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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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2011  
NOVEMBER.DECEMBER

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I first met Ype Von Hengst and Bob Gaiimo 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.*

**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.

**Allison Chase Sutherland** is a restaurant reviewer/ travel writer and photographer, author of ‘allicucina’ international cookbook, multilingual voiceover talent, and foreign language instructor. allivoice.com

**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 Culinaria Cooking School in Vienna, VA. bonitawoods.org culinariacookingschool.com

**Cindy Pavell, M.S.** is a health educator and fitness specialist since 1988, Cindy welcomes any questions, suggestions for topics, and/or feedback. Fitness + Wellness, cpavell@cox.net  
Twitter: cepfitwell, fitnesspluswellness.com

**Cheryl Stratos** is a partner at Innovative Association Solutions. Her interests extend to writing and publishing. She lives in McLean with her husband and son.

**David J. Jones M.D.**, is a leading primary care physician in Northern Virginia, certified from the American Board of Internal Medicine and an American Academy of Private Physicians member. Dr. Jones applies his training, communication skills and personal approach to the patients at Principal Medical Group, a concierge medical practice. (703) 663-8824; info@principalmedicalgroup.com

**Debbie Casey** has lived in Vienna for over 20 years. When not wining and dining she sells real estate for Keller Williams in Vienna/Tyson 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

# 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

Red, White, and Bleu  
127 S Washington St

## NOVEMBER

### November 2 Civil War Voices

The Barns at Wolf Trap | Vienna  
8 pm | \$30  
This moving musical theater production brings the Civil War back to life through compelling true stories, transforming them into songs to portray the adversity of the time period.

### The Value of Managed Travel

Courtyard Marriot | McLean  
11:30am  
Please join us to hear from industry subject matter experts with actual case studies that demonstrate the return on investment of managing travel spend. If you have never managed travel spend and would like to learn more about working with suppliers such as a travel management companies, hotels, airlines, cars and corporate card providers, this event is for you.

### November 3 Girlyman

The Barns at Wolf Trap | Vienna  
8 pm | \$20  
Combining folk and pop music inspired by the '60s, the Village Voice calls Girlyman "really good, really unexpected, and really different."

### Travel and Adventure Film Series

McLean Community Center | McLean  
7:30pm  
Cruising the Eastern Mediterranean, with Sid and Mary Lee Nolan.

### November 4

#### Livingston Taylor

The Barns at Wolf Trap | Vienna  
8pm | \$24  
Livingston's mesmerizing voice delivers charming folk songs with a carefree confidence.

### November 5

#### Children's Flea Market

McLean Community Center | McLean  
11am | \$20 per booth  
Buy cool books, games, toys, and clothes at great prices. There will be a donation truck on hand after the event to take any unsold items you wish to donate.

#### Jackopierce

Jammin' Java | Vienna  
7pm | \$30  
Jackopierce released their first album in 12 years, "Promise of Summer" in 08. And have since released two live albums, "Mile High: Live from the Soiled Dove in Denver" and "Live from Atlanta" as well as "Acoustic Summer." They continue to play most major cities once a year and are working on an album to be released in late 2011.

#### Social Ballroom

Colvin Run Community Hall | Great Falls  
9pm | \$12  
1st Saturday of every month. Dance Lesson 8pm to 9pm. Admission fees: dance \$12 per person; optional dance lesson \$5 per person.

#### Wine Tasting

Red, White, & Bleu | Falls Church  
12pm  
Come and enjoy a sip of wine! Pouring Sat: 12pm - 8pm

### November 6

#### How To Start Your Own

### Business or Consulting Practice

Gannet Headquarters | McLean  
8am | \$215 early bird  
Would you like more flexibility, more money, and a chance to leave the institutional bureaucracy behind? Do you want to work from home or feed your creative side? Learn from one of the country's most successful nurse entrepreneurs on how to start, and successfully operate a business.

#### Joshua Rich in Concert

Celebration Center for Spiritual Living | Falls Church  
1pm | \$25  
Sounds of beauty. Songs of love and inspiration. Music that lifts spirits high, opens hearts and brings peace to the soul.

### November 9

#### Family Force 5 Presents: It's All Gold Tour

Jammin' Java | Vienna  
8pm | \$15  
Hailing from the depths of the dirty south, the mighty Family Force 5 has spent the last six years on a bombastic, arduous crusade, conquering clubs and arenas worldwide with an unrepentant swagger that has made the band the poster child for DIY business models in the music industry.

#### Dala

The Barns at Wolf Trap | Vienna  
8pm | \$20  
Fresh to the American music scene, this Canadian acoustic-folk duo possesses vocals that complement each other separately and gracefully harmonize together.

### November 10

### Eric Brace & Last Train Home

The Barns at Wolf Trap | Vienna  
8pm | \$20  
Powerful country lyrics with upbeat rock undertones produce a blended sound that has kept this local band in the spotlight.

### November 11

#### Charlie Mars

Jammin' Java | Vienna  
7pm | \$18  
With his latest album, Like A Bird, Like A Plane, Charlie Mars has sewn together tightly crafted songs with moods and melodies that pulse with sex, wonderment and personal destruction - all themes that may clash on paper but in music, suggest mysteries that are organic to us all.

#### Robert Belinić, guitar

The Barns at Wolf Trap | Vienna  
8pm | \$30  
This Croatian musician was the first guitarist to ever win the Young Concert Artists International Auditions.

Tango at Colvin Run Community Hall  
Photo Credit: Andrew White



#### Tango Milonga

Colvin Run Community Hall | Great Falls  
9pm | \$12  
No lessons. Tango is 2nd Friday of every month.

#### Veterans Day Ceremony

Falls Church City Government | Falls Church  
11am | Free  
Event held at the Community Center's Veterans Memorial.

### November 12

#### Ballroom Blitz

Colvin Run Community Hall | Great Falls  
8pm | \$12  
A night of your favorite classic and contemporary dances Waltz, Tango, Foxtrot, Rumba, Cha Cha, Samba, with a dash of Swing.

#### Bobby Long + Rayland Baxter

Jammin' Java | Vienna  
7pm | \$15  
Since he began performing in North America in April of 2009, Long has logged more than 150 shows (including sold-out appearances in major U.S. cities, Canada and Europe), winning over audiences with his gritty, passionate performances. His haunting vocals, intricately woven lyrics and intriguing guitar work, not to mention his charming tall tales, have helped to cultivate a devoted fan base that has filled rooms night after night.

#### The Bobs

The Barns at Wolf Trap | Vienna  
7:30pm | \$22  
A cappella sensations take well-loved hits, such as "Ring of Fire" and "Come Together," and transform them into entertaining variations.

#### Vienna Womans Club 51st Holiday Bazaar

Vienna Community Center | Vienna  
9:30am-4pm | varied prices  
51st Holiday Bazaar with 80 Crafters/Vendors plus Book Sale, Bake Sale, Aunt Alice's Attic to raise funds for Club's Scholarship Fund and donations to 4 Vienna Elementary Schools.

### November 13

#### Holiday Mozart

St. Francis Episcopal Church | Great Falls  
4pm  
Come out to see the McLean Orchestra perform.

#### Vienna Turkey Trot 5k and Fun Run

Vienna Volunteer Fire Department | Vienna  
8am | \$25 5k/ \$10 Fun Run  
The James Madison High School Marching Band will be hosting the 9th annual Vienna Turkey Trot 5K and 1-mile Fun Run. Proceeds will benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Register at [www.viennaturkeytrot.com](http://www.viennaturkeytrot.com).



### November 14

#### Breakthrough Training

Courtyard Marriot | Vienna  
10am  
The Breakthrough Training gives participants the opportunity to discover and realign the belief systems that govern their lives such that they experience a transformation in their ability to love others, as they want to be loved.

#### Wolf Blues Jam

JV's Restaurant | Falls Church  
8:30pm | free  
Wolf's Blues Jam every 2nd & 4th Monday (and some extras), 8:30 pm 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!

### NOVEMBER 15

#### 4th Annual Food Drive and Fundraiser to benefit The Capital Area Food Bank

Argia's Restaurant | Falls Church  
6-9pm | free w/ a food drive donation (value \$10) or a \$10 admission fee  
Sponsored by Solano Spine & Sport Chiropractic. Come

join us for our 4th Annual Food Drive & Fundraiser to benefit The Capital Area Food Bank. There will be a silent auction consisting of sports memorabilia, local business services, Restaurant gift cards, health services, and more. Come meet local sports celebrities Michael Weiss, Jimmy Lange, and more! Check [www.solanospine.com](http://www.solanospine.com) for updates. Door prizes drawn every 30 minutes.

### November 16

#### Insurance Educational Seminar with Agent Jonna Wooten, State Farm

Vienna Volunteer Fire Department | Vienna  
6:30pm | free  
FREE, no obligation insurance information seminar sponsored by Jonna Wooten, State Farm Insurance Agent in Vienna VA. Participants can bring their current insurance policies and have licensed agents review the policies, explain the coverage for a better understanding of what they have. Come ask questions about auto, home, life, disability, and retirement. Refreshments will be served!

### November 17

#### Melissa Manchester

The Barns at Wolf Trap | Vienna  
8pm | \$35  
GRAMMY-winning vocalist known for her ballads "Midnight Blue," "Don't Cry Out Loud," and "You Should Hear How She Talks About You."

#### Nook at Night Workshop

Barnes & Noble at Tysons Corner | McLean  
6:30pm | free  
Want to learn all about the great features of your NOOK? Then join us every Third Thursday for our NOOK at Night Workshops, where we'll teach you how to shop, lend books, and more.

### November 18

#### Catie Curtis



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  
shoptysonson.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

Tyson's Corner Center  
1961 Chain Bridge Rd  
703.847.7300  
shoptysonson.com

**Vienna**  
The Barnes at Wolf Trap  
1635 Trap Rd

The Barns at Wolf Trap |  
Vienna  
8pm | \$22  
Called a “folk-rock goddess” by  
The New Yorker, this Boston-  
based folkie doesn’t hesitate to  
bend genre lines with upbeat  
energy.

**November 19**  
**Dance For Everyone**  
Colvin Run Community Hall |  
Great Falls  
8pm | \$12  
Dance For Everyone every  
3rd Saturday of the month.  
Variety of DJ’d contemporary  
and classic dance music  
including west coast swing,  
east coast swing, hustle, shag,  
Latin, country western two-  
step, waltz, and more, plus  
requests!

**Habitat Restoration Event**  
Falls Church City Government  
| Falls Church  
10am | free  
Join the City of Falls Church  
Habitat Restoration Team in  
restoring the local ecosystem  
in city parks. We will be  
removing damaging invasive  
plants as well as planting  
natives that benefit our local  
birds and butterflies.



**Homeward Trails Animal  
Rescue Dog Adoption  
Event**  
Wylie Wagg | Falls Church  
12pm | free  
Could one of the dogs  
attending this event be your  
new best friend!? Come meet  
some of Homeward Trail’s  
adoptable dogs and find out!

**November 20**  
**Kris Delmhorst**  
Jammin’ Java | Vienna  
7pm | \$18  
Delmhorst recorded her new

songs alone and off the clock,  
in late night sessions that  
yielded layers of intimate  
vocals combined with nylon  
string and electric guitars,  
cellos, keyboards, and  
percussion. , but retaining a  
hushed intensity, a spirit of  
lo-fi intimacy and unhurried  
exploration.

**November 25**  
**The Grandsons**  
The Barns at Wolf Trap |  
Vienna  
8pm | \$16  
This DC-based quartet offers  
an exuberating blend that  
The Washington Post calls “a  
genre-hopping, sax-streaked  
mélange of party music.”

**November 26**  
**John Eaton**  
The Barns at Wolf Trap |  
Vienna  
7:30pm | \$25  
From Gershwin to Porter, this  
long-time Wolf Trap favorite  
and local jazz pianist presents  
popular American songs with  
entertaining observations and  
interpretations.

**Civil War Thanksgiving  
Reenactment**  
Cherry Hill Park | Falls  
Church  
11am | free  
Come out to Cherry Hill to see  
a great reenactment.

**November 28**  
**Swap & Roll: Musicians’  
Gear Swap & Networking  
Event**  
The Soundry | Vienna  
11:30am | \$5  
The Soundry is opening  
its performance space and  
stage for a musicians’ gear  
exchange, vendor tables,  
networking & auditions!

**November 29**  
**Wine Book Club**  
Red, White & Bleu | Falls  
Church  
7:30pm  
Monthly Book Club Meeting.  
Reading through the book,  
"The Wine Club" - Maureen  
Christian Petrosky. Call the  
shop for further details!

**November 30**  
**Steve Solomon’s**  
**My Mother’s Italian, My**  
**Father’s Jewish & I’m**  
**Home for the Holidays!**  
The Barns at Wolf Trap |  
Vienna  
8pm | \$32  
This award-winning  
dialectician/comedian will  
have you laughing nonstop  
as you listen to a hilarious  
recount of a chaotic family  
reunion.

## DECEMBER

**December 1**  
**Sam Robert’s Band +**  
**Zeus**  
Jammin’ Java | Vienna  
8pm | \$17  
Though the Sam Roberts  
Band may be named for its  
singer and primary songwriter,  
Roberts has long relied on his  
inner circle - guitarist Dave  
Nugent, guitarist/keyboardist  
Eric Fares, bassist James Hall  
and drummer Josh Trager - to  
translate his ideas into sound.

**Evening Book Group**  
The Mary Riley Styles Public  
Library | Falls Church  
7:30pm  
Title TBD.



**December 2**  
**29th Annual McLean**  
**Holiday Crafts Show**  
McLean Community Center |  
McLean  
11am | \$3 admission  
Come enjoy the sights,  
sounds, and aromas of the  
season! This year’s craft  
show will feature 80 fine  
American artisans from  
across the country as well  
as live holiday music to help  
you get into the holiday

spirit. A silhouette artist\*  
will be available throughout  
the show for personalized  
silhouette cuttings. Do all your  
Christmas, Hanukkah and  
New Year’s gift shopping under  
one roof! It’s all here!

**December 3**  
**Christmas Around The**  
**World**  
Oakcrest School | McLean  
8pm  
Holiday Favorites including  
Sleigh Ride, White Christmas.  
Highlights from Tchaikovsky’s  
Nutcracker and Handel’s  
Messiah.

**Holiday Craft Show**  
Falls Church Community  
Center | Falls Church  
9am | free  
Come out to Falls Church  
Community Center to see  
some of the area’s best artists  
and crafters.

**December 4**  
**Russian Rhapsody**  
Vienna Presbyterian Church |  
Vienna  
3pm  
Come out and listen to the  
beautiful sounds of the  
American Youth Concert  
Orchestra and American  
Youth Symphonic Orchestra.

**December 5**  
**Holiday Beer Dinner**  
Dogfish Head Ale House |  
Falls Church  
7pm  
Holiday Beer Dinner at Falls  
Church.

**December 7**  
**Winter Traditions**  
**Workshop**  
Claude Moore Colonial Farm |  
McLean  
6pm | \$10  
Learn the songs, dances,  
stories and games that  
18th century folk used to  
celebrate holidays and enliven  
the winter evenings. Paid  
reservations required.

**December 11**  
**Holiday Concert**  
Vienna Community Center |  
Vienna  
3pm

Come out and listen to the  
Vienna Community band play  
your favorite holiday tunes.

**Wassail**  
Claude Moore Colonial Farm |  
McLean  
1pm  
In the dead of winter the apple  
trees need encouragement to  
bear well during the coming  
year. Gather in the Farm’s  
orchard to wassail the trees  
with singing, dancing and  
chants to ensure a “howling  
crop.” Enjoy hot spiced cider,  
sugar cakes, a bonfire and  
18th century games.

