to helping your child catch up, keep up, and get ahead in math.

“We focus on filling in the gaps in your child’s mathematical foundations while providing him

or her with the help, guidance, and encouragement necessary to tackle what’s being taught in school,” says Assistant Director Joe Prochnow. “The results are measurable progress, a renewed sense of confidence, and a positive attitude toward math and learning.”

All Mathnasium students receive one-on-one instruction and a customized learning plan based on the unique needs and goals of each child.

“We’re dedicated to providing our students with a warm, positive environment that makes learning math fun,” Prochnow says.

“Whether your child is advanced in math, struggling in school, or somewhere in-between, we’re here to help.”

Learning Rx Tysons Brain Training Center

LearningRx has developed the nation’s most powerful and effective brain training program.

“Our network of cognitive skills training providers—a team of concerned parents, educators, and business and medical professionals—are devoted to the idea that students simply do not need to be pigeon-holed by labels or held back by learning or reading disabilities,” says Maureen Loftus, Owner of the LearningRx Tysons Brain Training Center. “What we do is something very different from most of the educational enhancement services that are available today. We focus on the underlying cognitive skills that you use to learn.”

The center is comprised of a team of experienced, compassionate trainers who are dedicated to strengthening students’ cognitive skills.

“At our center, we focus on improving the cognitive skills, because when a person’s skills are strong, learning and reading comes easily and naturally, but when they’re weak, students struggle,” Loftus says. “This understanding of the brain and

E.Nopi Learning Center. Photo Credit: Keith Loria



how it works is behind everything we do. In the past 10 years we learned that you can change your brain and increase your IQ and cognitive ability.”

Students will work one-on-one with a trainer over a period of 3-8 months and brain training isn't just for children—it can help anyone, at any age. TBI sufferers, seniors and business people are among the many people who take advantage of the system.

Culinaria Cooking School

Founded in 2008, the Vienna-based Culinaria Cooking School brings together professional chefs and wine experts who want to share their passion for the culinary arts with the community in a state-of-the art facility that features modern equipment.

Founders Stephen Sands and Pete Snaith are both well-seasoned chefs, and wine director John Peters is well regarded in the industry.

The professionally-trained instructors have years of experience teaching the fundamentals and techniques of cooking that are taught at cooking schools for professional chefs.

“Not only do our classes emphasize food preparation, but we also teach the presentation aspects of the dishes you serve, and offer tips on how to entertain with style and class,” Sands says. “By learning the proper techniques, you will start to look at recipes as a template to cooking, allowing you to open your imagination and tap

into your creativity.”

For those who want to get out for the evening to enjoy the company of friends, or meet new ones, Culinaria's theme-based classes showcase regional and ethnic foods from around the world and provide a warm and inviting atmosphere.

From learning how to best use the knives in your kitchen, to picking the perfect wine to pair with your meal, the vast array of classes teaches the “how and why” behind the recipes you love.

“We offer a welcoming and professional environment where students can learn new techniques, improve on the ones they already have, and expand their knowledge about fine dining and wines,” Sands says.

Maverick Mosaics-Art

Located in Vienna, Maverick Mosaics is an educational art school and studio dedicated to nurturing and expanding creative expression through the art and community of mosaic.

Back in 1999, owner Bonnie Fitzgerald began phasing out a lucrative career in the television business to teach mosaic art to home-schooled children in her garage studio. The kids had so much fun that their parents wanted to learn. Soon those parents started taking classes in the garage, then neighbors signed on, and by word of mouth Maverick Mosaics was born.

Today Maverick Art School & Studio occupies a 1,200 square

foot space on historic Church Street.

Fitzgerald takes a holistic approach to building community through art, which means Maverick students see how commissions are carried out.

“I do commission work to support the education component,” Fitzgerald says. “The two are interdependent.”

Classes taught include Mosaic Express, Introduction to Mosaics in Glass, Introduction to Polymer Clay, Color Theory for Mosaics and Turning Your Art of Craft Hobby into a Business.

The Center for Education at Wolf Trap

The Center for Education at Wolf Trap is a resource for children, parents, educators, and performing artists.

Wolf Trap's 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 also presents scholarships for instruction leading to high school-level student performance. In addition, Wolf Trap's nationally recognized internship program provides year-round administrative and technical support to the Foundation, while offering meaningful hands-on experience to college students that hope to work in the performing arts or arts administration.

Keith Loria



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alton brown

he's just here for the **enter-train-ment**

You know the man who pokes his head into the oven and talks to the camera shooting from the “back of the oven.”

He’s the guy who talks as much about the science of cooking as the food. Alton Brown is food scientist, writer, producer, cookbook author, TV star.

Early on in his career, he worked as a cinematographer and video director. After training at the New England Culinary Institute, he combined his talents to create Good Eats, which debuted on the Food Network in 1999 and has continued ever since. Alton writes, produces and stars in every episode.

Throughout those years, Brown also has found time to be the play-by-play announcer for Iron Chef America, create another show entitled Feasting on Asphalt, serve as host for The Next Iron Chef, and write ten books.

we want to
instill in the
viewers the
desire to cook
and provide
the knowledge
to help them.

Creating

Good Eats is well-known for presenting ideas, tips and techniques in unique ways and Alton always strives to make things “visually interesting.” “Every day is a new challenge,” he says. “There are only so many ways to chop an onion. We have to make it something

that hasn’t seen before. My wife calls it the snowflake machine.”

It’s all part of Alton’s plan to engage and entertain the viewers. “There’s a sign in our office that reads ‘Laughing brains are more absorbent’”, Alton says. “We want to instill in the viewers the desire to cook and provide the knowledge to help them. So that’s it...we want to entertain, inspire, and share our knowledge. If they get into the kitchen, that’s even better.”

On Iron Chef America Brown does the same thing. Providing snappy running commentary of events in the kitchen, he offers his great knowledge of food and cooking techniques to keep the viewers engaged in the action. Asked if he might be a contestant in the battle himself someday, Alton quipped, “It’s been discussed. But I don’t want anyone to get a shot at my job on the show. I work hard to look very smart and show that my job is very hard to do. I don’t want them to find out there’s someone else who could do it. Maybe if I could pick the commentator, I could make sure they’d screw it up.”

Good Eats 3

The latest of Brown’s ten books is being released this fall and is the final installment in the trilogy of Good Eats books. Brown has endeavored to go back over the last thirteen years of creating the show, to share “every recipe, every technique, every single factoid” that made up the series. (He announced in May that the show will end this year, airing just three more one-hour episodes.

Brown begins a book tour in September for Good Eats 3 and will be mid-tour when he visits the McLean Uncorked Festival in mid-October.

Is it difficult to write recipes for cookbooks? “Yes. Communicating on TV and in a book are very different,” Brown admits. He believes that showing techniques on air does not translate easily into words. He wants a 0% failure rate for his recipes as measured by those who

try and report on his recipes. If he sees a 10% failure rate, he will pore over the recipe until he figures out what needs to be changed. It could be something as innocuous as one word that gave the wrong impression of what to do.

i work hard to
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very hard
to do.

For those interested in being a good cook, Alton has simple advice. “Those people who don’t think they can cook, simply need to follow a recipe,” he claims. He suggests reading it first to understand what needs to be done, then follow it. Otherwise cooking can be “like driving with your eyes closed. You can do it, but you might not end up where you want to be.” Another key instruction is to taste the food while cooking it, then adjust as needed.

Using a famous chef’s cookbook does not guarantee great results. Alton suggests that sometimes great chefs can create some of the worst recipes because they can be “extremely vague and open-ended.”

Moving Forward

Brown fans need not despair about the end to the Good Eats show. (For one thing, there’s the new book.) He says he will be even busier next year with new projects although he would not reveal any details. One thing we know. Whatever Alton Brown comes up with next, it will be extraordinary. **Rick Mundy**

AN EVENING WITH LEIGH ANNE & SEAN TUOHY

the husband-and-wife team who **inspired the movie, "the blind side"**

save
the date

WEDNESDAY, NOVEMBER 9
RITZ-CARLTON HOTEL, TYSONS CORNER
RECEPTION 6PM | DINNER 7PM



Leigh Anne and Sean Tuohy

Join this extraordinary couple for a gala evening to support the local charity, Youth for Tomorrow. YFT invites you to hear their personal and deeply inspiring story firsthand - a journey of faith and love and an unforgettable lesson in giving. All proceeds will help the alienated, abandoned and abused children who surround us through the tireless work of Youth for Tomorrow. Tickets \$250. Call (703) 396-8415 or visit YouthForTomorrow.org

Joe Gibbs, legendary coach of the Washington Redskins, founded Youth for Tomorrow 25 years ago and since then YFT has transformed the lives of hundreds of children and families through the tremendous support of the caring donors throughout Northern Virginia and beyond. YFT staff work to redirect troubled youths' anger and hopelessness, motivating them to learn, mature and succeed. The spiritual foundation that YFT instills in its children gives them the strength to do what is best for themselves and others. YFT saves lives. YFT changes lives. But only with your help.



all proceeds
will help the
abandoned
and abused
children who
surround us
through the
tireless work
of youth
for tomorrow.

A LONG LIFE OF SERVICE

MARVIN FITZGERALD LONG

40 years—a **few million letters**



Marvin Fitzgerald Long

his favorite
place to deliver
mail was the
mid-level
senior citizen
housing
community.

Marvin Fitzgerald Long was born August 7, 1952. He is the son of the late Mason and Pauline Long. He is the middle child in a family of three.

Marvin graduated from Oakton High School in 1971. While a student at Oakton High, he participated in a work release program. This program allowed students to go to school half a day and then go to a job for half a day to gain work experience.

When asked by his teacher where he wanted to work, without hesitation he said, the United States Postal Service. He arranged an interview. Marvin loved the work and never looked back. Back then, he had to be sworn in with the Bible in order to gain employment with the USPS. That was 40 years ago. This four-

decade tenure culminated on Friday, July 30, 2011.

When he first started, his route consisted of four stops on Leesburg Pike and a few on Gosnell. He began with a walking route and through the years as he gained seniority, he gravitated to a business route where he could drive to the various businesses.

While he as forged many lasting friendship, his favorite place to deliver mail was the mid-level senior citizen housing community, "Tysons Towers". Until his retirement, he was the only mailman they had. He often says they are his family, his heart and soul.

On a personal note, Marvin is married to Rhonda Long. They celebrated their 40th wedding anniversary August 7, 2011. They are the proud parents of three sons and three grandchildren. His great

love is ministry work. He has been a member of the Scripture Cathedral since infancy and currently serves as an associate minister working alongside his brother, Bishop Long, in the Washington, D.C. parish.

For over 16 years he was the choir director of the renowned television choir that ministers in song throughout the country.

He is not a man that can remain dormant. He has already had his orientation with the Fairfax County school system where he hopes to drive the school bus part-time.

We wish him well!

around town

from store openings
to community-wide events;
we have all the bases covered.



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



Here's What's Happening at MCC

Harvest Happenings

Saturday, Sept. 24, 11 a.m.-2 p.m.

\$5 per person/Free kids up to 36 months.

Oktoberfest Dinner

Saturday, Sept. 24, 6-10 p.m.

\$20 per person/\$25 at the door

Alden Theatre

Theatre IV's

Snow White & the Seven Dwarfs

Saturday, Oct. 1, 2 p.m.

\$15/\$10 tax district residents

McLean Uncorked Food & Wine Festival

Saturday, Oct. 15, 10 a.m.-5 p.m.

Free admission

Wine taster's wristband: \$40 per person/\$30 tax district residents

Old Firehouse Teen Center

21st Anniversary Block Party

Saturday, Oct. 22, 11 a.m.-4 p.m.

Free

Alden Theatre

Scott Ainslie in Concert

Saturday, Oct. 29, 8 p.m.

\$20/\$15 tax district residents

Sunday Soiree Dance

Sunday, Oct. 30, 3-5 p.m.

\$5 at the door

Alden Theatre

Julie Fowles in Concert

Sunday, Oct. 30, 4 p.m.

\$25/\$18 tax district residents

The McLean Community Center
www.mcleancenter.org



Home of the Alden Theatre
www.aldentheatre.org



1234 Ingleside Ave., McLean, VA 22101
703-790-0123, TTY: 711



11th Annual Autism Speaks 5K Run July 4

Helping to raise a record-high of over \$250,000 with more than 2,100 registrants, McLean-based BOWA (www.bowa.com), a home transformation company specializing in the design and construction of large-scale additions and renovations, once again served as the presenting sponsor for the 11th Annual Autism Speaks 5K Run and One-Mile Walk on Monday, July 4 in Potomac, MD. Steve Kirstein, BOWA principal and sponsorship chair for the event, led the Richie's Racers Team for BOWA in honor of his autistic son, Richie. With 29 local runners, the team was the top fundraiser, raising over \$41,000. In addition, in its third year, the "Run Anywhere" initiative allowed numerous competitive runners and families to participate in the race, including Richie's Racers team Bethany Beach, DE.

Holiday Homes Tour Kickoff Tea August 11

Kay Burnell, Evans Farm homeowners Phil and Joan Currie, Dranesville District Supervisor John Foust, Evans Farm homeowners Michele Hopkins and Sandy Helm [two separate owners], and Woman's Club President Ginny Sandahl



Hilton Garden Inn

Hilton's 2nd Reading - Are you as excited about the proposed Hilton Garden Inn as is the Chamber's board? It's a great project with 110 hotel rooms, meeting rooms and other amenities that will benefit FC. And, it will generate more than \$540K/year in revenue not including the revenue from guests spending locally!



look out for these events

September 6 & October 12

2011 Candidates' Nights

Under the leadership of Marcia Twomey and Steve DelBianco, the Greater McLean Chamber of Commerce and the McLean Citizens Association have scheduled two Candidates' Nights for the 2011 elections. Moreover, they are working with our two public high schools, McLean and Langley. Currently, McLean High School will host the Local race candidates (supervisor and school board) on September 26 and Langley High School will host the State race candidates (senate and house of delegates) on October 12 and the moderators for each are being finalized. Their hope is to have the students from both schools involved where possible in each event. Thanks Steve and Marcia.

September 10-11

The Wine Festival at The Plains

11am-6pm Saturday, 11am-5pm Sunday

Great Meadow Event Center

5089 Old Tavern Rd, The Plains, VA

winefestivalattheplains.com

Taste hundreds of artisan wines and enjoy fine art, fancy food and two full days of world class polo at The Wine Festival at The Plains - Virginia's best outdoor wine festival of the year! This event is paired with the 26th annual Commonwealth Cup of Polo—the oldest and most well-attended international polo match in the United States! The US military polo team goes up against the British military polo team—now this is the way we like to go to battle! Come cheer on the American team (or the Brits)! You'll love this newly-upgraded wine festival with better wines, better entertainment, better seminars including our varietal tastings and the exclusive Virginia versus the World Smackdown. Virginia wines and world class polo make this festival the ULTIMATE wine picnic outing. New Bonus Event this year—Twilight Symphony hosted by Manassas Symphony Orchestra Saturday at 7pm.

September 24

"Live It" Women's Conference

Hosted by and at: Providence Baptist Church

8980 Brook Road, McLean VA 22102

703.893.5330 | Fee: \$20-\$22

Register on-line at www.wix.com/providencetoday/liveit

Powerful music, exciting speakers, small group breakout sessions on wide range of topics. The speakers and musicians are first-rate. Dr. Johnson performs contemporary and gospel Christian music. Alyce Metallo, who has received Stevie Wonder's stamp of approval, is an up-and-coming performer. Jane Hampton Cook is the author of 6 books and excels at making history memorable and relevant in today's world. For 5 years, she was webmaster for former President George W. Bush. Find the tools and inspiration you need to dive into the awesome life God has for you.

Special Guests:

* Dr. Negleatha Johnson (gospel recording artist, speaker and co-founder of Life Waters Ministries)

* Alyce Metallo (renowned gospel singer/songwriter)

* Jane Hampton Cook (author, speaker, historian and TV news analyst).



October 1

The Vienna Tysons Regional Chamber of Commerce® Fourth Annual Oktoberfest!

11am-7pm

The Vienna Town Green

144 Maple Ave E, Vienna, VA

703.255.6360 | viennava.gov

The Oktoberfest takes place on the Town Green and historic Church Street in the heart of Vienna, VA. This is the fourth Oktoberfest and once again, we expect this to be a show stopper. The event features live entertainment on two stages, beer garden, food vendor area, live music, children's activities and festival marketplace.

January 2

New Year's Concert 2012- Salute to Vienna

Music Center at Strathmore

5301 Tuckerman Lane

North Bethesda, MD 20852

3:00pm | Fee: \$49

301.581.5100 | salutetovienna.com

(can be purchased through Strathmore.org or by phone)

Bring in the New Year with "Salute to Vienna", patterned after Vienna's world famous "Neujahrskonzert", returning to Music Center at Strathmore on January 2 for a glorious 13th season. Experience the artful sounds of a new cast featuring: The Strauss Symphony of America, Viennese soprano Rebecca Nelson, and the members of the Vienna Imperial Ballet. Join the rest of the metropolitan area to celebrate the New Year with an inspirational array of favorite waltzes, polkas, and famous operetta pieces—a light-hearted New Year's tradition the whole family can enjoy.



Sweetleaf — a passion for freshness! Photo Credit: Allison Sutherland

sweetleaf

food
made
with
LOVE

Leafy maples welcome you to sweetleaf in the contemporary-looking new space at the corner of Maple Avenue and Glyndon Street in Vienna, easily accessible from the W&OD trail, hence all the fit, healthy-looking cyclists who stop in for a quick, nutritious bite. Those stopped at the traffic light outside peer in curiously as I nibble away at my sandwich. In addition to cyclists, the place was filled with elderly couples, mommies with babies, college kids, families, old friends – in essence, everyone feels welcome at sweetleaf.

Coming from a close-knit family, sibling owners Arita and André Matini grew up on Persian meals made with love. "The two 'leafs' in the logo represent my brother and me," explains Arita. Arita and André were neighborhood kids, playing soccer and basketball in Vienna and McLean. "They just love this community," says their mom Sherry, who lends her magic touch and expertise to the exquisite house-made dressings and soups at sweetleaf. They wanted to create a community café in the neighborhood where people could convene over fresh food and coffee. They have a passion for freshness and convenience. "As a mom, I'm so proud of them. Talking about them always brings tears to my eyes," confesses Sherry sincerely. This is indeed a family operation. Dad Matt, with MacGyver-like talent, applied his carpentry

skills to the walnut tables from Pennsylvania. "The talk of the town is the walnut tables. Children find this very fascinating," notes Sherry.

The siblings opened their first sweetleaf in McLean just over two years ago when Arita was a mere 22 years old during her senior year of college, and her brother André was just 27. Arita's studies in interior design are evident in the many artistic touches throughout the café. With olive green walls,



sweetleaf. Photo Credit: Allison Sutherland

earthy tile, a big funky flower on the wall, and a spiral black iron staircase, there is a cool industrial feel to the space.

There are always fresh sunflowers at the entrance, as her lovely grandmother's favorite flower was the sunflower. A hand-painted, sunflower-lined picket fence leads you down the hallway to the restrooms. Even the pens are sunflowers. "I take pride in the interior," admits Arita.

One can choose from Breakfast at the Leaf, Signature 'Leafs' (salads), and sandwiches all year long, and seasonal soups (both veggie and meaty) from Labor Day through Memorial Day. One of Mom's popular Mediterranean soups is Pomegranate Soup with Walnuts.

Breakfast is served all day in Vienna, and in McLean until 11:00 AM during the week and all day on the weekends. Irish Blessing is steel-cut oats with fresh fruit, Healthy Start is egg whites, mushrooms, spinach, and Swiss cheese on wheat bread, and Malibu Melt is all-natural egg, bacon, avocado, and provolone on farmer's bread.

The most popular sandwich, the San Remo, with grilled hand-pulled chicken, provolone, pesto, avocado, and sun-dried tomatoes, was inspired by a recent vacation to Italy. Le Club consists of smoked turkey, crispy bacon, and Swiss cheese, to which I added sun-dried tomatoes, roasted red pepper, tomato, and freshly sliced avocado (\$1 extra) on a French baguette. The Fresh Stack, which combines Swiss cheese, lettuce, tomato, green pepper, red onion, alfalfa sprouts, cucumber, carrots, and guacamole, will satisfy vegetarians and non-

vegetarians alike.

Arita gently guides her staff to make the sandwich "like you're making it for your mom." And with so many choices, she wants you to feel like you're making



Arita Matini, owner of sweetleaf

a sandwich at your house. She likes the fact that you can see the freshness of the ingredients displayed before you.

It's no easy task choosing between Fin or Feather, so have a sandwich with half and half. Mom Sherry's twist on the usual egg salad is a hint of dill, the white albacore tuna salad is accented with mustard seed, fresh chives, and celery, and the hand-pulled white meat chicken salad is flavored with fresh tarragon and celery – all light on the mayo. The infusion of these meticulously selected fresh herbs really reinvents these classics and makes them worth savoring. For a sure crowd-pleaser at only \$3.50 a cup, get it to go to make sandwiches for the family at home or at the pool, or to enjoy on a picnic under the fragrant lilacs at nearby Meadowlark Botanical Gardens or under the stars while taking in the ballet on the lawn at Wolf Trap.

Popular salads include the refreshing Berry Leaf, with strawberries, cucumbers, dried cranberries, almonds, baby spinach, mixed 'leaves,' lightly tossed in strawberry balsamic vinaigrette. Adding a little avocado and feta kicks this salad up a couple notches. Exotic Asian Chicken is a balanced blend of grilled chicken, mandarin oranges, bean sprouts, with crispy wontons, almonds, sesame seeds, cilantro, mixed 'leaves,' romaine, accented with an intriguing house-made plum dressing. One popular addition to this salad is edamame, which you don't see just anywhere. Or you could always pick your own

'leaves' by adding up to four veggies, one crunch, and one dressing. Arita has noticed that Vienna's health-conscious eaters tend to select the Fresh Stack sandwich and Berry Leaf salad, great to share.

Their mother Sherry's house-made non-fat specialty dressings include raspberry vinaigrette, spicy cilantro, honey-mustard, as well as balsamic sweetleaf Caesar, sesame, plum vinaigrette, fresh tarragon vinaigrette, and my favorite, creamy dill. These subtle, intelligent combinations of flavor make all the difference in the world when intermingled with all the other fresh ingredients at sweetleaf. And if you like it a little spicier, check out sweetleaf's wall of hot sauces, allowing you to add just the right hit of capsaicin to your selection.

Good food for kids at \$4.50 includes quesadillas, grilled cheddar cheese, and a fruit bowl, with a choice of seasonal fruit, currently including strawberries, blackberries, raspberries, blueberries, mango, and kiwi. Or try a frozen yogurt smoothie or milkshake made with ice cream for \$4.75. According to Arita, "Our smoothies have really taken off." Strawberry-mango-banana and raspberry-blueberry-strawberry are particular neighborhood favorites. Arita is considering naming smoothies after frequent customers who invent clever combinations. On Smoothie Sundays, add a fourth topping for free to any smoothie.

In-house baked goods include brownies and cookies, including

chocolate chip, white chocolate macadamia, oatmeal raisin, and sugar cookies. For other sweets, in addition to twelve flavors of ice cream, including the popular Cookie Dough Luscious, they offer both raspberry and mango sorbet.

For discerning Java heads, 'Leaves' & Beans represent a variety of unique espresso blends made from high-end Illy coffee imported from Italy. Interesting organic teas from Colorado include Tropical Goji Green, Pomi-Berry (pomegranate), Jasmine Green, and White Peony.

According to Arita, "We have an amazing garden at the McLean store. We just grow everything right there, slice it up, and put it on the line." Children in the store planted their own seeds, so they can come back and watch the garden grow – what a nice sense of community. And consistent with their environmental philosophy, sweetleaf offers glass and plastic recycling and oxo-biodegradable packaging.

Follow sweetleaf on twitter for cool combos and the latest sweet news. Arita posts a photo of the ingredients of the soup of the day in season on twitter or facebook under "What's in your soup today?" with a photo showing the actual ingredients.

It's no surprise with such friendly, welcoming smiles and kind-hearted, sincere attention to the clientele, that sweetleaf's motto is "Live well, laugh often, love much." Well, I ask you – how sweet is that? **Allison Chase Sutherland**



The Wall of Fire at sweetleaf. Photo Credit: Allison Sutherland

sweetleaf

262 Maple Ave East
Vienna, VA
703.281.0111

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703.893.2323
sweetleaf.com

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THE PERFECT OENOPHILE EVENT

featuring the food network's **alton brown** & washington, dc's **chef bob kinkead**



SATURDAY, OCTOBER 15
MCLEAN COMMUNITY CENTER
FOOD AND WINE FESTIVAL

Food and wine lovers will be treated to an outstanding day of wine tastings, seminars, food and wine pairings, a dine-around and feature presentations by Celebrity Food Scientist Alton Brown (see Alton Brown's interview on page 34) and critically-acclaimed local Chef Bob Kinkead of Kinkead's Restaurant in DC.

The finest vitaculture experts will be on hand to share their knowledge and food and wine vendors will items for sampling and for sale, such hors d'oeuvres bento boxes from Balducci's Food Lovers Market.

Event Overview

Wine Tasting and Festival runs from 10am to 5pm. There is free general admission with an available Wine Taster's Wristband for \$40 per person/\$30 for tax district residents. A souvenir wine glass is included in the price of the wristband.

The wine tastings are held throughout the building and include wines from Virginia, the Burgundy and Rhone regions of France, the Pacific Northwest, Spain, Italy,

Argentina, Chile, Austria and Germany.

Wine Seminars are for fifty minutes in the Stedman or Maffitt rooms and cover a range of topics like proper wine and cheese pairings, wine selection, and cognac and chocolate. See the complete seminar schedule at www.mcleancenter.org/special-events/mcleanuncorked.asp. Each seminar is \$34 per person/\$24 tax district residents and requires registration. Seating is first-come, first-served after checking in.

Wine-and-Dine-Around

Hours: 5pm to 10:30pm. Participants will enjoy an evening of great food and fun starting with The Old Town Trolley whisking our group off to MPA's Emerson Gallery for art, hors d'oeuvres and champagne. Then it's on to Evo Bistro for appetizers, Cafe Oggi for the main course, and Assaggi Osteria for dessert. Cost is \$85 per person/\$75 tax district residents. You must be 21 or older to attend.

McLean Uncorked sponsors are Balducci's, Chain Bridge Cellars, Evo Bistro and Cafe Oggi



FEATURED PRESENTERS

ALTON BROWN

Writer, producer and star of several Food Network shows, Alton Brown is also a prolific cookbook author and magazine contributor. His work is a great blend of wit, wisdom, pop culture, and science with a good dose of common sense. This session will have you looking at the ingredients and tools in your kitchen in a brand new way!

(Both presentations are identical in context.)

1:30pm—2:30pm
MCC Community Hall C
\$57 per person/ \$37 tax district residents

3:30pm—4:30pm
MCC Community Hall C
\$57 per person/ \$37 tax district residents

BOB KINKEAD

Chef and owner of Kinkead's, an American Brasserie, Bob and Kinkead's have won nearly every major award in the food business. He is the former owner of Colvin Run Tavern. This dynamic, affable chef will demonstrate two dishes from his cookbook, Kinkead's Cookbook: Grilled Oysters and Pancetta with Balsamic Vinaigrette, and Mustard-Glazed Salmon with Crabmeat and Tomato-Basil butter.

11 am—12 Noon
MCC Community Hall C
\$34 per person/ \$24 tax district residents

local businesswomen SHINE

October is National Women's Small Business Month, and this is the perfect opportunity to recognize the accomplishments of female entrepreneurs from our area.

Around the nation, female-owned companies generated more than \$3 trillion in sales last year and recent census figures show that more than 10 million businesses are primarily female owned. Of course, that still pales in comparison to companies owned by men, which is almost three times as many.

Women in the Tysons community are doing their part to change this disparity, as local businesswomen are involved in businesses dealing with everything from food products to health care to education to apparel.

Leah Kuo and Laura Englander of Cookies & Corks

The pairing of pastry chef Leah Kuo with strategic marketer Laura Englander to form the Falls Church-based Cookies & Corks, is as strong as matching a Zesty Lemon cookie with a Merlot—

where she specialized in Pastry Arts, Kuo diverted off into a corporate career in Washington, D.C., but always had the inkling to get back into the kitchen.

Englander had an extensive business and marketing background but was looking to leave the corporate world to spend time with her family and venture out on something of her own.

The two had met at a playgroup for their little ones and the two moms quickly bonded over their shared ambition.

"I had always been told by friends to utilize my culinary degree but I lacked any skills in marketing and wasn't courageous enough to do it on my own," Kuo says. "Laura was interested in starting a company and had a background in sales and we started a cookie company with

the basis of providing fresh-baked large gourmet cookies to people to use for events, as corporate gifts and open houses and such."



Cookies & Corks cookies with wine pairing.

something you can learn from the cookie/wine pairing chart on the company's website.

A graduate of the Cooking & Hospitality Institute of Chicago



Leah Kuo and Laura Englander, co-owners of Cookies & Corks

As co-founders of CookieZen in 2009, the duo soon learned that competing in the baked goods industry was not easy.

"We found over the next few months that it was hard to compete against established companies," Englander says. "We were struggling with a way to set ourselves apart."