**Winter Magic**  
Langley High School | McLean  
3pm  
Come listen to the beautiful  
sounds of the American Youth  
String Ensemble.

**December 16**  
**Parfumerie**  
1st Stage | McLean  
8pm | TBA  
In time for the winter  
holidays, enjoy the warmth  
of Parfumerie, the story that  
inspired "You've Got Mail" and  
the musical, "She Loves Me".  
Amidst the Christmas bustle,  
two Budapest shop clerks  
bicker by day, oblivious to the  
fact that they've fallen in love  
exchanging anonymous love  
letters.

**December 31**  
**New Year's Eve Milonga**  
Colvin Run Community Hall |  
Great Falls  
Details TBD  
Special New Year's Eve  
Milonga and Tango.

## CHILDRENS/ TEEN EVENTS

**November 5**  
**(Tot Rock) Hope Harris &**  
**the Cousins Jamboree**  
Jammin’ Java | Vienna  
10:30am | \$10  
Originally from Lynchburg,  
Virginia, Hope has appeared  
on stages big and small from  
the St. James on Broadway  
to the Bluebird Café in

Nashville where she sang with  
legendary songwriter, Don  
Schlitz. And these days, more  
often than not, you will find  
her surrounded by children  
whipping up her own brand of  
contagious theatrical, musical  
fun.

**November 6**  
**(Tot Rock) Recess**  
**Monkey**  
Jammin’ Java | Vienna  
11am | \$10  
Zooglobber Recommended!  
"Fun times three. This Seattle  
trio continues to write great  
songs and has a fun, energetic  
stage show to match. Think  
of them as the west coast  
Rocknoceros."

**November 7**  
**(Kid Show) The Great**  
**Zucchini**  
Jammin’ Java | Vienna  
10am | \$5  
The Great Zucchini,  
Washington’s funniest and  
most magical preschool and  
kindergarten entertainer,  
performs a colorful magic  
show where every child is a  
star and guaranteed to laugh!  
Experience the excitement of  
the children when they get to  
learn a magic trick at the end  
of show!

**November 8**  
**(Kid Show) Mr. Don**  
Jammin’ Java | Vienna  
10:30am | \$5  
Unusual pets, insomnia  
woes, sibling rivalry, and  
fables about the importance  
of gratitude, caring for the  
Earth and forgiving others are  
some of the themes that run  
through Don’s award-winning  
music for children. Sing-  
alongs, motion songs, and lots  
of rhythm instruments keep it  
lively and fun for everyone!

**November 9**  
**Kid Krusaders Kids**  
**Club Presents Mr. Knick**  
**Knack!**  
Tysons Corner | McLean  
11am | free  
Join Mr. Knick Knack every  
Wednesday for family fun  
presented by Tysons Corner

Center’s Kid Krusaders Kids  
Club!  
**Kid Krusaders Kids Club**  
**Fiesta!**  
Tysons Corner | McLean  
11am | free  
Join us the second Wednesday  
of each month for the exciting  
Kid Krusaders Kids Club  
Fiesta!

**November 10**  
**Crate & Barrel Presents**  
**Land of Nod Story Time**  
Tysons Corner | McLean  
11am | 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.

**November 18**  
**Discovering Snakes**  
Great Falls Park | Great Falls  
3pm | free  
Snakes are wildlife too! Join  
a park ranger to meet a very  
special snake and learn more  
about why it is important to  
protect them.

**December 3**  
**Children’s Holiday Shop**  
Cherry Hill Farmhouse | Falls  
Church  
10am | varied prices  
Let your children shop for  
their family members.

**December 31**  
**Middle School New Years**  
**Eve Party**  
Falls Church City Government  
| Falls Church

## RECURRING EVENTS

**MONDAYS**  
**Open Gym**  
Faith Baptist Academy |  
Vienna  
7am-9pm  
Basketball and Volleyball  
possible. Vending Machine  
available. Ages 16 and older  
please.

**Strangers In The Studio**  
The Soundry | Vienna  
7pm-12am  
Strangers aren’t always scary.



703.255.1900  
wolftap.org

Caffe Amouri  
107 Church St  
703.938.1623  
caffeamouri.com

The Filene Center at Wolftap  
1551 Trap Rd  
703.255.1900  
wolftap.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  
viennacomunityband.org

Vienna Volunteer Fire Department  
400 Center St South  
703.938.2678

Grab your sketch book, paints, sculpy--all your creative juices and bit of social oomph and come to The Soundry to work, meet other artists and drink some mighty fine liquids from the coffee shop.

**TUESDAYS**  
**Music Open Mic**  
The Soundry | Vienna  
8pm  
Every Tuesday night the Soundry hosts their popular all ages Open Mic. The mic opens at 8pm for ALL kinds of music, including bands. The stage has a drum kit and PA.

**Salsa Lessons**  
Iris Lounge | McLean  
7:30pm  
Salsa Night – Lee “El Gringuito” and Kat “La Gata” teach the hottest Salsa dance moves! Classes go from 7:30pm-9pm then Hot Salsa Dancing until 2am.

**WEDNESDAYS**  
**Dead Man’s Chess & Coffee**  
The Soundry | Vienna  
7pm | free  
A casual chess tournament in the coffee shop. Led by chess enthusiast, Antoine. Wall honors to the weekly champion! Free to play but players should plan on being a good coffee shop customer.

**Live Jazz Night**  
Iris Lounge | McLean  
7pm  
Live Jazz Night – The Christopher Linman Jazz Ensemble will keep you entertained from 7-11pm.

**Verbal Assault Comedy Open Mic**  
The Soundry | Vienna

8pm  
The Soundry welcomes new and veteran comics to our unique venue. The Soundry is a great space to test new material, network and build a fan base before tackling the big bad world.

**THURSDAYS**  
**Drop In Oil Painting Class with Matt Somma**  
The Soundry | Vienna  
6pm | \$25  
This is a weekly drop-in class for beginner and intermediate oil painters. Please bring a canvas, brushes, oil paints and paper towels to each session. More materials may be requested as student progress at their pace. Due to the demand, students are required to pre-register and pay for their 1st session!

**Ladies’ Night**  
Iris Lounge | McLean  
All night till close | ladies free  
Come out to Iris Lounge for a night of dancing, pool, and the areas hottest DJs.

**Light Industry (Film Clubbin’)**  
The Soundry | Vienna  
8pm | \$15  
Light Industry at The Soundry offers a simple cinematic exhibition space for international, avant-garde, forgotten, local and independent films. We will also enjoy kinetic visual media and offer a forum for the discussion of moving pictures.

**Record Party**  
The Soundry | Vienna  
7pm  
Join us in The Soundry coffee bar for an old school record party. Bring your favorite

records and we will put them on the turn table. Listen to music and meet other music junkies while enjoying some mind melding espresso. A chill evening for music lovers and cool cats.



**FRIDAYS**  
**Club Night- Vinyl & Games**  
Café Amouri | Vienna  
7pm  
It’s Friday, and it’s time to relax. We play vinyl on a phonograph (off the wall, your choice, or bring some from your own collection) play board games (we have some or bring your own) and just RELAX from a hard week.

**Friday Afternoon Chess**  
Great Falls Library | Great Falls  
1pm | free  
The Great Falls Friday Afternoon Chess Group will meet every Friday Afternoon, and is open to all ages - perfect for kids to drop in after school. Open to all levels of players as well. This event is free and no registration is required.

**SATURDAYS**  
**Burgers & Open Mic Night**  
Clydes of Tysons | McLean  
10pm  
Join Clydes for Open Mic



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Night from 10 - close.

### Falls Walk

Great Falls Park | Great Falls  
12:30pm | free

Join a Park Ranger for a forty five minute walk along the Falls overlooks. Learn about the waterfall and explore the natural and cultural history of the park.

### Farmers Market

Falls Church City Government | Falls Church  
8am-11am | free  
Check out local farmer's offerings.

### Open Mic

Café Amouri | Vienna  
7pm  
Sign up for your 20 minutes of fame!

### Ranger Rendezvous

Great Falls Park | Great Falls  
1:30pm | free  
Rangers will be on hand to answer questions and to chat about topics related to the park. Drop by with your questions at Overlook 2!

### SUNDAYS

#### Bird Watching

Great Falls Park | Great Falls  
8am | free  
Grab your binoculars and join this informal group to catch a glimpse of resident and migratory birds in Great Falls Park. Meet in the Visitor Center courtyard. Rain or shine.



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# arts & theatre

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## FALLS CHURCH »

Home of Falls Church Arts & Creative Cauldron

### FALLS CHURCH ARTS

410 S Maple Ave  
fallschurcharts.org

» **November 3 – 14**  
"MiXeD uP" Multi-Media Show

» **November 10**  
Thurs at 7pm-10pm  
"MiXeD uP" Reception -  
"Meet the Artists"

» **November 17**  
Thurs at 7pm-10pm  
"Functional Arts" Reception & Sale -  
"Meet the Artists"

» **November 17 – December 23**  
"Functional Arts" Show & Sale

### GREAT FALLS STUDIOS

703.759.2440  
www.greatfallsstudios.com

#### Monthly Virtual Gallery Opens in Great Falls

Artists in Great Falls have opened a new online gallery to showcase the creative output of 101 artist members of the arts group Great Falls Studios. The virtual exhibitions change at the first of each month, with a new theme and new art. Work of local school children appears twice a year. Great Falls artists work in many mediums including, printmaking, weaving, pottery, painting, sculpture, jewelry design, wood carving and more. Many of the artists are award winners recognized regionally, and their work also appears in galleries up and down the East Coast and beyond. Visit website for gallery.

#### December 10 & 11 Great Falls Holiday Art Show & Sale

Sat & Sun 10am to 5pm | 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.

### CREATIVE CAULDRON

571.239.5288  
creativecauldron.org

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.

#### December 1 - 18 » Christmas Cabin of Carnaween

Thur & Fri at 7:30pm | Sat 2pm & 7:30pm | Sun at 2pm & 4pm  
Fee: \$15 Adults | \$12 Students/Seniors  
This delightful Irish folktale has become the signature production for the holidays! Set in the days of the great potato famine, the tale follows the journey of a tinker's child who longs for one day having a home of her own. The years go by and her dream would go unfulfilled were it not for the wee people who come to her aid on a beautiful snowy night on a hillside in Carnaween.

## THE GREAT FALLS FOUNDATION FOR THE ARTS

1144 Walker Rd Suite D & G  
greatfallsfoundationforarts.org

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

#### NOVEMBER 4 » Richard Kelly, Acclaimed Art Collector & GFFFTA Board Member, to Share Tips on Building & Caring for an Art Collection

Great Falls Library | 7pm - 9pm  
Twice named one of the "Top 100 Collectors in America" by Art and Antiques Magazine, Kelly is the founder of the highly regarded Kelly Collection of American Illustration, which includes original works by Norman Rockwell, J.C. Leyendecker, Howard Pyle and N.C. Wyeth, and is recognized as one of the most extensive collections of paintings and drawings from the "Golden Age" of American Illustration in the country. This program is sponsored jointly by GFFFTA and Great Falls Studios as part of ongoing efforts to help make Great Falls a more artful community.

#### NOVEMBER 19 » Art Night Out 2011: An Evening of Art & Entertainment to Benefit Great Falls School of Art

Riverbend Country Club | 7pm - 10pm.  
Silent art auction. Painting demonstrations. Raffle. Music and more. Event proceeds will be used to secure workshop space, establish scholarships.market the school's programs and expand its curriculum.

Special Great Falls Studios Holiday Event!

VISIT

#### Village Green Day School

790 WALKER ROAD  
WWW.GREATFALLSSTUDIOS.COM

## MCLEAN »

### THE ALDEN THEATRE

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

www.aldentheatre.org

The intimate Alden Theatre has near-perfect acoustics and a welcoming environment that will make you feel at home. Our Professional Artist Series features nationally and internationally known artists from the worlds of music, dance and theatre. Introduce your child to the arts through our McLean Kids Performance Series or Jammin' Juniors concerts in McLean Central Park. Travel to far-off lands with our Travel and Adventure Film Series.

#### December 10 » Rani Arbo and daisy mayhem

Sat 8 pm | Fee: \$25/\$18 MCC Tax District  
Rani Arbo and daisy mayhem's eclectic roots music is a fresh take on America's musical traditions that combines folk, blues, swing, Cajun and traditional pop influences. Frontwoman Arbo's expressive alto voice and gifted fiddle playing are backed up by the band's brilliant four-part harmonies, guitar, stand-up bass, recycled drum kit and exuberant on-stage spirit. "This quartet has the rare gift for fashioning hip, sleek sounds from the solid cloth of vintage American music." - The Boston Globe

#### December 16-17 » The Most Amazing Christmas Play Series in the Entire History of the World

Fri & Sat 8 pm | Fee: \$10/\$5 MCC Tax District  
By Don Zoldis | Rated PG-13  
Celebrate the holidays with lots of laughs with this series of short plays from the Alden's Studio Rep.

#### January 7 » Airborne Comedians

Sat 8 pm | Fee: \$20/\$15 MCC Tax District  
Enjoy gravity defying entertainment as the Airborne Comedians juggle electric guitars, lawn chairs and other seemingly non-juggleables. This pair is a sure bet to make you laugh.

#### January 13-14 » Capitol Steps

Fri 8 pm & Sat 2 pm | \$45/\$35 MCC Tax District  
This political satire troop is back! Get you tickets early before it sells out.

#### January 18-19 » Les Ballets Trockadero de Monte Carlo

Wed & Thurs 8pm | \$45/\$35 MCC Tax District  
With impeccable timing, madcap sensibility and disciplined elegance, the male dancers known as the Trocks are frolicking guides to the quirks that inhabit classical ballet.

### MCLEAN COMMUNITY PLAYERS

Alden Theatre | 1234 Ingleside Avenue  
703.304.3176| mcleanplayers.org

#### January 27, 2012 » Man of La Mancha

Fri & Sat 8pm, Sun at 2pm | Fee: \$20 Adults  
\$18 Seniors/Students | \$15 Groups 10 +  
Aging parents, rebellious college kids and baby boomers facing a mid-life crisis are the basis for this hysterical adult comedy that will have you roaring. When Mother is dropped off to live with her art dealer daughter and son-in-law in Manhattan by the wife's suburban sister and husband, Mother is introduced to a famous aging artist and suddenly everyone discovers that seniors never lose interest in the opposite sex! For Adult audiences only.

### MCLEAN ORCHESTRA

2010 McLean Orchestra PO Box 760  
703.893.8646 | mcleanorchestra.org

#### December 3 - 4 » Christmas Around The World

Sat 8pm & Sun 3pm  
Conducted by A. Scott Wood  
Holiday Favorites including *Sleigh Ride*, *White Christmas*  
Highlights from Tchaikovsky's *Nutcracker* & Handel's *Messiah*  
Reed: *Russian Christmas Music*

### MCLEAN SYMPHONY

Alden Theatre | 1234 Ingleside Avenue  
703.790.9223 | mclean-symphony.org

#### December 11 » Holiday Magic!

Sun at 3pm  
Fee: \$25 Adults | \$20 Seniors | \$15 Students  
McLean Symphony invites you to Holiday Magic with MarcOlivia, violin duo, the Symphony Festival Singers and principal cellist, Julia Goswick. Also featuring traditional holiday favorites Annual Sing Along Barber: *Die Natali* ... and more!

### 1ST STAGE THEATRE

1524 Spring Hill Rd  
703.854.1856 | 1ststagetysons.org  
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.

#### October 28 - November 20 » The How and the Why

Fri 8pm, Sat 2 pm & 8pm, Sun 2pm & 7pm  
Fee: \$15-\$25  
By Sarah Treem, Directed by Lee Mikeska Gardner  
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.

#### December 16-January 8 » Parfumerie

Fri 8pm, Sat 2pm & 8pm, Sun 2pm & 7pm  
Fee: \$15-\$25  
By Miklós László, Directed by Leslie Kobylinski  
In time for the winter holidays, enjoy the warmth of Parfumerie, the story that inspired "You've Got Mail" and the musical, "She Loves Me". Amidst the Christmas bustle, two Budapest shop clerks bicker by day, oblivious to the fact that they've fallen in love exchanging anonymous love letters. But not everyone in Hammerschmidt's shop finds the season so enjoyable. Come savor all the aromas of the holidays in this comedy for the whole family.

VIENNA ARTS SOCIETY

513 Maple Ave, W #1  
703.319.3220 | viennaartsociety.org  
For information about the ongoing Figure Drawing Studios on Mondays, children's summer art camps, adult classes and the new "virtual workshops", contact VAS at (703) 319-3971; viennaartssociety.org.

**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.

**December 16-January 8 » Parfumerie**  
Fri 8pm, Sat 2pm & 8pm, Sun 2pm & 7pm  
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By Miklós László, Directed by Leslie Kobylinski  
In time for the winter holidays, enjoy the warmth of Parfumerie, the story that inspired "You've Got Mail" and the musical, "She Loves Me". Amidst the Christmas bustle, two Budapest shop clerks bicker by day, oblivious to the fact that they've fallen in love exchanging anonymous love letters. But not everyone in Hammerschmidt's shop finds the season so enjoyable. Come savor all the aromas of the holidays in this comedy for the whole family.

VIENNA STUDIO SCHOOL & RED CABOOSE GALLERY

138 Church Street, NE, Vienna  
(703) 349-7178  
www.joanmariegiampa.com  
Gallery Hours: weekdays 3pm-5pm, by appointment  
The Vienna Studio School provides an artistic environment that fosters growth of the individual in pursuit of their creative process.  
Joan Marie Giampa, a forty-year resident of Vienna, Virginia calls her Studio School "a fine arts school for the new millennium". Joan opened her studio to the public alongside the classroom to foster an environment of open dialogue between herself and her students. It gives students a rare glimpse into the world of their teachers' working studio environment.  
Joan sees her school as an incubator for the creative spirit—combining artistic production with a gallery venue to complete the cycle of production, exhibition and public viewing. Students get the special opportunity to create works of art alongside their instructor, and show their work in the Red Caboose Gallery. Joan produces commissioned artwork for interior designers and private collectors.

November 11-February 11

Joan Marie Giampa

Karen Hubacher

Pat Goslee

Group Show

painting of caboose christmas time from old article, should we use it?

MAVERICK MOSAICS

138 Church St NW  
(703) 938.1755 | maverickmosaics.com  
From new students with little or no mosaic experience to seasoned artists, Maverick Mosaics offers you the opportunity to discover and expand your creativity. Maverick Mosaics offers a variety of workshops and learning opportunities for all ages and skill levels. In addition to mosaics there are workshops in sculpture, polymer clay, jewelry and holiday craft workshops. Special events, birthday parties, corporate team building and scout troop meetings. "Open Studio" times every Tuesday 2pm to 9pm and Wednesday afternoons 1pm to 6pm.

**November 3 - December 31 » Gallery Sale**  
"Small Works", perfect holiday gifts! A portion of all proceeds goes to out program "Creating a Mosaic of Military Families". Call studio for hours. (703) 938-1755.

**November 28 » Church Street Walk**  
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.

**November - February » Mosaic Express**  
Fee: \$99  
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, it’s easy and you’ll be proud of the results. This 3 hour introductory session will give you the basic knowledge of cutting, adhering and finishing techniques to create a small decorative work of art to take home.

VIENNA THEATRE COMPANY

120 Cherry Street, Vienna  
www.viennatheatrecompany.com  
Vienna Community Center  
The Vienna Theatre Company was started in 1974 by Norman Chaudet, who directed drama at James Madison High School. "Norm" formed the VTC after many of the students he directed in the high school productions wanted to continue to work with him after their graduation and his retirement. Norm started his group with the talented young adults and soon expanded it to include members of the community. Since its chartering by the town in 1982, the Vienna Theatre Company is the resident, non-profit performing company at the Vienna Community Center.

November 13 » VTC's 40th Anniversary Celebration

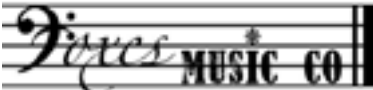
Sunday 1pm-4pm  
Vienna Community Center  
Mark our 40th anniversary with old and new casts members, production staff members, audience members and friends of VTC.

**December 4 » Holiday Show**  
2pm | Fee: \$5  
Vienna Community Center  
One-act holiday play and sing-along



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**The How and the Why**  
October 28 - November 20, 2011  
A new play by Sarah Treem, Directed by Lee Mikeska Gardner

*Parfumerie*  
December 16, 2011 - January 8, 2012  
By Miklós László, Directed by Leslie Kobylinski  
Adapted by Edward P. Dowdall

Fridays at 8pm • Saturdays at 2pm & 8pm • Sundays at 2 pm & 7pm  
1524 Spring Hill Road, McLean VA

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Student Yung-jun Cho in The Studio Theatre's SONGS OF THE DRAGON PLAYING TO HEAVEN, Oct 2010



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From left: "Suprise," Sabrina Cabata, "Doorway"

W

hile growing up in our area, Sabrina Cabada was often told by her teachers and relatives that she had an artistic eye and natural talent to draw.

"I was the kid pulled out of class to help with the bulletin boards and was always the artist among my friends," Cabada says. "Sometimes, when

others see you have a talent, it kind of guides you in life. It was kind of nice having that when I was younger."

Not that she didn't have plenty of encouragement from her parents, who immersed her in the art world as a child.

"My father is an artist and my family owned art galleries in D.C. so I was kind of drawn to it all my life," Cabada says. "Being born the daughter of artists, my parents taught me the love of all creative and unique. I woke to the smell of oil paint with large canvas in our living room."

While in high school, Cabada's art

teacher encouraged her to pursue art at Virginia Commonwealth University, and she took that advice and started to cultivate her own style.

"If you look at my work, I paint a lot of women. I think it's an attractive subject matter," she says. "I used to do a lot of nudes, but I am changing all the time and not set one anything in particular."

Today, Cabada specializes in acrylic on canvas, calling her style "figurative, expressionist painting with vibrant colors."

"The direction I am going towards is a little more detail in my pieces and my colors are a little more toned down than my earlier work," she says. "I'm going a little more neutral."

Her mother owned Aaron Gallery in Dupont Circle but passed away in a tragic accident almost five years ago, leaving it to Cabada and her sister.

"We ran it for a while and it did well, but we decided to close it," says Cabada, who was selling her art there for a while and also entered some D.C. juried shows and competitions.

Although the art career was moving along nicely, Cabada switched gears in 2009 and opened up an artsy boutique with a friend in Arlington, putting her vision on hold for a while. It didn't take too long for Cabada to miss her art, so she left the business with a new focus on her art carrer.

As luck would have it, two weeks after leaving the business, a friend recommended her for a job in the Paul McGehee Gallery in Old Town and she began work there. Not only is she around art and artists all day long, but she has a new place to paint.

"I have two kids and we converted a screened in porch into a studio at the house, but it's very narrow and my husband has taken over a little," Cabada says. "The beauty of working in this gallery is they gave me a nice little studio that I can work in any time I want. It's ideal and has worked out great."

Cabada received even more exciting news this past summer when the gallery asked her to head up a new space it was developing.

"It turns out that they want to open up a space on the third floor with contemporary art and that's what I'm heading up right now," she says. "It's call Artspace 109."

Additionally, the artist runs a blog where she expresses her discoveries in art, fashion, decor, food and creative living.

Looking ahead, Cabada is working hard to get her artwork in front of more galleries and collectors, with the ultimate goal of obtaining artist representation. She recently volunteered at the emerge art fair in D.C., and has entered a juried show in New York City.

"My dad is professional artist and I see the talent he is and aspire to be as talented as him," she says. "I love what I do and am blessed to have the people in my life that I do and the opportunity to do this with my life." — **Keith Loria**

VISIT

↳ **SABRINA CABADA**  
WWW.SABRINACABADA.COM

# joan stansfield



# MAKING BEAUTIFUL MUSIC JAMMIN' JAVA HAS PROVIDED A VIENNA HOME FOR MUSICIANS FOR THE PAST 10 YEARS



Photo Credit: Shadowflood

In 2001, two New Jersey brothers came to Vienna to run Jammin' Java. During the past 10 years, Daniel and Jonathan Brindley have turned the place into a renowned spot for music lovers, where local and nationally known acts clamor for a spot on its stage.

"We have become a nationally known club that local people are still able to play at, which is pretty cool," Jonathan says. "We are bringing people from all over the world into Fairfax County to entertain people and create this community here."

In October, Jammin' Java celebrated its 10th anniversary with a special promotion and top-notch bands coming in.

"One of the major things we did to celebrate to reach out to those fans who have supported us, we released the X pass, which allowed people to get in to any show they wanted in October," says Amy Jones, marketing manager for the club. "We also tried to really stack the schedule for the end of the year and make it a stellar 10th anniversary."

Although it may look like just another café when you walk on by with students typing away at their laptops, women with babies gabbing about while sipping coffee and businesspeople taking a break from their busy day enjoying a nice lunch, Jammin' Java is so much more.

ONE OF THE MAJOR THINGS WE DID TO CELEBRATE TO REACH OUT TO THOSE FANS WHO HAVE SUPPORTED US, WE RELEASED THE X PASS, WHICH ALLOWED PEOPLE TO GET IN TO ANY SHOW THEY WANTED IN OCTOBER.



Photo Credit: Andrea LaCroix



Photo Credit: Shadowflood



Photo Credit: Shadowflood

But take a close listen and at most times of the day you can hear why the Vienna lunch meet and greet stands out from most other Starbucks-wannabes. In the back of the café is a bustling stage and hustling music production staff, which has propelled Jammin' Java to be one of the hottest spots in the DC-metro area to see and hear live music.

Musicians clamor for a spot to play and the 200-capacity venue is regularly packed as people come to this intimate concert hall to see some of the best live music around. Seven nights a week, some of the top local and national bands come to the club to play.

Surprisingly, when Daniel and Jonathan Brindley purchased the club in 2001, neither had any background in business, and little in music for that matter.

"We were in New Jersey finishing college and working, when this unexpected opportunity jumped in our laps," Jonathan says. "It was a spur of the moment decision to come down and we were only 21 and 22 at the time, and trying to sort out what we wanted to do with our lives."

Although the Brothers Brindley were both born at Fairfax Hospital, they

IT'S DIFFERENT WHEN YOU ARE TAKING OVER SOMEONE'S BUSINESS THAT THEY HAVE BUILT OUT AND SET UP. YOU HAVE TO TAKE YOUR TIME AND DO THINGS GRADUALLY.

grew up in New Jersey and were attending Rutgers when they made the important decision to come full circle back to Virginia.

They purchased Jammin' Java from its original owner, who was not taking advantage of the space and had big plans for it.

"It's different when you are taking over someone's business that they have built out and set up. You have to take your time and do things gradually," he says. "It had the bones of what we have now, but it was a really rough version of what we have today. It's supercharged now compared to what it was."

Step one in Jammin' Java's revitalization plan was promoting the music.

"We were total unknowns in the early days so there was a lot of convincing at the time to get people to play," Daniel says. "Now, it's a situation where there are far more people who want to play than we can

accommodate."

Since taking over the club, the Brindleys have played host to nearly 3,000 musical acts, including notable bands such as Panamora, Owl City, Travis and Five for Fighting.

"In the great scheme of thing, we are as small a venue as you can get, so the average person on the street is not going to recognize most of the people who play our club, but a lot of music lovers will," Daniel says. "About 80 percent of the acts have some sort of national presence and typically they have representation and management. Typically they are further along than the average indie band."

The intimate environment allows for fans of all ages to enjoy performances from all genres. In addition, a lot of artists that perform there take the time to hang out with fans before, during or after the show.

"A lot of local bands do well and we are happy to have them. Sometimes you can roll in on a Saturday afternoon and this super duper local garage band is playing, and the place is packed," Daniel says. "We do all kinds of music. It runs the gamut and is definitely one of the most diverse calendars you will see at any venue."





Brindley Bros, Photo Credit: Lea Holland

Take a quick glance at their performance calendar and you’ll notice a selection of musicians that include rock, pop, folk, hip-hop, rap, country, jazz, roots, reggae, bluegrass, metal and even funk.

The popular Pittsburgh-based singer/songwriter William Fitzsimmons loves coming back year after year.

“I’ve played there a number of times and I really love that room,” Fitzsimmons says. “I think because it’s a more intimate atmosphere, it really lends itself to connecting with the audience a little more deeply than you would otherwise.”

There success has recently led to a new venture, Go Team Records, a record label owned by the brothers and spearheaded by Daniel under the Jammin’ Java brand.

“Managing a small club, we see a



Photo Credit: Shadowflood

lot of bands on the way up and see a lot of unknown talent. I started a management company four years ago with a couple of bands and this seemed like the next step,” Daniel says. “We have talked about starting our own label a lot over the years, and we decided that Deep River was the right band to get things started.”



**I THINK BECAUSE IT’S A MORE 'INTIMATE ATMOSPHERE, IT REALLY LENDS ITSELF TO CONNECTING WITH THE AUDIENCE A LITTLE MORE DEEPLY THAN YOU WOULD OTHERWISE.**

Deep River is a power-folk trio from Virginia, comprised of Rachel Beauregard, Bryan Dawley and Luke Brindley (the Brindley’s younger brother). The band describes its sound as “Front Porch Pop,” as it combines pop, folk, and blues with straight-up homegrown sass.

Their latest album “Ten Mornings” was the first to be released under the new Go Team! Record Label.

The Brindleys said with the loss of record and CD stores, most distribution of albums is done online or at shows, which blurs the line between being a manager and being a label. That gray area gave the brothers an opportunity to try to be the best at both.

“I am not a huge fan of the major label system,” Daniel says. “So I said, ‘Let’s orient ourselves with doing the best possible job of promoting the record.’ We don’t have the power of a Virgin Records, but my hope is that we will be efficient.”

Having heard stories from many of the bands that play in the club about being “lost in the shuffle” at their labels, Daniel understands the importance of focusing on those bands he manages.

“I see this as a real relationship with the artists and a cooperation in working together,” he says. “We are starting with Deep River and I expect it to absolutely expand in the future.”

More a bar than a coffee house in the evenings, a full menu offers the club’s infamous gourmet hotdogs, as well as a full selection of appetizers, sandwiches, desserts and liquor.

In addition to the great acts on the main stage, Jammin’ Java does a minimum of five morning concerts for children a week, offering popular local and national kid acts in their “Tot Rock” series.

They also run a music school upstairs, where instructors, such as the Brindleys’ brother Luke, teach youngsters everything from piano to guitar to percussion.

“What’s great is that you get the kids coming in for their lessons and then they come downstairs and see a band playing when they are leaving,” Jonathan says. “It gives them the drive to succeed, knowing they can be up on stage themselves one day.”

Daniel said it took a lot of hard work to get the club to where it is now, but that the brothers had a fun time along the way.

The brothers have actively been searching for a second location and as the end of the year approached, progress in finding the venue was ramping up.

“Jonathan and I are actively pursuing to open a second club somewhere in the Washington D.C. area,” Daniel says. “Our intention is to open a club in similar size to Java but will be different and complementary in every way.”

For New Year’s, Jammin’ Java is planning an extravaganza with a special guest that will excite music lovers in the area. Then 2012 will offer more of the great music that people have come to expect.