Then, the light bulb went off one day and the two had the creative idea of pairing cookies and wine.

CookieZen quickly evolved into Cookies and Corks as the company soon specialized in pairing sweet and savory cookies with fine wines.

"Over the next few months, we made our cookies small, added a new line and joined the National Association for Specialty Food Trade, and that is where we received validation of this idea," Kuo said. "People were looking for the new trend and we really pushed the cookies and wine pairing."

It took almost 15 months, but the company now has their cookie/wine pairings available to customers in stores all across the country.

"I had a great career and this has given me a chance to step back and the opportunity to exercise my career muscles again," Englander says. "I love meeting people and it's been a great experience."

Looking ahead, Kuo and Englander hope to introduce more people to the experience of cookie and wine pairing and are thinking about expanding into Canada, South America and Europe.

"When we started this company and wrote our first operating agreement, we thought we might put in \$5,000," Kuo says. "Then the company got crazy and we know people are excited about the concept and what we are trying to do is share the experience with as many people as we can. Ultimately, we would love to sell the company and see what this company could do with a lot of money behind it."

To learn more, visit cookiesandcorks.com.

Michele Scott, McLean Tutoring Club

As a middle school student, Michele Scott would tutor those who needed help, a giving quality that followed her throughout her life. That's why it's no surprise that Scott looked for a career involving helping students, and became an owner of a Tutoring Club franchise in McLean.

"I have always had a passion in education and helping people be their best and overcome their obstacles and I enjoy watching people learn and grow," Scott says. "I knew that I wanted to do something in that realm."

The Tutoring Club is celebrating its 20th anniversary this year as its curriculum for math, reading and writing has helped children across the country succeed in school for more than two decades.

When it opened in January 2010, the McLean location became the first in the DC Metro area.

"Tutoring Club had a great brand reputation in the market and some great curriculum. No two

students learn the same way so we could tailor it so students could learn in their own way," Scott says. "It allowed me as an owner to work with the instructors to really personalize everything we do with the students and our customers. We work with children, kindergarten through 12th grade, as well as college students."

The business model is designed to instill a student's passion for learning and make it fun for the students and reward them for doing well.

"My favorite thing has been seeing the light bulbs go off in a student's eyes," Scott says. "We have so many wonderful success stories here—students who never had gotten A's in math are now starting to enjoy math and get A's; students for the first time not receiving F's—seeing those kids turn their thoughts and approach to positive moments, that's really been the best."

The nationally-known learning center guarantees its results and to improve academic performance in less time and at a lower cost than other programs.

In addition to its proven TutorAid curriculum for math, reading and writing, Tutoring Club also offers individualized instruction for advanced learning in algebra, geometry, sciences, languages and many other subjects, including ACT/SAT preparation and study skills.

Its SAT Smart program focuses on students' weak areas and takes advantage of proven test-taking techniques designed around the needs of each student,



Michele Scott, owner of McLean Tutoring Club

rather than using a classroom setting where students typically hear things they already know.

"The company is family run at the corporate level, so the curriculum allows us to guarantee results but with the flexibility to tailor to individual students," Scott says. "I believe in building the intellectual resources of my community and in helping people achieve their very best and overcome obstacles to learning."

The Tutoring Club of McLean is located in the Chesterbrook Shopping Center on Old Dominion Drive in McLean.

To learn more, call 703.237. TUTOR or visit tutoringclub.com/mcleanva



Sarah Ganjavi, D.D.S.

Growing up in Toronto, Sarah Ganjavi says she had some serious problems with her teeth and frequently visited her dentist for relief.

"He was such a caring man and I just loved what he was doing," Ganjavi says. "I knew from probably the age of 8, that I wanted to be a dentist because of his influence."

Today, Ganjavi is a pediatric dental specialist, having received her dental degree from the University of Maryland in 1996. She subsequently completed a pediatric dental residency at Howard University and graduated with honors.

Since 1996, she has been practicing dentistry in Northern Virginia, opening up her own practice, Vienna Pediatrics, in September of 2007.

"I love children and I enjoy working with kids," says "Dr. G," as she is

known to her patients. "The most rewarding part of my day is to see their smiles when they get their prizes walking out the door, and see their growth and the impact you had on their lives."

Her practice stresses prevention and provides the tools so children as young as 3 or 4 can help maintain their teeth and take care of them throughout their lives.

"We have lasers and the latest technology to try and make the visit as pleasant as possible," Ganjavi says. "We want to have a positive impact on them as compared to a negative one. You would be surprised how many parents tell me that when they told their child they were going to the dentist they were so excited."

Making them feel comfortable is also important when it comes to kids and dentistry. For that reason, the office is filled with calming colors, games, videos and an ambiance that makes kids excited instead of fearful about visiting.

"Everything is presented to them in a very non-threatening manner," Ganjavi says. "If there's a cavity, we hardly ever give injections anymore, so we are eliminating all those fears. For every child, we start planting the seed about proper oral hygiene so they can be on the right path."

Unlike when she was a child and visited her dentist when she had problems, Ganjavi says it's important for people go to the dentist as a preventive method now, and encourages children to come in every six months and teaches them the right way to protect their teeth.

"I'm a mother of two and I wanted to have a small office that's more of a boutique dental office that's geared towards children, but not like a factory, to cater to them, and I think being a mother makes a huge difference," she says. "You look at things differently. A child that comes in the chair and tears up, I have a soft spot for. Our office is very friendly and non-threatening and for the most part, they have a good time here."

Michelle Cloney, Inventor of Le Bibble

Reston native and 1992 South Lakes High School alumnus Michelle Cloney didn't fancy herself much of an inventor, but that didn't stop her from coming up with a revolutionary idea that has become a hit with moms and dads everywhere.

Le Bibble is a bib fit for a bottle that Cloney designed with some creative flair to have some fun.



Michelle Cloney and her daughter

october is women's small business month

It contains an absorbent organic underlay that can be used to easily wipe the chins of a baby.

The idea popped in her head when she was feeding her then three-month-old daughter and milk leaked from under the cap over her neck and clothes.

"I was watching the Olympics and this idea just came to me and the word 'bibble' popped in my head," Cloney says. "I learned how to sew and I came up with a prototype and it just took off from there."

The sequence of events that took her from an idea to a business was serendipitous as either she or her family lived near a trademark lawyer, patent attorney and the people necessary to help. An e-mail to a Virginia-based apparel company netted her someone to make the product and the internet helped her get on her way.

"I had my first batch done in September and launched in December and it spread through word-of-mouth. The mom community is very internet focused, so I approached bloggers and the media and it has really taken off from there," she says. "I'm already in 16 stores in Europe and selling more there than here. Without the internet, I don't think this would have happened."

For now, Cloney is doing everything herself from her home, and is looking forward to the day when the business grows enough so she can bring others on.

"I want this project to grow and be mainstream so it's moving



Le Bibble shown in different patterns.

the product forward. I am so passionate about it because it's my idea and I want it to succeed," she says. "I have always been independent and had ideas and like the concept of being able to have a company that's mine. I want it to be positive and sustainable and to be able to integrate all my values into the company makes it so much fun."

Keith Loria

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celebrating local entrepreneurs

women in business

Woman-owned businesses make significant contributions and play an important role in the economic growth and prosperity of the Tyson's area. During National Women's Small Business Month, we salute all the entrepreneurial women business owners throughout the area who help to support our economy while living their dream.

Dr. Sarah Ganjavi

Vienna Pediatric Dentistry
viennapediatricdentistry.com

Dr Sarah Ganjavi is a true success story. A local Vienna, VA resident and the mother of 2 small boys, Dr Ganjavi has made a name for herself building her solo pediatric dental office from the ground up. Originally from Toronto Canada, Dr Ganjavi graduated from the University of Maryland. She subsequently went on to complete her pediatric residency at Howard University graduating with honors. Located in the heart of Vienna on Maple Ave, Vienna Pediatric Dentistry officially opened doors in September 2007 and has been a thriving family based practice ever since. Word rapidly spread among parents in the community that "Dr G's" office was a happy, safe and nurturing environment where both children and parents are treated with love and tenderness. We all need a dental home and every effort is made to ensure children feel at ease and relaxed in the bright and cheerful reception area and treatment rooms. Both Dr Ganjavi and her staff are friendly and cheerful with the emphasis on prevention and proper oral hygiene. The best compliment is a referral from a happy satisfied patient. At Vienna Pediatric Dentistry we treat children one smile at a time.



Denise Willard—A “right-and-left-brained” approach to design ...

Prior to launching Decor by Denise, Denise had a very successful career, holding senior-level positions in strategic marketing and business strategy for nearly fifteen years where she worked for both Fortune 500 and start-up information technology and government contracting firms. She obtained a BS in Commerce from the University of Virginia and a Masters in Business Administration from the International Executive MBA Program at Georgetown.

Leveraging her love of design with her business savvy, Denise launched Decor by Denise focusing her efforts holistically, bringing together design elements that met her customers' aesthetic and lifestyle requirements in line with budgetary constraints. “We offer our clients a unique” right-and-left brained” approach to design.” “Our ideas and suggestions are grounded in the realities of everyday living.”

Her work has been showcased on ABC Affiliate, News Channel 8 and in *Washington Home & Garden*, *The Washingtonian*, *Elan*, *The Washington Post*, *JavaTown* and *From House to Home Magazine*. Denise is a regular columnist for *VivaTysons Magazine* and is part of the Design Diva team for *Ask Miss A*, a national lifestyle eMagazine that reaches a growing subscription base of 70,000 visitors each month.

Denise Willard

Sanctuary on Church
sanctuaryonchurch.com



october is **women's small business month**

Mona Harb

Lofty Salon & Wellness Center
loftysalon.com

From the beginning, Mona Harb has been a hair designer with a wide imagination. "When I started over 30 years ago, I would spend my spare time between clients, dreaming about one day owning my own salon, how it would look, both inside and out and details, details, details". Then, a location became available—a great location with parking. Leasing took a year to complete...it seems nobody was interested in talking to her about the building. With only \$35,000 cash, maxed-out credit cards, a meek financial statement and an iron will, Mona signed a 20-year lease on the building and put her talents to the test. Working hand-to-mouth, one haircut bought the next chair, and she bought one hair color at a time, since she couldn't afford to have a stock room.



Within four years, Mona has built a reputation as the area's leading "Curlyologist", built a loyal and talented staff and enjoys working and contributing to the community she loves.

"Go ahead and dream," says Mona...
"you just never know."

Melynda Britt moved to the Washington, DC area in 2004 and spent over 6 years as a manufacturer's representative in the furniture and textile industry working with architects and interior designers. She married Steve Britt, a business and technology lawyer, in 2005 and began looking for an outlet for her entrepreneurial talents.



The Brownie Shoppe, LLC was born in 2008 as a wholesale gourmet pastry company. It didn't take long for her decadent Brownies, Marvelous Marshmallows, Fabulous Krispies and other premium bakery treats to get noticed. Today, Melynda's clients include four Dean & DeLuca's Gourmets, Wegman's Grocery Stores, Saks Fifth Avenue, Nordstrom and boutique, gourmet and wine shops throughout the DC, Charleston, SC and Charlotte NC markets. Interestingly enough, one of her biggest sellers is the homemade caramel candies that she is shipping to multiple states and is beginning to package for online shopping and corporate gifts.

Melynda, blessed with a supporting husband and new baby daughter, says "Never give up but instead, focus on your dream. If you believe, you are halfway there."

Melynda Britt

The Brownie Shoppe, LLC
thebrownieshoppe.com

Judy Caplan

GoBeFull
gobefull.com

From maverick to mainstream....

That pretty much sums up Judy's 43 year career as a nutritionist. Fascinated with nutrition while attending The University of Arizona in 1969, she was labeled a "food faddist" by the medical establishment. "Add in TM or transcendental meditation and I was considered down right wacky."

Graduating with a graduate degree in human nutrition, foods, and dietetics, her first job as Director of Nutrition at Canyon Ranch in Tucson and contributor to Jane Fonda's Workout Book set her off on a preventive health career path.

After her youngest entered high school, Judy started Nutrition Ammunition specializing in weight loss, dietary transformation and preventive health—as well as consulting food companies wanting to improve their menus and products. Judy's GoBeFull health awareness program and Health Nut mascot have traveled the state teaching children how to "keep fit in a fattening world." She has authored three books, the latest, *The GoBeFull Juice Diet and Cleanse* is available on itunes. For more information check out www.gobefull.com.



Fact..

The total number of woman-owned firms in Fairfax County is 34,242, up 15% from 2002 to 2007. with total sales of \$5.8 Billion, up by 41% for the same period.

(Source: www.fairfaxcountyEDA.org)

my
big

a journey.

My life changed on September 7, 2009, the day after my 45th birthday. You know, the day you just convinced yourself that you've still got it. My body started to short-circuit. I suddenly felt this strange feeling... Numbness, all over me, from my head to my toes. I eventually decided to go to the emergency room at Reston Hospital to see what this was all about.

They kept me overnight. They gave me a bunch of tests. Needles. Pee. Needles. Stay still! Wires. Wires glued into me. After a bunch of tests they concluded that the numbness was likely caused by the onset of multiple sclerosis ("MS"). UGH! How could this be happening to me? I'm an active, healthy, never sick chickie. I didn't even have a regular doctor! They explained that MS causes lesions in the brain and spinal column that short-circuit messages to various parts of the body.

My MRI showed that I had like a billion lesions all over my brain. Wow, I needed a neurologist. Whatever the

heck that is. My neurologist then ordered an MRI of my spine to see if lesions were there, too. But there were no lesions. There was something else, though...something "strange" on my liver. "Better get that checked out with your family doctor," he said.

There's some rocket science for you. Anyway, as I said, I didn't have a regular doctor so I went to see our family friend. Yeah, he went to medical school. He's smart, too! I'll call Dr. Ned! Dr. Ned reviewed all of my reports and tests and said he had a funny feeling about all this. He ordered more tests. A CT scan. A PET scan. Blood tests. The CT scan definitely showed something, but, lo and behold, the PET lit up stuff in my body like a Christmas tree.

This ain't good. Something that looked weird was growing in my liver AND my lung AND a lymph node. Dr. Ned recommended getting a biopsy as soon as possible to verify what was what. He arranged for a biopsy and off I went. The radiologist I consulted with thought his best shot for a biopsy was to take a sample of the lesions on my liver—he saw them as more

"accessible". He guided a giant needle into my back, through my liver and into the underside of the lesion using a CT scan to guide the way.

Problem was that the lesions were too close to my lung. Really close. Close... enough...to...puncture... You got it—my lung got punctured. The lung deflated and I thought I was going to die. Not only that, but it turns out that the biopsy attempt didn't result in enough tissue to analyze.

Took me a week to feel better and then they were able to do a successful biopsy. In case you didn't know, radiologists know what cancer looks like, but they won't tell you until you get the pathology back. But you can see it in their eyes and their whispers. The initial pathology came back quickly. It's cancer, and it's in my lung and liver...funny, but when I first got what I thought was MS, I was shocked and scared. Now I was hoping this cancer thing was all a big mistake and that I did have MS. Don't get me wrong, MS sucks big time. Cancer is, well, CANCER.

Dumb.

Anyway, did you know it takes 2 full weeks to do a full pathology on a biopsy? You see TV doctors all the time get the results in 10 minutes. Sidebar: This was my first mistake—I should have waited for the final pathology to come in.

Back to the story:

It was clear to all the doctors that it was cancer, and since it was in the lung they assumed it was non-smokers lung cancer. A carcinoma. I never smoked—how could it be lung cancer? However it got there I realized I had to go on the attack.

First obstacle—getting an appointment. Making appointments to see various specialists you’ve never spoken with before is ridiculous. Two weeks before you can see this guy, four weeks for that guy and six weeks for some other guy. Frustrating.

Turns out that networking is not only great for finding a job, but it’s also great for getting to see world-class doctors.

Initial instincts are, when you’re told you have cancer, you really don’t want to talk to anyone about the details. Big mistake. Tell everyone, and ask for help. When you have cancer, don’t be afraid to ask for help—you won’t be disappointed. The first help that I got was from neighbor, Nancy. She was rudely surprised with lung cancer just one year prior, so she recommended her pulmonary specialist at Georgetown University Hospital.

He turned out to be like a loveable character in the TV program, CSI. He set about determining my next step by trying to tie my symptoms together and come up with a plan. Talk about detail! After just one visit I nicknamed him "Grissom", and from that point on Dr. "Grissom" became my "medical advocate". He has advised me and pushed every doctor he could to see me get the right treatment. He and the folks at Georgetown are amazing. Next, I needed a cancer doctor.

My wonderful husband, Mike, read, researched and called friends and family until he found a "connection" we could use to get me into the highly-regarded Memorial Sloan Kettering Hospital ("MSKCC") in New

York. The connection was our sister-in-law’s brother—he worked for a one of MSKCC’s biggest benefactors. Instead of waiting 4 - 6 weeks, I had an appointment within three days of diagnosis. Even the MSKCC doctors were amazed that I got in so fast. There was a problem, though. Remember that I mentioned getting a full pathology takes two full weeks? Finally got back that pathology.

however it got
there i realized
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the attack.

I didn’t have a carcinoma. It was melanoma. That’s a different type of cancer altogether. A carcinoma guy doesn’t work on melanomas, and melanoma guys don’t work on carcinomas. Huh? I thought cancer was cancer. I was sure the metric system was somehow involved in all of this. Or maybe the rotary engine. The pathology was checked and rechecked, but the final diagnosis was Stage 4 metastatic melanoma cancer.

In my lung, a lymph node in my lung and all over my liver. MSKCC had to transfer me to a melanoma specialist. They couldn’t be sure about where the "primary" (where the cancer started) was, but it didn’t start as a typical skin irritation or mole—they think it likely started in my lung. How does someone get "sun" cancer in your lung? Did I leave my mouth open at the beach? Just my luck. There hasn’t been a new, successful melanoma protocol for nearly 15 years. It was considered a "dead-end" for medical students.

The current protocol was something called Interleukin II. Its overall survival rate ("OS") was 6–8 months. This stuff did cure some people, but I didn’t think a 10%–12% success rate was anything to get excited over. OK,

clearly the odds aren’t in my favor with the standard protocol, so my only remaining option was to go the clinical trial route.

Clinical trials are conducted for drugs not approved by the FDA, but the pharmaceutical company has convinced the FDA they should try these new drugs out on volunteers seeking alternatives to their disease. It could be the next best thing on the horizon or it could kill you.

Signing up to be a lab rat is not easy, and it has its challenges, but when your odds suck as bad as mine did, you take a chance. I decided to go with it, but reminding myself to remember to expect the unexpected.

After three visits, many tests, and five weeks, I was scheduled to start treatment on January 12, 2010 at MSKCC. My doctor, a leading melanoma specialist, told me about this Phase III Clinical Trial for PLX4032, that was having some incredible success. The drug was created by a company called Plexxikon, who sold it to Roche.

Basically, if you had a mutation in something called B-raf, and 60% of melanoma patients had that mutation, this drug would "block" the key "pathway" the melanoma uses to spread, and once it stopped spreading, your immune system could actually wallop the cancer. Seemed like common sense.





Cheryl with her husband Mike and son Sergei.

The problem with the drug was that it didn't cure you, but it could delay the spread of cancer for approximately 6 months. Our strategy was to buy time. If this drug could shrink the melanoma, and maybe they found something new in the next couple of months that killed it, wouldn't it be easier to kill it after it had shrunk some? Remember, my remaining life span at this point was 6–8 months. This drug could double that.

Never forget that life is a series of baby steps. It's "one step after another, and soon you'll be walking out the door"

A week before I was scheduled to start I was told that the hospital still hadn't approved the study. UGH! OK, Plan B.

when your odds
suck as bad as
mine did, you
take a chance.

This is where my husband, Mike, went from star to superstar. He locked himself in his office and researched like a madman. He learned that the Phase III trial only gave me a 50/50 chance of even getting PLX4032—that 50% of patients got the drug and the remaining 50% got decarbazine, a type of chemotherapy.

With the two "arms", they could compare how one group did to the other. He found out that there was

a Phase I study for the same PLX4032 that was assessing its effect with other, more common drugs. You had a 100% chance to get PLX4032 in that study – you just had to submit to more tests.

My husband, the financial analyst—"A 100% probability is a load better than a 50% probability." He went to school to figure that one out. Next, he called Roche directly and found out what hospitals were already fully approved for the Phase I trial.

He also found out that:

- to date, only one hospital in the country had been approved for the study, and it was in LA

- all of the other hospitals were having trouble agreeing to the terms of Roche's contract to implement the trial

- the trial was limited to just 20 people throughout the US

- because so many hospitals had problems with Roche's contract, Roche decided to allow the LA hospital to recruit "as many as possible, up to the entire 20 people"; and

- they couldn't tell us which LA hospital was approved (huh?)

Hmmmmmm...we needed to figure out which was the right hospital.

With only zip codes to work with, Google gave us three likely hospitals. He called each hospital and left messages with each that I wanted to enroll in this specific clinical trial. Then we waited.

Getting into a clinical trial and getting treated was not easy. You find out quickly that most doctors are not the greatest communicators. I surrounded myself with the best team of cancer research doctors in the world and knew they would come up with something, or so I thought.

He started calling LA hospitals that Friday morning. Two called back confused about his message, saying

they knew nothing about the trial Mike was inquiring about. Mike finally got a call back from UCLA—they had the Phase I trial, it had already started, there was room for 20 patients in their study and there were already 6 people enrolled.

It was a race to get in and approved. All we had to do, the UCLA lady said, was make an appointment with the research nurse. Well, that did not prove to be easy. The research nurse got on the phone, but acted very strangely. She demanded to know who at UCLA told Mike to call her and she demanded to know how he found out about the trial. He explained that he didn't call her, but was transferred to her, that no one at UCLA told him of the trial but that he found out about it and found their location at www.clinicaltrials.gov (that's where the zip code was found).

Mike further explained that our doctor at MSKCC in New York wanted me in this trial in New York, but contract negotiations were breaking down. Mike also told her that I had already tested positive for the BRAF gene mutation—the key piece of the criteria. She said "we'll see about that" and then she hung up. Weird! Mike sent an email my MSKCC doctor asking if he knew a Dr. Antoni Ribas at UCLA, and whether he could help get me into that trial, but it was Friday night—who expects a response during the weekend?

To our amazement, our MSKCC's doctor emailed us back on a SUNDAY morning that he was a presenter at a seminar in Berlin, that he knew Dr. Ribas, the doctor in charge of UCLA's trial, and that Dr. Ribas was in Berlin with him presenting at the same seminar. How does stuff like this happen? Karma?

Moments later, Dr. Ribas sent an email saying that our MSKCC doctor filled him in about my situation, and then he suggested I come to LA for an appointment Thursday, January 28th—it was a day off for him, but he'd come in especially for me. We booked flights that morning for LA and the rest is history.

Like I said before, this drug seems to

have an effective time frame of about 6 months, but I've been in this clinical trial now for 18 months, and during that time this drug with the crazy name (PLX4032, now Vemurafenib) has not only stopped my cancer from growing, but it's now only a fraction of its original (baseline) size.

The lights went out in my last PET/CT. I'm hoping that I'm one of the study's "outliers," that PLX4032 is the magic pill that makes my melanoma go away.

During this odyssey I learned some interesting facts, but the most interesting is that, at this level of treatment, most doctors are not focused on the patient's health, but on the study's results. These guys are not doctors as we understand what a doctor is—they're scientists.

If you want to survive, you need to be your own advocate. There is no "manual" available. YOU are the one who needs to do the research, evaluate clinical trails and determine the right path for you and your disease. You need to be vigilant and research every angle. You need to network with friends, family and friends of friends. You need to be computer savvy.

Helpful Hints:

1) Research what hospitals are the leaders in your type of cancer, review your options, and their statistics. US News and World Reports assesses hospitals every year at health.usnews.com/best-hospitals

2) Clinical trials may produce better results than the standard of care. Visit www.clinicaltrials.gov

3) Interview your oncologist to make sure you are comfortable with them because you'll be spending a lot of time with this person. I believe that someone who is positive and has good delivery is key.

4) Ask questions and keep your own records. If you do not understand, ask/write everything down and ask for copies of all your scans (CT/PET/MRI). Get a big accordion folder and label each section. It will be helpful one day.

5) Everything takes a lot of time and

time goes slow when you are waiting to be treated. Make sure you have a good book—buy a Kindle.

6) Be your own advocate, or find someone who will be your advocate. This could save your life.

7) Ask for help—you'll be surprised at the results. Email and call friends and family—this is not a time to be shy!

8) Think outside the box. Combining Eastern and Western philosophies can work miracles. Consider yoga, reiki, mediation, acupuncture, prayer, energy work, or anything that keeps you feeling positive and moving forward.

9) Eat "healing foods". Remember, "Garbage in, Garbage out". Veggies with bright colors, and big leaves are your new friends. Stay away from processed stuff. You are building a castle.

10) Every time a door closes, another one opens. It's up to you to find it!

I believe that the medical community is close to finding a solution to this disease. It's just a matter of time, and the goal is to hang in there until that cure comes along.

Don't give in to the Beast!

To find out more about my journey to fight melanoma cancer, check out my CaringBridge.org webpage: caringbridge.org/visit/cheryl_stratos/journal **Cheryl Stratos**



experience the power of self-healing.

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THE LAT PULLDOWN

a staple exercise routine **for your upper back**

The Lat Pulldown is a staple in any weight lifting routine. The name comes from the major muscle group being worked—latissimus dorsi (“lat”). This exercise develops the upper back, particularly right under the arms. The lat pulldown is a compound movement; this means that more than one joint is moving and multiple muscle groups are involved during the exercise. The rhomboids (they sit between your shoulder blades), biceps, and the long muscles of the spine, erectors, are also being worked.

This exercise will appeal to men to develop the “V”—this is when the upper back is developed, specifically the lats, but you need a trim waist to be the bottom part

of the “V”. Lat pulldown will appeal to woman take care of the area under the arm that looks flabby when wearing a bra. In both cases, a person’s body fat has to be addressed to achieve the desired result.

When performing this exercise, or any exercise, think in terms of what joints should be moving and which ones should not be moving. In the lat pulldown, the shoulder and elbow joints should be moving, along with the shoulder blades. What should NOT be moving is the trunk, the wrist, or the neck. The following tips will ensure you will be getting the most from performing the lat pulldown:

1. Choose a grip that allows the upper arms to come close to the torso, but not so close that the

wrists start bending. Generally, the hands set on the bar about 5” wider than your shoulder joint. (There are several grips for the pulldown. We are only addressing the most used and the most basic).

2. Once seated, set the leg pad to a height that anchors you to keep the weight from pulling your body up off the seat.

3. Feet should be flat on the floor, not up on the balls of your feet, and the ankle joint should be lined up under the knee joint.

4. Keep a solid grip with your hands.

5. Sit up straight or lean slightly back.

6. Your hips/pelvis must be rolled forward (anterior tilt) to maintain lumbar curve.

7. Once your body is set, DO NOT rock your torso back and forth.

8. DO NOT fold your torso forward when you pull the bar down; keep your trunk/torso in the same position throughout the movement (this is not an abdominal crunch). Your trunk muscles will work hard to maintain this position during the movement—THIS IS A GOOD THING! It will strengthen your core, and will keep the exercise focused on the muscles that are supposed to be working.

9. Breathe!

If you are short on time for your weight-training workout, be sure to include the lat pulldown—it offers a lot of bang for your buck!

Cindy Pavell



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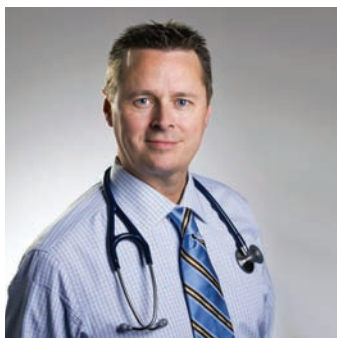
ask the doctor



Dear Dr. Jones,

My wife and I differ on our approaches to heartburn, which affects us both. She takes an over-the-counter medication twice a day to regulate hers and eats whatever she wants. I have avoided a daily regimen like hers (I take enough pills already) but find, more and more, that there is an increasing number of foods or drinks I have to avoid, especially at night, or I can end up paying the price with severe pain. Maybe she has the right idea. What are your thoughts on controlling/avoiding heartburn?

- Patrick M., McLean



David J. Jones, M.D.
Concierge Physician, Internal Medicine
Principal Medical Group, P.C., McLean, VA

Dear Patrick,

I applaud you for being proactive in making dietary changes to manage your heartburn. Unfortunately—as you have found—these changes are not always enough to prevent it from wreaking havoc on our gastrointestinal tracts.

Regardless of how you choose to alleviate your heartburn, what's most important is that you manage it. Treating heartburn as a cursory unpleasantness ignores a number of potentially damaging side effects and can lead to irreparable damage to your digestive system, including esophageal corrosion or cancer.

If you are making changes to your diet, yet your heartburn persists, it may be time to consider more strident measures. Antacid tablets and over-the-counter medications are good remedies; however, they are not meant to be taken for more than two weeks without consulting your physician.

If your heartburn is occurring more than a few times per week, for two weeks or longer, it's time to make an appointment with your physician to discuss additional treatment options. While it may be a matter of trial and error,

including a balance of dietary restrictions and medication, figuring out the most effective regimen will ultimately save you substantial pain and suffering, in both the short and long terms.