“We have become a nationally known club that local people are still able to play at which is pretty cool,” Jonathan says. “We are bringing people from all over the world into Fairfax County to entertain people and create this community here. We love the people we work with and the people in the area who come to our shows.” — **Keith Loria**

# FULL PAGE SMILE TRAIN- FLYER/AD

typographer  
paul levy  
rickolas

From 2007 to 2009 1.7 million Virginians volunteered. Residents of Virginia on average contributed 225.3 million hours of volunteer service totaling \$4.7 billion of service to the state. Even with the economic crisis, the national volunteer rate increased, from 26.4% in 2008 to 26.8% in 2009.

# Volunteering opportunities keith



# around town events

taste of falls church  
octoberfest  
vienna + merrifield  
suits & sneakers  
dr. magassi  
breakaway fitness  
women's leukemia stuff  
women's stuff





mclean project for the arts-

# chamber events

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

## NOVEMBER EVENTS

### Networking Luncheon

A Trolley Through Falls Church? Find out all about this possibility!  
Tuesday, November 15 from 11:30 am - 1:15 pm  
The Italian Cafe, 7161 Lee Highway, Falls Church  
\$27 for members/\$32 for nonmembers. RSVP's required  
Register online at [www.FallsChurchChamber.org](http://www.FallsChurchChamber.org)



### Networking Mixer

Join the Chamber and Little River Yoga in their new Arlington Studio for refreshments, yoga demonstrations and the chance to network on Tuesday, November 22 from 5:30 - 7pm. The event is free and open to members and friends of the business community. Little River Yoga is located at 6025 Wilson Boulevard, Arlington.

For information on local promotions, special offers and updated events, visit:

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



Vale School House in Oakton. Photo Credit: ValeArts

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## Here's What's Happening at MCC

**Children's Flea Market**  
Saturday, Nov. 5, 11 a.m.-1 p.m.

**Portland Taiko  
in Concert**  
Saturday, Nov. 5, 8 p.m.

**35th Annual McLean  
Antiques Show & Sale**  
Sat-Sun, Nov, 12-13

Alden Studio Rep Production  
**Comedy Tonight!**  
Fri-Sat, Nov. 18-19, 8 pm.

Puppet State Theatre  
Company from Scotland  
**The Man Who  
Planted Trees**  
Sunday, Nov. 20, 3 p.m.

**Sunday Soiree Dance**  
Sunday, Nov. 20, 3-5 p.m.

**29th Annual McLean  
Holiday Crafts Show**  
Fri-Sun, Dec. 2-4

**Rani Arbo & daisy  
mayhem in Concert**  
Saturday, Dec. 10, 8 p.m.

Alden Studio Rep Production  
**The Most Amazing  
Christmas Play Series  
in the Entire World**  
Fri-Sat, Dec. 16-17, 8 p.m.

**Yosi & the Superdads  
Rockin' Hanukkah  
Concert**  
Sunday, Dec. 18, 3 p.m.

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



# Metro 29 DINER

Metro 29 Diner is a New York-style diner. It has a vintage flair, with its silver exterior reminiscent of a Chevy bumper glinting in the sun and its retro red neon sign, and as you enter you will be welcomed into a warm, inviting interior. You'll find the usual suspects here – milkshakes and root beer floats, bagels and lox, the comfort of a good hamburger or cheeseburger, deli sandwiches, the classic Philly cheesesteak, grilled pork chops, veal, chicken, or eggplant 'parmi' as they call it, meatloaf in a mushroom gravy with mashed potatoes, open-faced turkey sandwiches, quiche, and of course, either the Deluxe Reuben with corned beef and melted Swiss on rye topped with sauerkraut, served with French fries, coleslaw and a pickle – or try a twist on the original by opting for a turkey or pastrami Reuben.

“THERE'S SOMETHING ON THE MENU FOR EVERYONE,” SAYS PETER.



But owner Peter Bota describes Metro 29 Diner as really more of a diner/restaurant where everything is made to order in their expansive downstairs kitchen and bakery facility, with an extensive menu that caters to families and business people alike. “There's something on the menu for everyone,” says Peter. Far beyond the usual diner fare, you'll also encounter more unexpected dinner entrées such as fresh fish, (trout, salmon, and Boston scrod), steaks, and chops.

RECENTLY, METRO 29 DINER WAS FEATURED ON “DINERS, DRIVE-INS, AND DIVES” ON THE FOOD NETWORK HOSTED BY GUY FIERI, WHERE THEY DEMONSTRATED THEIR FAMOUS FRENCH TOAST, MADE IN THEIR IN-HOUSE BAKERY WITH CHALLAH BREAD.

In March 1995, (16 1/2 years ago and counting), having spent time in New York, they came down to Virginia, loved the area, bought the land, and built the diner. Peter Bota is Greek-American, and co-owner John Kanellias hails from Sparta, so as you peruse the menu, you will come across gyros and souvlakis, Greek salads and omelettes, their signature dish, Shrimp Santorini, an inventive Greek-inspired pasta dish with a tomato-based sauce with shrimp and feta, and my favorite, spinach pie (spanakopita in Greek). The Metro 29 lunch special entrées are reasonably priced and served with a cup of soup and choice of dessert for dine-in only. I started with a cup of melt-in-your-mouth matzah ball soup, next selected the spinach pie, which came with a generous portion of Greek salad, complete with lettuce, cucumbers, tomatoes, black olives and feta, enhanced by a tangy and delicious vinaigrette, and, as if I had room left, I finished it all off with a nicely textured bread pudding, which you don't see every day, topped with whipped cream, all for a meager \$9.95. The portions are so large I could have split it with two friends, so in these challenging economic times, at Metro 29 Diner, you get a lot of bang for your buck. Recently, Metro 29 Diner was featured on “Diners, Drive-ins, and Dives” on



Greek Spinach Pie (Spanakopita) & Greek Salad

the Food Network hosted by Guy Fieri, where they demonstrated their famous French toast, made in their in-house bakery with Challah bread. The Monte Cristo sandwich, with ham, turkey, and Swiss cheese, lends still another opportunity to get a taste of this French toast, perhaps later in the day. Metro 29 Diner serves 24-hour breakfast, lunch, and dinner. Not surprisingly, breakfast is very popular, and in fact, their pancakes were once voted the best pancakes in the Washington area by the Washington Post. You can also get a hearty breakfast such as rib eye steak and eggs, or something more refined, such as Nova Scotia Benedict, with lox, topped with hollandaise sauce. So if you're craving some good down-home comfort food or some real authentic New York-style bagels and lox without burning a hole in your pocket, take a hint from those in the know, the

city-savvy college kids down from New York who beat a path to the door of the Metro 29 Diner. No need to take the Metroliner to Manhattan – just take a drive down 29.

**author:** Allison Chase Sutherland, a restaurant reviewer/travel writer and photographer, author of 'allicucina' international cookbook, multilingual voiceover talent, and foreign language instructor. [allivoice.com](http://allivoice.com)

#### VISIT

➔ **METRO 29 DINER**  
4711 LEE HWY.  
ARLINGTON, VA 22207  
703.528.2464  
[METRO29DINER.COM](http://METRO29DINER.COM)



# dr magassy

## FOOD AS MEDICINE

THE SHIFTING  
TREND TO **EATING  
HEALTHY INSTEAD  
OF POPPING PILLS.**



**H**earth burn? Constipated? Always running to the bathroom? Gas pains? We don't usually talk about these things but as a registered dietitian in private practice, I hear these complaints all too often. Many of my clients come to see me as the last resort to solving their intestinal problems. They also come looking for ways to reduce their reliance on prescription medication, to lose weight, to lower cholesterol, etc., and to improve their general feelings of well being.

I recently attended the annual meeting in San Diego of the American Dietetics Association, now the known as the Academy of Nutrition and Dietetics. This gathering attracts some of the brightest minds in the field of nutrition and health, not just nutrition professionals, but also scientists and physicians interested in health, wellness, and the treatment of disease.

The good news, actually the great news, is that there is a noticeable shift in the medical community's embrace of "food as medicine." What does "food as medicine" actually mean and how will this shift affect you? It means that health professionals (in addition to dietitians) are beginning to take the information from nutrition studies presented in scientific journals and apply this knowledge to their practice of medicine. They are beginning to use

modalities like diet therapy, exercise, dietary supplementation, and stress reduction as a defense against disease and as a treatment for disease.

**HEALTH PROFESSIONALS  
(IN ADDITION TO  
DIETITIANS)  
ARE BEGINNING TO  
TAKE THE INFORMATION  
FROM NUTRITION  
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SCIENTIFIC JOURNALS  
AND APPLY THIS  
KNOWLEDGE TO THEIR  
PRACTICE OF MEDICINE.**

The Cleveland Clinic, one of the premier institutions for cardiac care, is a prime example. They recently stated that "heart disease is a food borne illness." This statement reflects their efforts to serve fresh, locally produced food that prevents heart disease. Their commitment goes so far as not renewing contracts with fast food vendors. They have also made their campus smoke free, taking the radical step of not hiring smokers. Integrated into their patient care is the reliance on registered dietitians to provide cutting edge treatment.

This shift is already reflected in the increasing number of patient referrals by physicians to registered dietitians in private practice.

Many physicians currently rely on registered dietitians to counsel their patients on dietary and lifestyle changes because they do not have the time or the intricate knowledge of these modalities. We work together to cover the nutritional angles of your disease (and wellness) management. If you still have the vision of a registered dietitian as the hair netted, school lunch lady in a white dress, think again. (Today's school lunch ladies [and gentlemen!] are radical in their approach to changing the food lives of children.) Registered dietitians are rigorously educated, nationally tested and accredited, dynamic, and have their finger on the pulse of the latest information on medical diet therapies and disease prevention techniques. Even on the more "far out" approaches like juicing, dietary supplements, and fasting, registered dietitians have the answers and can lead you in the right direction.

The "food as medicine" revolution is upon us. Get ready. In the future your health practitioner may ask, "Have you eaten your phytochemicals today" rather than, "Have you taken your statin?"

**author:** 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](http://gobefull.com)

# JOIN A GROUP &

ENERGIZE YOUR EXERCISE EXPERIENCE.

**R**olling over, turning off your alarm and sleeping in for an extra hour instead of heading out for a morning run is too easy to do.

Letting the day get away from you and opting for happy hour with friends rather than working out at the gym can be an easy out too – especially if you’re running solo in your workout routine as daylight gets shorter and temperatures get cooler.

If you are feeling sluggish this winter and struggling to start a workout program, have hit a fitness plateau or just looking for something new to add to your fitness regimen, it may be time to join a pack of workout buddies to help you meet your health and fitness goals. Small Group Personal Training is the hot trend this season as individuals opt for a more cost-effective, fun and engaging environment to meet their personal fitness goals, dreams and aspirations. It doesn’t matter if you are an elite athlete, weekend warrior, new mom, senior citizen or desk jockey, everyone can benefit from training in a small group setting.

## INCREASE YOUR MOTIVATION

Whether you are getting started on a fresh workout routine or you’re a seasoned fitness veteran, establishing and maintaining consistent motivation can be quite a challenge. Researchers from the University of Illinois at Urbana-Champaign recently reported that almost 50 percent of people who begin an exercise program drop out

in the first six months and those who lack self-efficacy (the power to produce results on your own) won’t even try to start a new routine. However, research has shown that there are ways to increase your confidence in relation to fitness goals – remembering previous successes, observing others doing something you find challenging and enlisting other peoples’ support. University of Illinois at Urbana-Champaign (2011, August 16). When you set up a support structure of working together with other individuals, you breakdown the common roadblocks of making excuses for yourself and never taking the first step toward a fit and healthy lifestyle. Small Group Personal Training gives you the motivation of three to four other individuals and a seasoned personal trainer who are dedicated to working together to achieve total body fitness. By incorporating a fitness routine together with a small group of like-minded individuals, you become a part of something bigger than yourself – an environment that is packed full of fitness motivation and encouragement.

## BUILD ACCOUNTABILITY

As the days get shorter and holiday to-do lists grow longer, staying active can become a thing of the past. To stay dedicated to working out, especially this time of year, it is imperative to have a group of workout companions that you are scheduled to meet with consistently throughout the week. By scheduling your workout into your busy schedule, you are less likely to push your workout until tomorrow

again and again. By having a small group of people who are reliant on having you participate in the workout session, you are less likely to skip your workout when something more appealing like happy hour and shopping trip invites pop up in your inbox. Your group counts on you to show up every workout and bring the enthusiasm needed to succeed in fitness, together. Being accountable to a consistent workout time and having supportive workout buddies are the key ingredients to maintaining a successful workout program as the New Year approaches.

## DRIVE YOUR COMPETITIVE DESIRE

The power of getting fit together, lies in human nature’s innate desire to push ourselves harder and further when alongside other individuals. According to recent research from Michigan State University, the best workout environment is one where you have someone to push you to work harder. The study found that people who exercised with someone worked out 24 percent longer than those who worked out alone. Michigan State University (2011, May 19)

Working out in a small group setting, there will be days when you’ll be the inspiration and there will be days when you’ll be inspired. The true power of working out in a small group is the synergy that develops as you and your workout buddies train side-by-side, commit to better yourselves individually and celebrate each other’s victories together. Working out in small group training setting

is not about beating the person next to you. It is about exceeding your own potential one day at a time and encouraging those around you to do the same.

## SOCIALIZE WITH ACTIVE-MINDED INDIVIDUALS

Rather than surrounding yourself with bonbons and eggnog this holiday season, join a PACK of fitness-minded people who value a healthy lifestyle to close out the year. A small group personal training environment will equip you to stay motivated and on track for successfully meeting your fitness goals. By joining others in your quest of reaching your goals, the experience can become less of a task and more of a social event where you catch up with your workout buddies and decompress from a busy work day in-between chest press reps and squat jumps. Before you know it, your workout is over, you’ve burned thousands of calories and you’ve fulfilled your need for socializing.

— Rob Graveline, M.Ed., Exercise Physiologist



FITNESS TOGETHER-SENDING AD NEXT TUESDAY



# POSTURE POWER AT YOUR PC

BREAKING THE PATTERNS OF LIMITED MOTION AT WORK

## INCREASE YOUR MOBILITY

- » Move the wastebasket to a different spot every day – never within easy reach
- » Place the phone console on the far side of your desk
- » Change the hand with which you answer the phone
- » Do your best not to use a telephone headset
- » When possible, take calls standing up
- » When put on hold, inhale and exhale deeply to use your diaphragm while waiting
- » Stand up and the end of each specific task and reach over your head
- » Change the height of your desk chair every day
- » Change your monitor position each morning and each afternoon
- » Raise or lower your keyboard daily
- » Place working materials and references on the floor so that you must bend over to get them
- » Rearrange the furniture in your work area once a month
- » Place frequently used material on the top shelf of a tall bookcase & some material on the bottom shelf.
- » Use a restroom that is not on your floor
- » Take a 10-15 minute walk, or more, at lunch
- » While sitting with a curve in your lower back (not a “c”), twist to the right and left in your chair and hold briefly

**D**ue to the excessive amount of hours the American public spends sitting, there have been recent articles written examining the damaging effects. Research released last fall found that women who sat for more than six hours a day had a 37% increased risk of premature death, compared to 18% for men. The results were the same, even when factors such as an individual's diet, physical activity and smoking were taken into account. Dr. Alpa Patel, senior epidemiologist at the American Cancer Society, is the lead author of that study, the largest on how sitting affects mortality. The study was based on information from surveys of 123,000 people who participated in the studbetween 1992 and 2006. Although this research is a call for MOVEMENT, the posture you maintain while at your PC will also affect your health.

**Here is the posture with which you want aspire:**



Notice the ears line up over the shoulders, the shoulders line up over the hips, the hips sit slightly higher than the knee joint (car manufacturers are way behind on this aspect), and the ankles are under the knee joint.

**Here is what we see more often:**

Why does it matter? Poor posture fosters muscular weakness and imbalances, which in turn affects joint stability...for all joints! The shoulder blades no longer function as they should (hands and wrists are left to work alone – carpal tunnel syndrome), and secondary muscles have to do work they are not designed to do. The hamstrings shorten, which affect the tilt of your pelvis, which will then affect your lower back and hips. When the hips are not doing their job, the knees and ankle joints will compensate; this leads to sore feet and knees, including injury to these areas (arthritis, chronic pain, and discomfort). Next comes the chiropractor or physical therapy – although they will help, they are addressing the symptoms, not the problem. The problem is your posture!! It is not the desk, chair, or ergonomic tools that will cure your ailments; it is addressing the body you are taking to your desk or chair. The less we move, THE LESS WE CAN MOVE. One hour of exercise a day does not counter 6-8 hours of sitting.

The goal is to have your body move in as many different directions as possible. Limited and restricted motion are literally killing us. Bottom line - MOVE MOVE MOVE!!!

**author:** Cindy Pavell, M.S. is a health educator and fitness specialist since 1988, Cindy welcomes any questions, suggestions for topics, and/or feedback. Fitness + Wellness, cpavell@cox.net  
Twitter: cepfitwell, fitnesspluswellness.com

*“The shortest distance between two people is a smile.”*

~Author Unknown

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For more than 30 years, Gina Hamrah has been a popular hairdresser in our area, currently running the Serenity Salon and Spa of McLean. Although she is well known for her commitment to her clients, she is more beloved for the nonprofit work she does as head of the Afghan Widow Orphans Fund.

AWOF is a charity designed to help her home country of Afghanistan, which is filled with women brutalized and undereducated and more than a million orphans.

"I started the charity in 2003 after I went back to Afghanistan after Sept. 11," Hamrah says. "I knew I had to do something. There were signs of war everywhere. Shattered buildings, shattered people. I was emotionally sick from what I saw."

As a child growing up in Afghanistan in the early '70s, Hamrah's father was chief of police in Kabul and her

mother owned a successful tailoring business, and she and her three brothers lived what she called the privileged life.

Things went terribly awry when during a family vacation to London in 1979, Afghanistan was invaded by Russia, and Hamrah was forced to stay where she was. Just 14 at the time, Hamrah's father found her a room and enrolled her in beauty school at Morris Masters International. Hamrah needed to work long hours to pay her way and spent almost a year without hearing from anyone in her family.

By the end of 1980, her family had joined up with her and they all moved to America to begin a new life. Hamrah continued her education with Vidal Sassoon and Toni & Guy where she completed advanced cut and color courses.

Today, Hamrah is the mother of two teenage sons and her husband, Jahed Hamrah, works for the Afghan government. She has continued in the

beauty business all these years and is a well-respected hair dresser, living in Sterling with her family.

**I KNEW I HAD TO DO SOMETHING. THERE WERE SIGNS OF WAR EVERYWHERE. SHATTERED BUILDINGS, SHATTERED PEOPLE. I WAS EMOTIONALLY SICK FROM WHAT I SAW.**

It was after the terrorist attacks of Sept. 11 that Hamrah decided it was time to return to Afghanistan for the first time since she had left as a youngster.

"I hadn't seen it in all these years and I wanted to go and see it and help

out. It was very sad, devastating and emotional," she says. "I heard there were over one million orphans and the widows were suffering really bad. I wanted to be a part of the rebuilding and helping and giving a hand to the widows. I decided to go back and help with education and make them self-sufficient and see what else I could do."

Upon her return to Virginia, Hamrah set up AWOOF as a 501(c)3 nonprofit and began collecting what she could to help.

"I started calling everywhere from the State House to the White House to hospitals for supplies," she says. "I was getting donations of clothes and money and I ended up having seven 40-foot containers full of goods (valued at \$250,000) to send."

The problem was that in order to ship the medical supplies, tents, blankets and clothing she had collected, Hamrah needed an additional \$20,000.

"I didn't get a lot of help from the government because I was too small," she says. "I went on NPR, I did 'Oprah,' I spoke at book clubs and everywhere I could. I tried and tried and didn't give up until I achieved what I wanted."

To earn money, Hamrah knitted scarves, made crafts and sold baked goods, among other endeavors. She returned to Afghanistan and gave sewing classes to the widows to help them become more self-sufficient.

"As of now, 180 ladies have graduated from my classes," she says. "I had to stop doing that for now because every class cost me \$5,000 and I had no money left. Now, we send money to take care of orphans every winter."

Her charity also raises money to buy coats, gloves, boots, hats and school supplies for those Afghans in need. Recently, Hamrah has been concentrating on water wells in the country and working towards fixing what has become a major problem.

"It's an important issue over there. People are dying because of that," she says. "We have done six so far and hoping to do more."

One of the ways she raises money these days is by selling her own original artwork.

"I had never really painted before but I was sitting there one day and experimenting with paint and my oldest son passed by suggested I sell my art to make money for the orphans," Hamrah says. "I didn't have any training, but I started and my paintings were selling and I was sending money over so as soon as people bought them. Now, every painting I sell, I put the money in an escrow account and when I have \$1,300, I raise enough for a water wheel."

**I WENT ON NPR, I DID 'OPRAH,' I SPOKE AT BOOK CLUBS AND EVERYWHERE I COULD. I TRIED AND TRIED AND DIDN'T GIVE UP UNTIL I ACHIEVED WHAT I WANTED.**

Her paintings can be seen on the walls of her salon and she welcomes people to come in and check them out.

At Serenity, Hamrah prides herself on her personal level of service to all her clients. Each technician is part of a unique team concept, hand-picked and extensively trained.

"When your hair is right, your day is made," Hamrah says. "A big issue in this industry is hairdressers do what they want to do and don't have good communication. I'm here to listen to people with issues and problems with hair."

Hamrah will give free consultations by appointment and is known for her hair extensions and Japanese/Brazilian straightening techniques.

"The spa was created with a simple focus: to provide a place where relaxation and creative beauty ideas merge to pamper our clients," she says. "Soothing décor, outstanding personal service, and attention to detail are what sets us apart."

**author:** 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.

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# dr jones

**author:** David J. Jones M.D., is a leading primary care physician in Northern Virginia, certified from the American Board of Internal Medicine and an American Academy of Private Physicians member. Dr. Jones applies his training, communication skills and personal approach to the patients at Principal Medical Group, a concierge medical practice. (703) 663-8824; info@principalmedicalgroup.com



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ask the nutritionist

# FOODS THAT INCREASE ARTHRITIS PAIN

DEAR NUTRITIONIST,

I recently learned that nightshade plants can increase arthritis pain. What are nightshades plants and do they cause arthritis?

--Jennie L., Arlington, VA.

DEAR JENNIE,

Thousands of people have gotten rid of the pain from Rheumatoid Arthritis or RA by removing nightshade plants from their diets. Scientific research does not confirm nor deny the link between these foods and increase in pain caused by this chronic illness. It is important to note however, that these vegetables DO NOT cause the disease, they only cause the pain to be worse once the disease has started.

What are nightshade plants? White potatoes, eggplants, tomatoes, tomatillos, all peppers of the capsicum family (habanero peppers, bell peppers, chili peppers, jalapenos, etc.). These plants contain glycoalkaloids and steroidal drugs that are believed to cause inflammation in RA patients. Some members of the nightshades family, such as jimsonweed, are actually poisonous.

Unfortunately, these plants are part of the staples that make up the American diet. One of our clients developed arthritis pain due to Lupus and she started complaining about pain in joints and hips. We made customized recipes that excluded all nightshade plants from her diet but keep her

nutrient intake intact and preserve taste so she does not feel deprived. Within about 4 weeks the pain started to go away. 12 weeks later, all the inflammation in her joints and hips went away. She has been pain free for 3 years as of the writing of this article. She even participated in a marathon last May to benefit the Lupus foundation.

Problem with these vegetables is they are used in a variety of packaged foods (potato starch, tomato sauce, tomato powder, etc...) If one wants to remove these plants from their diet, they have to learn to carefully read ingredients of all packaged foods, ask the waiter about the ingredients in a particular dish when at restaurants and be watchful when eating in public places and social gatherings. It may be necessary to talk to a diet coach/nutritionist to design customized recipes so the RA patient does not feel confused or end up nutrient deficient.

Depending on the severity of the pain, the patient may get away with a few amounts of these vegetables once in a while.

The way to avoid any undesirable foods is to prepare your own food at home, read all ingredient labels and understand what they mean when buying commercially made foods, and eating as raw as possible when in public places.

Other foods that cause inflammation in RA patients are: dairy, citrus fruits, acidic foods, sweets, coffee, and animal protein (including fish).

To learn more about how to change your diet to achieve your health goal, visit the Zizania website [www.zizania.biz](http://www.zizania.biz) or contact a Zizania coach by email at [info@zizania.biz](mailto:info@zizania.biz) or by phone at 703 645 0271.

**author:** 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](http://www.zizania.biz)

# vienna pediatric

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# LOOK 1



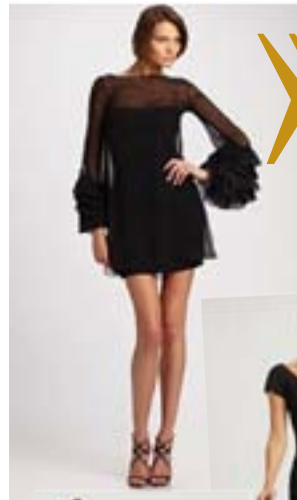
## LOOK 1

Manolo Blahnik Shoes – Saks Fifth Avenue  
Kate Spade Earrings – Bloomingdales  
Lotusgrace Dress – Saks Fifth Avenue  
Salvatore Ferragamo Satin Clutch – Bloomingdales

## LOOK 2

Notte by Marchesa Dress (TOP) – Saks Fifth Avenue  
Jimmy Choo Gold Heels– Neiman Marcus  
Diane Von Fustenburg 'Tonda' Clutch– Neiman Marcus  
Manolo Blahnik Shoes – Saks Fifth Avenue  
Dior Dress (BOTTOM) – Saks Fifth Avenue

# LOOK 2



# LOOK 3



## LOOK 3

Nanine Dress – J. Crew  
Lulu Frost Bangle – J. Crew  
Alexis Bittar Earrings – Bloomingdales  
Gucci 'Bamboo Night' Evening Bag – Gucci Boutique  
Antique Gold Resina Velvet Calf Wedge Sandal – Bottega Veneta

# LOOK 4



## LOOK 4

Ralph Lauren Black Label Dress– Saks Fifth Avenue  
Pave Link Bracelet – J. Crew  
Calf Clutch – J. Crew



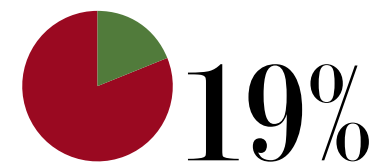
# LOOK 5

## LOOK 5

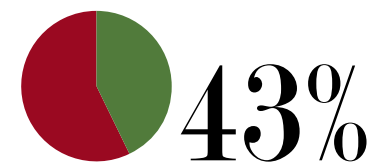
Emilio Pucci Dress– Nordstrom  
Jimmy Choo Shoes– Neiman Marcus  
Yves Saint Laurent Leather Clutch – Saks Fifth Avenue

Wonder What This Year Will Look Like!

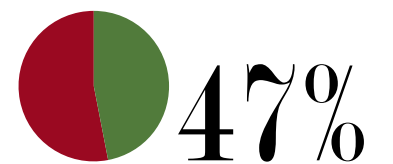
## 2010 U.S. HOLIDAY SHOPPING STATISTICS, RESULTS, AND NUMBERS



19% of U.S. consumers planned to shop on the day after Christmas, December 26, 2010  
- International Council of Shopping Centers (ICSC)



43% percent of people planned to make a purchase on December 26th - American Express Spending & Saving Tracker



47% of U.S. consumers said they would be doing more shopping in the week between Christmas and New Year's - ICSC and Goldman Sachs Group



77.3% of shoppers planned on buying at least one gift card during the holiday season - NRF



20% of Americans plan to return at least one gift in 2010 - Consumer Reports

23 MILLION PEOPLE

23 million people were shopping on Christmas Eve - ICSC



## chef's corner

# Go NUTS FOR Apples!

Since the days of Adam, Eve and their serpentine friend, humanity has been enthralled by the apple. Helen of Troy, Cinderella and Johnny Appleseed couldn't keep away from them. The Norse gods had to eat golden apples from the Tree of Life to maintain their power and vitality. The French named their favorite produce after the lovely apple: pomme d'amor (apple of love) for cluster cherry tomato and pomme de terre (apple of the earth) for potato. Apple helped to intrinsically define grand passion: to make love is "croquer la pomme" (the silhouette of an apple).

Less romantic and ever practical, American medical folk lore claims that "An apple a day keeps the doctor away!" In New England, where apple orchards are plentiful, raw apple cider vinegar is the common cure for most ailments. In fact, some doctors still keep a bottle in their medicine bags. This was also the reason children gave teachers apples every day. In the time of the one room schoolhouse, parents wanted to make sure their teacher remained healthy!

Traditionally dismissed because of their lack of obvious vitamins, modern medicine is giving a second and appreciative look at apples. Rich in both soluble and insoluble

fiber, apples are also abundant with phytonutrients and flavonoids. Apples really are good for what ails you, including helping oxygenate blood, maintain youthful skin and voluminous hair, lower cholesterol, aid digestion and increase metabolic rate. Apples also reduce inflammation and give the immune system a boost. Wow! What wonders are within the apple.

So why, if apples are so healthful, are they never quite enough to fill and satisfy us? Even as a snack, there is only so far that just an apple can get us. This is because apples are super healthful BUT our body better accesses their health value if combined with an Omega 3 rich protein source: in other words – nuts. A small handful of raw nuts (not roasted, salted or ground into nut butter) with a few slices of apple will give you nourishing and sustaining energy far beyond either ingredient on its own. The moisture in the apple works harmoniously with the oils in the nuts to help stimulate digestive well being and maximize nutritional assimilation.

The reason nuts are so powerful is they provide the ideal balance of protein, fat & fatty acids, minerals and fiber - all of which helps to maintain your blood sugar and insulin levels, decrease your appetite and entice you to consume less calories over the

whole day. Nuts provide sustaining energy and release calories slowly, so you use the calories rather than store them! Additionally, nuts are rich in minerals like chromium, selenium, and zinc, which are critical for keeping your metabolism running at top speed. When you combine the yummy health values of raw nuts with the apple, you get a powerful combination that provides many of your daily nutritional needs.

The apple and nut combo can be enjoyed as a snack and also as a side dish for every meal. Just think of the added nutritional value your dinner could have with so little effort! They provide a satiating and refreshing element to both palette and digestion.

Please give it a try! Snack on apples (any variety will do) with almonds, walnuts, pecans, pine nuts and macadamia nuts. Seeds are great too -- try pumpkin seeds, sunflower seeds, and sesame seeds. But remember: You can eat as much apple as you want but stick to 1-2 servings of raw nuts one or two times a day (a serving of nuts is typically 10-12, or what would fit in the palm of your hand).

**author:** Chef Bonita Woods teaches the fun side of nutrition through her nonprofit wellness education center, the Bonita Woods Wellness Institute. Chef Woods also manages nutrition and corporate wellness programs with the Soma-Solutions Wellness and Nutrition Centers. You can learn more about her projects at [www.BonitaWoods.org](http://www.BonitaWoods.org)

Serve as is or on a bed of yogurt or cottage cheese.