David J. Jones, M.D.

Submit your medical questions for Dr. Jones to tamara@vivatyson.com

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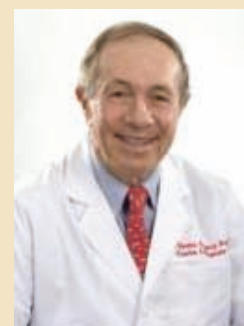
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Alzheimer's

is it in your **future?**

Many of us live in fear of developing Alzheimer's as we age. This fear is compounded if we have loved ones who have suffered from this debilitating disease. While studies show the genetic component in Alzheimer's is very strong, there may be good news on the horizon. The Alzheimer's Association held its annual meeting this past July in Paris, France and presented some new information regarding prevention of the disease.

According to the Alzheimer's Association, in the past, researchers had identified a number of potentially modifiable risk factors for the disease. However, the researchers were unclear whether changing these mostly lifestyle-based risk factors would result in fewer cases of Alzheimer's. At this year's annual meeting using a new mathematical model, researchers suggested that reducing chronic disease risk factors by 25% could potentially

prevent 3 million cases of Alzheimer's worldwide, including one half million in the U.S.

The researchers caution that these estimates make an assumption that is not yet been proven, that there is a causal relationship between the risk factors examined and Alzheimer's disease and that modifying the risk factors may lower Alzheimer's risk.

The risk factors they refer to are:

- Diabetes
- Mid-life hypertension
- Mid-life obesity
- Smoking
- Depression
- Low educational attainment
- Physical inactivity

So how can we use this information to enhance our daily lives? Because we know that disease often starts in the body long before we have symptoms, starting a healthy lifestyle early may be a proactive way to prevent Alzheimer's or any potentially

preventable, chronic disease.

Here are some suggestions to reduce potential risk factors for Alzheimer's:

1. Stay physically active—Exercise 60 minutes a day. I know many of you will say, "That is impossible" but once you start you will begin to miss it when you don't. Endorphins begin to flood the brain and lead to well being. I guarantee you won't miss the extra pounds that begin to melt away.
2. Eat more fruits and vegetables—at least nine servings a day. Fresh produce fills you up with antioxidants, phytochemicals, and fiber which prevent disease. All those colorful pigments in produce do more than look pretty! They contain powerful plant compounds which are good for your brain. When you eat more fruits and veggies you decrease the amount of other artery clogging and refined foods in your diet.
3. Lose excess weight—especially around the middle. Abdominal fat is deadly fat. Moving more and eating more fruits and vegetables is one giant step you can take to drop pounds and sustain weight loss.
4. Eat less salt—throw away the salt shaker. In addition, eat less fast food. Even the menus in some of the higher-end fast food outlets contain huge amounts of sodium. Prepared foods at the deli counter, packaged snack food like chips



and roasted nuts, and frozen prepared foods are all high in sodium. Read labels. Stay around 2000 mg. of sodium per day.

5. Quit Smoking—and certainly don't start!
6. Eat more whole grains, seeds, and nuts. Eating a diet high in fruits and veggies, whole grains, seeds, and nuts is called "nutrient dense" meaning you are getting a powerful punch of vitamins, minerals, and phytochemicals. This will help lower your risk of developing diabetes.

So until we know the exact cause of Alzheimer's, it is good medicine to follow the Alzheimer's Association's latest suggestions to reduce the potential risk for developing this disease.

Judy Caplan



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ask the nutritionist

NUTRITIOUS HABITS FOR BUSY PEOPLE

helpful tips so your **healthy eating doesn't take the back burner**

The Zizania Smoothie

This smoothie is an all-time favorite. It has been the breakfast of Zizania clients for over 5 years. It is rich in nutrients, easy to make, and will keep you satisfied for over 3 hours.

There is no need to add milk or yogurt. The water and the almonds make almond milk and the banana provides all the creaminess you need. Enjoy!

Ingredients:

- 1 tablespoon soy or rice protein
- 1/4 cup raw (unsalted) almonds
- 1 small gala or fuji apple, cut in chunks
- 1 cup of water, preferably filtered
- 1 small or 1/2 large banana
- 1 cup frozen mangoes
- 1 tablespoon agave nectar (optional: only if you like your smoothies very sweet).

Directions:

Place all ingredients in a blender, in the order listed, and blend until completely smooth.

September is a tough month for parents. In addition to their usual responsibilities, parents have to get their children ready for a new school year. During this busy time, it is easy for people to neglect their own health. If you overwork yourself and don't eat well or sleep enough, you will weaken your immune system which will make you sensitive to infections. Taking care of yourself should be a priority, so you can take care of your family and enjoy being a parent.

When talking about health many people think about exercise. While exercise is important, eating is the best way to get the nutrients your body needs to have energy and ward off disease. Poor eating habits decrease the benefits of exercise and increase your risk of disease.

Healthy Eating Tips

You've heard this all your life but it is worth repeating. Start with a healthy breakfast that has both protein and fiber. Choose a plant-based protein such as oatmeal, quinoa, or grits. Cook them in water for a low-calorie breakfast. Sweeten them with agave nectar or raw honey. Add walnuts for a serving of omega-3 fatty acids, almonds for extra protein and vitamin E, or cranberries for a tart flavor. You may also add any berries (fresh or frozen) for more vitamins and minerals. Or you could have a

smoothie. People who don't like to eat fruit whole frequently like it if the fruit is blended in a drink. Smoothies are easy and fast to make, you can drink them on-the-go, and if you have a good recipe like the one provided, you can cover a good amount of your nutrient requirements.

taking care of
yourself should
be a priority.

While our culture puts an emphasis on dinner, lunch is actually more important because you need energy and stamina for the rest of the day. A healthy lunch takes some planning but it does not have to be a lot of work. Make sandwiches with simple ingredients such as whole grain bread, sprouts, lettuce, tomatoes, avocado, or hummus. The sprouts are rich in easy-to-digest protein, minerals, and enzymes. Hummus is rich in proteins and calcium. Avocado facilitates the absorption of all these nutrients. Another simple lunch is pasta and marinara sauce. If you are going to a restaurant, a baked potato with a side salad is always on the menu. A burrito with beans, lettuce, pico de gallo, avocado,

and sprouts is another delicious meal. These items are high in nutrients, low in fat, and will keep you satisfied for hours.


In the afternoon, treat yourself to a fruit, a serving of home-made trail mix with almonds, walnuts, figs, dates, cranberries, and sunflower seeds.

Dinner should be a happy time for you to spend with your family. Try to plan ahead. Spend one hour every weekend to make a menu for the week. Get other members of the family involved in food preparation. Children as young as 4 can help with small tasks such as getting ingredients out of the fridge, washing vegetables, peeling, stirring, throwing away peels, or placing recyclables in the recycling bin.

Eating healthy is no more complicated or expensive than eating otherwise. A healthy dinner can be made in 30 minutes if you are organized. Dishes like chili, vegetables

soups, or stir-fries are very nutritious, and are low in calories. They are rich in vitamins and minerals. Use a variety of legumes such as chickpeas, adzuki beans, lentils, mung beans to create high-protein, low-fat dishes. Use whole grains such as quinoa which are rich in fiber, protein, and calcium. It takes only 8 minutes to cook.

Most importantly, avoid skipping meals or eating frozen and packaged foods. Candy bars and cheese and crackers are high in sugar, salt, and fat with very little nutritional value. The best fast food is fruit. Finally, always try to get a good night's sleep. If that is not possible, try to take naps. Even a twenty-minute nap can re-energize you for a whole afternoon. **Dominique Hoffman**



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FALL FASHION GUIDE 2011

we love these complementary fall finds with rich colors and fun patterns. **here is our guide on what to wear this autumn!**

Oscar de la Renta Suit



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TEXTURE

Texture is also big for the Fall 2011. There will be luxurious silks, soft fur, nubby tweeds and knits, and also sequins and plastic. Animal textures such as crocodile and snake are also popular.



ORANGE

Orange is the one color that stands out for Fall 2011. It complements all skin tones with a multitude of hues. Olive or darker skin tones look great with exotic sunset tones of burnt orange while paler skin tones are complemented with in corals, peaches and bright orange.

House of Holland Sweater



Victoria Beckham Bag



Maloles Flats

Stella McCartney Dress



Meredith Wendell Python Clutch

SPOTS, DOTS, & CIRCLES

Fall 2011 fashion trends are full of new and unexpected pairings. There are exciting new colors and prints. Clothes are going to have a lot of dots, spots, circles and tons of color.

AFTER CHEMOTHERAPY HAIR CARE

Breast cancer is one of the most common types of cancer among women in the United States. Each year approximately 192,000 women are diagnosed. Depending upon which form of treatment you undergo, most patients will suffer some form of hair loss from either radiation or chemotherapy drugs. The side effects of treatment vary from case to case but for those who are affected with more comprehensive hair loss, the emotional repercussions can be profound. Our hair plays a vital role in our image and self-esteem. During the treatment phase, a woman is left with few choices regarding the display of her hair loss. But what happens following the cancer treatment, when your hair begins to grow back?

Quite often, the color and texture of the new hair growth are different


from your natural hair. What was once thick, straight hair may grow back in "chemo curls" that are thin and wispy. Chemo curls are a result of hair follicle roots that are still being affected by the chemotherapy drugs. This may last for several months following treatment. Generally the first new hair growth will be much finer and more fragile than your natural hair. Be patient during this time and treat your hair with tender loving care (TLC). You will want to use a shampoo that adds strength and vitality to the hair. There are also botanical treatments available which protect the follicles and extend the life of the new hair. With your doctor's approval, adding a dietary supplement to strengthen and fortify your hair and nails will help to promote healthy hair growth. Put away the hot rollers and irons while you still have chemo curls. Use of a leave-in conditioner and gentle

style techniques will keep the new hair more manageable.

During the first 6-12 months it would be wiser to avoid any chemical hair treatments due to the fragile nature of the new hair growth. If you do want to color your hair, ask your hair care professional about natural products such as henna, semi-permanent, or vegetable-based colors. Once the final traces of the chemotherapy drugs have left the system, your hair should begin to return to its natural texture and color. Be aware that in rare instances, the effects of cancer treatments can become permanent. Whatever the circumstances of your specific situation, be sure to seek out a qualified professional hair stylist to help you make the right choices when it comes to regaining your precious locks.

Mona Harb, CurlyologistSM

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helpful ideas for getting your **children interested in healthy food**

Almond & Blueberry Muffin

Preheat the oven to 375 degrees F. Line a standard muffin tin with paper liners.

Whisk together:

- 1 1/3 cups almond meal
- 1 cup sorghum
(or brown rice flour, if desired)
- 1/2 cup tapioca starch or potato starch
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 3/4 teaspoon xanthan gum
- 1/2 teaspoon vanilla extract

Beat in:

- 1 1/3 cups organic light brown sugar
- 2 tablespoons olive oil
- 2 egg whites, whisked with
- 1/4 cup warm water till frothy
- 1/2 cup warm water,
more as needed, up to 3/4 cup
- 1 teaspoon fresh lemon juice

Beat the batter until it is smooth, like a slightly thickened cake batter.

Add in:

- 1 pint fresh blueberries, washed and patted dry. Stir gently and briefly. Spoon the blueberry muffin batter into the twelve lined cups. You may have some extra batter that can be used for a pancake or mini-muffins.

Bake in the center of a preheated oven for 23 to 25 minutes, until golden and firm to the touch. A wooden pick inserted into the center should emerge clean. Cool the muffin pan on a wire rack for five minutes.

Gently pop the muffins out to continue cooling on the rack. Don't cool them in the hot pan- they'll get soggy.

With the school year starting up again, I am inundated with lunchtime questions from all my friends. The big one from parents is: "Hey Bonita, don't you think that school lunches are awful?" I am never sure how to answer this. Certainly I have seen the spectrum. In general, I am pleased with the lunches my son enjoys in Falls Church City. Our food service director, Chef Richard Kane, is a peer of mine who is devoted to consistently increasing the quality of our schools' food. Since I have done the same with several school and healthcare kitchens, I know what a challenge he has. As a parent, I also know how much we depend on the schools to help our children to eat well during the day. We stress over the lack of control we have over what dietary choices they make for this meal.

This got me thinking. I was chatting with a lifeguard friend the other day when I should have been swimming laps. I asked him, "What is your take on breakfast and lunch? Which is more important?" I was so impressed with his response! "Breakfast, for sure! When I eat a good breakfast I can focus on my classes and my grades are better. A good breakfast keeps me alert all day! Lunch is a great recharge, but if you haven't charged up to begin with, you are going to lunch with an empty tank. Besides, after lunch you only have a couple of hours left. You have to hit it right in the morning or your whole day is dragged down." He

further added "I like eating healthfully because then I am feeding my body the food that makes me feel good, energized and relaxed. Balance it with exercise and rest but don't obsess over it. It is supposed to support your day!"

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This makes me wonder how connected we are between our home and school kitchens. When I was Food Service Director at Sidwell Friends School, I learned that many students were not eating before school. I set up a nutrient-dense breakfast "grab & go" buffet – granola, yogurt, fruit, healthful pastries. Student attention and grades for the morning classes measurably benefitted! An unexpected effect was that the students' lunch preferences changed as well. They became much more interested in the healthful portion and less in the sugary desserts. Their bodies were looking for that "recharge" and didn't

need a sweet or junk food “pick me up” because they were never “down”. Something as simple as an apple & granola bar in the morning can have a huge impact. These are benefits of charging up in the morning!

Things are changing in the cafeterias as well. I am getting a lot of schools asking me for nutritional advice. Hooray for their interest in that! Also, an increasing numbers of schools are having lunch catered or contracted out. Some have stopped food service altogether, requiring students to bring their own lunches and snacks. But your children’s well being is not completely up to the cafeterias! No matter where you live or what sort of lunch your school offers, there are some things you can do at home to help with your child’s lunchtime needs. First, check the school menu and determine with your children which days you will make lunch with them. We have the monthly menu highlighted and scribbled on within a day of getting it.

Also ask yourself if your home pantry supports your child’s healthful choices education. The more you fill your home with ONLY healthful choices, the easier it will be for your children to recognize the value of these foods. After all, how can you point an accusing finger elsewhere if your kitchen is filled with preservatives, high sodium, hydrogenated fat, high glucose corn syrup, low quality ingredients, artificial color and flavor? As my nutritionist likes to say, if the ingredient did not exist 100 years ago, don’t eat it. Your body has not evolved quickly enough to digest these modern chemicals. Your digestive system will only recognize them as toxins and react poorly to these things.

Here are a few ideas you could use to get your kids more excited about eating the more healthful choices:

- Bring your children along on your weekly shopping trip to the farmers’ market. Get them involved with the selection and purchase process. Encourage them to chat with the farmers and ask questions. (You can make a game of it! Give your kids one question a visit to ask to the farmers then later compare the answers.) You

can give your kids a few dollars to spend as they chose. Even if they get ice cream, cookies or hot cocoa, they will learn the value of this fresh & natural quality standard.

an increasing number of schools are having lunch catered or contracted out.

- Go to “pick your own” farms for a yum-fun day of family adventure.

- Most health food stores have occasional special events for kids or offer guided tours of their products.

- At your children’s sporting events, what kind of beverages and snacks are provided? If they are artificially colored, sugary power drinks and junk food, you are sending a big message to your kid about what sort of food best fuels their bodies.

- Discuss food with your family. Read the ingredients list and nutritional value stats together. When you are at the store, compare the conventional to the all-natural grocery items. Wouldn’t it be great if your family could actually get nourishment from snacks?

- Even if you are happy meal eaters (like my son!), mix it up with poultry or vegetarian alternatives. Broadening your nutritional base can only do you good. The other night I served cheddar-bacon veggie burgers with sliced apples and a salad for dinner. Talk about your happy meal!

I know what some of you are thinking: I don’t have any children and now I am totally bored! Don’t worry, people, this information applies to all of us. What is the difference between a school lunch and a business lunch? That’s not a trick question. The only difference is the age of the person eating it. How many of you rush to

work in the morning without proper nourishment, then “grab something” for lunch? (Who among you has a snack drawer at your desk loaded with less nourishing “treats”?) Then we wonder why we are too tired to exercise after work. What a huge negative daily cycle we spiral into... which can be broken with a little morning health food and afternoon recharge!

One aspect where kids are significantly luckier than grownups is that they have adults to guide and mentor them. (...and cook for them, clean the house, do laundry... Ooh! I am getting jealous of kids!) We adults have to do all that for ourselves, plus work, plus everything else we need and want to do. On top of that, we have to schedule our own daily lives and constantly self-motivate. For many of us, self-care becomes a last priority.

So start your day well with a health-infused breakfast. Like I said, it can be small or low calorie - whatever you need to get your body going. Follow up with an energy-charging lunch. This can be a great asset towards feeling happily vibrant when you finish your work day. On page 68 is a healthy recipe for breakfast or snack that can help with your healthful endeavors.

Bonita Woods





iris LOUNGE

changing entertainment **in tysons**

As we turned the corner on Y2K, eCitie Restaurant & Bar was the place to be in Tysons Corner, as veteran restaurateur Paul Loukas of Winston's fame created his version of a supper club for the dot-com age.

One of the bartenders at the time was Robert Dispenza, a young man raised in the restaurant biz in Buffalo. Dispenza quickly became a protégé of Loukas and went on to create his own name in the business, opening 20-plus restaurants throughout the East coast over the past two decades.

"I started off as a dishwasher in my uncle's restaurant, became a bartender when I was 18 and was managing bars by the time I was 22," Dispenza says. "Ever since then, I have strictly been involved in the management side of things."

Dispenza returned to eCitie Café to take over as general manager a few years back, and when Loukas decided to retire, he saw this as an opportunity to transform the 15,000-square-foot space into something more.

With an idea he had conceived years earlier for a project that never got off the ground in Florida, Dispenza designed the Iris Lounge, a multi-faceted entertainment place specifically created for the Tysons Corner market.

"Iris Lounge is a place where you can simply change your entertainment for the evening by walking to a different part of the club," Dispenza says. "Whether you want to dance, come in for good food and drink, hear live music, come in for sushi, come in for billiards or smoke a cigar and have a martini, this offers a unique experience for everyone."

Dispenza had once saw an article



Christopher Linman Jazz Ensemble on Wednesday nights. Photo Credit: Iris Lounge



Robert Dispenza, Owner. Photo Credit: Iris Lounge

in a magazine saying the only thing you could do when you go to a bar in Northern Virginia is eat and drink. That got the wheels in his head turning and the idea for the club percolating.

"I wanted to create a venue where you can do a lot—parties, banquets, events, dine, watch movies—so I created that kind of atmosphere here," he says. "Being from New York and dealing with night clubs all my life, I wanted to have this New York-meets-Las Vegas lounge feel. It combines the hard club of NY with the plushness of a Vegas lounge. The décor and design will be totally flipped over from eCitie."

While club-goers in Virginia normally have to fight traffic to D.C. to experience a night life hot spot such as Iris Lounge offers, the venue is in the perfect locale and has changed the way people party in the Tysons area.

"Back a while ago, we used to have a lot of cigar smokers and people don't want to go all the way downtown to party and have a good time and come back," Dispenza says. "If I can give them the downtown feel out here in the 'burbs, that's what I want to do."

The revamped Iris Lounge opened to business this summer, showcasing a modern feel with mood lighting. Additions include four billiard tables to keep the sportsman engaged and

the "Rocky Patel" Cigar Room for VIP members to enjoy.

Sponsored by world-renowned cigar manufacturer Rocky Patel, the Iris Lounge boasts one of the best members-only cigar bar in Northern Virginia. Located in a glass-enclosed room high above the rest of the lounge, the cigar bar features a separate air ventilation system, an extensive humidor, couches, plasma TVs and top-shelf scotch, whiskey and tequila.

i wanted to have
this new york—
meets—las vegas
lounge feel.

"You are guaranteed to enjoy a good, quality cigar and drink in the Rocky Patel cigar room, a classy, sophisticated spot that makes everyone feel like a VIP," Dispenza says. "At its core, this is an entertainment place, but you can do something different in all areas."

Dispenza understands the responsibility of owning a club like this and takes that responsibility seriously. With that in mind, Iris

Lounge is adding town car service and limos to take its VIP clientele home, so they don't need to worry about drinking and driving.

"I feel it's a pretty big responsibility to serve alcohol and if we can provide an alternative avenue to get patrons home safely, we want to spend time to do that," he says. "We want people eating and drinking and having a good time, and not worrying about having to get behind the wheel."

Although it has just opened, Iris Lounge has already become the "in" place to be in our area and people are even traveling backwards and coming from D.C. to experience all it has to offer.

"Tysons Corner is becoming its own city. We have the Metro coming, more buildings, condos are going up everywhere," Dispenza says. "We need to start thinking of this with a downtown city mentality and offering that city feel. We want to make this the hottest nightclub in Northern Virginia."

The Iris Lounge is located in the old eCitie Cafe building on Tyco Rd in Tysons Corner. **Keith Loria**

Iris Lounge
1524 Spring Hill Rd
McLean, VA
703.760.9000
irisloungeva.com

dining with debbie

AN EVENING AT NOSTOS

delicious greek food with a **cultural experience**

A Friday evening cocktail with friends led us to dinner at Nostos Restaurant in Vienna. Laura and Brian had been there but we had not. They raved and I'd heard others sing praises to this oh-so-fine Greek establishment. Nostos is at the root of the word nostalgia and means a return to one's origins, a longing for a special place in our past. Hmmm...now there's a tempting thought...but moving on....

you have to love
a culture who
embraces the
idea that sharing
and socializing
is paramount
to dining.

Never have I been to a more beautiful place than the Greek Islands and their simply prepared foods only enhanced the experience.

Every great meal begins with a great wine and Nostos offers over fifty distinct wines from several different regions of Greece, a country where Dionysus, the mythical God of wine

has been worshipped for thousands of years. How can you go wrong? We did not go wrong...enjoying a wonderful bottle of Georgakopoulos cabernat/syrah.

You have to love a culture which embraces the idea that sharing and socializing is paramount to dining. Nostos offers a large variety of "mezedes," or small sharing-sized dishes. We started with a couple of table appetizers. I'll put the names out there, but unless you are of Greek descent the likelihood of remembering the name is scant so I will provide proper description. Melitzanosala (told you), a roasted eggplant whipped with olive oil, garlic, parsley and lemon and saganaki (really) a pan-fried kefalograviera cheese, flamed tableside. (Avoid sitting near the server if you have gone heavy on the hairspray).

Because I overexerted my reviewer status when sampling the appetizers I elected to have a vegetarian mezedes, called imam baidi which is baked baby eggplant topped with tomatoes, onions, raisins and pine nuts. So perfect I refused to share. Tom opted for the entree, Paidakia, which is marinated, grilled lamb chops served with oven-brown and baby potatoes. He had no choice but to share since I was seated beside him with a fork in hand. Delicious.

Laura and Brian graciously offered up samples of their traditional sampler, arnakiournou, dolma, spanakopita and moussaka. Our server accommodated our requests and added Greek-style

meatballs with a yogurt dill sauce to our sampler. We were also served another vegetarian appetizer of roasted beets with goat cheese and mint. Fresh fish is a staple in the Greek diet and Nostos features fresh fish from the Mediterranean Sea, such as branzino, dorado and sardines seasoned with extra virgin Greek olive oil.

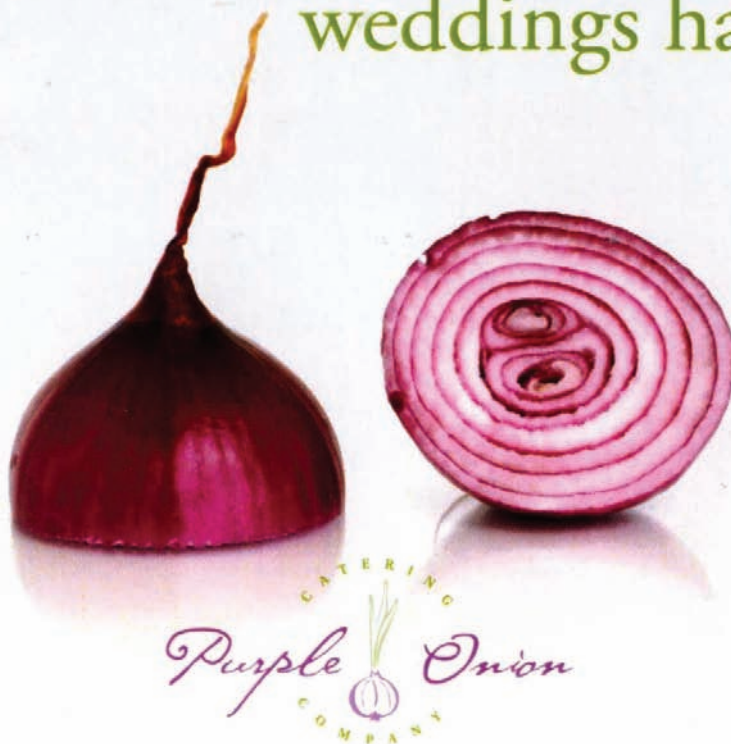
The ambiance is white, crisp and clean. This lovely restaurant is a notable addition to the Tyson's dining scene. They offer happy hour drinks and small plate food specials from 5pm-7pm and lunch catering packages are available.

Debbie Casey

Nostos Restaurant
8100 Boone Blvd
Vienna, VA
703.760.0690
nostosrestaurant.com



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



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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

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MEDITERRANEAN

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703.533.3501 | haandi.com
1222 West Broad Street, Falls Church

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DELI

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703.448.0080 | tysonsbagelmarket.com
8137 Leesburg Pike, Vienna

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AMERICAN

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703.534.3342 | dogfishalehouse.com
6220 Leesburg Pike, Falls Church

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INTERNATIONAL

MAPLE AVE

703.319.2177 | mapleaverestaurant.com
47 Maple Ave W, Vienna

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INDIAN

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703.970.7500 | diyatyson.com
2070 Chain Bridge Rd, Vienna

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703.356.5678 | lostdogcafe.com
1690 Anderson Road, McLean

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AMERICAN

BAZINS ON CHURCH

703.255.7212 | bazinsonchurch.com
111 Church St, 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. \$\$\$

AMERICAN

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130 N Washington St, Falls Church

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AMERICAN

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703.992.0915 | idylwoodgrill.com
2190 Pimmit Dr, Unit B, Falls Church

There is always something special about a good neighborhood restaurant. Idylwood 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

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ARGIA'S

where families **come to share**

There are so few real neighborhood restaurants anymore. You know, the kind where the owners are real people, not a corporation; a place that provides a backdrop for everyday meals as well as for special occasions. Argia, with its cozy bar, its airy dining room complete with Italian village mural and its garden patio provides an oasis for family and friends to come together and share.

Of course, what really makes a restaurant is its food and Argia's does not disappoint. Argia serves Northern Italian favorites including paninis, small plates of shrimp, eggplant or polenta for sharing, as well as pizza, salads and pastas at both lunch and dinner. Delicious beef, pork and fish dishes are offered on the dinner menu. Argia's chef Aimee Suyehiro prides herself in that all the breads, pizza and pastas are homemade. And, because Argia focuses on really making their guests feel at home, you can order entrees "solo" for one or "family style" to share. A full kid's menu is available with everything from spaghetti with marinara to mac and cheese.

As you would guess, an Italian restaurant would feature wine and Argia's is no exception. Argia's provides a variety of inexpensive to moderately-priced Italian bottles of wines as well as 45

wines by the glass. But something unexpected – and a draw for the popular happy hour – is Argia's beer on tap – something of a rarity at an Italian restaurant. Recently, the taps included Bud Light for traditionalists as well as microbrews from Bell's, Victory, Alagash and Brooklyn breweries. This makes it an easy place to go for couples where one likes beer and the other likes wine (read: me and my husband!)

order entrees
"solo" for one or
"family" to share.

Argia's signature dish and apparently the favorite of many patrons is the fragrantly garlicky PEI (Price Edward Island) mussels, voted Best Mussels in Northern Virginia by Northern Virginia Magazine readers. These mussels are flavorful and a large enough portion to make a meal. I know that, of everything on the menu, I've ordered this more times than anything else!

Argia offers varying daily specials Sundays through Thursdays. Just


some are All-you-can-eat Spaghetti Sundays, Monday's 1/2 price bottles of wine, Wednesday's 1/2 price appetizers and even a "kids eat free special" nightly between 5 and 6 pm. They post all of their daily specials on their website at www.argias.com.

I have great memories of Argia's. We went to Argia's when my sister and her husband got engaged. My sister and I also chose Argia to hold my parent's 50th anniversary party. We had the whole restaurant to ourselves – we had appetizers and drinks at the bar and then went into the restaurant for a family-style dinner. What a special day! I also sat in the same friendly Argia bar a few years ago when my husband's best friend spilled the beans of being in love with his now wife. Most memorable, my sister and I sat in the bar just hours after our beloved father passed, raising a glass of wine (his favorite) in his memory.

So, whether you are just grabbing a bite to eat with your family or making memories for years to come, Argia's is the perfect neighborhood place.