## SIMPLE APPLE CRUNCH

### INGREDIENTS

- 1 apple, sliced into 8 or 12 wedges
- 1/2 measuring cup chopped nuts of choice (walnut, pecan, and pine nuts combine well)
- 1 tsp extra virgin olive oil
- 1/2tsp vanilla extract
- 1 tbs maple syrup or honey

### DIRECTIONS

- In saute pan on medium-high heat, sear the apple slices in olive oil so that they are browned on both wedge sides.
- Add nuts but do not stir too much or you will break up the apples. Saute until the roasted nut aroma starts to bloom.
- Add vanilla and honey, toss well and remove from heat.  
\* This is also a great pancake or French toast topping.

serves 2

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# IDYLWOOD

**author:** 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...

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703.970.7500 | diyatyson.com  
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### OLD BROGUE

703.759.3309 | oldbrogue.com  
760 Walker Road, #C, Great Falls

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703.533.3501 | haandi.com  
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703.448.0080 | tysonsbagelmarket.com  
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703.992.0915 | idylwoodgrill.com  
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## dining with jeannine



# BRIX AMERICAN BISTRO

One of my best friends got married in August. She decided that the rehearsal dinner needed to be close to her elderly father's home in Great Falls, have wine to satisfy her connoisseur brother's palate, please her carnivore friends and be vegetarian-friendly for her future mate. Was it difficult to find? No, Brix American Bistro fit the bill nicely.

Upon entering Brix, which is located in the Seneca Square shopping center (read: strip mall), it is easy to be surprised by the large dining room with its low lighting and beautiful glass wine vault. There is a welcoming but decidedly elegant bar, plus an outdoor patio complete with a vine covered pergola.

With the name Brix American Bistro, you know the focus is wine, with 30 wines by the glass and 95 bottles to choose from – all on display as you walk in the front door. There is even a wine cellar club for those who want to a discount and private storage. In addition, there is a full bar with weekly drink specials that easily pair

with the American inspired menu whether you are there for lunch, dinner or for the Sunday Brunch.

The appetizers are diverse and great for sharing. My favorites are the sashimi served with sesame dipping sauce and the Mediterranean trio of hummus, baba ghanoush and tapenade. My daughter's favorite is the trio of crunchy sweet potato, old bay and truffle fries served with both sweet and savory dips.

Entrees include everything from homemade gnocchi and steaks to seafood dishes such as mussels and crab cakes. There are also great sandwiches including an All American cheeseburger and a house-made falafel burger, plus a multitude of salads.

Proprietor/Chef Ashwani Ahluwalia and Executive Chef Mo Atari knows how to keep all his clients happy including the kids. Their menu gives them a chance to stretch their taste buds past chicken fingers to sample Caesar salad, filet mignon or salmon. But don't worry if your child isn't adventurous, there are pastas, burgers and chicken fingers.

On a sweet note, Brix has great desserts including key lime pie, apple crisp and their signature chocolate volcano. But I never get these because their homemade sorbets and ice creams are to die for, especially the deep, rich, chocolate.

Brix really has a little something for everyone: weekly specials including half-price bottles of wine night and a family style pasta night and events such as an Indian Buffet (Oct 16) and live music. But, Brix doesn't stop there. Brix contributes 10% of their Sunday Brunch proceeds to Food for Others ([www.foodforothers.org](http://www.foodforothers.org)) really solidifying their place in the community.

**author:** Jeannine Bottorff is a native Washingtonian, growing up in McLean. While spending most of her life working corporate jobs, she has worked in the catering industry and owned a hot sauce business. Her big loves are her husband, daughter and, of course, food!

## VISIT

➔ **BRIX AMERICAN BISTRO**  
1025-I SENECA ROAD GREAT FALLS,  
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703.433.9050  
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4 coffee mugs

Pour 6 ounces of hot chocolate and 1 ounce of liqueur or 1/8 teaspoon of extract into each coffee mug. Top each with scoop of ice cream. Garnish with a dollop of whipped cream and sprinkle with crushed candy cane.

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## » Especially during the holidays, fruitcake has many fans. Really.

**Question: Why is a fruitcake like history? Answer: Because they are both filled with dates!**

Oh, yeah, go ahead and laugh at the fruitcake, but take care, because you are having a bit of a joke at the expense of a treat that has sustained travelers and delighted children for a thousand years.

Because of the ongoing social disdain for the fruitcake, there are lots of fruitcake pretenders out there, like wimpy yellow cakes with a few candied cherries. This is not a fruitcake.

Fruitcakes are at the decadent end of the cake family, and they are easy to recognize. First, they are soaked with an alcohol such as rum, whiskey, bourbon, or a flavored liqueur. Second, fruitcakes are dense, moist, heavy concoctions filled with (surprise) fruit and nuts. This is not diet food. One puny ounce usually has about 100 calories.

Third, a fruitcake must be aged for at least four weeks in an airtight container while the cake soaks up its liquor. A fruitcake that is soaked with liquor every four weeks can last for years, according to What's Cooking America by Linda Stradley (Falcon Books).

Legend has it that Queen Victoria waited a year to eat her fruitcake because it demonstrated restraint to her subjects. At least that is what she said.

If you dare to risk a social blacklist, you'll find lovely fruitcake recipes in old cookbooks and online. But here are some tips for great fruitcakes:

- \* You don't have to use candied fruit. Fresh and dried fruit work well.
- \* Store your cake in a tin with powdered sugar. Wrap it in liquor-soaked cloth.
- \* Fruitcakes freeze well, but they won't mellow after you freeze them. Age them first.
- \* Soak fresh fruit and nuts in liquor overnight. Use the liquid in your cake.
- \* You can be creative with your fruit choices (as long as the fruits are the weight the recipe calls for).
- \* To get the fruitcake shine, use a sugar-syrup glaze.



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# Celebrate

*2011 holiday guide*



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From hosting to decor, we have you covered this holiday season!

# HOLIDAY TIPS

## 1 HOW TO WRITE A BETTER HOLIDAY LETTER

If you will write a holiday letter for Christmas, it's time to begin. Will you make it in the same style or change the format this year?

The family story is the most common and the easiest to organize. You just start with the youngest or the oldest and work in the opposite direction. One problem: since people want to tell only the good things, they tend to boast. One can only wonder how every member of the family was so outstanding.

The personal essay requires a little more thought and tells what has been meaningful in the last year. It is more intimate. Don't write anything that is very personal. If you want to share that, make a phone call.

The entertaining letter is good. The best writers are masters at describing ironic and insignificant incidents. They can playfully exaggerate the accomplishments and failures of family members. Unfortunately, some people don't get it and are not entertained.

The creative letter is entertaining. It could be a rewrite of "Twas the Night Before Christmas" or Christmas from the view of the dog, or naming the 10 funniest things that happened or the 20 secrets we're telling you and nobody else.

Teacher and author Jim Heynen has some suggestions. Heynen, quoted in *Better Homes and Gardens*, says:

- » Add a handwritten note to each one and be sure to sign it personally.
- » Consider writing two letters, one for pals and one for distant acquaintances and relatives.
- » Avoid boasting and giving bad news. Holiday wishes include good news only.
- » Instead of a letter, consider sending a recent family photo and a personal note.
- » If you give your e-mail address, be sure to give your telephone number as well. Not everyone has joined the computer age.

## 2 HOST A PARTY THAT REFLECTS CONCERN FOR GUESTS

Whether your party celebrates the New Year or some other event, planning for the safety of your friends should be a major consideration.

A great party features more than food and drink. For large gatherings or small, entertainment should feature games, music, dancing, storytelling, or card-playing. Think about your guests and their interests before you make the final plan.

Provide a variety of nonalcoholic drinks at the same time you serve cocktails or mixed drinks. Have plenty of food available, and stop serving drinks about an hour before the party is scheduled to end.

Watch for any guests who have had too much to drink. Have them stay overnight, or ride with someone else. (You could be liable if they cause an accident.)

### When you're the guest:

One key to having a good time is knowing who will be attending the party and what activities are planned. Give a polite excuse if you don't want to attend.

If you plan to drink, arrange in advance for a designated driver. Don't wait until you get there to search for one.

Eat before the party even if food will be served. If you drink, eat at the same time. Switch to coffee an hour before leaving. If you or your designated driver can't drive home, stay over or call a cab.

## 3 BEST DAYS FOR A HOLIDAY PARTY?

The first and second weekends of December are most conducive to entertaining. People feel the holiday spirit but aren't yet weak from arrangements. Or, Martha Stewart suggests a gathering for breakfast, brunch or a midweek after-work get together.

## 4 DECKING THE HALLS BY THANKSGIVING DAY

Christmas decorations are on display and for sale by late October. By Thanksgiving Day, many homes have lighted their Christmas trees and outdoor decorations.

People who aren't hosting a dinner often spend part of Thanksgiving Day putting up the Christmas tree. It could be seen as rushing the season, but they put a lot of time and money into holiday decorations. They want to enjoy them for six or seven weeks.

The high-quality of artificial trees and garlands makes it possible to decorate early. Some faux trees are so lifelike that it's hard to tell the difference.

A trip to a tree lot might be a family custom, but there are big advantages to using an artificial tree. They last indefinitely, so there's no need to shop for one every year. You don't have to jam the tree into the trunk of the car, cut off the bottom so it stands straight, or fit it into the stand.

Newer fake trees come in three or four parts that easily fit together. Some have lights already installed. And they aren't messy. You don't have to pick up pine needles when putting up the tree, taking it down, or for months after that.

## 5 BE THANKFUL FOR HEALTHIER HOLIDAY FEASTS

When people went "over the river and through the woods" to Grandmother's house, they came home weighing a few pounds more, but your guests won't have to. Try this for a healthier day:

- \* When cooking, avoid adding hidden calories to foods, like lots of butter to mashed potatoes and extra oils to vegetables. Try a sweet potato recipe that doesn't call for marshmallows.
- \* Use whole wheat bread or brown rice to make stuffing. Add nuts or seeds for crunch and flavor.
- \* For appetizers, offer low-calorie munchies instead of fatty foods. Put out bowls of different-colored vegetables without sauces or with fat-free dips. Guests can snack on them while visiting and waiting for dinner.
- \* Have plenty of water on the table and readily available. Make non-caloric beverages an option.
- \* Start dinner with a salad as the first course. Use a lot of greens and offer low-fat salad dressings.
- \* Have outstanding vegetable side dishes that have lots of flavor but not as many calories.
- \* Make gravy a choice instead of serving turkey or beef in gravy.
- \* If you are serving at a buffet, make portions fairly small. People can always come back for more.
- \* Take a break after dinner and before dessert. Get people up and moving. Some families take a traditional walk after dinner. It's more fun than a nap.
- \* Offer fruit and custard or pudding along with pie for dessert.

The basic ingredients for Thanksgiving dinner are healthy. It's what you do to them that makes the difference between healthy and not.

## 6 GREEN PACKAGING: GET CREATIVE

Every year at a holiday party someone asks me, "You're the green expert, how can I reduce the environmental impact of my holidays?" My first response is, ditch the conventional wrapping paper.

I know you have it in your closet, probably from one of your kids' fundraisers. Use up what you have, re-use what you get, and then just don't buy any more, please. Lots of decorative wraps and tissue paper tend not to be recyclable (due to polyester coatings and metal threads running through them).

What to use instead? Creativity. Santa never wrapped in my house, but left a trail of gifts with prominent adhesive gift tags hidden throughout the house's public areas. It's like a treasure hunt, but if you find someone else's gift you leave it hidden. If you don't like that idea, here are ten more to enchant the eco-conscious well into the new year.

1. Saved and repurposed boxes from gifts you've received all year. I have a special place in the garage where I toss mine, and only once did a squirrel get in and turn them into bedding.
2. Newspaper comics. Colorful, amusing, and a classic technique for a reason. Re-use is better than recycling, after all.
3. Kids' art. Okay, I know junior is a future Picasso, but surely you can spare one of those lesser kindergarten watercolors for a special grandmother gift?
4. Fabric wine bags/ reusable gift bags. Save the ones you get and put them back into circulation.
5. Virtual gift cards across the miles. Amazon, iTunes, many retailers let your fingertips do the buying and notify the out of town recipients with nary a carbon impact, not even a postage stamp. Standing in post office lines is so 20th century.
6. Old sheet music, for the discerning musician.
7. Brown paper grocery bags, jazzed up with a pine cone and evergreen trimming tied on, for the large items.
8. Last year's wall calendar (provided it's a pretty one)
9. Wallpaper remnants that you have no idea what to do with
10. Old Christmas cards covers cut up make great gift tags





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# catering guide

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# The 12 Drinks of Christmas

**I**n honor of the season, amid the hustle and bustle of gift buying and house decorating, everyone needs to slow down, take a break, and have a nice drink. A relaxing, kick back, hot beverage; made perfectly just for you and your "get away" needs.

But then...another decision looms; what should I have...so MANY choices! To help alleviate this one little bit of anxiety this holiday season, we have put together a list of The Twelve Drinks of Christmas.

1  


**On the First day of Christmas, my true love gave to me... a CUP OF EXCELLENCE COFFEE...**

The Cup of Excellence is a strict competition that selects the very best coffee produced in that country for that particular year. These winning coffees are chosen by a select group of national and international cuppers and are cupped at least five different times during the competition process. The final winners are awarded the prestigious Cup of Excellence® and sold to the highest bidder during an internet auction (From the "Cup of Excellence" website) If you were given a COE Award winning coffee...now THAT'S true love!

2



**On the Second day of Christmas, my true love gave to me...TWO MACCHIATO...**

Macchiato is a wonderful little drink; simple yet elegant. Two shots of espresso "marked" with foam. A Cappuccino without the "cap"... leading us to...

3



**On the Third day of Christmas my true love gave to me...THREE CAPPUCCINO....**

The name literally means "Small Cap". This traditional drink consists of espresso topped with micro-foamed milk. Traditionally it's served in a 5-7 oz. cup giving just the right proportion of micro foam to espresso. One can have a "wet" cappuccino with more steamed milk than foam or a "dry" cappuccino where there is more foam. This is not to be confused with the...



4

**On the Fourth day of Christmas my true love gave to me...FOUR CAFFE LATTES...**

The caffe latte is a wet cappuccino with more steamed milk, and then topped with a very fine layer of foam. Tradition has it that the Latte was invented by an Italian coffee house owner in Berkley, California in the late '50's who's patrons kept asking for "more milk, more milk" (Latte, Latte) to help temper the strong taste of the espresso. But some folks LOVE the taste of espresso. Thus exists the...



5

**On the Fifth day of Christmas, my true love gave to me...FIVE CAFFE AMOURI'S...**

The CAFFE AMOURI is the house drink at our coffeehouse. It's a unique hot beverage achieved by carefully steaming espresso, half and half and pure cane sweetener (if so desired) all together. By doing this, you sweeten the milk while building a deliciously rich drink reminiscent of a fine liqueur.



7

**On the Seventh day of Christmas, my true love gave to me...SEVEN AMERICANOS...**

Caffe Americano is simply espresso shots mixed with hot water. It "feels" like a cup of coffee, but has that nice espresso taste. The name comes from World War II when American soldiers would pour hot water into their espresso to better approximate the cups of coffee to which they were accustomed.. However, if they were in France, they might have chosen a different drink...

6



**On the Sixth day of Christmas, my true love gave to me...SIX ESPRESSO SHOTS...**

Espresso a "process" not a bean. Utilizing hot water and pressure, the true essence of the coffee is extracted, leaving more concentrated solids and sweet sugar compounds. The coffee must be carefully roasted and the shot expertly pulled to insure that the drinker experiences all of the sugars and not the "bitters" or a concentrated "burned" flavor (from the roast). A double espresso is called a "doppio." Some will ask for their shot "ristretto" (restricted or pulled "short" with less water) while others request theirs "Lungo" (long; more water). Not for everyone, but every coffee drinker should, at some point, try a good espresso shot, professionally pulled from an excellent blend. Some folks like the taste of espresso but would like it a bit more like a cup of coffee. For these folks, there is the...