Jeannine Bottorff

Argia's Restaurant
124 North Washington St
Falls Church, VA
703.534.1033
argias.com




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

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(www.tasteoftyson.com)

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

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Mon - Th 11 am - 10 pm
Friday 11 am - 11 pm

www.mylosgill.com

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

Mylo's Grill in McLean, VA is a family owned casual restaurant & bar specializing in authentic Greek specialties with classic American dishes. We offer a full menu in the dining room as well as at the bar including appetizers, salads, an assortment of entrées, desserts with a full wine menu. We are open seven days a week and we serve a popular Saturday and Sunday brunch. We also have a banquet room for large parties and gatherings.

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6238 Old Dominion Dr. McLean, VA 22101 Ph: 703 533-5880 FAX: 703 533-7768

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www.plakagrill.com

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celebrating
Special
occasions

Our guide to the top 50 private dining options
for your next **family gathering, social affair,
company event, holiday party, and more.**

Throughout the Tysons area, there are so many options for private dining functions - small gatherings to huge events, casual to formal, all offering their unique atmosphere and cuisine. VivaTysons wants to make it easier for you to consider the area's great variety of offerings so we compiled a list of restaurants, country clubs and special venues that are ready to serve you and your special group. (If we've missed any, we apologize in advance.)

Falls Church

2941 Restaurant

2941 Fairview Park Dr | 703.270.1500
2941.com

2941 Restaurant is a special venue with several stunning rooms in which to host a business gathering or family occasion. Their private rooms can accommodate anything from an intimate gathering of 8 to large private parties of up to 100. The entire restaurant and outdoor patio areas are also available for parties up to 200. Water scenery and spectacular decor will make any event special.

Idylwood Grill and Wine Bar

2190 Pimmit Dr | 703.992.0915
idylwoodgrill.com

A perfect neighborhood restaurant, Idylwood Grill offers a customized menu and excellent service for special affairs and gatherings. From just cocktails and appetizers to semi-private seated dining, this casual yet upscale restaurant will happily meet your needs for up to 40 guests.

Mad Fox Brewing Company

444 West Broad St | 703.942.6840
madfoxbrewing.com

Mad Fox Brew Company can meet your private dining needs for 12 to 300+ guests in an English-style Gastropub setting. Mad Fox has three separate dining spaces available; the Saloon Room, Dining Room and the Pub. The Saloon can accommodate up to 35 guests for seated dining or 50-60 guests for cocktail events. The dining room can accommodate 30-

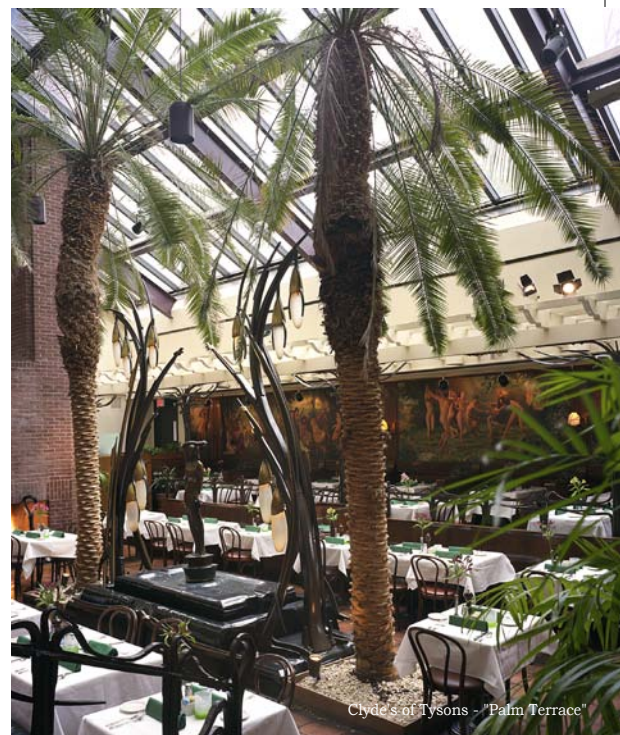
102 seated guests and 150+ guests for cocktail events. The Pub can accommodate 6-30+ guests for cocktail events, and as many as 150 guests in conjunction with the Saloon Room.

Open Kitchen

7115 Leesburg Pike | 703.942.8148
openkitchen-dcmetro.com
This unique venue is a bistro/cooking school/timeshare kitchen offering many options for private dining. From an intimate customized dinner for 12 or take the entire restaurant for up to 80. E-mail Hue Chan-Karels at hcl@openkitchen-dcmetro.com to get the planning started. Fantastic programs for corporate team building, cooking classes for groups and more.

Sea Pearl Restaurant and Lounge

8191 Strawberry Ln | 703.372.5161
seapearlrestaurant.com
For parties of 10 to 200, Sea Pearl is the perfect place to host your event.



Choose from a number of semi-private areas for dining, or reserve the bar or lounge for cocktails and hors d'oeuvres. They can customize a menu or bar option to meet your needs. (As pictured on cover of magazine)

The State Theatre

220 N. Washington St | 703.237.0300
thestatetheatre.com

From 50 to 500, from a class reunion, to a wedding, to the corporate product launch party, The State Theatre is the venue for you. All the accommodations are available including the highest tech A/V and communications equipment you'll ever need. Put a band on the stage, let them customize your menu, and put your event to bed!

Great Falls

Brix American Bistro

1025-I Seneca Rd | 703.433.9050



brixgreatfalls.com
Host your event at Brix and let them take care of making it a memorable occasion for you and your family & friends. The large dining room and outdoor patio offer a casual and comfortable place to host your next event.

Dante Ristorante

1148 Walker Rd | 703.759.3131
danterestaurant.com
This Italian staple of Great Falls is the perfect setting for your next special social gathering or business need. From Rehearsal dinners, to corporate team-building, this fine restaurant can handle up to 60 in a single room or up to 110 guests in multiple rooms.

Forestville Schoolhouse

9812 Georgetown Pk | 703.827.0269
fairfaxcounty.gov/parks/hprs/schoolhouse

Forestville Schoolhouse offers large sunlit rooms with hardwood floors. It may be rented individually or with the adjacent Great Falls Grange. Capacity for the indoor banquet room is 49. Forestville Schoolhouse is wheelchair accessible.

L'Auberge Chez François

332 Springvale Rd | 703.759.3800
laubergechezfrancois.com
This is one of the finest restaurants in the area and a prominent chapter in the history of DC fine dining. L'Auberge Chez François is available for weddings and special events Tuesdays through Saturdays, 11 a.m. to 4 p.m. Parties can range in size from 40-80 guests and weather permitting the garden terrace can be used for the ceremony and cocktails, prior to moving indoors for a sit-down luncheon. The restaurant also provides service for corporate and private dinners Tuesday, Wednesday and Thursday evenings. A private dining room is available for groups of 25-45 guests, after 5pm. On Monday nights, L'Auberge Chez François can host private parties from 60 to 100 guests.

Riverbend Country Club

375 Walker Rd | 703.759.1672
rbgcc.org
The club offers private dining and banquet facilities supporting events up to 250 people. Non-members will need to be sponsored by an attending member. River Bend Country Club is home to Four Seasons-trained Executive Chef Tom Hayes.

The Serbian Crown

1141 Walker Rd | 703.759.4150
serbiancrown.com
Private parties and special affairs are always welcome at the Serbian Crown Restaurant. They offer several different arrangements for group functions to satisfy both your tastes and your budget. Accommodations can be made for up to 150 seated guests. The Serbian Crown Restaurant also offers private dining rooms, an elegant piano bar, and live music to entertain while you enjoy your dining experience.

Great Falls Grange

9818 Georgetown Pike | 703.827.0609
fairfaxcounty.gov/parks/hprs/greatfalls.htm

This classic public assembly hall, now listed on the National Register of Historic Places, offers two stories, a barrel vaulted ceiling with fans, large windows which allow for lots of natural light, a full stage and catering kitchen. This unique venue can handle 200 for a reception, 120 for an indoor banquet or up to 200 for a banquet using both floors. This facility is not wheelchair accessible.

McLean

Assaggi Osteria

6641 Old Dominion Dr | 703.918.0080
assaggiosteria.com
The newest Italian addition to McLean has three options. The Loggia, a semi-private room can accommodate 10 to 30 people. The Wine Room, a private room, can accommodate 20 to 40 people. The main dining room can accommodate 60 to 70 people comfortably. All menus are customized to meet your needs.

Café Oggi

6671 Old Dominion Dr | 703.442.7360
cafeoggi.com
Cafe Oggi has been the Italian restaurant in McLean for nearly two decades. They offer private dining for up to 50. The exquisite cuisine and attentive service will make any special occasion, well, special.

Da Domenico

1992 Chain Bridge Rd | 703.790.9000
da-domenico.com
This Tysons landmark is ready to prepare an authentic Tuscan menu for your guests. From 10 to 60, they will work to accommodate every specific request. Office gatherings, rehearsal dinners, family celebrations, and more.

Daily Grill

2001 International Dr | 703.288.5100
dailygrill.com
Daily Grill features two private dining areas. The Private Dining Room can comfortably seat 32 guests while the Atrium can seat up to 42 guests. Both are perfect for business functions or social gatherings. The large bar area can also be used for happy hour groups or an intimate cocktail reception before dinner. Located in the Galleria.



Evo Bistro



Mad Fox



Michel Richard Private Dining

Evo Bistro

1313 Old Chain Bridge Rd
703.288.4422
evobistro.com

A private tasting room for up to 10 people is available for very intimate groups. They can also accommodate larger semi-private parties.

Fleming's Steak House

1960-A Chain Bridge Rd
703.442.8384
flemingssteakhouse.com

From small social gatherings to a large business function, Fleming's can customize your affair for up to 90 guests. For businesses that need it, Tandberg video conferencing is available to connect you and others around the world.

Iris Lounge

1524 L-M Spring Hill Rd
703.760.9000
irisloungeva.com

Iris Lounge caters to a variety of business and social gatherings. For true private dining, they have a unique, glass-enclosed dining room located on the upper level that hosts events for groups from 25 people up to 150 people, for sit-down dinners up to 100 people.

J. Gilbert's

6930 Old Dominion Dr | 703.893.1034
jgilberts.com

J. Gilberts offers semi-private dining for up to 50 guests or cocktail parties for up to 150. Personalized menus made especially for your event with your company name or personal heading. A warm, inviting atmosphere with a seasonal wood-burning fireplace will make any event special.

La Sandia

7852 Tysons Corner Ctr
703.893.2222
richardsandoval.com

This modern Mexican restaurant by Richard Sandoval offers lunch, dinner, or cocktail receptions. La Sandia can accommodate 20 to 400 guests in their private rooms, restaurant and indoor patio. The colorful panels in the dining room can be arranged to make any type space available for your event.

Lebanese Taverna

1840 International Dr | 703.847.5244
lebanesetaverna.com

Offering private and semi-private group dining, their restaurant can comfortably accommodate groups of up to 110. The Galleria location has three rooms, a lounge, and an outdoor

cafe available. For groups of over 12 guests, a preset menu is required. The menu is served family-style and offers a variety of their most popular mezza plates and entrees including a wide range of vegetarian and non-vegetarian options. Customize menus are never a problem.

Maggiano's

2001 International Dr | 703.356.9000
maggianos.com

Upstairs from the bar at this busy Italian restaurant are a variety of rooms to handle from 15 to 50 and they can easily be configured to hold as many as 300. Family-style Italian is the menu and their three-course offerings can be customized for you.

Michel Richard

1700 Tysons Blvd | 703.744.3999
michelrichardva.com

The private dining room at Michel is an elegant, modern-yet-intimate room with space to accommodate up to 18 guests at one long table, with a close and intimate view of the bustling kitchen through a large plane of glass along the north wall. This is the perfect room for many different small gatherings from family celebrations to board meetings. All AV needs can be



easily provided through the restaurant.

Mylo's Grill

6238 Old Dominion Dr | 703.533.5880
mylosgrill.com

Located in Chesterbrook Shopping Center, Mylo's Grill offers authentic Greek and American cuisine. Their spacious private dining area is perfect for a social or office gathering for up to 40.

Panache

1753 Pinnacle Dr | 703.748.1919
panacherestaurant.com

Come and allow Panache's dedicated and friendly staff to host your next gathering or social event. Their diverse menu and spirited atmosphere are sure to impress you and your guests with a memorable experience. Their goal is to provide their customers with a dining experience that consistently exceeds their expectations. Private events for up to 250 can be arranged in this contemporary restaurant.

Pulcinella

6852 Old Dominion Dr | 703.893.7777
pulcinellarestaurant.com

Their spacious banquet room can accommodate up to 100 people to dine, make presentations and dance. From wedding rehearsals to holiday parties, they can help you plan the perfect evening with all trimmings.

The Capital Grille

1861 International Dr | 703.448.3900
capitalgrille.com

Located in the heart of Tysons,



Café Renaissance

they offer their superior service and signature menu in two private dining rooms. The McLean room is available for an intimate setting for up to 14 guests. The Wine Room offer the complete private Capital Grille experience for up to 30 guests. Extensive wine selections and A/V equipment available.

Gannett/USA Today Headquarters

7950 Jones Branch Rd | 703.854.3802
gannett.com/eventspace

The conference, dining and event space at the Gannett/USA TODAY corporate headquarters is available for special events, meetings and conferences. The striking lobby space is available for your weeknight events. Available space includes 8 conference

rooms, a state-of-the-art auditorium for 290, 6 dining rooms (the largest can seat 200), and the beautiful atrium lobby that can hold up to 1,800 for receptions. Not available for weddings.

Vienna

Bonaroti Restaurant

426 Maple Ave E | 703.281.7550
bonarotirestaurant.com

An Italian gem nestled in the heart of Vienna offering elegant dining within a warm and intimate setting. They offer quiet, comfortable, relaxing private dining and function rooms that will accommodate up to 50 people.

Bazin's on Church

111 Church St | Vienna
703. 255.7212

bazinsonchurch.com

Bazin's on Church is an 85-seat restaurant and is available for private dining only if "buying out the entire restaurant." They do not have private dining rooms, but a beautiful, open space that works well for special events. Their restaurant may also be rented out on Mondays, day or night, and on Saturdays, from 11am-3:30pm.

Café Renaissance

163 Glyndon St | 703.938.3311
caferenaissance.com

Café Renaissance offers a unique setting for any occasion. Whether you are looking to host a private dinner, or a cocktail reception, they are totally flexible and will tailor-make each event to suit your individual requirements. Their private Gold Room seats 14, and their main dining room seats 55. Cocktails and hors d'oeuvres for up to 75.

Chef Geoff

8045 Leesburg Pike | 571.282.6003
chefgeoff.com

Chef Geoff's Tysons Corner loves to party! They offer 3 beautiful rooms at their Fairfax Square location from which to choose, accommodating any size group from 10 to 350 guests.

Chima Brazilian Steakhouse

8010 Towers Crescent Dr
703.639.3080

chima.cc

Located in the heart of Tysons between Route 7 and Tysons Corner Center,



Panache Private Dining



this Brazilian-style steakhouse offers a huge salad bar and fresh grilled meats sliced at your table. They can accommodate up to 130 guests for a private banquet in their VIP room.

Clyde's of Tysons

8332 Leesburg Pike | 703.734.1900
clydes.com

An upscale Art Deco setting for groups up to 150. Centrally located in Tysons Corner, this a great choice for business and social gatherings. Their private upstairs room provides the perfect venue for special family affairs, corporate functions and more.

DIYA

2070 Chain Bridge Rd | 703.970.7500
diyatyson.com

This popular Indian restaurant offers banquet facilities for up to 260. The variety of Indian cuisines and other offerings make this a unique choice. Centrally located at 123 and Old Courthouse Road.

Dunn Loring Volunteer Fire Department

2148 Gallows Rd Dunn Loring
703.745.8645
dlvfrd.org

This rental hall in Tysons can host your event for up to 300 people. There is a full commercial kitchen, a raised stage, A/V equipment and plenty of parking. Not available Wed. and Sat.

Grand Atrium at Tysons Corner

2236 Gallows Rd | 703.698.0228
grandatrium.com

Grand Atrium is the premier banquet facility for a wedding reception, party, or other special event. A basic event package includes use of facility

and parking garage, buffet service, professional staff, bar service, and linens. Grand Atrium specializes in events that require a dance floor. Grand Atrium can hold anywhere from 90-190 people comfortably.

Hunter House

9601 Courthouse Rd | 703.827.0269
fairfaxcounty.gov/parks/hprs/
hunterhouse.htm

Hunter House began as a small frame farmhouse. Over the years, the house was enlarged, but still retains much of its original character. Hunter House provides main floor accommodations, a sunlit screened porch, beautiful border gardens and spacious lawns for outside occasions. The indoor banquet room holds up to 40 people while an indoor/outdoor events holds up to 200.

Marco Polo Restaurant

245 Maple Avenue W | 703.281.3922
marcopolocaterers.com

Small groups of 25 or large groups of more than 1,000 can enjoy the imaginative presentation and professional service of the Marco Polo catering staff. Their facilities offer expert planning for weddings, corporate meetings, and everything in-between. Located in the heart of Vienna since 1973.

Maplewood Grill

132 Branch Rd SE | 703.281.0070
maplewoodgrill.com

From just hors d'œuvres and drinks, to a hot fork buffet menu, Maplewood Grill can provide for your catering needs. Private and semi-private options are available for that special event. Formerly Le Carnard

restaurant, the new American menu will delight.

Nostos

8100 Boone Blvd | 703.760.0690
nostosrestaurant.com

Nostos elegant and Mediterranean atmosphere offers the perfect place to host your next event. Their private dining room can seat up to 30 people (40 standing.)

Ruth's Chris Steakhouse

8521 Leesburg Pike | 703.848.4290
ruthschris.com

Offering the ultimate private dining experience with four private areas perfect for business presentations, or functions, celebrations, or simply an intimate family dinner. Their rooms can accommodate 10-50 guests available Sunday-Thursday excluding holidays.

The Atrium (at Meadowlark Gardens)

9750 Meadowlark Gardens Ct
703.255.3631

nvrpa.org

The Atrium quickly became one of the premier venues in the region for beautiful wedding receptions. The glass walls of the building look out on the 95-acre Meadowlark Botanical Gardens with some of the best ornamental collections right outside the venue's walls. The Atrium holds 190 seated or 300 standing and features a two-thousand square foot skylight, indoor stream and fountain. While wedding celebrations are most common, the Atrium is also host to corporate banquets, holiday celebrations and more.

Tower Club

8000 Towers Crescent Dr, Suite 1700
571.335.1377

clubcorp.com/Clubs/The-Tower-Club-Tysons-Corner

The Tower Club Tysons Corner, located in Vienna, Virginia, is the perfect venue for the special corporate affair or social event. Several room options are available for the smallest meeting to a wedding. The exquisite views, the attentive staff and excellent menu selections make this a premium option in the area. Spaces to serve 5 to 150 comfortably.

Vienna Volunteer Fire Department

400 Center St | 703.938.2242 vvfd.org

The Vienna Volunteer Fire Department rents out its meeting hall to individuals, local businesses, community groups and organizations. The Community Hall is available for rent on most Mondays through Saturdays and is an excellent venue for wedding receptions, children's birthday parties, anniversaries, or business conferences. Able to accommodate up to 250 people, this downtown Vienna location is a

choice often overlooked. You would be amazed at how well this room can look when decorated.

Westwood Country Club

800 Maple Avenue E | 703.938.2300
westwoodcc.com

Probably the largest non-hotel ballroom in the area. The Grande Ballroom seats up to 400 persons and can accommodate up to 350 if elegant stations and entertainment space is required. The Founders Room, the Westbriar Room and the Cup Room are also available for smaller parties, dinners or meetings. Westwood will provide all food and beverage needs. Non-members should plan on finding a member sponsor.

Wolf Trap Center for the Performing Arts

1645 Trap Rd | 703.938.8463
wolftrap.org

There are 5 options at Wolf Trap for renting private event facilities. The Barns (English and German) can handle private events, meetings and receptions for up to 300. The Center for Education is geared more for meetings with a capacity of up to 300 including a 100-fixed-seat auditorium

for speakers. The Associates Deck overlooks Wolf Trap's beautiful meadow and the world-renowned Filene Center. It is available for private functions on performance evenings during Wolf Trap's Filene Center season. This space can accommodate 300 seated or 400 standing. The Terrace at Wolf Trap can hold events for 25 to 125 guests for a pre-show reception, cocktail party or other affair. It is only rented in conjunction with a performance at the Filene Center and guests must have a ticket to the performance. The last venue is the Meadow Pavilion. The Meadow Pavilion is available for rental for your special event prior to performances at the Filene Center. The covered stage and surrounding facility can seat up to 130 and fit 150 standing.

Woo Lae Oak

8240 Leesburg Pike | 703.827.7300
woolaek.com

Woo Lae Oak has been called the best Korean restaurant in the Metro area. Party rooms can accommodate up to 300 to enjoy authentic Korean cuisine in a wonderful atmosphere. Menus can easily be customized to your tastes.



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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**

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by Allison Chase Sutherland

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café OGGI

a surprisingly
family-friendly
place to dine

The other night my family and I went to Café Oggi. It was the first time for them but I'd been before... over 20 years ago.

I remembered the food was very good but expensive for "twenty-somethings" plus my friends and I were the youngest in the place. Other reasons I hadn't returned is because I mistakenly assumed it wasn't kid-friendly, that it was "too fancy" and that it was probably still expensive. I am happy to say I was wrong on all counts!

The dining room seems a bit formal, but, as my husband said, it feels simple and clean with its crisp white tablecloths, elegant china and silverware. Not a place where you would think that families with children would be welcome; however, the waiter who greeted us was warm and friendly as he inquired if we wanted seating inside or on their patio. We opted for inside as it was really hot! As we enjoyed Café Oggi's quiet ambiance we noticed a mix of families and couples out for date night.

Once seated, our server inquired about our beverage choices—they offer several Italian red and white wines by the glass, I opted for the Pinot Grigio and my husband the Chardonnay. Both were delicious. Café Oggi, offers a wine list and full bar, however it was a Thursday night so a glass of vino was the only choice for us!

Baskets of airy house-made bread accompanied by herbed olive oil are available to munch on as you peruse the menu—specialties include crispy calamari and shrimp, an assortment of Italian style salads, soups, pastas, meats, seafood and more—an extensive menu for a small restaurant. On weekends, there are both food and wine specials.

a place where
families are
welcome and
the food is
affordable.

To start, we shared the artichoke salad and the smoked salmon appetizer. The artichokes are marinated and served with a drizzle of balsamic vinegar and red pepper—a light and refreshing way to begin an Italian meal. The smoked salmon was served with capers and mushrooms, an unusual touch for a traditional dish.

For my entree, I selected the roasted chicken breast with Kalamata olives, cherry tomatoes and capers, served crispy, skinned and juicy. My husband had the

Lobster Fra Diabolo; a one-pound lobster served over spaghetti in spicy marinara. And, while there is no kid's menu, there are child-friendly choices including fried mozzarella and, of course, pastas. My daughter chose the Spaghetti Vongole—clams over pasta with your choice of marinara or garlic and oil. Our dishes were flavorful and well priced, the lobster and chicken both under \$25 and the clams under \$15.

While our hearty meals were filling, we couldn't resist Café Oggi's house-made desserts. We chose the fragrant peach sorbet, Tartufo—ice cream with candied fruit coated with a crispy chocolate shell and hot apple strudel with ice cream. All three were perfect to finish our meal.

Café Oggi is a place where everything is made from scratch, where families are welcome, the staff is warm and friendly and the food is affordable. Sometimes, I am happy to be wrong and being wrong about Café Oggi is definitely one of those times.

View a video of the restaurant, the menu and weekend specials at cafeoggi.com.

Jeannine Bottorff

Café Oggi

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virginia • wines

coming of age

The month of October each year is designated, at least here in the Commonwealth, as VIRGINIA WINE MONTH. So, what better time is there to talk about an industry that, even by California and French standards, is Coming of Age?

Twenty-five years ago, if someone were to announce that they were serving a delicious Virginia white or red wine at a special dinner party, the listener could rightly question whether the host really liked their guests. Happily, in 2011, that situation has completely reversed itself. Twenty-five years ago, the state had about 30 licensed wineries, most of which produced at best, mediocre wines, to at worst, undrinkable plunk. My friends, that was yesterday.

Today, Virginia boasts over 200 wineries and by volume it is the 5th largest wine-producing state in America, based on the production of dry grape-based food compatible wines, which excludes fruit-based wines and sweet grape wines. Of course, California is #1, followed by Washington, New York, Oregon,

Virginia and then surprisingly, Texas. Other states may produce a higher volume of "wine," but it is mostly fruit wine (apple, peach, raspberry etc.) or sweet dessert-like wine made from native or hybrid grapes. In other words, in the category of serious food-friendly table wine, Virginia is a pretty significant producer.

virginia is a
pretty significant
producer.

Now, that brings us to the topic of just how good Virginia wines are TODAY. The answer is...Very Good. BUT, BUT, BUT...Just like every other wine-growing region of the world, Virginia has its strengths and weaknesses. Some grape varieties do better and some not so good, given Virginia's climate, soil and growing season. Virginia, like most emerging wine-growing areas, has gone through its share of trial and error in identifying the grape varieties that do the best here. Because

of the general popularity of such grapes as Chardonnay, Cabernet Sauvignon and Merlot, they are widely planted in the state and enjoy good quality. Other popular grapes, such as Sauvignon Blanc and Syrah (Shiraz), while considered serviceable, are generally not great. Even further, the popular and delicious red grape Pinot Noir is sadly a complete disaster here in the Commonwealth. Sorry, the truth is the truth.

Well then, you may now rightly ask...what are the very best grapes and wines that lovely Virginia has to offer? In my mind, Virginia's finest white grape is Viognier. While the origin of all grape varieties is somewhat nebulous, most would agree that the Rhone area of southeastern France is home for this grape. At the very least, the most famous Viognier wines in the world come from this area. Viognier is a dry, intense white with vibrant floral notes. The aromas and flavors remind one of peach, apricot and even pear. The wine is best when not heavily oaked. In other words, winemakers who try to make it into a "chardonnay clone" by using too much oak aging are making a mistake. Viognier is best when

either unoaked or exposed to older, rather than new, barrels, for aging. This lovely alternative to Chardonnay is at its best when consumed young, generally within three years of the vintage. I love these wines with chicken dishes (including a cold chicken salad), or just for sipping.

That brings us to Virginia's best red grape variety. Yes, while this is my personal opinion, I am not alone in choosing Cabernet Franc. It is one of the most widely planted red varieties in the state. Its origin is the Bordeaux area of France. In fact, it is one of the five "approved" red grapes in Bordeaux, and is one of the primary components in "Meritage" from California or "Bordeaux style" blends from wherever. Generally, it is slightly more medium-bodied than Cabernet Sauvignon—its more famous big brother. In Virginia, the wine's popularity has been explosive over the past ten years. Cabernet Franc is somewhat more aromatic and herbaceous than Cabernet Sauvignon, and also lower in tannins and acidity. Its flavor profile tends more to the red berry side of the spectrum—red cherry, raspberry and even mulberry. While it handles oak aging quite well, too much new oak covers its lovely fresh, bright flavor character. It is a perfect red wine for the crispy days of fall—not too heavy and not too light. It is a delicious choice with pork, red pasta dishes and even turkey.

As we leave summer and enter the autumn of the year, consider one or all of these recommended Virginia Viogniers and Cabernet Francs for your drinking pleasure:

Horton Orange County Viognier 2010—Horton Vineyards in Gordonsville, Virginia is one of the state's really good "value" wine producers. Their Viognier is viscous and offers

pronounced peach and melon flavors, all at a fair price. (\$16.99)

Barboursville Reserve Viognier 2009—From Virginia's most awarded winery, this Reserve Viognier has some weight in the mouth. It is a full-bodied white with aromas of floral spice and flavors of honey, peach and orange. (\$19.99)

Pearmund "Vinecroft Vineyard" Viognier 2009

—A year after year Pearmund creates a wonderful Viognier. For some reason, it doesn't seem to matter how good or bad the growing season was; their Viognier is constantly stellar. Peach and melon dominate the nose and palate, plus the finish is wonderfully crisp. (\$22.99)

White Hall "Monticello"

Cabernet Franc 2009—Super wines at reasonable prices are a trademark of White Hall Vineyards located west of Charlottesville. This charming red is medium to full-bodied with red and black cherry flavors. The fruit is bright; the wine is smooth; and the price is right. (\$15.99)

Cedar Creek Cabernet Franc

2008—This little gem is from a small winery in the Shenandoah Valley. It is a medium to full-bodied red with noticeable oak and spice notes on both the nose and palate. There are lots of mixed cherry/berry flavors. Actually, this wine would be a really nice match with Cajun dishes. (\$21.99)

Gray Ghost Cabernet Franc

2010—Located west of Warrenton on Route 211, the Gray Ghost Winery has been making super-quality wines for nearly 20 years now. Their Cabernet Franc is aged in second-use French oak barrels for 10 months and bottled unfiltered. It has gobs of cherry, raspberry and spice. Try it with

pork or tomato-based pasta dishes. (\$23.99)

On a final note, for those of you who want to try one fantastic "Meritage" or "Bordeaux style" blend from Virginia, then give the **Gray Ghost Ranger Reserve 2009** a try. This blend of all five Bordeaux grape varieties (Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot and Malbec) produces an intense wine with blackberry, black cherry, and dark chocolate notes. It's a big fellow with fifteen months of French oak aging under its belt. While it is a bit more expensive at \$29.99 a bottle, it is worth every penny!