On the Eighth day of Christmas my true love gave to me...  
**EIGHT CAFFE AU LAIT...**

Literally, coffee with milk. This French breakfast drink is very strong coffee mixed 50/50 with scalded milk. But just as the French have this drink for breakfast, there are others who have a drink for desert...



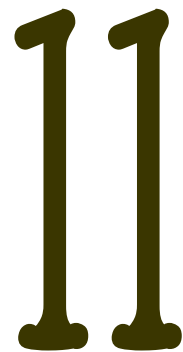
On the Ninth day of Christmas, my true love gave to me...**NINE CON PANNA...**

Ahhhh...the Con Panna...Espresso topped with whipped cream. Does anything else need to be said? Sweet goodness in a cup...like another "goodness in a cup" drink...



On the Tenth Day of Christmas my true love gave to me...**TEN HOT CHOCOLATE...**

The drink of our youth. A cold snowy day, chilled to the bones from hours of sled riding....and a steaming cup of hot cocoa. It can be made from powders and syrups or, to rise to a new level of elegance, steamed together with Belgian chocolate discs. But what if, after that sled ride, you just want a cup o'joe....



On the eleventh day of Christmas my true love gave to me...**ELEVEN FRENCH PRESS POTS...**

The French press is generally c0nsidered the finest way to brew a cup of coffee. It's simple, no fancy equipment or practiced skill needed. Add hot water, steep to release the oils and sugars in your expertly roasted coffee, press the grinds to the bottom of the pot and enjoy. Buy a bigger press pot and share with a friend. And if sharing is in your nature... espresso. But some folks LOVE the taste of espresso. Thus exists the...



On the Twelfth day of Christmas my true love gave to me...  
**TWELVE POTS OF TEA...**

Tea time? Nothing is more relaxing, and gives you that break you need at this time of year, than sharing a pot of tea with a good friend. Black, green, oolong, herbal, roiboos....the possibilities are endless.

*(Now, shall we end our little ditty with a sing along? You know the tune!*

**TWELVE POTS OF TEA, ELEVEN FRENCH PRESS POTS, TEN HOT CHOCOLATE, NINE CON PANNA, EIGHT CAFFE AU LAIT, SEVEN AMERICANOS, SIX SHOTS OF ESSPRESSO...**

**FIVE...CAFFE AMOURI'S**

**FOUR CAFFE LATTE, THREE CAPPUCCINO, TWO MACCHIOTO  
And a CUP OF EXCELLENCE....COF...FEEEEEEE**

*Happy Holidays to all, and to all a GOOD DRINK!*



# local shopping johnny

Some gifts say inappropriate things.

## GIFT TIPS WHAT NOT TO DO

- » Don't give one that says the recipient need to be improved, such as a treadmill or a book on time management.
- » Avoid giving a gift that needs to be assembled, like a bicycle that's in parts (put it together before Christmas morning) or anything that comes in many pieces.
- » Never give a living creature to children without first discussing it with their parents, or to an adult that you are not certain will appreciate it. The person might not want to take care of it and will just give it away.
- » Give a gift that is for that person only. Don't disguise an item that will be used by the whole family as an individual gift. A TV that all will enjoy is not a gift for your spouse.



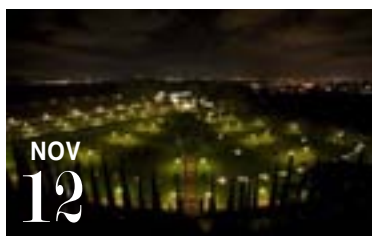
1  
NOV1  
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DEC8  
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## UNWRAP SOME TRADITION

### NOV 1 – ALL SAINTS' DAY

All Saints' Day, is a solemnity celebrated by parts of Western Christianity, and on the first Sunday after Pentecost in Eastern Christianity, in honor of all the saints, known and unknown.

### NOV 1 – DÍA DE LOS MUERTOS

Día de los Muertos is a Mexican holiday. The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died. Traditions connected with the holiday include building private altars honoring the deceased using sugar skulls, marigolds, and the favorite foods and beverages

of the departed and visiting graves with these as gifts.

### NOV 2 – ALL SOULS' DAY

All Souls' Day commemorates the faithful departed. In Western Christianity, this day is observed principally in the Catholic Church, although some churches of the Anglican Communion and the Old Catholic Churches also celebrate it.

### NOV 6 – EID AL-ADHA

Eid al-Adha is an important religious holiday celebrated by Muslims worldwide to commemorate the willingness of Abraham to sacrifice his son Ishmael as an act of obedience

to God, before God intervened to provide him with a ram to sacrifice instead. The meat is divided into three parts. The family retains one third of the share; another third is given to relatives, friends and neighbors; and the other third is given to the poor and needy.

### NOV 12 – BIRTHDAY OF BAHÁ'U'LLÁH

Bahá'u'lláh was the founder of the Bahá'í Faith. He claimed to be the prophetic fulfilment of Bábism, a 19th-century outgrowth of Shi'ism, but in a broader sense claimed to be a messenger from God referring to the fulfilment of the eschatological expectations of

Islam, Christianity, and other major religions.

### NOV 26 – AL HIJRA

The Islamic New Year is the day that marks the beginning of a new Islamic calendar year, and is the day on which the year count is incremented. The first day of the year is observed on the first day of Muharram, the first month in the Islamic calendar.

### DEC 3 – MINDFULNESS DAY

Mindfulness is a personal practice that helps generate a peaceful, compassionate mindset in the world, so people can be quirky, creative, spontaneous, and authentic in

how they want to celebrate. It's also very simple, since people can choose to be mindful at any time, anywhere in their daily lives.

### DEC 6 – ST. NICHOLAS DAY

Saint Nicholas was renowned for his great kindness and his generous aid to those in distress. Traditional celebrations of Saint Nicholas Day in Northern Europe included gifts left in children's shoes (the origin of our American Christmas stockings).

### DEC 8 – BODHI DAY

Bodhi Day is the Buddhist holiday that commemorates the day that the historical Buddha, Siddhartha Gautama experienced enlightenment, also known as Bodhi in Sanskrit or Pali.

### DEC 12 – VIRGIN OF GUADALUPE

The shrine of the Virgin of Guadalupe is the most

visited Catholic pilgrimage destination in the world. Over the Friday and Saturday of 11 to 12 December 2009, a record number of 6.1 million pilgrims visited the Basilica of Guadalupe in Mexico City to commemorate the anniversary of the apparition.

### DEC 13 – SANTA LUCIA DAY

Saint Lucy's Day or the Feast of St. Lucy is the Church feast day dedicated to St. Lucy. Its modern day celebration is generally associated with Sweden and Norway. In the United States it is celebrated in states with a large number of people of Scandinavian ancestry, often centered around church events.

### DEC 16 – LAS POSADAS

Las Posadas is a nine-day celebration with origins in Spain, now celebrated chiefly in Mexico and Guatemala, beginning December 16th and

ending December 24th, on evenings (about 8 or 10 PM).

### DEC 21 – HANUKKAH

Also known as the Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt. Hanukkah is observed for eight days starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

### DEC 25 – CHRISTMAS

Christmas or Christmas Day is a holiday observed on December 25 (with alternative days of January 6, 7 and 19) to commemorate the birth of Jesus, the central figure of Christianity. The exact birthday of Jesus is not known, and historians place his year of birth some time between 7 BC

and 2 BC.

### DEC 26 – KWANZAA

Kwanzaa is a weeklong celebration held in the United States honoring universal African-American heritage and culture, observed from December 26 to January 1 each year. It features activities such as lighting a candle holder with seven candles[1] and culminates in a feast and gift giving. It was created by Maulana Karenga and was first celebrated in 1966–1967.

### DEC 31 – NEW YEARS EVE

New Year's Eve is observed annually on December 31, the final day of the Gregorian calendar. In modern societies, New Year's Eve is often celebrated at social gatherings, during which participants dance, eat, consume alcoholic beverages, and watch or light fireworks to mark the incoming year.



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## NOVELTY FRAMES »

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The Dandelion Patch

Great for anyone who has a good sense of humor. These frames are super colorful and have sayings like "my favorite color is wine" and "the new sheriff in town wears heels." A few plaques have a more serious note like "true friends leave footprints in your heart."



## « BEER GROWLER

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This growler found at Mad Fox Brewing Company is the perfect gift for the social drinker. It can be filled up with your favorite Mad Fox ale for only \$17 and refilled for just \$10-13 dollars. All of Mad Fox's beer is brewed in-house.



(Prices on all items shown are subject to change.)

## « NAPKIN WEIGHT SET

\$44 per set  
The Dandelion Patch

Set includes napkin weights, napkin dish, and themed napkins. The themes available include wine, baking, football, boating, autumn, and many more. Perfect for the party thrower!



## PINT GLASSES »

\$3  
Dogfish Head Alehouse

At \$3 these beer mugs are a steal! Available in all different colors they are perfect to fill with your favorite brew.



## WINE STOPPERS »

\$18.50  
The Dandelion Patch

These glamorous wine stoppers from The Dandelion Patch are a great gift for a woman of any age (drinking age that is!) The stoppers shaped like a diamond come in all colors and are perfect for spicing up a Bunco night or a night in with the girls! They'll even fit perfectly in the hand-crafted bags from The Artful Gift Shop!



## SCENT SHAKERS »

\$43-48  
Valerianne

These lavender scented shakers are perfect for someone who loves a great smelling room without using a candle! Tap these onto a pillow or a piece of furniture and you're sure to give your room that great smelling scent it you want it to have.



(Prices on all items shown are subject to change.)

## « NAPKIN RINGS

\$18-35 per piece  
Valerianne

These sophisticated napkin rings are perfect for the holidays. They come in a variety of different styles and are sure to spice up the presentation of any table.



## « GARDEN CLOCK

\$49  
Black Eyed Susan

This clock is great for the person on your list who loves to garden! This is sure to make a great impression and will be a lasting piece people can add to their home. Clock can be easily mounted to any wall and would look great around all those plants your loved one has put so much effort into!







UNDER

\$100



### « WINE COOLER

\$82

The Dandelion Patch

This monogrammed wine cooler is perfect for the prepster on your list! Pair this with the diamond shaped wine stopper from The Dandelion Patch and you've got a great gift set! Attending a holiday wedding? Give a gift that is great for starting those newlyweds off on the right foot!

### DOGFISH HEAD PUNKIN ALE »

\$72

Dogfish Head Alehouse

We've tasted this Punkin Ale and it is the best around! For \$72 you can get a case of some of the best seasonal beer in the area. Even if you aren't giving it as a gift it is great for a holiday party!



### SUNDIAL »

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Know someone who needs to add a little beauty to their garden? This classic durable piece is perfect for the person on your list who loves to spend time in their backyard.



### PHONE BOOTH KEY HOLDER »

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### Personalizing gift cards makes them special.

Receiving a gift card for a Christmas or birthday can seem to be a less-than-personal effort by someone you love. If you're the someone doing the giving, you can change their opinion by sending a Visa gift card that has your picture (or their picture) on it, along with your personal message.

When you go to GiftCardLab.com, you can design the card using your own photos or you can use stock images pulled off the site. The cards cost \$5.95 each and can be loaded with \$10 to \$250 of value. The site accepts all major credit cards, and the customized gift cards can either be mailed directly to the recipient or to the buyer. The turnaround time is five business days. It's a good idea to remind

recipients that the card can be used again and again until it's full value is used up. Researchers from Tower Group say many recipients never get around to using the full value of the card. At GiftCardLab.com, visitors are told that the issuer, Marshall BankFirst, will deactivate the gift card one year from their print date and charge an "account closure fee" before returning the balance to you in about

three months. At least you get something back if the card has a balance on it after one year or has never been used at all. All major card companies sell gift cards, the Visa is the only credit card company that gives you the opportunity to personalize them with both a photo and a message.

VISIT

↳ GIFT CARD LAB  
GIFTCARDLAB.COM

(Prices on all items shown are subject to change.)

\$100 OVER



### « REED DIFFUSERS

\$125

Black Eyed Susan

Perfect for the person that likes to be pampered. These are a great and safe alternative to the traditional candle. The scent lasts longer and can be used all day long. Diffusers come in a variety of great smelling scents.

### 2-IN-1 GLASS BOWL »

\$119

Black Eyed Susan

The vibrant and eclectic colors in this piece makes this 2-in-1 blown glass bowl the perfect addition to any home or garden. Glass bowl can be hung on the wall and used as a decorative piece in your home or can be used as a bird bath when mounted in your garden. Black Eyed Susan also has many other eclectic outdoor gifts for the gardener on your list.



(Prices on all items shown are subject to change.)

# sanctuary on church





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to an

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Holiday Meal

Oh, the holiday meal. For some, it perhaps conjures up images of a cornucopia of delights, showcasing our talents and creativity, but for the rest of us, the mere thought of hosting a big holiday meal sends us into a complete tailspin, fraught with stress, worry and fear of how we'll ever get it all done. With many of us balancing work, kids, school, holiday social gatherings, and other commitments, how on earth can we be expected to put together such a feast, and on a

budget no less?

The key is planning ahead and choosing a handful of truly spectacular dishes showcasing the flavors and bountiful produce available in the fall, rather than filling up the table with a lot of forgettable "filler" dishes. Consider what you and your family really love and concentrate on that, make what you can ahead of time, and leave the rest behind. Think about a few healthy options featuring the incredible array of seasonal autumn fruits and vegetables, and you'll also decrease your post-holiday stress of worrying (more than usual at least!) about your waistline. Feel free to indulge in the flavors of the season, but also give yourself and the ones you love a wonderful boost of nutrients, fiber, antioxidants and vitamins by preparing fresh, flavorful, but not overly rich options.

Here's what will be on my table this year: Arugula Salad with Pancetta, Gorgonzola, Walnuts, and Pears, Cider-Brined Roasted Turkey with Gravy, Cranberry Orange Relish, Country-Style Buttermilk Mashed Potatoes, Sausage, Apple and Parsnip

Cornbread Dressing, Roasted Butternut Squash with Leeks & Goat Cheese, Sauteed Green Beans with Mushrooms and Shallots, and for dessert, Pumpkin Pie and Cranberry-Orange Cheesecake with a Chocolate Crust. I'll serve three wine choices; a sparkling wine (like Cava or Prosecco), a crisp, floral white (a great choice is Virginia's own 8 Chains North LoCo Vino White) and a lighter red (such as an Oregon Pinot Noir or a Beaujolais Nouveau). If guests want to bring dishes, encourage it and welcome their contributions. The key is to tell guests what you're having, and ask what they'd like to bring. That way,

they're less likely to duplicate your efforts and you'll be sure to have a nicely filled in table.

Timing is key! Shop and set your table 4 days ahead of the holiday. Turn the glasses and dishes upside down so they'll stay clean, flipping them over just before your guests arrive on the big day. Brine your turkey at least 3 days ahead of your planned serving day. I like to make good turkey stock for the gravy using turkey necks and wings – do this 3 days ahead as well. Make your cranberry relish and cheesecake two days ahead. Also, go ahead and pre-roast the squash and blanches your beans on this day too. With one day to go, make the pumpkin pie and the cornbread dressing, and remove the turkey from the brining liquid. Then, on the big day, you can roast the bird, make the gravy and mashed potatoes, finish the vegetables and throw together the salad. Not so hard, right? Write up a shopping list, game plan and printed menu and recipes so you can use it as your "holiday bible" to get you through the day confident in your great meal, and with some time to really enjoy it all and be thankful for your wonderful life!