Well, there it is...give some of these delicious "Coming of Age" Virginia wines a try. I'm sure you won't be disappointed and be sure to visit a Virginia winery during Virginia Wine Month in October. Tell them I sent you! **Tomme Casmay**

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SILVER DINER

The next generation diner

LEADING THE WAY



Dave Kreider of Kreider Farms with Chef Ype.



Fresh. Local. Healthy. These are words that conjure up images of meals prepared with care and tasting delicious, and that is exactly what people have come to expect at the Silver Diner.

A privately-owned Rockville-based group of restaurants that have been a part of the metro DC and Tysons area landscape for over 20 years, Silver Diner has always worked to ensure that their customers enjoy a great meal. Lately, however, the restaurant has pushed even harder to make the dining experience extraordinary.

Under the guidance of the two co-founders, Bob Giaimo and Ype (say ee-pah) Von Hengst, Silver Diner is introducing programs with the same energy that it must have taken to open 17 locations around Virginia (10), Maryland (6), and New Jersey (1):

Fresh and Local

To understand the focus on the fresh and local initiative, one simply can look at the background of Chef Ype. He started cooking for his family in his native Netherlands at the age of seven, using produce from the family garden. He grew up with the fresh food that he is now promoting at the restaurant. He has maintained a lifelong interest and career in cooking and in helping others live a healthier life through thoughtfully-prepared meals.

In 2007, Silver Diner became the first chain restaurant in the DC area to



eliminate the use of trans fats from all its menus. About three years ago, the chain started looking for local, fresh suppliers. Then this year the entire menu was revamped with the “We Buy Fresh and Local” theme. Thirty-five items were dropped from the menu. Today the menu boasts of such items as:

- pancakes made with natural, unbleached flour
- 600-calorie entrees
- gluten-free entrees
- nitrate-free bacon
- hormone-free, antibiotic-free chicken and beef
- bison for a lower-fat alternative to beef
- organic tortillas

to name but a few.

Silver Diner seeks out local sources whenever possible such as

- Gunpowder Farms (MD) for bison
- Martin Farms (PA) for Amish eggs
- Kreider Farms (PA) for all natural milk
- Local VA craft beer and wine
- Locally roasted Greenberry Coffee from Charlottesville
- Organic tortillas from Manassas
- Firefly Farms (MD) for goat cheese.

The results from the new menu introduction are extremely positive with sales for 2011 tracking about 15% higher than 2010.

(If the **Southwest Bison Sliders** lunch that this writer enjoyed are any indication, the trend should continue. The medium-rare BBQ glazed bison burger was extremely flavorful, especially when topped with pepper jack, guac, and southwest ranch dressing, held in an oat wheat bun. The vegan slaw with cranberries was the perfect complement to the burger.)

Farmers Markets

If Chef Ype was going to promote the

local approach to eating, it just seemed natural to him to create a venue to feature local farmers and local produce at the restaurants. Today six locations, including the Merrifield Silver Diner on Gallows Road, offer a farmers' market in front of the restaurant one day a week (Merrifield: Sundays 9am-1pm). The restaurant purchases some of the produce and products that can be used in the restaurant. Then dining customers are given one-dollar coupons to the farmers' market, inviting them to shop there on their way out of the restaurant.

“It is so much better to use local produce that has been picked that morning rather than something that may have been picked several days ago and has traveled across country for 3000 miles,” remarks Chef Ype.

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New Kid's Menu

When the subject turns to kid's eating, Chef Ype becomes quite animated. “We have the best kids' menu in the U.S.,” he proclaims proudly.

Back in 2010 the Kid's Menu was redone. Once again the emphasis is on healthier eating and giving kids the option to select the better choices. “We

Chef Ype's Fresh Fusion Tacos with Bison

Ingredients

- 2 small tortillas
- 2 oz. Napa cabbage, chopped
- 2 tbs. bottled Thai peanut dressing
- 3 oz. bison meat, chopped
- 2 oz. carrots, julienned
- 2 oz. edamame
- 2 oz. cilantro, chopped
- 2 oz. scallions, chopped
- 2 tbs. mango salsa (See recipe below)
- A dollop or drizzle of sour cream

Directions

Sear the chopped bison meat in a pan over high heat. Heat both sides of the tortillas in a pan to get soft and pliable (or microwave for 10 seconds).

Line the middle of each tortilla with one tablespoon of the Thai dressing. Top it with the cabbage, carrots and edamame, and place the bison meat on top of that. Sprinkle the cilantro and scallions on top of the meat, then the mango salsa. Drizzle sour cream on top. Fold the tacos and enjoy!

Mango Salsa

(makes one cup)

Ingredients

- 2 mangos, diced
- 1 oz. jalapeno pepper, diced
- 3 oz. red bell pepper, diced
- 3 oz. scallions, chopped
- 1/8 cup honey



Silver Diner photo credits: Michael G. Stewart

have a moral obligation to give kids the option of great, healthy food,” adds Von Hengst.

So with the great suppliers previously mentioned, the Kid's Menu offers gluten-free options, vegetarian options, 7 Healthier Kids' entree choices like Eggbeaters Breakfast with Strawberries and Multigrain Toast, Baja Fish Tacos with Citrus Salad, or Black Bean Veggie Sliders.

There are 7 Healthier Kids' side dishes including Garden Salad, Fresh Strawberries or Steamed Edamame. There are even Healthier Kids' desserts like a Pomegranate Shake or Fat-Free Breyer's Vanilla Ice Cream.

Eat Well, Do Well Rewards Program

To emphasize the company's commitment to Healthier Kids in September, 2010, Silver Diner launched the Eat Well, Do Well card, which is both a rewards card and pre-paid dining card. The cardholder earns rewards when they eat at Silver Diner and a percentage of the sales from the

EWDW program will be donated to the cardholder's linked school to improve nutrition and fitness programs. Chef Ype points out, “the school must spend the donation on food or exercise equipment, not for other needs.”

To date, Silver Diner has paid out over \$75,000 in the first school year and an estimated \$100,000 will be donated to schools during 2011. Over 80 schools are enrolled in the EWDW program with a total student population of 36,000. Over 7,000 cards are currently linked to a school. With the great success that Silver Diner has shown, the National Restaurant Association is looking into ways to bring the program nationwide.

Schools can also earn funds by holding a “Run the Diner” fundraiser where their staff and students volunteer for an evening in their local Silver Diner to raise funds. Over 75 fundraisers were held during the 2010-2011 school year.

Kids LiveWell

Most recently the Silver Diner has continued its mission of helping develop Healthier Kids by participating in the July launch of the Kids LiveWell initiative. They are one of 19 charter restaurant chains that include companies like Au Bon Pain, Burger King, Denny's, Outback Steakhouse and more.

Introduced by the National Restaurant Association and Healthy Dining, the kid's meal must be 600 calories or less, must contain an entree, side dish and

beverage, plus other nutritional criteria.

A New Kind of Diner with Familiar Roots

With all of the movement toward healthier food choices at the Silver Diner, one might think it's not much of a diner anymore. Don't despair. The menu still has a extensive number of items, covering breakfasts, soups, salads, blue-plate specials, sandwiches and shakes, burgers, dinners and desserts. Diner aficionados will still find diner favorites like meat loaf, chicken pot pie and the open face turkey dinner. And they haven't forgotten that timeless classic, the Apple Pie, still their signature dessert.

And you'll find the friendly wait staff that you normally expect at the diner. It is “service with a smile.” By the way, your dining experience comes with the Silver Diner 110% guarantee of prompt service, food that is 100% right and sparkling clean restaurants.

Chef Ype is philosophical about it all. “There was a time when it was TV dinners for awhile. People want more now. Restaurants need to go back to the basics of healthy food. If restaurants don't get on this, in five or ten years they'll be left far behind.”

It seems that Silver Diner is leading the way for others to follow. **Hubert Cram**

Silver Diner
silverdiner.com



Farmer's Market, Merrifield, VA Photo Credit: Rick Mundy

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seasonal maintenance

FALL » TREE CARE TIPS

Almost everyone loves the brilliant fall colors of the foliage in our local suburban forests that surround us here in northern Virginia. One only has to drive on the George Washington Parkway or venture a few miles out to the Piedmont area to take in some of the most beautiful vistas anywhere on the East coast. Just as these forests enhance our local area, the trees and other plants on your own property are an asset that beautifies and adds value to your home. The following information should be helpful to your understanding of basic fall tree care.

The fall and winter months ahead are the best time of year for most types of tree care maintenance. A skilled arborist (especially an ISA Certified Arborist) can more easily determine the structural health of your trees without leaf cover. This is also an excellent

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time to prune dead, damaged or diseased limbs from your trees. If your large trees display any of the following danger signs—too dense a crown, too wide a crotch, dead or weakened wood, especially over your house deck or parking areas, or cavities in the trunk—then you should consult an expert arborist to aid in proper tree pruning. The pruning cuts and any major tree surgery will have a better chance to begin the healing process while the trees are in a dormant state.

Early fall is the time that plants gear up to ingest an extra dose of nutrients to help them through the winter and prepare for the next spring's growing season. Because the leaf and limb growth has slowed at this time, the nutrients in your trees are used as food that is stored and used until the next spring. Unfortunately, the soil in our area is usually of such poor quality that often times there aren't enough nutrients to meet your trees' basic needs. To supplement our poor soil conditions I recommend root-feeding fertilization of your trees using time release tablets that are buried six inches down and approximately one foot apart in circles around the tree. One circle should be midway between the trunk and the tree's drip line. The other circle of fertilizer should be close to the actual drip line. This fertilizer will feed the tree every time there is meaningful precipitation for the next eighteen to twenty-four months. Remember that ninety-five percent of all tree roots are in the top one foot of soil and can easily extend two to three



times the width of the drip line.

The basic nutrients found in most tree fertilizers are nitrogen (N), potassium (P) and phosphorus (K). Potassium is especially effective in aiding the retention despite dry winter winds. The better fertilizers also contain organic nutrients such as mycorrhizae, fungi that share a symbiotic relationship with the roots by feeding off them and aiding them in the absorption of additional water and essential minerals. I strongly recommend a fall fertilization of any of your vulnerable trees and shrubs because it will make them healthier, promote more vigorous vegetative growth and resistance to disease. You'll be glad you did.

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the next spring.

Young thin-barked trees are susceptible to wind and sunburn during the winter. They may need to be wrapped to prevent sunburn and bark damage. This will insulate the bark and evenly distribute heat from the direct sunlight to areas that are normally protected by leaf cover.

The above information provides just a few of the techniques practiced by professional and amateur arborists to ensure healthy trees. Proper tree care takes time and skill. But remember this: proper tree maintenance is a lot less costly than tree removal, stump grinding and installing another tree.

Joe Cacciapaglia



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book beat

ALAN ORLOFF'S "KILLER ROUTINE"

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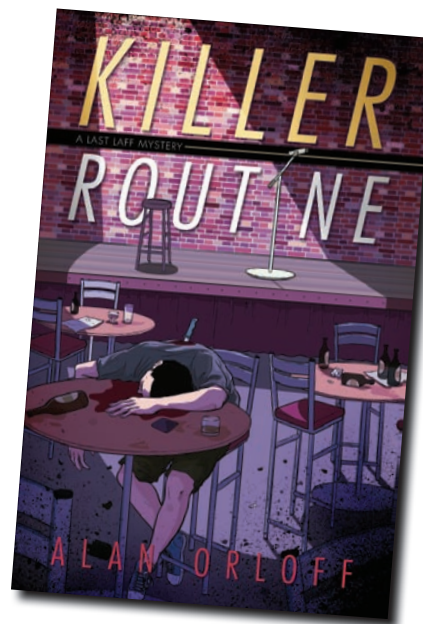
Look at the people around you. Repeated national surveys say the people you're looking at dread speaking in public more than flying, illness, terrorism, and even death. Comedian Jerry Seinfeld once summarized the data by quipping, "In other words, at a funeral, the average person would rather be in the casket than giving the eulogy."

If the notion of speaking in front of any crowd intimidates you, imagine it's your job to make a paying audience full of expectant strangers ranging from mildly skeptical onlookers to immoderately inebriated hecklers laugh at your jokes. Keep that in mind when treating yourself to local author Alan Orloff's recently published mystery novel, *Killer Routine*. Set almost entirely in northern Virginia, *Killer Routine* is the first entry in Orloff's "Last Laff" series, spotlighting the amateur sleuthing of troubled stand-up comedian and comedy club-owner Channing Hayes. The novel bursts open with the alarming disappearance of Heather Dempsey, Hayes' protégée (and sister of his late fiancée, Lauren), just before she's to make her debut appearance at Hayes' Vienna comedy club. Still reeling from Lauren's untimely death and while battling a hostile takeover attempt aimed at his nightclub, Hayes maneuvers among an escalating pile of lies and murders to find Heather and save her life before she's the next victim in a twisted

plot of cold vengeance. In addition to spinning a gripping mystery story, *Killer Routine* gives readers a fascinating glimpse into the daunting world inhabited by the men and women who stand alone sweating under piercing floodlights on unforgiving comedy stages the world over, desperately lunging for every laugh they can get.

Orloff's roots in the local community are deep. A native Washingtonian, he's an alumnus of Winston Churchill High School in Montgomery County, the University of Maryland, and the Sloan School of Management at MIT in Cambridge, Massachusetts. After graduating from Sloan and working a series of jobs around the country, he and his family have lived in northern Virginia since moving here 20 years ago. He and his wife are the proud parents of two boys, one of whom just graduated from Madison High School and is on his way to Virginia Tech, and the other a student at Thoreau Middle School.

Orloff is a member of International Thriller Writers, Mystery Writers of America, and The Writer's Center. He has authored three fiction books. His first, *Diamonds for the Dead*, was nominated for the prestigious Agatha Award for best first novel. His upcoming mystery, *Deadly Campaign*, is set for release in January, 2012, and showcases an election battle in Virginia's 11th Congressional District (which includes the Tysons Corner area). On September 23, he'll be a featured speaker on a



panel of local mystery authors at the upcoming 2011 Fall for the Book Festival on the George Mason University campus in Fairfax. If you miss him there, be sure to attend one of his appearances at other local events where he promotes his books. Even though he's never actually been a professional comedian, he has sufficiently conquered that ubiquitous fear of public speaking to regale lucky audiences with a taste of his original stand-up comedy routine.

Killer Routine is published under the Midnight Ink imprint of Llewellyn Worldwide, Ltd., and is available from retailers everywhere, including at www.amazon.com. **Richard Gazala**

Learn more about Orloff and his books at www.alanorloff.com.

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book beat

THIRD HOUSE DOWN HIDDEN COVE

a children's book that focuses on **overcoming the fear of bullies**

Third House Down Hidden Cove is a tale of three friends who pick on a less fortunate classmate. The central

character, Dan, knows that what he's being led to do is wrong, but feels powerless to stand up to his friend and ringleader of the three, Eddie. How can he put an end to what he knows is wrong without risking becoming the next target?

Kevin Garrahan is a sixth-grade teacher at Louise Archer Elementary School in Vienna—once a student himself

remembering how awkward it could be. Kevin was inspired by his own experience as the son of a military family, constantly moving around—having attended eleven schools between kindergarten and graduation. He was always the new kid in town and knew this might draw the unwanted attention of bullies. While he survived those experiences, he never forgot what it felt like and knows it's made him more aware of the need to make new students in his class feel that they belong.

Kevin wrote the book as a way to bring attention to an ever growing problem that kids face every day—bullying. His hope is that young readers find a way to be strong in the face of such problems. He realizes that his book will not put an end to the dilemma of bullying, but thinks it will offer an alternative to simply going along with the crowd.

In many stories about bullies, it's an 'us against them' situation where the bully stands on one side of enemy lines, is then vanquished, and all ends well. But for Dan the stakes are far greater. With the coming of the holiday season, Dan's hopes of enjoying it seem dashed when he sees firsthand, how under-privileged Jim, the student they pick on, really is. Dan wants to regain the joy of the season and that can only happen if he does the right thing, knowing he has a lot on the line.

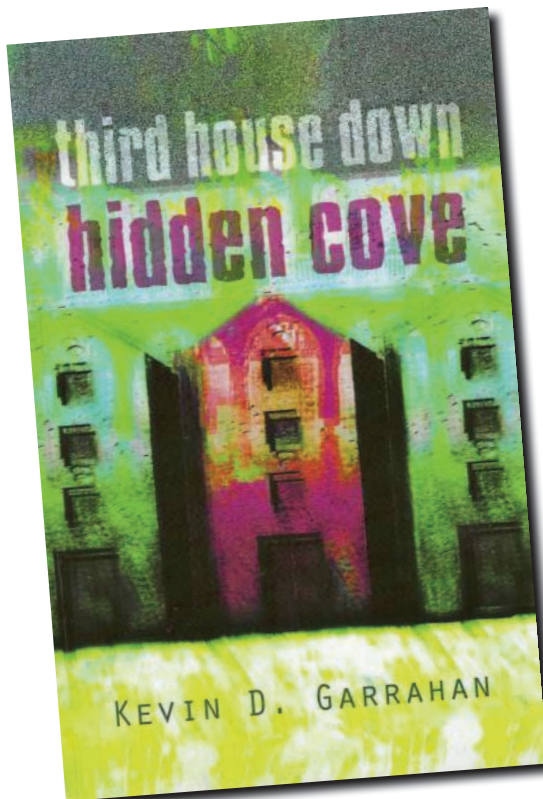
The book has given Kevin the

opportunity to speak at many schools and scout groups in the Northern Virginia area—giving him the most fun and reward he's had as a result of writing the book.

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young readers
find a way to
be strong in
the face of
such problems.

Kevin is currently collaborating on several picture books with his brother, Tom Garrahan, who is an artist living in California. He's also working on a sequel to *Third House Down Hidden Cove*, as well as other novels and short stories. Of course, he continues his first love, teaching sixth grade at Louise Archer. **Lauren Simmons**

To find out more about this author and his book, please visit kevindgarrahan.com



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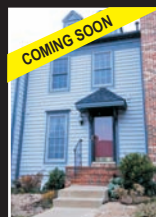
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local area real estate

the belt team offers the following update on
our area's real estate picture:

JULY SALES & STATS

Great Falls, McLean, Oakton & Vienna

GREAT FALLS		JULY 2011	JULY 2010
	# New Listings	36	39
	# Under Contract	26	25
	# Sold/Settled	16	26
	Average Days on Market	82 days	92 days
	Highest Price Sale	\$1,150,000	\$6,500,000
MCLEAN		JULY 2011	JULY 2010
	# New Listings	92	93
	# Under Contract	59	57
	# Sold/Settled	65	73
	Average Days on Market	51 days	106 days
	Highest Price Sale	\$2,270,000	\$2,700,000
OAKTON		JULY 2011	JULY 2010
	# New Listings	38	44
	# Under Contract	19	15
	# Sold/Settled	27	30
	Average Days on Market	68 days	64 days
	Highest Price Sale	\$1,300,000	\$1,475,000
VIENNA		JULY 2011	JULY 2010
	# New Listings	120	108
	# Under Contract	93	76
	# Sold/Settled	82	86
	Average Days on Market	46 days	57 days
	Highest Price Sale	\$1,659,705	\$2,200,000

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A Mortgage You Can Refinance —Over & Over—At No Cost— Seriously?!

Belt Team CEO, Terry Belt, who sits on the Advisory Board of Mortgage Harmony Corporation—a provider of innovative mortgage products is excited about the truly revolutionary “Paradigm Shift” in mortgage lending?! The 1st modifiable mortgage is now available from Mortgage Harmony Corporation through a group known for its consumer-oriented focus: Credit Union Mortgage Association (CUMA). It's called the Harmony Loan.

it allows
homeowners to
adjust their
interest rates
to take
advantage of
lower rates in
the market

What does "modifiable mortgage" mean? Refinance for no cost—over and over—and the ONLY qualification is that the borrower stay current on their payments. If consumers had this option 5 years ago, we would not have half the housing mess we have today!

The HarmonyLoan is a consumer-initiated interest rate-resetting mortgage that aligns the interests of the consumer and credit union in a way that is unprecedented in the industry. It allows homeowners to adjust their interest rates to take advantage of lower rates in the market without the expense and hassle of a traditional refinance or new mortgage.

More information about the HarmonyLoan can be found at <http://harmonyloan.com>. Tell them Terry Belt sent you!

More Adult Kids Get Jobs, Move Out Of Parents' Homes

By the end of 2011, more than one million new households will be created, predicts UBS Securities. That's up from 357,000 in the previous year, the lowest number since the Census Bureau started tracking new households in 1960.

About 20 million young adults in the United States live with their parents, and most are eager to move. As they get jobs, and feel more confident to hold them, they're gone from Mom and Dad's.

UBS predicts the new households will help increase housing starts to about 648,000 this year.

When people move into a new home, they tend to spend. The typical new renter spends \$600 to \$1,900 during the first six months on furniture, appliances and items to set up housekeeping.

Tornados: Underinsured Could Receive Federal Aid

About 96 percent of people whose homes were destroyed by recent tornados have homeowners insurance, but 64 percent of the homes were undervalued for insurance purposes.

Home values have dropped nationwide. At the same time, rebuilding costs have gone up. That leaves homeowners with enough money to rebuild about 81 percent of their homes.

In states where President Obama declared a disaster, the uninsured or underinsured could receive federal aid, which is capped at about \$30,000, but average payouts could be much less. Only 43 percent of renters had renter's insurance.

Mortgage Rates are the Lowest in Fifty Years

Freddie Mac of McLean, VA released on August 22, 2011 the results of its Primary Mortgage Market Survey® (PMMS®), showing that mortgage rates, fixed and adjustable, are reaching all-time record lows which should provide further incentives for those homeowners looking to refinance. The 30-year fixed averaged 4.15 percent, breaking our previous low of 4.17 set in November of 2010.

The 30-year fixed-rate mortgage averaged 4.15 percent with an average 0.7 point for the week ending August 18, 2011, down from the previous week when it averaged 4.32 percent. Last year at this time, the 30-year fixed rate mortgage averaged 4.42 percent.

15-year fixed rate mortgages this week averaged 3.36 percent with an average 0.6 point, down from last week when it averaged 3.50 percent. Last year around August, the 15-year FRM averaged 3.90 percent.

5-year Treasury-indexed hybrid adjustable-rate mortgage (ARM) averaged 3.08 percent this week, with an average 0.5 point.

real
stats

fairfax county vital statistics

BUSINESSES	# of new start-up firms	1,654	# of african-american-owned firms	7,710
	# of foreign-owned firms	376	# of asian-owned firms	18,915
	# of woman-owned firms	34,242	# of hispanic/latino-owned firms	9,628
	# of veteran-owned firms	12,014	# of native hawaiian-owned firms	70
	# of associations	300+	# of technology establishments	6,150
EMPLOYMENT INDUSTRY	professional & technical	28%	accommodation & food services	7%
	health care & social	12%	construction	4%
	management & administrative	10%	finance & insurance	4%
	retail	9%	public administration	4%
	educational	8%	information	4%

Sources: Virginia Employment Commission, U.S. Census Bureau 2009 American Community Survey, U.S. Census Bureau FY2009 Consolidated Federal Funds Report, Fairfax County Department of Systems Management for Human Services, Fairfax County Economic Development Authority



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TRANSFORMED TYSONS TO RIVAL THE DISTRICT

"be sure you put your feet in the right place, **then stand firm.**"

- abraham lincoln

The transformation continues. One will soon observe a different kind of construction in Tysons Corner.

We're referring to the construction of two new "Trophy" office buildings, Lerner Enterprises' 1775 Tysons Boulevard and Macerich Co.'s Tysons Tower that are slated to begin construction shortly with anticipation of being among the first arrivals to the "Tysons Corner is the new DC" party.

This construction will have far less impact on our rush hour commute than the Metro and HOT Lanes road work to which we have become well accustomed. However, the construction of these buildings is arguably a direct result of these recent infrastructure improvements, since they will dramatically increase accessibility to the area.

These two projects are perhaps the beginning of the wave expected to make landfall as the Metro Silver Line extension reaches completion. Tysons is beginning its transformation into the "live, work, play" city center that many expect it to become—led, in part, by two of Tysons Corner's pioneers.

Lerner's 1775 Tysons Boulevard will be a 476,000 square foot Trophy-quality office building to be situated at "Main and Main", near the intersection of International Drive and Route 123, within a

stone's throw of the future Tysons I & II Metro station. Sure to make an impact on the Tysons skyline, the office tower will consist of 18 stories with first floor retail and will be Tysons Corner's first project to receive LEED Platinum designation due to its sustainable green design.

the decision to
"go spec" clearly
indicates that
experts who
have survived
and thrived in
many market
cycles sense that
the tides
are turning
once again

Across the street, Macerich will commence construction next year on its mixed-use project which will consist of a 20-story trophy office structure along with a residential building and hotel. The project in total will result in 1.3 million square feet of high-end new development to Tysons, just

minutes by foot from the closest future Metro station.

Very noteworthy is the fact that both developers appear to be constructing their projects on a speculative basis, meaning construction will ensue regardless of having prior commitments of tenants to occupy upon completion. The decision to "go spec" clearly indicates that experts who have survived and thrived in many market cycles sense that the tides are turning once again—there is confidence in the future of this area and the believers are positioning themselves now to capitalize when it happens. The proof is in the pudding for many owners with product in this area, including Lerner who built, and successfully leased, four trophy buildings at Tysons II on a speculative basis.

That said, one won't get the full story from looking back at the market statistics for office product in Tysons over the last several quarters, as these numbers on the surface do not tell it all. The 26 million square foot office market finished the second quarter of this year at 17.3% vacancy. This marks a steady incline in vacancy in recent years. Year end data for 2009 and 2010 show a vacancy rate of 12.3% and 16.3% respectively.

Net absorption (which, in "the biz", is a measurement of square feet occupied or vacated over a period) was measured at negative

120,334 square feet at the end of 2009 while 2010 finished with net absorption at negative 842,828 square feet. Based on these statistics, it appears that overall demand has been on the decline.

there are plenty
of tenants that
will “pay the
freight” to be
in a high-image
office setting
near dc while
still paying rents
that are at a
discount to those
in comparable
buildings in the
district.

So why then does the market call for more supply? Clearly, it is because market conditions and fundamentals are changing. Though year-to-date absorption for 2011 is at negative 189,094 square feet, 166,795 of that occurred in the first quarter; the second quarter finished at negative 22,254 square feet which is, in fact, positive absorption over the previous quarter and suggests demand may be finally starting its ascent. In support, historic data from past market cycles implies that we are due for a positive change in the next few years as the market’s pendulum swings once again. And at the trough, it is time to prepare to ride the swell of the wave.

What those market statistics do not show is the total vacancy for only the Class A and Trophy office product, without taking into account commodity product of various vintages, are typically much lower than the overall average. That is attributed to the “flight to quality” which exists in this market and the constant demand for Class A, newly constructed space. Even in a down market, the high-end expensive product will lease while the commodity sits vacant.

And there are plenty of tenants that will “pay the freight” to be in a high-image office setting near DC while still paying rents that are at a discount to those in comparable buildings in the District. Tysons Corner will continue to attract these tenants as supply of landmark new product delivers in the market, while the arrival of Metro will draw an entire new universe of tenants desiring Metro-proximate locations.

For those with resources to build, it appears that now is the perfect time to prepare for the next cycle as the market is almost sure to be healthier than it is today and fundamentals are in place to produce success. The historic success of Trophy and Class A quality office product indicates that there is a clear flight to quality which means new product will lease—and hopefully exceed expectations in terms of rent growth over the next two to three years.

Those who invest now will be positioned to capture the upside when the market finally makes its inevitable rebound—though this time, with a dramatically improved landscape in Tysons Corner. Not to mention the fact that, getting to Tysons by then will be as simple as adding money to your Metro card.

Krysta Hardiman

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The community enjoying a parade at the Eden Center.

a look inside the eden center

If you have lived in our area for some time, chances are that you have driven by the large shopping center on Wilson Boulevard at Seven Corners in Fall Church and seen the 115 stores that make up the Eden Center.

Those that stop—and eventually, it seems everyone does—have discovered Northern Virginia's premier Asian center that offers a little bit of everything—from food to apparel to jewelry.

Each week, more than 25,000 cars enter the Eden Center and take advantage of all it has to offer.

"We are the centerpiece of the Vietnamese community for the whole East coast," said Alan Frank, general council and senior VP of Capital Commercials Properties, the parent company of Eden Center. "It creates a sense of place for the Vietnamese Americans."

Eden Mall is Eden Center's oldest and most established interior mall, and the Vietnamese and Chinese restaurants

this is the only
thing of its kind
certainly east
of california.

and boutiques in Eden Mall cater mainly to the local and regional Asian market.

At the center of it all sits the Eden Center Clock Tower, which was put up 20 years ago to symbolize the home away from home for the immigrants who settled in the Washington, D.C., metropolitan area after the end of the Vietnam War in 1975.

it creates a
sense of place
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americans.

The Eden Center started 40 years ago as the Plaza Seven Shopping Center but transformed more of what it is today in 1985 when the center's owners spent millions on a 32,400 square-foot addition called Saigon West and renovated the existing center.

"Until 1985, it was just a regular neighborhood shopping center in the area," Frank says. "There was a small grocery store, a fish house and some stores. When Grand Union left, we leased their space to a number of Vietnamese business people and Eden started."

The most recent expansion involved the multi-million dollar transformation of the former Just Tires garage into what is now, Saigon Garden. Inside sits a landscaped exterior which faces busy Wilson Boulevard. The imported trees and ferns accent the building and displays its uniqueness to its visitors. Saigon Garden also includes two restaurants with outdoor patio seating, Viet Bistro Restaurant and Seaside Crab House.

Saigon East has locally famous bakeries and jewelry stores along

with beauty salons and restaurants featuring traditional Vietnamese regional cuisine.

Saigon West includes over 45 stores including jewelry, hair salons, restaurants, and music video shops. Saigon West's myriad of specialty restaurants will serve your unique tastes from every region of Vietnam. Special oriental gifts are offered for sale and the newest music CDs and DVDs are available.

The Eden Center holds a number of events each year, the most popular of which is the Full Moon Festival.

"It's held every fall and is a children's fair with art contests, games, jugglers, fortune tellers and a whole carnival atmosphere," Frank says. "There's even an Eden Idol contest and a Miss Eden contest."

Earlier this year, nearly 1,000 people came out to the Eden Center to celebrate the arrival of "Tet Nguyen Dan," the Vietnamese New Year.

It's another event that goes on every year and contains traditional dances, martial arts demonstrations and a parade that welcomes in the Vietnamese Lunar New Year.

"This has been celebrated here since 1988 and it gets a little more popular every year," Frank says. "It's a very important day for all of us because of the gratitude we feel toward the Vietnamese-American community."

As with any Tet celebration, the day began with the traditional Dragon Dance, in which men of the

community don elaborate, colorful dragon costumes and dance to traditional Vietnamese music.

"We performed the traditional lion and dragon dance, which is done to expel devils and ward them off to invite a lucky year," says Peter Dao, manager of the Virginia chapter of the Wushu martial arts school.

The lunar year 2011 is considered the Year of the Cat, which symbolizes gentleness, sensitivity and kindness.

"It's a wonderful event," says store owner Thinh Nguyen. "It's an opportunity to showcase Vietnamese customs to others and to allow children to remember or learn more of the culture."

Eden Center continues to grow and extend its financial and community support into the surrounding Vietnamese and Asian community. Recently, an elaborate Lion Arch was added as a gateway entrance off busy Wilson Boulevard to honor both Vietnamese and Chinese cultures that are reflected in both Eden's shops and its customers.

"This is the only thing of its kind certainly east of California and probably the single largest Vietnamese shopping center in the country if you look at the number of tenants," Frank says. "We have created, along with the Vietnamese community, a tourist attraction in Falls Church and it's really quite a remarkable thing."

Keith Loria



the home zone

THE GROUT-LESS BATHROOM

showers, walls, and floors that don't require grout
point to new direction in high-end bathroom design



The custom-fitted solid marble shower pan combined with single-slab walls, back splashes and surfaces have resulted in a leak-free bathroom many remodelers have dubbed a "breakthrough."

Susan Cassell, of Great Falls Design Build, recalls the chain of events from which she concluded that some of the fundamentals of bathroom design were about to change:

"We were remodeling a bathroom that had been seriously damaged from leakage caused by cracked grout," Cassell remembers. "This is a common homeowner concern, so I contacted Shawn Daghigh at EuroStoneCraft who had developed some ideas for dealing with this longstanding problem."

Cassell had worked with EuroStoneCraft—a local marble and granite importer/fabricator—for many years. But she'd heard that the firm had a new brainchild—a custom-made solid marble shower floor—that they were introducing under a new division, Verona Showers.

Daghigh set up a demonstration; Cassell liked what she saw, and heard:

"The shower floor pan--MarbaFloor--is a solid stone slab custom-made to your shower width... so there's no water-exposed grouting, no cracking or leakage," Daghigh explained. "This means there's no mold buildup, and no need for time-intensive maintenance."

"It struck me as a breakthrough," Cassell adds. "I've found this a really effective solution for bathrooms, and the color options are impressive. I've been regularly introducing it to my clients."

Moreover, Cassell is comforted by the quality, which she sees as a logical extension of EuroStoneCraft's already well-honed milling capabilities:

"The owners have concentrated on a process that liberates the natural beauty of stone, granite and marble,

making it the aesthetic centerpiece of a new interior," Cassell observes. "The portfolio's range of colors, textures and tones is astonishing. Everything they offer is one of a kind"

But the best part, Cassell says, is the firm's skills at shaping natural stone, granite or marble to precisely fit surface specifications—thus, eliminating any need to sectionalize, and any call for exposed seams requiring grout.

Homeowner Lisa Schultz is similarly pleased with the EuroStone/Verona design advantages, which allowed her to really distinguish the interior of her spacious Great Falls Colonial while greatly reducing maintenance needs. Shultz selected an array of custom-fitted surfaces for strategic parts of the house throughout an extensive 5-month remodeling process, ultimately finishing the master bath in contrasting shades of Verona marble hand-picked from the EuroStoneCraft showroom.

"The vanity, shower floor and tub surround are stunning—a very original dark brown," Shultz says. "The floor, tub facing and shower walls are a kind of mocha. The whole is nicely balanced—there's a restful symmetry"

The bathroom's "invisible shower" consists of a custom-made MarbaFloor pan, with two solid marble walls converging in one corner and dual sheets of unframed glass forming the other.

Shultz says the master bathroom's new interior seems substantially larger than its previous incarnation even though the footprint is mostly

unchanged.

And the ambiance is so presentable that Shultz added a prized oriental rug, just for effect.

After 15 years at the same address, Shultz says the changes have reinvigorated her appreciation of her surroundings:

"It feels like a whole new custom house, which is exciting."

Describing personal benefits accruing from her own recent master bathroom makeover, Stacy Smith is especially pleased at the relief from perennial grout-replacement duties.

"After years of contending with the predictable problems of mosaic tile—cracking grout, mold build-up, grit—there's just no substitute for a solid maintenance-free stone surface."

Smith explains that in previous homes she and her husband had routinely spent hours repairing tile and re-grouting—so, when the couple purchased a partially finished new house in Herndon recently, they undertook a serious search for ceramic tile alternatives.

As luck would have it, Smith—who is particularly attracted to natural materials—wandered into EuroStoneCraft's showroom one afternoon and was immediately struck with the range of granite and marble and the exceptionally well-equipped stone fabrication operation.

"It was obvious when I started talking to Shawn Daghigh that he could accommodate almost any design I could dream up. Since the process eliminates surface seams by customizing to my space requirements—it was as though the countless hours I usually spend on shower maintenance had been given to me as a gift."

Smith was also impressed with the aesthetics of granites and marbles cut to reveal their signature color, texture and strain.

"No one could have designed a more compelling backsplash or vanity than what I selected for our master bath," Smith says.

As a final nod to the nirvana of perfect personalization, Smith had Daghigh fashion the Marbafloor shower base as a French drain.

there's just
no substitute
for a solid
maintenance-free
stone surface.

"Why not? This is really a revolutionary bathroom concept," Smith observes. "It replaces grouted ceramic the way the computer replaced the typewriter."

David Prakken of Fairfax was, likewise, impressed with both the functional and aesthetic outcome resulting from Verona Shower

upgrades to his 25-year old bathroom.

"The variety of choices is really impressive. The color, texture and patterns in natural granite or marble yield a design statement that only gets lost when there's too much cutting and patching."

Prakken notes that his remodeled bathroom—which includes a spacious shower and a Jacuzzi embedded in a marble platform—is "completely cohesive...a lovely place to just relax".

And he is equally thrilled with how well solid slab materials precisely fabricated to specification perform:

"There's no leakage, no cracking, no molds ever. It's a whole series of aggravating maintenance concerns that's have been completely eliminated from my life." **John Byrd**

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Hodges Windows and Doors in Falls Church has been installing windows for 104 years, one of the oldest and most experienced companies installing new and replacement windows throughout the metro DC area. A natural choice to do some work for one of the older homes in the area, the White House.

Hodges Windows was responsible for multiple jobs there during the Bush 41 and Clinton administrations. Myles Ganley, a Hodges employee for over 20 years, shared some of his memories.

From the moment the installers arrive, it's clear that these jobs might take just a bit longer than the typical suburban home. The workers check in and are met by fully-armored Secret Service agents in black fatigues, with German Shepherd companions. The check-in process took about 45 minutes. From that point on, they have an escort everywhere. (That did not stop Myles from a little exploring one time. Upon discovering that he was walking past the Lincoln Bedroom, he managed to stop in and bounce on the bed a couple of times. "The cool part of working there is that you get to go places the public tour doesn't go," Myles commented.)

A potentially less-friendly encounter with the Secret Service occurred another time when they heard voices coming from the Rose Garden outside, where the

president was speaking. As one installer stuck his head out to see what was happening, the sound of guns being cocked could be heard all around them. The escort politely, but firmly, cautioned, "Boys, you can't do that." All installers quickly went back to work. (Today outside contractors do not work when the president or the family is in the White House.)

One of the agents later mentioned that, with their scopes, they can tell the color of your eyes if you're standing at the Washington Monument looking at the White House, so one would be wise to act prudently when in the vicinity of the president.

these jobs might
take just a bit
longer.

Another tense moment when a huge pane of thick glass shifted in the truck as they pulled up to the front door of the White House. It fell with an enormous crash and within milliseconds, SUVs came flying and the Secret Service "came out of the woodwork."

Miles and company met some interesting folks - like Steve, the window washer since the Carter administration. He would start at one end of the building and work to the other end, only to turn around and start all over again.

And when the Bushes were leaving



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for Thanksgiving break, Miles called out “Happy Thanksgiving” to Mrs. Bush, who waved, smiled and returned the greeting.

Or there was the time that they had to use the president's elevator in the private residence because it was the only one big enough for the glass they were using. It happened to be move-out day for the Bushes and they ended up with the Bush grandkids, Jenna and Barbara, on the elevator.

There have been thousands of installations for Hodges Windows but probably none evokes the stories that the mansion on Pennsylvania Avenue does.

Hodges Windows and Doors says, “From the White House to your house, we're the Washington area's most trusted name in window, door, siding and patio upgrades.” Those aren't wild claims. They've been there. To contact the company that presidents rely on, call (703) 532-0184. Hubert Cram



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HOW-TO BRING YOUR VACATION HOME



This room is made even more stunning by the addition of the sari-covered ottoman. Photo Credit: lucadelloro.com

When most people think about memorializing their trips to the beach or abroad, they usually go about collecting all sorts of photographs of their time away and either put them in an online photo album, a printed one or have copies of the photos blown up to be displayed on their walls and in frames around their home. While these memories are great, why not do something a little bit different to capture the essence of your vacation, while at the same time spruce up your home's décor? Recently, I was asked by News Channel 8 producers to discuss this

very topic on their talk show, Let's Talk Live, so I thought I would share some of my top ideas with you.

- some of the reasons to bring items you collect home and incorporate them into your decor include:
- they are completely personalized and unique to you
- they make for great conversation pieces
- they help you re-live a wonderful or cherished experience
- and, they are often quite inexpensive and sometimes include getting the whole family involved in their creation

Here are a few of my top ideas to consider on your next vacation.

Driftwood Starburst Mirrors:

Pickup small pieces of driftwood on your next beach vacation and when you get home you can create the stunning starburst mirrors you see depicted in the picture above. All you need is some gorilla glue, a wooden ring (that you can find at a craft store) and a mirror from your local glass shop. Driftwood is all the rage in stores right now, so why not leverage that trend and capture the essence of your trip at the same time.

Beachy Napkin Rings: Collect the seashells you find when walking the beach and use them to create clever



Simple driftwood comes to life in these stunning starburst mirrors. Photo Credit: completely-coastal.com

napkin rings. Purchase a simple elasticized napkin ring at a local retailer and add a shell to the front of each one using some glue. Voila, you have a whole new theme for your next dinner party and it's a way to remember your fun, summer beach vacation. And, the whole family can

participate, helping re-live the whole experience.

Reupholster with an Indian

Sari: Pickup a few colorful Saris on your next trip to India. Once back home, go to your local thrift store to find an ottoman or side chair to reupholster, or just simply look for some hidden treasures around your home. Use the Sari to reupholster the items, bringing them to life.

Add Exotic Flair with Moroccan

Artifacts: On your next trip to Morocco, pickup a lantern or two and a decorative mirror. Hang the lanterns over a dining table, sitting area or pool/billiards room table to add some exotic flair. Paint the walls of your powder room a dramatic, bold color and hang the ornate mirror over your sink. You'll be amazed at the impact such a find will make on your house guests when they visit your home.



Simple seashells go a long way in dressing up this table. Photo Credit: designsponge.com

Convert Your Photos to Wall Murals:

Instead of just doing the same 'ole thing with your photos, why not blow them up into large wall art or even better, a photo mural? Photo murals are all the new rave and are so easy to create. Online sites like muralsyourway.com even have tools that allow you to upload your image, resize it and visualize how it will look in a room before you purchase it. And, if you are in a temporary living space, these murals are great because, unlike traditional ones where they are painted directly on the walls, they can be printed on canvas and hung for easy removal.

I hope I have inspired you to think outside-of-the-box the next time you are contemplating how to memorialize your next vacation or trip abroad. Spend a few hours collecting some local treasures while away—you'll be amazed at the impact they'll make on your home décor. **Denise Willard**

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The living room is a study in lights and darks: harmonious, inviting, strikingly original.

INNOVATIVE **ATTIC** CONVERSION ADDS VITAL SQUARE FOOTAGE TO CRAMPED TOWNHOUSE

top-to-bottom makeover follows space solution
as owner and designer **explore asian design styles**



When a remodeler's ideas resonate with a homeowner, a good beginning may eventually turn into a top-to-bottom makeover.

For Vienna townhouse owners Bill and Akiko Manfredi, the urge for improvement started with a search for more living space, a proposition at odds with the certain rules governing home remodeling in a Planned Urban Development (PUD).

With its natural bamboo flooring and STK cedar walls, the master bedroom suite is warmly textured. Skylights with motorized shading systems regulate available light.

But with three growing children, the Manfredis were feeling cramped in their three-level end unit. They wanted a more functional master bedroom suite room, and a room set-aside as a home office. Unfortunately, the garage occupied the ground level; the kitchen and living area were just above; and the bedrooms were on the third floor. So there was really only one place to go: into the attic.

At first blush, this seemed perfectly acceptable, even to the Homeowners' Association. The plan required no

expansion of the unit's "footprint"; no change in exterior appearance. "I thought it would be simple -- just convert the attic to living space," says Bill Manfredi. "But six contractors told us there was no way to do it."

According to the six contractors, the problem centered around a series of triangular trusses—that supported the roof, but made it impossible to walk around the attic without constantly stooping. Remove the trusses, the roof caves in, they said. Simple as that.

Unwilling to accept the verdict, but noticing a flyer in the mail from Sun Design Remodeling, the Manfredis called Bob Gallagher, president of the Burke-based firm known for their innovative technical solutions.

"Bob basically said, 'okay, we can solve this problem'," recalls Manfredi. "He just blew past all the objections the others had given us, and explained how Sun Design would do it. Plus, he said they'd do it in the middle of winter."

Cut to mid-January, the coldest day of the year. Early morning, a team of six tear off shingles and sheathing and prepare the top floor site by removing air conditioning equipment and electrical wires.

By 9 am, trusses are delivered. The Sun Design team quietly lifts the pitched roof from the Manfredi's end unit—the crane operator then hoists the new trusses into place alongside the existing roof framing. By day's end, all the trusses are in place and the new sheathing is installed.

Day Two (still cold), the roof is re-shingled while the project team carefully extracts the old trusses from the inside—clearing an open area that will become the townhome's now habitable fourth floor.

"The idea was so clean," says Manfredi. "Don't worry about the old roof falling in, just install a new one, custom-designed for the situation—in less than 24 hours. Why didn't the others think of it?"

Inside the newly-trussed "envelope", Sun Design begins work on what will become the Manfredi's reinvented master bedroom. After the walls are

framed and subflooring installed, the result is a spacious 14-ft.-by-18-ft. room—uncluttered by its former supports.

Even so, getting to the new room would prove tricky—both aesthetically and structurally.

The main problem is that a conventional staircase would consume a lot of third floor space and put undue pressure on the existing walls. With some reconfiguring to the former master bedroom, however, an empty closet was created. The Sun Design team began the staircase there, then gently curved it 30 degrees before a straight ascent to the top floor—in the process taking in a sliver of the hall bathroom. The unintended effect is high art. "I guess we solved the problem by going around it," project manager Fleming observes.

But the story doesn't end there either. Not by a long shot.

this may be the most original townhouse in the metro area.

Having gained an appreciation of Sun Design's range, the Manfredis soon commenced a larger aesthetic exploration, recruiting staff interior designer Liz Lee into their thinking.

To better articulate the home's vivid Asian accents, Akiko asked Lee to design a traditional Japanese-style coffered ceiling that would help unify key components of the first level living area.

Constructed of tongue-in-groove planking (and incorporating custom tin-prints acquired in the Manfredis' travels), the artfully three-dimensional ceiling functions as a kind of overhead tapestry, highlighting the distinctive accents of unique furnishings, wall



The interior design team slightly reconfigured space on the third floor to create stairway access to the new bedroom. Decorative glass block augments light availability.

hangings and collectibles.

The kitchen, with its onyx-hued granite surfaces, perfectly balances oriental restraint with clean postmodern linearity. The living room is, likewise, a study in lights and darks: harmonious, inviting, strikingly original.

Lee has subsequently become the Manfredis "go to" resource for several follow-on improvements including a multi-level rear deck, an intricate tile flooring design, touch-ups to a fireplace surround, and interior revisions to accommodate an indoor fountain.

"This may be the most original townhouse interior in the metro area," Lee says. "It's been an inspiring experience for me every step of the way." **John Byrd**

Sun Design Remodeling frequently holds workshops on home remodeling topics at their office in Burke, VA. for information: 703.425.5588 or SunDesignInc.com



modular **MARVELS**

make room for **pre-made rooms**

On a sunny day in June 2004, during a business trip to Pennsylvania, my husband and I were captivated by a scene: a large construction module, with a bath vanity and a tub already installed, was flying in the air, lifted by a tall crane. By that evening, a 5,000 square foot house had been set and was completely weather-proof. The house came with kitchen cabinets, painted drywall, a whirlpool tub and even all the fireplaces of the house already installed.

Yes, all that happened in one day. We were certainly impressed. We were curious to learn how it was possible.

That day in June we decided to start our research into modular construction. What we found out was

that modular construction was a great way to build homes and additions. For many years, the modular construction concept had been wrongly associated with manufactured homes, which are a completely different story. We also found out that those huge Lego-like pieces that compose a home, were initially a great limitation to the design of modular homes and to the versatility of floor plan offerings.

Nowadays, things are looking much different. Thanks to the new cutting-edge engineering technology, modular construction has gone a long way and can now offer homes and floor plans for all. In fact, modular home manufacturers, in fact, like Haven (classichomesbyhaven.com), offer great floor plans that cater to a highly demanding market in terms

of architectural details, finishes and function features. Bethesda, Chevy Chase and downtown Washington DC, where the home prices are definitely on the high side, are already taking advantage of this convenient building system and new homes are popping up everywhere with minimal construction destruction and traffic. So, can you imagine walking into your new addition the week after construction has begun?

Thanks to the growing popularity of modular construction and information, the stigma attached to modular construction is fading. The concept is also gaining some momentum thanks to the exploding “green construction” movement, due to its green features including increased energy efficiency and minimal lumber waste.

Proponents of modular homes have long maintained that the building system produces structures that are far stronger than site-built housing. For one thing, modular sections contain up to 30% more building materials than a comparable site-built home to withstand the stresses of highway travel. In addition, drywall is often both glued and screwed to wall studs and triple headers are used over window openings and around stairwells to withstand transportation.

Recently the Federal Emergency Management Agency (FEMA) confirmed that modular homes withstood a hurricane far better than site-built housing. In its report, "Building Performance: Hurricane Andrew in Florida," assessment teams from FEMA concluded that modular homes withstood the 131-155 mph winds of the Category 4 storm in August of 1992 far better than site-built housing.

the house
was 30% more
energy efficient
than any energy
efficient-rated
home

"Overall, relatively minimal structural damage was noted in modular housing developments. The module-to-module combination of units appears to have provided an inherently rigid system that performed much better than conventional residential framing. This was evident in both the transverse and longitudinal directions of the modular buildings," according to the FEMA report compiled after the occurrence.

Since the modular homes are built in a factory, there are no down days. Every day is a good day to advance the project. What a treat! Believe it or not, a 4,500 (main and second floor) square foot home is manufactured in

about 5 weeks.

We were eager to try this exciting endeavor. We bought a lot in downtown Vienna and designed a 6,000 house. It was modular, of course. We broke ground for construction on July 2 and on November 28 (of the same year) we had our housewarming party. Not too shabby for a high-end home that wasn't even in the planning stage just 8 months prior.

The house was 30% more energy efficient than any energy efficient-rated home, and it cost about 15% less than stick-built home. The moral of the story: we moved in sooner, payed less rent for the temporary housing and we did not have to compromise on any of the features.



Building in a controlled environment gives modular homes the advantage of producing strong homes. Before they even leave the facility, the giant Lego-like pieces are carefully inspected by an independent third party to ensure they meet local government standards. The process also shrinks the time you have to deal with your contractor—and at times that can be a huge plus! **Rita Tersio Dobrauchi**

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Top: Welder performing critical work at the Orange Line tie-in during one of two July 2011 outages. Photo Credit: John Green, Dulles Transit Partners.
Below: Cut-and-cover work area. Civil crews are performing multi-level excavation and support of excavation in this area, which is a challenge.

CUT & COVER

Construction of Phase 1 the Dulles Corridor Metrorail Project has moved at a rapid pace since it began in March 2009. Roads have since widened, concrete segments have been placed between piers, and cranes have taken over the skyline. However, the project has not only implemented aerial designs that can be seen while commuting, an abundance of fascinating work has been happening underground as well.

The Dulles Corridor Metrorail Project includes two 2,400-foot tunnels that carry trains moving in opposite

directions beneath Tysons Corner. These tunnels connect the Tysons Central 123 station and the Tysons Central 7 station by traveling under International Drive to Route 7 and ending between SAIC and Marshalls. Coincidentally, these tunnels travel through the highest natural point in Fairfax County.

Two different techniques were used in creating the tunnels. First, the New Austrian Tunneling Method, also known as NATM, was used to excavate the centermost 1,700 feet of the tunnel. The remaining 700 feet- approximately 400 feet on one end and 300 feet on the



vivatyson.com



Welders working inside the cut-and-cover portion of the tunnel, about two dozen feet below Route 7.
Photo credit: Dulles Transit Partners.

other were constructed by using a cut-and-cover process.

The cut-and-cover process is an excavation method that begins by digging a large trench in the ground. While this hole is open, construction workers place wooden boards, or lagging, on the outer walls to keep the ground from caving in. The lagging

is supported by many steel beams that hold everything in place. When the mining is complete, the ground overhead is eventually restored, according to rail project officials.

The benefits of using this process were far more than alternate methods. Cut-and-cover tunneling is predominantly used for constructing shallow tunnels,

which made it an ideal choice for assembling these portions of the Tysons tunnel, where depths range from seven to 30 feet below the surface. Also, the cut-and-cover process is one of the more cost-efficient tunneling methods, according to rail project officials.

Crews have many risks and difficulties in creating this tunnel. Cut-and-cover tunneling requires a large amount of room to excavate, which in turn makes it complicated to build in this area. So far, the project has constructed this portion of the tunnel safely and without incident.

The Dulles Corridor Metrorail Project is a 23-mile extension of Metro's existing Orange Line. It is being built in two phases. Phase 1 is now under construction from East Falls Church to Reston, with four stops in Tysons Corner and one at Wiehle Avenue in Reston. Phase 2 will run from Reston to Dulles Airport to Ashburn in eastern Loudoun County. **Whitney Winn**

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DULLES METRORAIL:

IN THE AIR, IN TUNNELS AND AT GROUND LEVEL

tracks weaving path from **east falls church through tysons to reston**

Phase 1 of the Dulles Corridor Metrorail Project is inching closer to 50 percent completion. Work is visible along the entire 11.7 miles of the alignment, from the existing Orange Line near East Falls Church, through Tysons Corner, and out to Wiehle Avenue Station in Reston. Phase 1 construction is still on track to complete in 2013.

Four of the five stations are in Tysons, and construction on all is well under way. The Tysons East Station, located on Route 123 between Scotts Crossing Road and Capital One, and the Wiehle Avenue Station are the farthest along of the five. However, work inside the stations between the malls on Route 123 as well as the two in the median of Route 7 (Tysons Central 7 and Tysons West) are beginning to take shape.

On the eastern end of the alignment, crews have completed more critical work on the tie-in to the existing Orange Line. These are performed on weekends when Metro will allow single-tracking or full outages on non-revenue weekends between the East and West Falls Church Stations. So far, 11 outages have been successfully completed. The next scheduled outage will be over Labor Day weekend, with another to follow over the Columbus Day holiday.

The project includes nearly three miles of aerial (bridge) guideway, and with the exception of the tunnel, the rest will run at-grade, basically at ground level.

There are three aerial guideways, which are some of the most highly-visible areas to the traveling public.

The first guideway begins at the I-66/Dulles Connector Road split. It includes two parallel, 1,600-foot guideways that fly over busy Interstate 66. This guideway is being built with traditional bridge building techniques and features a mix of AASHTO beams and steel plate girders, with cast-in-place concrete decking. (AASHTO, the American Association of State Highway and Transportation Officials, sets standards and guidelines for transportation design and construction.) Once this guideway descends into the median of the Connector Road toward Tysons, the rail line will run at-grade for approximately two miles.

The other two guideways leading into, through and out of Tysons Corner are precast segmental concrete bridges constructed using large cranes. The Tysons East guideway work begins where the alignment moves from the median of the Dulles Connector Road on to the northwest side of Route 123 into the Tysons East Station, the first of four Tysons stations. The rail line continues to its highest point (approximately 55 feet) over the eight-lane I-495 Capital Beltway and then descends into the second station (Tysons Central 123) where the rail

line briefly goes underground. This is located between Tysons Corner Center and Tysons Galleria malls.

The alignment resurfaces in the median of Route 7 at the third station, Tysons Central 7, which is partially underground. From there, the Tysons West guideway begins, running for about a mile and through the fourth station, Tysons West, located between Spring Hill Road and Westwood Center Drive/Tyco Road. One final flyover takes the guideway westward, over the eastbound lanes of Route 7, and into the median of the airport access highway, descending to at-grade for the rest of the alignment out to Wiehle Avenue.

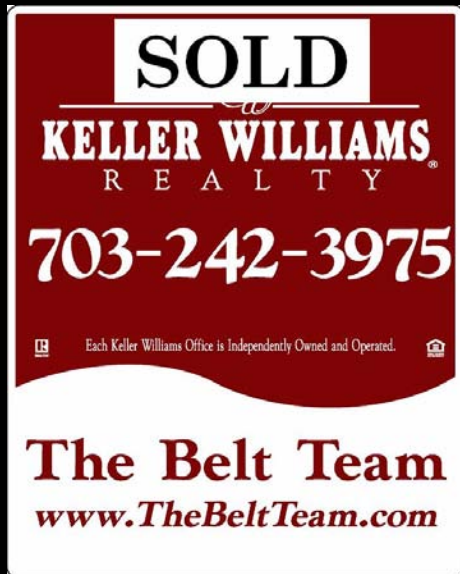
Marcia McAllister

DID YOU KNOW?

- The Tysons East and West guideways are being constructed using more than 2,700 precast concrete segments that are fabricated in an offsite facility on Dulles Airport property.
- Each segment is cast for a specific location along the alignment and then match cast to its adjacent unit to ensure even contact when erected in the field.
- Segments are trucked one-by-one to their locations. You can see them stacked in the median of Route 7 now. Eventually, they will be hoisted into place by the large blue-and-yellow horizontal crane (called a truss), that will align the segments together to form bridge spans.
- Support piers across the project vary in both footprint and height, ranging from 10 feet tall atop hills in the middle of an intersection cloverleaf and 55 feet tall between two road bridges below.
- The steepest slope (vertical grade) is 4 percent grade at the I-495 crossing.

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TYSONS **bigger**

GETTING A LITTLE

The speculation can stop. The much-rumored transformation of the old Circuit City building in Tysons Corner will get underway in 2012, as the Santa Monica, Calif.-based Macerich will build a 1.3 million-square-foot, multi-use project which will include a high-end office building of 20 floors, a 300-unit apartment tower and a four star hotel.

Known as Tysons Tower, the three buildings have been the talk of the real estate and business communities in the D.C. area for the past year, and all are excited about

what is to come. The site is located on Chain Bridge Road just outside the Beltway, near where the Tysons Central 123 Metro station is being constructed.

According to Timothy Steffan, Macerich Senior Vice President, the three buildings will be connected to Tysons Corner Center with an elevated pedestrian walkway to take advantage of the new Metrorail service coming in.

The Tysons market is one that Macerich knows well. Currently, Macerich operates Tysons Corner Center, the largest shopping center in the Washington area with Macy's, Nordstrom, L.L. Bean

and other major stores. It also owns Chesterfield Towne Center in Virginia.

One reason why business experts were questioning whether the project would get off the ground was that as of July, no tenants had been signed to the project. Still, John E. Harrison, Macerich VP, said the development will go forward whether any leases are in place or not.

Therefore, Tysons Tower is one of the first "speculative" office buildings constructed in our area since the recession hit.

Harrison believes that as the market absorbs higher-end office space,

demand for the new space will grow as Tysons evolves into a more urban, walkable project.

Steffan reported that numerous businesses have checked in and showed real interest in relocating to or expanding in Tysons Corner in the new building.

Macerich recently saw success in leasing 1861 International Drive, a renovated building with 160,000 square feet of office space that Steffan said now has three leases totaling about 100,000 square feet in place, including 30,000 square feet for the brokerage firm CB Richard Ellis.

"The market indicators are leading towards an absorption of higher-end space," Steffan said. "Among the companies that want to be in Tysons as it evolves into a more urban, transit-accessible hub are your higher end government contractors, your law firms, your PR firms. Those users that are looking for some cache, some high visibility off of Route 123."

Another reason for not waiting to find tenants is that by starting in early 2012, the building's completion date will intersect with Metrorail's arrival in Tysons Corner in 2014. That will be another huge draw as it will be within walking distance.

tysons tower
is one of the first
"speculative"
office buildings
constructed in
our area since
the recession hit.

Macerich is using Hines Interests LP to manage development of the building and industry experts expect rents to command mid-to high-\$50s

a square foot.

The company will also use development partners for much of the work. Currently, it is in discussions with Hines, lead developer of the CityCenter DC Project to develop the offices and a number of multifamily developers about the apartment tower. He said it is considering a number of hotel flags.

Rumors are circulating that Macerich's project is likely to be joined by a Walmart anchored project by JBG and, possibly the addition of a 25-story apartment tower by the Georgelas Group and Greystar.

One thing is for sure, when finished, Tysons Tower will be a sight to behold and a great showcase for the area. It's expected that space will fill up fast and once companies call it home, it will be a building that in the future will be the envy of all.

Charles S. Donnavan

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Are Smart Slippers in Our Future?

We're still waiting to see if smart slippers catch on. These are slippers developed by AT&T in 2009 to monitor foot movement in elderly people. If there is a problem with the person's walk, the pressure sensors in the soles of the slippers will transmit data on the foot movement over AT&T's network. The slippers may be available as early as 2012.

An estimate on cost suggests that the slippers could run \$100 per month for each patient. Insurance companies do not always cover telehealth services making this product a costly proposition for many people.

AT&T Labs is also working on telemetry devices to monitor body temperature, weight, blood pressure and other patient data.

As Simple as a Skin Patch

AT&T might want to check with one of a few universities that have been working on skin patches to monitor patients' vitals like heart rate, brain waves, and muscle contractions. Using existing semiconductor technology, a thin flexible silicon film can be imprinted with integrated circuits and applied directly on the skin. One such device is currently in development at University of Illinois at Urbana-Champaign by Dr. John Rogers and a similar device is underway from Dr. Xiaolin Zheng of Stanford University.

Rogers suggests future uses could include muscle stimulation, speedier healing of wounds, improving prosthetics and more.

Communing with Nature from the Car

Want to keep the kids occupied while riding in the car but not with yet another viewing of The Lion King? Toyota recently announced the development of a technology that converts a back seat car window into a see-through touch-screen device that allows passengers to draw images with their fingers, magnify objects seen outside the car, have such objects identified in English and other languages, obtain the distance to the object, and get



"Nice of you to climb up here. But I put all my enlightenment on my Website. Be sure to sign up for my newsletter."

other information about the object. Another feature of "Windows to the World" is that objects that are drawn appear to move out of the window frame at the same rate the car is moving, suggesting that the drawn object was part of the landscape. Cool!

Naysayers suggest that such a device would be prohibitively expensive and would cause undue neck strain for the user. Hey, if it encourages kids to appreciate the world around them rather than always watching a video

or cell-phone screen, maybe it's worth considering.

Columbus? [click] 1492... Sixteenth Prez? [click] Abraham Lincoln

As the students at Fairfax County Schools have already discovered, the history classes in the district have introduced online textbooks for 2011-2012. While facing questions from some families about equal internet access for all, and convenience for studying when students are not at home, the plan will save the district money.

It should also improve the range of perspectives on historical reports. The district will continue to have books available for those needing them.

No Thank-You Notes to Grandma?

Speaking of technology in the classroom, the common core state standards for writing do not include a provision for teaching cursive writing. This is yet another topic that generates lively debates between folks with traditional ideas and those with more progressive views. Virginia and five other states have yet to adopt the common core state standards.

Local Developer Helps You Search

Vienna software engineering firm CyLab, Inc. has developed a search capability that everyone can use. Just like a person is able to search through textual information to identify words and phrases of interest, CyView is able to search through a database to find records and will find the information even when there are errors in the data

and/or search criteria. This use of advanced heuristics and cutting edge API technology really sets this software apart from its competitors. The technology is also geared toward record-matching between databases or tables/views, and preventing duplicates from being entered. For more information on or demo of CyView, contact Christina Neidig, neidigc@cylabinc.com, 703.379.4818.

Do You Trust Online Reviews?

Phony reviews are always a problem. Is that great review a plant by the business owner? Does that scathing review come from the business's competitor? Now Cornell University researchers have developed software that can identify phony reviews with a high rate of accuracy. They started with human trials asking people to create 400 fake reviews about Chicago hotels. Then using machine learning algorithms, they determined the unique characteristics of the fake reviews and genuine ones. By applying these to the program, the computer spotted the fake reviews with 89.8 percent accuracy.

So far it works for hotels in Chicago, but the hope is that the software can be expanded to include other goods and services as well as other areas.

Wake Up and Be Your Best Today

My Wake Up Call will not only let you know when it's time to get up but will also provide you with a 5-10 minute message of motivation and inspiration. Creator/inventor Robin Palmer delivers themed messages to inspire workouts, create wealth, lose weight, and help with grief counseling. Messages are available in one-month (\$19.95) or two-month (\$29.95) sets or by annual subscription for \$99.95.

You'd better hope that, if you have a partner, they are as excited about the motivational messages as you are.

Brew Beer in Seven Days

Now there is a machine that takes the work out of brewing beer at

home. The WilliamsWarn brewing machine makes the job easy and quick. And they report that it takes care of some of the biggest issues facing the home brewer - temperature control, the carbonation process and clarification. It incorporates all the hardware needed for brewing and even pours a glass of chilled "commercial quality" brew.

Although the machine is only available in New Zealand at present, the makers hope to expand to the Australian and American markets soon. It sells for about \$4600 plus \$32 per batch of beer for the ingredients and produces 6 gallons of beer per batch.

Smoke Alarms that Text

FireText smoke alarms are designed not only to sound the alarm when fire breaks out. They will also send a text message to as many as four mobile phones in case you happen to be away when the fire breaks out. Fifteen percent of house fires start in unoccupied buildings. It is powered by a 9-volt battery that is capable of providing a minimum of 36 activations (assuming the smoke alarm remains unscathed through all of those fires.)

Calling Dr. Snoopy

A recent study conducted at the Schillerhoehe Hospital in Germany used specially trained sniffer dogs to sniff exhaled breath specimens of lung cancer patients, COPD patients and healthy patients. The dogs successfully identified 71 samples of lung cancer out of 100, and correctly identified 372 out of 400 patients without lung cancer. It is not known which chemical in the breath samples the dogs respond to, but researchers consider this a step in developing further detection tools. While clinics are not going to use dogs to do this kind of analysis, the hope is to create an "electronic nose" to assist in these diagnoses. (It was not reported how the dogs were able to communicate their findings.) An earlier study has found that trained dogs can identify different types of ovarian cancer as well.

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LIFE LESSONS

according to a dog named Tuffy



A recent weekend alone with Tuffy, my parents' 17 year-old miniature schnauzer reminded me of a few things.
Things worth remembering...and sharing.

Life may be short. But it may instead be very long. **Keep nurturing your get-up-and-go spirit.** In doing so, you may just ensure that your ability to get up and go doesn't slip quietly out the back door someday.

take them as they
come, control
what you can,
and remember
to flex and
move on when
you have no
other choice.

Remember to **embrace hugs.** Hugs are meant to be returned, after all, and reciprocating will mean more hugs in your future.

Drink plenty of water. Eat only when you're hungry. And when you're forced to swallow a pill—real or proverbial—remember that it's often easier if you take it with something sweet.

Time spent with loved ones is well worth the effort required to make it happen. And quiet silence—the kind that you find when you're in a room with someone you love—is comforting and good for the soul. You see, while it's okay to be alone sometimes, perpetual solitude is a harder path. It just is.

Take life as it comes. You can't always control your surroundings, and you may not be able to see or hear some of life's speed bumps beforehand. But take them as they come, control what you can, and remember to flex and move on when you have no other choice.

Near the end, you may worry a bit less about your hair and whether there's food in your beard. It's okay. You may also find that your legs don't work as effectively as they once did. Your loved ones may need to tend to you a bit more.

But don't worry...**they will, indeed, tend to you.** Lovingly. And while you're no longer able to greet them heartily at the front door, it's okay. Your years-long love and affection will be amply returned to you and those who've appreciated your unconditional love for so long...they'll return it to you. Tenfold. **Leigh McDonald**

Tuffy passed recently, just five months shy of 18 [dog] years. But his sweet memory and his indelible lessons...they will be around forever.

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ask the coach



Dear Coach Amy,

I am a busy divorced mom who is 51 looking to meet someone for a serious relationship. I find that guys date down in age, so a 50 year old would be looking for women 38 to 48 years old. I am dating online and guys 56 to 59 email me. I don't look, feel or act 51! The point is that I'd like to meet someone closer to my own age that also has children (definitely a dad!). I want to figure out how to successfully meet guys online who are often dating downward and not feel silly contacting them first. It is puzzling to me why guys can't date women their own age. We live longer than they do!

- Frustrated in Fairfax

Dear Frustrated,

When dating online today it is acceptable for women to email someone first to get their attention. You may write to them telling them that you are very active, youthful and don't look your age and for them to see your recent photos. Make sure your pictures are up to date. Some men may consider it especially if they are getting frustrated with the responses (or lack of) from the younger women they are contacting. If he doesn't respond back to your initiation, then he is not worth you pursuing him any further.

What you do want is that when you do reach out, they do respond and follow up in a timely fashion. They then, take the relationship ball and run with it. If not, move onto someone else who will treat you appropriately. I recently heard from my cousin that her 60 year old sister got married to a younger man from meeting on a major internet dating site. This is not the first time I have heard of 50 and 60 year old women meeting men younger than they are. Also, I recommend you try out a dating site focused on single parent dating to meet a man who has children.

The men who would be interested in you are ones that no longer want to have a new baby. Many women in the late 30's to 47 age range are still looking to have a child or adopt one, especially if they don't have children already. There are many men who choose not to have any more children at this point in their life. I myself was 41, definitely wanted to have a child, when I met my husband who was in his late 40's. (Read my story on my blog: motivatedtomarry.com). When I was single I did meet men who were single parents that were both younger and older than me that said they were done having their families.

Age is only an issue for those who make it so. I know several online relationships that have developed that women are in a similar age range to the man. Remember, with online dating—it is a numbers game and it takes a lot of persistence to meet a person who matches your values, life goals and personality. From what I see from my clients, my friends and people I meet, the odds are in your favor. Good luck hunting!

Amy Schoen

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Sometimes people will ask me, "Why should I talk to an insurance agent when I can get my insurance online direct from the company and avoid the middlemen?" The first part of this answer is because there is no middleman. It is not a wholesale to retail transaction. Insurance agents do not get paid a fee for their services by you. A good comparison is this: If you want to mail a package, you can get postage from a vending machine and hope that you have the right amount. If you take it to the post office instead, the clerk there doesn't not charge you a fee to make sure that the package is secure and that you have the right postage. The cost of the insurance is registered with the insurance commissioner's office and is not negotiable nor is it subject to markup.

In purchasing health insurance, life insurance, disability insurance, Medicare supplemental, and supplemental insurance, you are always better off using an insurance agent that represents multiple lines of insurance. Property and casualty insurance agents are best at handling property and casualty insurance. Life insurance, Health insurance, Disability insurance, Long-term care insurance etc. are very different from property and casualty insurance. Just because you can do something doesn't mean that you should do it. This way you have a trained professional who is licensed and as skilled in Life,

Health Disability, etc. and has options for you. This agent will always get you better insurance for less money, tailor-made to fit your needs, then you can do for yourself. By this, I mean personally meeting with an agent, not filling out a form online, or talking to somebody from California, Tucson, or an entirely different country. Any quote that you get from somebody in this fashion, without them asking detailed questions, would be the equivalent of you calling General Motors and saying that you want a red car and they e-mail you a quote. It is important to know that quotes are not prices. It's also important to know that meeting with somebody face to face is not a scary situation. It will, in fact, relieve you of great anxiety knowing that a trained professional, who fully understands the insurance business and your personal needs, can assist you and your family.

Let's start off with health insurance. Do you truly understand the ramifications of the Health-Care Reform Bill? Of course not. Not even the congressman who wrote it, understand the bill. However insurance agents must, by law, take continuing education classes to keep on top of it. My wife, Robbin Shefski, helped a gentleman acquirer health insurance when he was virtually uninsurable. He was an attorney who helped write the health-care reform bill for Congress. He said that he would never attempt to get insurance on his own without the

help of a highly trained insurance agent who represents multiple lines. He was extremely pleased when my wife was able to help him. In early August, I helped an attorney who was recommended by her former employer. After applying, she said that she was relieved that she had an agent help her through something that was difficult to fully understand.

why should i
talk to an
insurance agent
when i can get
my insurance
online direct
from the
company and
avoid the
middlemen?

In acquiring health insurance, you must understand that some insurance companies that are good at ensuring large companies may not be good at ensuring individuals. Just because a

company has a well-known name does not mean that it suits your needs. An insurance agent will help you determine which is best for you.

Did you know that some insurance companies reserve the right to raise your rates every three months when you acquire a medical condition that has made you uninsurable?

Were you aware that that some insurance companies will not pay if you did injured at work? If you work out of your home this is a problem.

Did you know that when you're self-employed 100% of everything medical can be tax-deductible if you use sections 104 and 105 of the tax code? A good agent will help you with this and save you thousands of dollars.

If you have exhausted COBRA you are eligible for HIPPA. Do you know how to apply and how to prepare for it? Do you know how much rate increase each carrier will do?

Some health insurance companies are best suited for families with children while others are best for couples or individuals.

A growing trend in acquiring health insurance is to go for a higher deductible, which usually only applies to hospitalization and not the doctor visits, and then fill the gaps with supplemental insurance that pays cash directly to you. The reason for this is that roughly 75% of bankruptcies are due to medical bills and about 62% of those people had insurance. They were simply unable to continue to pay their bills while recovering from an illness or an injury.

If at all possible it is best to have group insurance. The reason may surprise you. It is not necessarily that the rates would be cheaper, though that could happen. The reason is that you cannot be singled out for rate increase when a medical condition comes up. In my 14 1/2 years experience I have talked to hundreds if not thousands of people whose rates were now over \$1800 and some over \$2500 per month and I could not help them because they were now

uninsurable. Having an individual policy and not being in the group can do this to you.

Use an agent that represent multiple carriers.

We agents will provide health insurance that best suits the family or person we are talking with. We will encourage them to go for a higher deductible and get supplemental insurance to fill in the gaps and pay cash to them in the event there are medical problems. This will save the client a lot of money on monthly premiums. Of course, the decision is theirs.

I make sure they are then put into a large group that has been around for over 30 years for the very reasons I stated above.

We can usually save them money while getting better coverage. Most of them will then invest part of the savings into more life-insurance, either term insurance, or permanent life

insurance policy that earns interest, and if they don't pass away by an age determined by them, it will then paid them a tax-free income out of the cash value. They can also borrow from the cash value on the policy.

In summary, look at it this way. Would you try to defend yourself in court for a murder trial because you beat a traffic ticket once? Would you try to bypass a real estate agent to sell your house on your own because you once held a successful garage sale and now feel you are great real estate agent? Anytime you try to do something that requires a license to do, and you don't have one, you are working at a great this advantage and will almost always wind up hurting yourself and costing yourself far more money than you think you saved. Unfortunately with Health and Life insurance, by the time you find out that you've made this mistake, it's too late. You cannot rectify the problem.

Dennis Shefski



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money

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we have tips to help you
control your finances

Careful: Some Bank Payments Are Not Electronic

With online banking, sending electronic bill payments is handy for you, and it pleases your bank. It costs the bank less to process an online payment than to process a check. Paying to a person or business that is not set up with the bank to receive an electronic payment will result in the bank sending a paper check instead. That takes time and could make your payment late.

Bank of America in Chicago says it is set up with 1,500 vendors. But it is up to the vendor to set up the arrangement with them. Sometimes, the bill payer doesn't realize that a small vendor is not set up with the bank. Some clues should tip off the bill payer, according to the Detroit Free Press:

- If the bank says the money is needed five days before the bill is due, the bank is sending a check.
- If you are required to fill out a

form with mailing information, the vendor will be receiving a check instead of an electronic payment.

- Chase makes the matter fairly obvious. When customers order a payment, they have to check an option. Options include same-day electronic payment, next day electronic payment or five-day delivery. The five-day delivery involves writing a check.

Clicking the right box still takes some common sense. If you are making a payment to a large store or company, the payee will get the money the next day or the day after.

If you are trying to pay the dog groomer or the owner of your apartment building, they are probably not set up to receive electronic payments, and they'll get a paper check five days later.

Think About Your Home When Planning For Retirement

A home can mean security if the mortgage is paid off and you can afford the taxes and upkeep. What's more, you can borrow against it for big, unforeseen expenses.

Financial advisor Jane Bryant Quinn says a mortgage should be paid off with current income, not with cash from an IRA or 401(k). Additionally, retirement accounts provide liquidity and are protected from creditors. If you see that it will be difficult to pay your mortgage and expenses in retirement, here are a few options. Refinance. Take out a new 30-year loan regardless of your age.

Sell and buy something else. If the house is too big, too expensive and has stairs and slippery floors that could be hazardous when you are older, sell it and buy a smaller place with the proceeds. Grandkids can sleep on a

sofa bed.

Sell and build. Why not take the proceeds from the sale and build the perfect, smaller house for your needs? Florida, South Carolina and Texas are big retirement havens.

Sell and buy a condo. No upkeep, find one on the golf course or in a retirement community where you can make friends and live easily. Don't go through your retirement savings in an effort to hold on to a house you can't afford.

In 2011, Nice Depreciation Deductions For Some Business Cars

If you buy a new car this year, buying a big car will result in a big tax break. If you buy a small car, buying one for \$31,000 or more will bring a tax break. The new rules apply to cars bought after Sept. 8, 2010 and before Jan. 1, 2012.

Deductible auto expenses—If the car isn't used entirely for business, calculate the percentage of business use and apply that percentage to total expenses to arrive at the deduction.

You have a choice of deducting a flat 51 cents per business mile in 2011, or writing off the business-use percentage of depreciation and costs for gas, maintenance, insurance, and other expenses.

Heavy cars—Lawmakers often speed up depreciation to encourage certain types of auto purchases. For 2011, Congress is running a large "bonus depreciation" special on cars weighing more than 6,000 pounds, such as the Cadillac Escalade and Nissan Armada. Taxpayers can take \$25,000 in the first year.

If this deduction creates a loss, it may be used against other wages or carried back to generate a refund. BMW,

it costs the
bank less to
process an
online
payment
than to process
a check.

General Motors, Ford, Jeep, Mercedes Benz, Porsche, Honda, Nissan, Toyota and Volkswagen all have vehicles qualifying for this break, according to The Wall Street Journal.

Lighter cars—Depreciation is far less generous for cars weighing less than 6,000 pounds. Those costing more than \$15,300 get first-year depreciation of \$11,060 for 2010 or 2011. That means a \$20,000 car and a \$31,000 car both get the \$11,060 deduction.

New cars of any weight that cost more than \$30,625 get more depreciation deductions in years two through six than those costing less.

Tax breaks for electric cars—All taxpayers are eligible for a dollar-for-dollar tax credit up to \$7,500 on "plug-in electric motor vehicles" like the Chevy Volt.

Time For A Withholding Checkup

The W-4 you have on file determines how much money is withheld from your paycheck for income taxes. The

amount is determined by how many dependents you claim.

The most obvious reason to make a new W-4 is because you have fewer or more dependents, but there are other reasons.

- If you paid a big tax bill this year, you probably had income from other sources, but income tax is supposed to be on a pay-as-you-go basis. You could face underpayment penalties if don't report the extra income regularly.

One way to avoid the penalty is to increase your withholding so an additional amount is deducted from each paycheck. You can also avoid penalties by paying estimated taxes every quarter, but it's easier to increase your withholding, according to experts at TurboTax.

- If you had a big tax refund, you have to ask yourself whether it would be better to decrease your withholding and invest in an interest-paying account. You can arrange an automatic deposit made from your paycheck to a savings or

investment account. Or you could have it deducted from your bank account.

When you have high-interest credit card bills, paying on them would be a better use of the money. The average federal income tax refund for 2010 was almost \$3,000.

- If you converted an individual retirement account to a Roth IRA in 2010, increasing withholding will reduce the amount you have to pay when you file your 2011 tax return, according to H&R Block.

TurboTax and H&R Block tax software allows customers to determine how to adjust their withholding based on information from their 2010 tax return. Or your accountant can help you determine the right amount.

The IRS offers a withholding calculator at irs.gov. You'll need a pay stub and your 2010 tax return to use it.

To increase withholding, increase your number of dependents or specify an additional amount to be withheld, such as \$50 or \$100.

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SUDS helps injured veterans

adventure scuba helps SUDS

Ever tried scuba diving? If so, you can agree it's a sport that offers an incredible feeling of freedom.

The weightlessness of the water, the muted sounds of sea life, the excitement of exploring coral reefs, caves, and wreck sites — these are all reasons why scuba is such a popular sport.

But for injured soldiers returning from Iraq and Afghanistan, scuba

is much more. It's an effective form of rehab that promotes mobility and instills confidence in men and women facing new disabilities like amputations and traumatic brain injury.

A program called SUDS (Soldiers Undertaking Disabled Scuba) has helped young, wounded heroes by offering scuba dive training as aquatic therapy treatment. Since the nonprofit began in 2007, SUDS has awarded open water dive certifications to well over 200 injured veterans.

"These soldiers were all very athletic, active people before their injury, and now they suffer from amputations—some are triple amputees, and they see that if they can do something as challenging as scuba diving, they can do anything," said John Thompson, founder of SUDS, which is a chapter of Disabled Sports USA and partner of the Wounded Warrior Project.

The dive certification is impressive, but it's the intrinsic value of the program that has made such an impact on participants.

"SUDS helps keep you active and helps you to push yourself," explained veteran Shane Heath, who lost his left arm and leg during his third deployment in Iraq. "The mental rewards are the biggest thing. It builds confidence in that just because you're injured doesn't mean you can't participate

in life. It's been an absolute blessing for me." Shane is now training to become a dive master and spends his free time playing disc golf and following his dream to be a singer and songwriter.

SUDS scuba classes are offered weekly at Walter Reed Army Medical Center. Much of the training can be done in the pool, but soldiers take trips to the ocean to complete their dive certification.

"My favorite moment is watching these guys come up from their first dive and seeing how excited they are when they realize there really isn't much they can't do," described Larry Hammonds, volunteer dive instructor for SUDS and assistant manager at Adventure Scuba Company in Chantilly, Virginia. "They develop a whole new attitude toward life."

"The ocean trips are very therapeutic. It's a good group of guys, and when we're there, we don't think about our injuries," said Dave McRaney, who was injured during his service in Afghanistan.

These trips are much-needed getaways from wounded warriors' normal hospital rehab routines, and destinations have ranged from Cuba to Puerto Rico and the Florida Keys. But trips and equipment are expensive, so SUDS relies on support and donations from a number of businesses and organizations.



Editor's Note: Increasingly, businesses find that supporting worthy causes not only gives them the opportunity to help others but also resonates with their customers.

A Helping Hand from a Local Business

Adventure Scuba Company is one of the businesses committed to SUDS and its mission. In the past four years, the business has supported SUDS in a number of ways. The owners have donated equipment, provided free maintenance, hosted raffles to raise funds for the cause, and given a percentage of profits from its open houses and dive trips.

Company owners Henry Johnson, Bob Potterton, and Peter Juanpere came across SUDS when they were looking for a way to use their business to give back to the community. Henry is a retired Marine, Bob's dad was in the military, and a handful of dive



A few of the SUDS participants in Key Largo.

instructors are also ex-military, so SUDS was just the right fit.

"We wanted to do something that meant a lot to us," said Bob Potterton. "We're a small shop and we can't help everybody, but we can certainly do what we can for our military guys and gals."

In the past, Adventure Scuba Company used its status as a dive tour operator to help arrange a SUDS trip with the use of its condos in Key Largo. Next year, the shop will put together a live aboard dive trip for injured veterans in the Bahamas or the Florida Keys.

"The veterans risked a lot and we believe they deserve a lot in return. We're going to continue to help out as much as we can," added Henry.

Visit sudsdiving.org for more information about SUDS.

Visit scubava.com for more information about Adventure Scuba Company. **Megan Tyson**

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Adventure Scuba Company is committed to providing the finest dive training, travel, and equipment available.

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CONNECTING BUSINESS & SCHOOLS

the value of **community partnerships**

One way that businesses can make a difference and become involved in the community is by establishing ties with local schools. The schools benefit from the increased resources provided and local families appreciate the support and patronize the businesses. Working together the community grows stronger.

Each school district has a school-business partnership program and we are profiling the Falls Church Business in Education program. In Fairfax County Schools, the district coordinator is Jay Garant, email: jpgarant@fcps.edu,

In Falls Church, businesses and the Falls Church City Public Schools have long enjoyed such a partnership with the Business in Education program. BIE Partners number close to 500 businesses, associations, and non-profit organizations. There are over 25 events promoted through the BIE program during the year (see list) that need support from businesses or may provide a unique opportunity for students to get involved with the local business.

According to Marybeth Connelly, Falls Church BIE coordinator, BIE is the bridge between local businesses and the schools and brings real-world expertise into the schools. "In the end we want kids to understand that what they're learning is really important. When a businessperson speaks to the class and reinforces what their teacher taught them, it is really powerful."

A business may want to:

- become a classroom expert
- read to students
- be a mentor
- find volunteers for your own event
- join the speakers' bureau
- host field trips
- buy a brick
- become a sponsor
- donate prizes and gifts
- contribute to the FCCPS Education Foundation endowment
- exhibit at events
- invite students to your business on Career Shadow Day
- hire a student intern
- donate lunches
- advertise in various publications during the year

In recognition for the business's support, BIE Partners

- are listed in the online directory
- receive a BIE window decal to display
- can use the BIE logo in advertising

A Partner may also be recognized as Partner of the Week receiving additional publicity.

Partners are also invited to attend school-related events, making it a great networking opportunity to meet other businesses, customers, and local dignitaries. **Hubert Cram**



current programs

January

Event: Mr and Ms. Mason
Needed: Donate "swag" for participants
Program Ads

Event: Mustang Yearbook
Needed: Yearbook ads

Event: Elementary teachers semester party
Needed: Donate door prizes

February

Event: Read Across America
Needed: Read to students

Event: GMHS International Dinner
Needed: Donate food dishes, donate door prizes

April

Event: 4th Grade VA Pizza maps
Needed: Donate pizza dough and supplies for Virginia-shaped pizza

Event: 4th Grade VA Day
Needed: Donate food for banquet

Event: EPTA TV Turn-Off Day
Needed: Event Sponsors, Participant Prizes

Event: Benefits and Wellness Fair
Needed: Participate in Wellness Fair
Partner in Wellness Committee

Event: Falls Church Education Foundation Gala
Needed: Sponsors/Silent Auction Items

May

Event: Teacher/Employee Appreciation Week
Needed: Donate special discounts and free offers to employees

Event: Elementary PTA
Needed: Set-up a booth of event

Event: Prom
Needed: Donate Door Prizes

June

Event: BIE Brick Pathway
Needed: Order personalized bricks

Event: All-Night Grad Party
Needed: Sponsors, raffle donations, food donations

August

Event: New Teacher/Staff Welcome Bags
Needed: Donate promotional items

Event: New Teacher Luncheon
Needed: Luncheon Donations

Event: Welcome Convocation
Needed; Donate door prizes, donate theme items

Event: Operation Earthwatch
Needed: Cash donations

Event: School Year Convocation
Needed: Door Prize Donations

October

Event: Run for the Schools
Needed: Sponsors for road race

November/December

Event: Music Days
Needed: Hire student for odd jobs, cash donations

December

Event: TJ Teachers
Needed: Prize Donations for Holiday Party

Event: MEHMS Book Fair
Needed: Raffle Donations

Event: Watch Night Art Treasures
Needed: Provide space for student art displays

Yearly

Event: Boosters Ad Signs
Needed: Purchase signs for gym display

Event: GMHS Teacher Lunch
Needed: Donate lunch for 20 each month

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04/02

DO YOU KNOW WHAT YOU'RE FEEDING YOUR PET?

part 2: finding the **right food**



My article in the July/August VivaTysons addressed some myths related to your pet's nutritional needs. This article will allow you to design the right diet for your furry friend.

To begin with, let me say there is no “best” food for all dogs or all cats. The ideal food for a pet depends on many factors, such as the pet's life stage, overall health status, environment and activity level, among other things. Many times clients buy a food based on marketing, rather than on factual nutritional information. In their defense, nutritional information often isn't shown on the packaging and may be found only online, or the information on the packaging may be misleading. I will help you understand what is, and what isn't, on the label and how to find a diet that is great for your particular pet.

Let's start with what is legally required on the label and what you need to know to understand that information.

1) The product name will be the most obvious part of the label; for example, “Beef Dog Food” or “Salmon and Chicken Cat Food.” If the label states an ingredient, as in the first example, it means the contents consist of at least 70% beef when water for processing is included. In the second example, both ingredients must total at least 70% of the product. If a food is called “Beef Dinner” or “Lamb and Rice Formula,” the named ingredients must total at

least 25% of the diet. In other words, if the label does not include the word “food,” but uses words such as “dinner” or “formula,” other ingredients, such as corn, beef or soy can rank higher on the ingredient list when measured by weight. For example, the ingredient list may say “beef, cornmeal, lamb, rice, etc., for the Lamb and Rice Formula.

2) The ingredients in a product are listed in decreasing order by weight. Realize that beef, which is 70% water, will weigh more in volume than beef meal, which is dehydrated beef and contains less than 10% water. For that reason, a diet with lamb as the first ingredient may not necessarily contain more lamb protein than a diet with lamb meal, which is fourth on the list. Grains in dog foods are not detrimental and can be great sources of protein and carbohydrates.

3) The label must state for which life stage or stages the diet is designed. Some products are designed for growth and reproduction, while others are made for maintenance. Some state that they're made for all life stages, which may suit your adult pet just fine, but may be overfeeding some nutrients, because the diet is essentially made for puppies or kittens.

4) The label will state how the diet meets the requirements of the Association of American Feed Control Officials (AAFCO) by formulation to determine the product's protein, carbohydrate, vitamin and other levels or by feeding trials, in which a group of animals is fed the diet for a length of time and determined to be healthy and

well fed. Feeding trials are not ideal; however, companies that use them tend to produce higher quality food, because they are more invested in the product. Trials are expensive to run and take much more time than the formulation alternative, plus manufacturers are more likely to find inadequacies in the diet before it reaches the marketplace.

5) Feeding directions are required on the label, but be advised that they would often overfeed most dogs and cats. The directions are only a guideline and should be adjusted up or down based on your pet's activity level, basal metabolism, spay/neuter status, etc.

there is no
"best" food
for all dogs
or all cats.

The Manufacturer

It's difficult to avoid being swayed by marketing and advertising, but it's important to know who's making the food your pet is eating.

- Does the company have a nutritionist on staff?
- Who formulated the diet, and what are the formulator's credentials?
- Where are the diets manufactured? Can the plant be visited?
- What quality control measures are in place to ensure consistency and quality?

You'd be surprised how many pet-food products are not formulated by credentialed nutritionists. Some pet food is designed by laypeople with minimal knowledge about animal requirements, ingredient interactions or degradation caused by processing. As an example, some cat foods promote themselves as healthy because they include flax seeds, but did you know cats get no nutritional benefit from

whole flax seeds? Did you know some diets are not analyzed by a nutritionist at all and may have interactions of ingredients that negate the positive benefits of the ingredients?

The Advertising

The terms "human grade," "holistic," "organic" and "gourmet" mean nothing in terms of pet food. They are strictly marketing terms that have no official definition in the pet food industry.

The term "natural" on a label means the product has no chemically synthesized ingredients. Most of these diets will have a disclaimer that states "natural with added vitamins and minerals," because vitamins and minerals are expensive and difficult to use in their natural state.

The terms "lean" and "low fat" simply mean the fat level is below an official number and that the label must include the maximum level of fat that may be found in the diet. It does not relate to calorie content, so the terms "lean" and "low fat" don't necessarily indicate the diet is low in calories. Diets that are sold as "lite," "light" or "low calorie" mean they contain less than 3,100 calories per kilogram (2.2 pounds) of food. They are not required to state on the label how many calories per cup the food contains, which is a number that would be more useful to us. Because of kibble size and nutrient density, not all "low-calorie" foods have fewer calories per cup than regular diets.

Here's what I recommend for all pet owners:

- Feed a product made by a well-known, reputable company with solid science behind the diet formulation.
- Feed a complete and balanced diet based on your pet's life stage, ideally substantiated by feeding trials.
- Remember that all pets are individuals, and you may need to change your pet's diet, food quantity and ingredients based on the pet's age, sensitivities, activity level, and health status. **Sanford Christmus, DVM**

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For your convenience, we are open evenings and weekends.

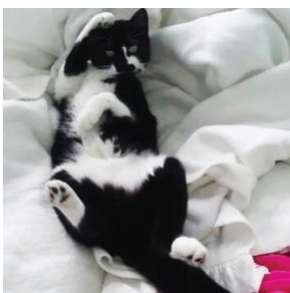
Monday—Friday
7:30 am—8:00 pm

Saturdays
9:00 am—2:00 pm

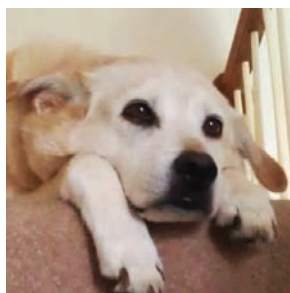
Sunday hours coming soon

pets

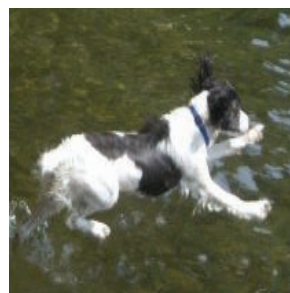
from fun pet names to special treats, we care about all the area's pets.



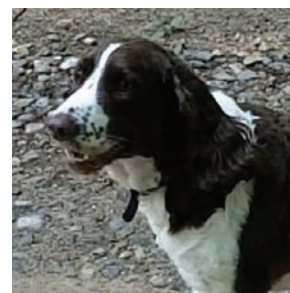
BIJOU
1 year



LUCY
10 years



TREVOR
6 years



CHELSEA
4 years



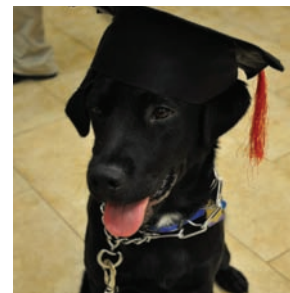
GIDGET
9 years



LOUIS VUITTON
1 year



KONRAD
9 mos



RAMBO
1 year, 9 mos

VETERINARY PET INSURANCE'S TOP 10 WACKIEST DOG & CAT NAMES 2011

TOP 10 WACKY DOG NAMES

1. Almost A Dog
2. Franko Furter
3. Stinky McStinkerson
4. Sir Seamus McPoop
5. Audrey Shepburn
6. Dewey Decimell
7. Knuckles Capone
8. Beagle Lugosi
9. Shooter McLovin
10. Uzi Duzi Du

TOP 10 WACKY CAT NAMES

1. Ozzy Pawsborne
2. Mr. Meowsi
3. Murderface
4. Fuglee
5. Scruffernutter
6. CPL. Cuddles
7. Cat Masterson
8. Spam
9. Tape W. Orm
10. Louisiana Purchase





OAKTON-VIENNA VETERINARY HOSPITAL

Welcomes

Dr. Lydia Megremis



Dr. Megremis has practiced veterinary medicine for 16 years. She loves her general veterinary practice and gets extra satisfaction from treating orthopedic conditions and neurological problems, as well as helping orthopedic patients recover after surgery.

Stop in and say hello! Dr. Megremis works Thursday afternoons, Friday mornings, every other Saturday, and every Sunday. With Dr. Megremis on our team, OVVH offers more convenient appointments, and at no extra charge for Sundays.

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PUMPKIN HALLOWEEN DOG TREATS



Ingredients

- 3 cups rice flour
- 2 egg whites
- 3 tablespoons applesauce
- 1 tablespoon molasses or treacle
- 1/2 cup chopped raw pumpkin
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/2 cup water

Directions

Turn oven on at 200C/400F degrees. Pour the flour into a bowl and add the cinnamon and nutmeg. Using a food processor, puree the pumpkin until it is chopped into little pieces. Add the pumpkin and molasses to the flour. Slowly add the water until you have a dough. Mix well until dough is only slightly sticky then roll out on a floured surface. Using cookie cutters, cut and place on a baking tray. Bake in the oven for 15 minutes. Take them out and leave them to cool. They will get crunchier as they cool.

What do you get when you cross a chick with an alley cat? A peeping tom.

DOES FIDO HAVE THE BEST COSTUME ON THE BLOCK?

Send us your best pet photos to pets@vivatyson.com and enter to win a drawing for you and your furry one for a night out at Yappy Hour (pg. 152).

HAVE A SPOOKY SPANIEL? OR A CREEPY KITTY? Dress Your Pet For Halloween This Year!



If you're having a Halloween party this year, why not invite your dog or cat to the festivities?

You can dress them in costume. You won't be the only one doing it. Last year, many consumers dressed their dog as a rabbit, a bumblebee or some other critter, according to the National Retail Federation. PetSmart also had costumes for horses and turtles. Petco was selling dog treats in skull, pumpkin and bat shapes for about \$4 a pound. Its Spa Works grooming package included pumpkin spice shampoo, a frilly orange and black party collar and glow-in-the dark nail polish. Some fancy pet stores held doggie fashion shows featuring costumed pets in funny or scary outfits.

Cats can be dressed for a party as well, but they are mainly lap cats who like to be handled. Petco says cat hats are a big seller, including cowboy, witch and pirate styles. Walmart usually carries princess, witch and Dracula costumes for pets, plus frilly dresses. Last year, one dress had a glow-in-the-dark skull on the front. Veterinarians think most pets enjoy the extra attention from their doting owners and more attention from party guests. They say petting and dressing your dog increases bonding. When Halloweeners come to your door this year, you and your costumed pet could greet them with smiles.

talk of tysons

from store closings to store openings; here is everything you need to stay in the loop.



Purple Onion Catering Company

They're here! David and Margot Jones have opened the new Purple Onion Catering showcase in Vienna, VA. Located at 416 Maple Avenue, West, prospects can taste, see, and plan the event with experts on hand to consult and advise....and with the help of Executive Chef Adam L. Gooch, arrange a menu to ensure a memorable event. For more information go to www.purpleonioncatering.com.

la Madeleine

la Madeleine, the country French café is moving into the mall to make room for the new office building...we love the rich bold espresso...Hurry!



Elevation Burger

It's official. Elevation Burger has announced they are opening a new store in Tysons Corner Mall... fries cooked in 100% olive oil.



Spencer's

Spencer's, the store I used to love in college, has opened in Tysons...fun, quirky gifts and a great browse!

Wells Fargo

The Wells Fargo signs are finally up so there is no more Wachovia!

Health Plan Massage

Health Plan Massage has opened on Church Street across from Nielsen's Frozen Custard...

Bazin's On Church

Patrick and Julie of Bazin's on Church say the new "Margarita" bar where Church Street Cellars used to be should be open around November. We can't wait!

Vienna Volunteer Fire Department

We understand the Vienna Volunteer Fire Department is planning a "Taste of Vienna" in April of next year. For information of how you can participate contact Anthony at Anthony@vvfd.org.

Savvy Rest

Savvy Rest is open...as is the Sprint store next to it in the new "Trophy Building" in the heart of Vienna.

Gilda's Bridal Shop

And Gilda's Bridal Shoppe is just about ready...by the time we put our publication to bed...she'll be rocking!



Dominion Jewelers

Dominion Jewelers has reportedly purchased the building at 917 W. Broad Street. They plan to build a new store with retail services on the ground level and rental offices above.



Naked Pizza

We're still waiting to have a pizza from Naked Pizza in McLean...we hear great things about the Crystal City Store!

Salon Michel & Spa

Salon Michel & Spa has moved into new more luxurious digs. The new location is 6700 Old McLean Village Drive. Two floors of health and beauty services in the heart of McLean...

Microsoft

Microsoft is opening a store in the Tysons area. We have been unable to find out where but rumor has them going in the mall. The Microsoft Store will be offering all of the Microsoft products found through online retailers and inside major retail chains. This should include keyboards and mice, Windows 7, Xbox, and other MSFT products. I guess Apple's 329 stores worldwide opened some eyes. Good Morning.

AFL-CIO Building Investment Trust

It can't be that bad...the AFL-CIO Building Investment Trust is adding to its portfolio with a Tysons Corner acquisition totaling \$138 million. The own Gallery Place in downtown DC.

Maple Therapeutic Massage/ Nails Etc.

Another massage therapist is opening...Maple Therapeutic Massage at 307 Maple Ave, Suite L...and Nails Etc. is opening at 125 Church Street, NE Suite 101

Liqueo/ Mercedes Benz

We hear Liqueo Announced a partnership with Mercedes Benz of Tysons to provide a QR code-based marketing solution designed specifically for vehicle dealerships.

Party Of Six Food

Read in the Washington Post that a building permit on Maple Ave. has been issued for a place called "Party of Six Food" out of Herndon. What's up?



Iris Lounge

And finally, The Cigar Bar at the Iris Lounge is now open for cigar aficionados, billiard players, dancers and schmoozers (like me)...night life comes to Tysons!

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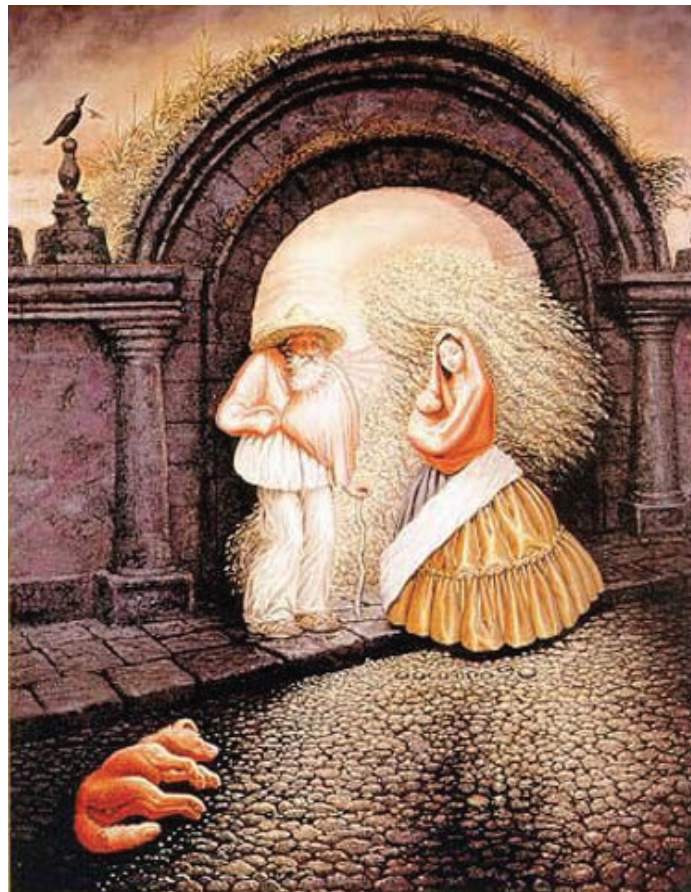
Solar System

L N E B U L A S A T U R N
 I M N O O M E T E O R F N
 G B L A C K H O L E V T U
 H R E T S U L C E C A P S
 T A F O Q U A S A R Y V A
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ASTEROID
 AURORA
 BLACK-
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 CLUSTER
 COMET
 CRATER
 EARTH
 ECLIPSE
 GALAXY
 JUPITER
 LIGHTYEAR
 MARS
 MERCURY
 METEOR
 MOON
 NEBULA

NEPTUNE
 NOVA
 ORBIT
 PHASE
 PLANET
 PLUTO
 PULSAR
 QUASAR
 SATELLITE
 SATURN
 SOLAR
 SOLSTICE
 SPACE
 STAR
 SUN
 URANUS
 VENUS

September... it begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the number of days in the week). No other month ends on the same day of the week as September in any year. Did you know that?



CAN YOU FIND THE 9 HIDDEN PEOPLE?



"There's no increase in salary, but once a month you will get a whack at the company piñata."

35% of the people who use personal ads for dating are already married.

Blueberry jelly beans were especially made for Ronald Reagan.

Tropical Fish Crossword

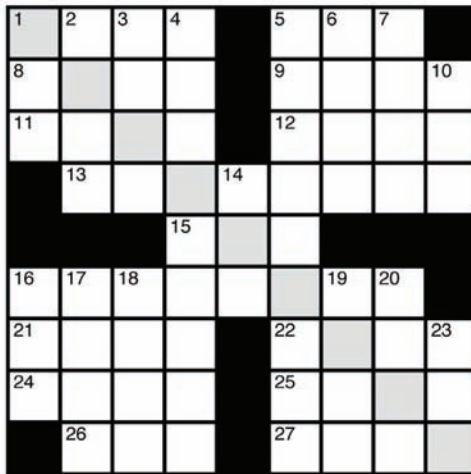
Across

1. Philistine
5. "Casablanca" pianist
8. Anger
9. Bon mot
11. Gumbo thickener
12. Carbamide
13. Residents of the Balkans
15. PC linkup
16. Mexican street musicians
21. Bluenose
22. Put decorations on a tree
24. Talk effusively
25. Means justifiers
26. Assembled
27. Greek promenade

Down

1. Pal
2. Thousand ___, Calif.
3. Shrek, e.g.
4. Tail lamp
5. Shrinks
6. Emanation

7. Appearance
10. ___ de deux
14. Farm call
16. Automobile sticker fig.
17. Starch
18. Ascend
19. Stalk
20. Prefix with China
23. Fed. construction overseer



TRIVIA TEASER | FLAGS OF THE WORLD

1. What is the background color of the United Nations flag?

a-White, b-Blue, c-Silver, d-Red

2. What musical instrument formerly appeared on the Irish flag?

a-Bagpipes, b-Horn, c-Harp, d-Saxophone

3. A 24-spoke wheel called the Ashoka Chakra appears in the center of what nation's flag?

a-Japan, b-Thailand, c-India, d-Tibet

4. Which Scandinavian country's flag has a yellow cross on a blue background?

a-Denmark, b-Finland, c-Norway, d-Sweden

5. How many stars appear on the national flag of Cuba?

a-1, b-3, c-15, d-50

6. How many stars appear on the official flag of Israel?

a-1, b-8, c-13, d-15

7. The flag of which African nation features a green star on a red background?

a-Algeria, b-Tunisia, c-Morocco, d-Mali

8. The flag of which country consists of three equal horizontal bands of black, red, and gold?

a-France, b-Egypt, c-Germany, d-Belgium

9. The flag of which country pictures a golden eagle with a snake in its mouth?

a-Mexico, b-India, c-Turkey, d-Italy

10. The royal seal framed by the Pillars of Hercules appears on what nation's flag?

a-Hungary, b-Spain, c-Poland, d-Greece

TRIVIA TEASER | THE U.S.

1. What famous document begins: "When in the course of human events...?"

2. What current branch of the U.S. military was a corps of only 50 soldiers when World War I broke out?

3. Who said: "I'm the president of the United States and I'm not going to eat any more broccoli?"

4. What president was shot while walking to California Governor Jerry Brown's office?

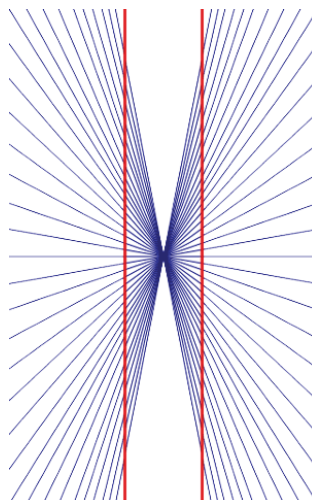
5. What Alabama city saw state troopers attack Civil Rights marchers on Edmund Pettis Bridge?

6. Who was the first U.S. president to adopt the informal version of his first name?

7. What civil rights leader did Dorothy Parker leave the bulk of her estate to?

Porcupines float in water.

ARE THESE TWO RED LINES PARALLEL?



SODUKO

7	9						3
		8				2	
			7		2		5
				8	3		1
	6			7			9
	1		5	6			
4			3		9		
		5				1	
1							3 2

yappy hour

OH, THE PLACES YOU'LL GO

the area's friendliest dining spots **to take your furry friend**



Buddy (white dog) with friends at O'Malley's Irish Pub.

Café Taj

1379 Beverly Rd | McLean
703.827.0444

Outside patio serves 20 people, reservations are not permitted.

Clare and Don's Beach Shack

130 N Washington St | Falls Church
703.532.9283

Clare and Don's Beach Shack offers seafood and sandwiches in a casual setting with seating for dogs.

Duangrat's

5878 Leesburg Pike | Falls Church
703.820.5775

Duangrat's mouth-watering authentic Thai cuisine leads to long waits at this popular Falls Church spot. Pets welcome outdoors in summer.

Kazan

6813 Redmond Dr | McLean
703.734.1960

Quiet, well-behaved dogs are welcome at this Turkish/Mediterranean restaurant. Patio holds 1-2 dog-friendly tables with 4-5 people per table.

Konami

8221 Leesburg Pike | Vienna
703.821.3400

Head to Konami for simple, fresh sushi and enjoy lunch on their charming outdoor patio where your pet can join you.

La Caraquea

300 W Broad St | Falls Church
703.533.0076

Nibble on authentic, flavorful Venezuelan, Bolivian, and Chilean specialties at this cheerful Falls Church eatery. Pets welcome outdoors.

Lost Dog Cafe

1690A Anderson Rd | McLean
703.356.5678

We love Lost Dog Cafe! Not only is their food exceptional but dogs are allowed on their patio. The McLean location outside area seats 16 people. No size limit on dogs, but they don't take reservations.

McCormick & Schmick's

8484 Westpark Dr | McLean
703.848.8000

Patio holds 21 dog-friendly tables. You can even make patio reservations!

O'Malley's Irish Pub

1960 Chain Bridge Rd | McLean
703.893.2100

Join O'Malleys every Sunday through October 30th between 3pm and 7pm to hang out with your friends including your dog! Great treats offered throughout the summer with lots of shade and cool water under their tent.

Open Kitchen

7115 Leesburg Pike | Falls Church
703.942.8148

At this neighborhood bistro, Open Kitchen's lunch and dinner menus balance healthy eating with tasty global-inspired dishes, incorporating fresh, locally-farmed ingredients, sourcing as many organic items as possible. Dine Al Fresco choosing from our menu or the chef's daily special with your pet at your side on our dog-loving terrace.

Sushi Yoshi

101 Church St NW | Vienna
703.242.1350

Sushi Yoshi offers satisfying sushi dishes and allows pets to dine with the owners at outside tables.

Tigris Grill

2946-P Chain Bridge Rd | Oakton
703.255.5950

This Oakton eatery specializes in Iraqi fare, including delicious charcoal-grilled kabobs. Pets welcome at outdoor tables.

7	9	2	1	5	8	4	6	3
5	3	8	4	9	6	2	7	1
6	4	1	7	3	2	9	8	5
2	5	4	9	8	3	7	1	6
8	6	3	2	7	1	5	9	4
9	1	7	5	6	4	3	2	8
4	2	6	3	1	9	8	5	7
3	8	5	6	2	7	1	4	9
1	7	9	8	4	5	6	3	2

N	E	B	U	L	A	S	A	T	U	R	N	
I	M	N	O	Q	M	E	T	E	O	R	F	N
G	B	L	A	C	K	H	O	L	E	V	T	U
H	R	E	T	S	U	L	C	E	C	A	P	S
T	A	F	O	Q	U	A	S	A	R	Y	V	A
Y	Z	N	E	P	T	U	N	E	S	X	C	T
E	T	F	O	T	U	L	P	O	T	A	R	E
A	U	R	A	L	L	A	A	L	L	L	L	L
R	U	R	A	N	U	S	T	R	A	I	G	E
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J	J	T	C	V	C	R	S	N	R	V	R	E
K	H	E	T	E	U	O	H	O	A	I	O	
M	A	R	S	N	H	Y	M	A	L	L	I	W
M	E	R	C	U	R	Y	Q	E	S	A	P	D
L	O	Z	J	S	J	U	P	I	T	E	R	B

B	O	O	R		S	A	M
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M	A	R	I	A	C	H	I
P	R	I	G		H	U	N
G	U	S	H		E	N	D
	M	E	T		S	T	O

Answer to 'Flags of the World'

- 1-b, Blue
- 2-c, Harp
- 3-c, India
- 4-d, Sweden
- 5-a, 1
- 6-a, 1
- 7-c, Morocco
- 8-c, Germany
- 9-a, Mexico
- 10-b, Spain

Answer to 'The U.S'

1. The Declaration of Independence
2. The Air Force
3. George Bush
4. Gerald Ford
5. Selma
6. Jimmy Carter
7. Martin Luther King Jr.

horoscopes

september

ARIES: Though your relationships with others at work have not always run smoothly, right now, co-workers are on your side. They are supporting you behind the scenes, especially those who are results-oriented.

TAURUS: Your social nature is apparent now. Use it to your advantage in every part of your life at work, at home, and at gatherings. Remember that people are most interested in those who are interested in them.

GEMINI: Give some special thought to your financial situation. If credit card balances are building, it's time to reconsider. Evaluate purchases on the basis of real needs rather than wants. There is a big difference.

CANCER: Though you may not be a really talkative person, that trait is not required in order to be a good communicator. When you can clearly discuss a situation in brief terms, you communicate better than those who will not.

LEO: A health issue you have ignored should be dealt with very soon. Smaller health problems can turn into larger issues if not taken care of regularly. For some Leos, that might mean a firm commitment to adopting a healthier lifestyle. You know what you need to do.

VIRGO: Good luck and good fortune may soon come your way. In order to have them fall into place, you have to lay the groundwork. Think about what you can do to set the stage and take advantage of opportunities.

LIBRA: Your sign is well known for talent and accomplishment, but it is also known to be tinged with a tad of selfishness. That is not all bad, because when it comes to taking care of yourself and learning, you are heading in the right direction.

SCORPIO: Just in the nick of time, the Labor Day break is here. Not only does it celebrate the end of summer, but it's supposed to be a day of rest for all working people. So skip the big plans and get the rest you are entitled to.

SAGITTARIUS: When it comes to love and romance, there's no need to wait for a full moon in September. To kindle those magical feelings, all you have to do is gaze into the eyes of that special someone and speak words of love.

CAPRICORN: Days filled with energy are often followed by days when routine takes over. This month, your energy is high, and you feel as though you could tackle any problem or project. Treasure these days and make good use of them.

AQUARIUS: You may feel that you know all the answers and would like to take over. But you have enough on your plate already. Sometimes it's better to stand back and let others lead. You don't have to be the chief, just be a good Indian for now.

PISCES: If your normal level of creativity is not up to par, Pisces, go to your water sign for rejuvenation. Gaze at the ocean or at the lake, relax and take it in. Swim, sail, go fishing or paddle your own canoe. The real, creative you will come back.

october

ARIES: Do your best to wind things up at work before the long Columbus Day weekend. Tap your energy now so you'll have clear sailing and a relaxing good time.

TAURUS: Your gregarious nature draws people to you, it's true. But keep an eye on your super-conservative side. At work and home things change all the time. You may not like them, but your charming ways will help you adapt.

GEMINI: It's almost like magic. This is the month of discoveries, and you will dare to discover new aspects of your talents. Root them out and use them for good.

CANCER: Your ship could be sailing, so be sure to get on board. Cooperate with coworkers to raise your image. Cater to the boss so he knows you appreciate him (or her)! Avoid making a lot of negative comments.

LEO: Yes, you are a great communicator, whether you realize it or not. Your talent will soon be tested as you speak positively to bring people together on a special project.

VIRGO: Caution is the order of the days in the first two weeks of October. Think before spending, for example, and don't rile the boss. After that, the tide will turn.

LIBRA: If you find yourself looking forward to work more than to your downtime, you need to make some changes. Get closer to family and friends. Plan to have some fun.

SCORPIO: When everyone around you seems to be testy and rushed, make an effort to be kind and polite. You will be surprised at what a difference it makes, and you could even influence others to follow your example.

SAGITTARIUS: There's good news this month for Sagittarians. In matters of the heart, all signals are "GO." Expect a sweetheart to be sweeter and a partner to be romantic. Be open to them and their sweetness will continue.

CAPRICORN: If your health seems to be sputtering, it's time to check it out. A lack of energy and a few pains could be caused by something your doctor can help you correct. Don't be afraid. Just get the facts.

AQUARIUS: If you haven't taken your vacation, think about doing it before the year ends. When you are a person who is very busy, you could be surprised at your increased productivity when you get back to your job.

PISCES: Your high intelligence serves you well in most instances, but could also be leading you in the wrong direction. Think about what you really want to do.



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