Here's a recipe to get started. This butternut squash dish is savory, creamy, delicious and has the wonderful aroma and color you expect for the holidays. Its perfect for even the novice chef and a sophisticated change from the usual candied sweet potatoes. The rest of the recipes can be found on my blog, at <http://spoonfedbydaphne.blogspot.com/>. Have a wonderfully indulgent but stress-free and healthful holiday!

**author: Daphne Wotherspoon** is a longtime resident of Northern Virginia and a graduate of George Mason University. Living in Leesburg, Daphne is married and the over-anxious mother of two girls. She spends her all-too-rare free time walking, writing, cooking, reading, wine tasting, and doting over her miniature dachshund. She's a Staffing industry professional by day, but by night, an avid blogger, and wannabe TV chef, experimenting boldly with Farmer's Market ingredients and other fun food finds as much as possible.

## » BEST DAYS FOR A HOLIDAY PARTY?

The first and second weekends of December are most conducive to entertaining. People feel the holiday spirit but aren't yet weak from arrangements. Or, Martha Stewart suggests a gathering for breakfast, brunch or a midweek after-work get together.

## Roasted Butternut Squash with Leeks & Goat Cheese

- 1 large butternut squash (or 1 pkg pre-cut squash cubes)
- 2 tbsp Olive Oil
- Cooking Spray
- Kosher Salt and Fresh Ground pepper
- 2 tsp butter
- 1 leek, white and light green parts only
- 4 fresh sage leaves, finely chopped
- 3 oz. crumbled goat cheese
- Chopped pecans or hazelnuts
- 1/3 cup half & half

Preheat oven to 400 degrees. Peel squash and then remove seeds and chop into 1" cubes, or unwrap packaged squash and chop to desired size. Toss cubes in a large bowl with olive oil, salt and pepper. Spray a large baking sheet with cooking spray and add the seasoned squash. Roast for 25 minutes. You can do this step 2-3 days ahead if preferred. If so, cool completely and then hold in refrigerator, covered, until ready to use. Allow it to come to room temperature for 1-2 hours before completing the recipe.

Next, thoroughly rinse and chop the leeks and preheat the oven to 375 degrees. Saute the leeks and chopped sage leaves with salt and pepper in the butter in a large sauté pan. Add the squash and sauté for about 1 minute to combine the flavors. Now, spray a casserole dish with cooking spray and add the squash, leek and sage mixture to the dish. Top with the crumbled goat cheese and pour the cream evenly over the dish. Top with the chopped nuts and season with more salt and pepper. Bake uncovered for 25-30 minutes until the squash is caramelized, and the cheese is golden and bubbly. Enjoy!



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HOLIDAY  
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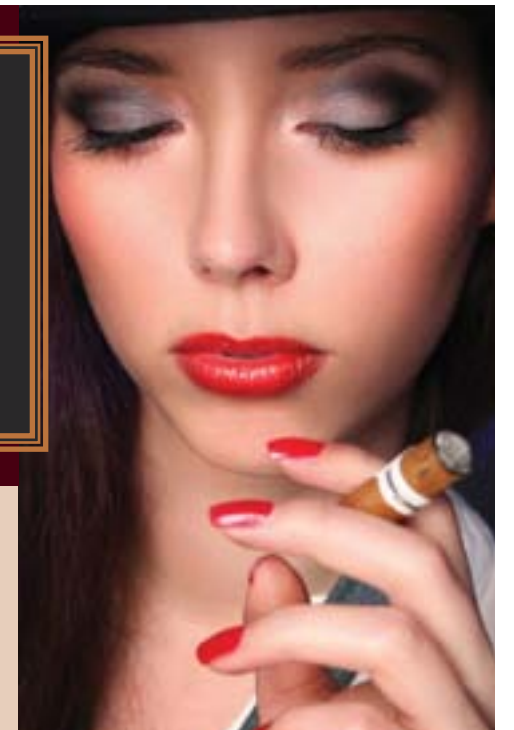
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# THE SOBER RIDE

GETTING HOME SAFE

Did you know that on average, someone is killed by a drunk driver in the U.S. every 48 minutes? How about that out of the nearly 1,000 fatalities recorded in Virginia last year that over 45 percent were the result of drunk drivers? Or that the annual cost of alcohol-related crashes totals more than \$51 billion?

These are alarming statistics and something that can be avoided with simple common sense and a phone call.

While law enforcement has done its part by actively enforcing existing 0.08% BAC laws, using sobriety checkpoints and holding those serving responsible, it's not enough.

There are three tips that the Center of Disease Control and Prevention offers for individuals set to spend the night on the town drinking: Prior to any drinking, friends should designate a non-drinking driver within the group. If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver. If you have been drinking, get a ride home or call a taxi.

While that last step is a vital one, there are several local organizations and companies that have made getting a ride when you're impaired easier more convenient.

## WRAP's SoberRide

The Washington Region Alcohol Program's SoberRide program is a non-profit that helps ensure Washington, D.C. and Virginia-area residents aren't risking their lives or the lives of others by driving impaired during the holidays.

Since 1993 the Mclean-based program has provided more than 52,000 rides home on days such as Christmas, New Year's Eve, Halloween, St. Patrick's Day and The Fourth of July. That's a lot of drunk drivers off the road and statistically probably saved more than a handful of lives.

"Those in need of a designated driver can receive a cab ride of up to \$30. If the ride costs more than \$30, customers just pay the difference," says Kurt Gregory Erickson, President & CEO of WRAP. "We make it as easy as possible with an 800 number. This year we will start on Dec. 16 and run nightly 10 p.m. to 6 a.m. all the way and including on New Year's Eve. I'm not too sure we can be more convenient to the would-be drunk driver out there."

All anyone has to do to receive the free or discounted cab ride is call 800-200-8294 or #8294 on an AT&T cell phone. Those who use the service must be 21 or older.

"I wish everyone knew about it," Erickson says. "It's all privately paid for and we have some great sponsors who have helped us keep the program going."

Last New Year's Eve, almost 1,000 people used the service, a 40 percent increase over 2009.

All calls must originate in Montgomery and Prince George's Counties in Maryland; the Cities of Rockville, Bowie, College Park, Gaithersburg, Greenbelt and Takoma Park in Maryland; the District of Columbia; Arlington, Fairfax, Prince William and Eastern Loudoun Counties in Virginia; and the Cities of Alexandria, Falls Church, Fairfax, Manassas and Manassas Park in Virginia.

You cannot reserve a SoberRide or schedule a pickup in advance.

"You don't need to worry about

waiting long, either. It's the same as if you were calling the can yourself," Erickson says. "If you live in Mclean but are in Rockville, the closest cab company to you will be dispatched. The cab companies are being reimbursed 100 percent so you are the same as any customer."

## Safe Ride, LLC

Safe Ride, LLC was created as a Public Safety Project to safeguard the life and property of citizens in the Washington DC Metro area.

The company's founder Alan Guevara lost a friend in a drunk driving accident and wanted to do something to help keep people from getting behind the wheel. He found people with similar goals and the company was born.

The Safe Ride Project was conceived out of sheer concerns for his friends and family in hopes that none of his loved ones will ever become a horrific statistic.

"What we do is show up with two drivers so one can pick them up and another can drive the vehicle home," Guevara says. "Our cost is basically the same as a roundtrip fare, which is what you would be spending to get home and then go back the next day to get your car back."

Those who call on SafeRide's professional drivers will incur a pickup fee of \$25 with a \$3 per mile charge to your predetermined destination. One destination is included with this service and each additional destination thereafter that will incur an additional \$5 per stop requested by the client.

You can even make a reservation up to a week in advance if you know you are going to be at a party or bar and will be drinking heavily and unable to drive home.

Plus, with a taxi, you risk your vehicle being towed due to confusing local ordinances or perhaps you will find a vandalized vehicle upon your return.

"It's truly time to institute this invaluable community service so that fewer families and friends will have to endure the loss of a loved due to alcohol-related vehicular accidents," Guevara says. "We plead with you, the next time you are out having a good time, keep in mind that at the end of

the night to stop the madness!"

## Drivers Incorporated

Another company offering safe rides home is Drivers Incorporated, which has been operating out of Mclean since 2007.

The organization has partnered with more than 100 area bars and clubs to ensure that diners and club goers have a safe and convenient ride home when they drink too much.

Drivers Incorporated's mission is to provide a great, fully vetted driver for anyone who would like to ride in the comfort of their own car, as the company provides designated drivers.

"Whether celebrating an extraordinary day or having a night with friends, this service is the easiest way to achieve peace of mind," the company says in a press release. "With our service, no one chooses between drinking and driving, and there is absolutely no reason not to enjoy the night."

Prices are \$20 for pickup plus three dollars per mile.

The service doesn't need to be used exclusively for drunk drivers. Those going in for outpatient surgeries, Lasix or even need rides to the airport can take advantage. Any situation where you can drive to the location but shouldn't drive back, Drivers Incorporated will help.

According to its mission: "When you make us a part of your night, you can enjoy yourself without worrying about getting home."

For details or rides, call 703-994-3931.

Driving people home in their cars has been a widely known concept around the world. In South Korea, a hundred thousand replacement drivers make the streets safer.

From mutual-assistance associations in France to drivers in Italy with foldable motorcycles, drivers for your vehicle have been getting people home safely.

With options like these available, anyone who drinks and drives is really just an idiot. — Keith Loria

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- » Silver Cab of Prince George's County (Prince George's County)
- » Yellow Cab of District of Columbia (District of Columbia)
- » Yellow Cab of Prince William County (Prince William County)



# PUT A SPARKLE IN YOUR HOLIDAYS WITH SOME BUBBLY



Wine from America, a Prosecco from Italy, or a Cava from Spain, you will have an almost limitless selection of styles and brands to choose from. So, where do we start?

It would take much more space than we have here to discuss all the details and differences concerning the various types of Sparkling Wine from around the world.

My Goodness...it's that time of year again. Thanksgiving, Christmas, Hanukkah and the New Year are just around the corner. Where did 2011 go? Nevertheless, the time for fun, food, family and folly are upon us. And what beverage could possibly go better with these traditional end-of-year celebrations than a pretty, fresh bubbly. Whether you choose one of the classic Champagnes from France, a Sparkling

Therefore, let me provide you with a few basic facts and terms which might help you in choosing a sparkler that's just right for you this holiday season.

Know right off the bat (that's a baseball term for you non-sports fans), that "sparkling" wine is different from "still" wine due to the initiation of a secondary fermentation which gives the wine its characteristic bubbles. There are several methods by which a producer can carry out this secondary fermentation. The traditional and most expensive method is called "methode traditionnelle" or "methode champenoise", where the base wine or "cuvee" is bottled in a heavy champagne style bottle along with a mixture of sugar and yeast and is then sealed. A secondary fermentation then occurs within the bottle that produces carbon dioxide gas, which is held dissolved in the wine. At the end of this secondary fermentation process, the dead yeast cells or lees are "disgorged" from the bottle and the vacant space in the bottle is filled with a mixture of fresh still wine and cane sugar syrup. It is the amount of the sugar added that determines the sweetness level of the final product.

A less expensive method of putting the bubbles into your bubbly is called the "charmat method". The once fermented still wine is placed in sealed, pressurized stainless steel fermentation tanks. Fresh yeast and sugar is added, which stimulates the secondary fermentation in the pressurized enclosure. The now sparkling wine is then transferred, under pressure to its bottle. This method is used by producers where high volume production is required. These wines are still of good quality,

but you will never see a Champagne or high end California Sparkling Wine use other than the traditional method. However, both of the previously described methods produce small, long-lasting bubbles, which is what all bubbly devotees' desire in a good Sparkling Wine. Finally, there is a third method of getting the bubbles into the wine which is called "carbon injection" or "carbonation". This is the same procedure used to make soda pop and is used only in the production of the cheapest sparkling wines. No, none of my following sparkling recommendations were made using this method—Thank Goodness!

Now, let us chat a little bit about the sweetness levels in our bubbly. Generally, the bottle label will indicate the level of sweetness. Extra Brut/No Dosage is the very driest sparkling with less than 0.6% residual sugar. Brut, the most popular style, is always less than 1.5% sugar. Extra Dry/Extra Sec runs between 1.2% and 2.0% sugar. Dry/Sec is between 1.7% and 3.5%. Demi-Sec/Semi-Sweet falls between 3.3% and 5.0%. And finally, Doux/Very Sweet is over 5.0% residual sugar. Note that there is some overlap in the percentages which allows a producer a little latitude in labeling.

What about price? Well, we have finally come down to the BIG Question. Price in Sparkling Wines does give a general indication of quality. However, sparkling wine prices, as with many other products, does include name brand or regional escalation, especially when considering French Champagne (that is redundant, since all real "Champagne" comes only from the Champagne growing region of France, everything else is a Sparkling Wine of one sort or another). Real Champagne is a wondrous delight, but certainly overpriced, all things considered, in my opinion.

Having said that, know that many people ask me what my most favorite, drop-dead sparkling wine is. It is indeed from Champagne. I can't afford it, except on very special occasions, but it is not Moet's "Dom Perignon", or Roederer's "Cristal", it is Pol Roger's "Sir Winston Churchill Cuvee"

Vintage Champagne. A more exquisite sparkling elixir does not exist on this planet. Oh yes, the price is about \$275.00 a bottle—give or take. It is certainly not a bathing champagne—if you know what I mean and if you are so inclined!

So, moving on, I would like to present to you a selected, creative list of reasonably priced sparklers from various places around the world that hopefully will enhance your holiday enjoyment.

**Segura Viudas Brut Reserva Cava 'NV (Spain)**—A better value in a sparkling wine from anywhere in the world you will not find. This little treasure is quite robust and has copious bubbles with apple and citrus notes. Delicious by itself; it is the perfect Mimosa companion. Personally, I have enjoyed this wine for over 15 years. (\$9.99)

**Marquis de la Tour Brut Blanc 'NV (France)**—From France's Loire River Valley, this sparkler is made from the Chenin Blanc grape. It is dry, delicate, and the bubbles are very lush and tiny with flavors of melon and peach. The alcohol is quite low at 11%, so you can sip it all day long while preparing holiday dinner. (\$11.99)

**Mumm Napa Brut Prestige 'NV (USA)**—From California and owned by the prestigious Mumm Champagne house from France, this is one of America's highest quality, reasonably priced sparkling wines. It was on the Wine Spectator Top 100 List for 2010. It is dry, rich, and has a creamy texture. White blossom aromas and citrus flavors abound. This wine is a real American bargain. (\$22.99)

**Santa Margherita Brut Prosecco Superiore 'NV (Italy)**—Everyone knows of this producer's Pinot Grigio, but their Prosecco is even a better wine. This wine is simply—exquisite. Prosecco is a very fashionable sparkler (the finest people drink it, you know), and it is just perfect for afternoon or dinner entertaining—perfect as an aperitif or with seafood dishes, especially shellfish. (\$23.99)

**Billecart-Salmon Brut Reserve Champagne 'NV (France)**—Well, you knew that I was going to put one

Champagne into this holiday drinking fest...didn't you? So, try something that the crowd doesn't offer you at every holiday visit. This is one of the finest non-vintage Champagnes made—different and less marketed than the run-of-the-mill Veuve Clicquot Yellow Label 'NV. It offers a beautiful balance between toasty notes and fresh fruit. It is dry, elegant and the bubbles just never stop! (\$56.99)

The Holidays are a special time for family, friends and just plain fun. Sparkling Wines are and always will be a prime ingredient of any festive holiday season. In 2011, be bold and try something different. You may just find a new favorite bubbly.

Well, there it is...Remember; a day without some bubbly is a day without sunshine. Have a wonderful holiday season and God bless you and your loved ones during this joyous time of year.

**author: 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.

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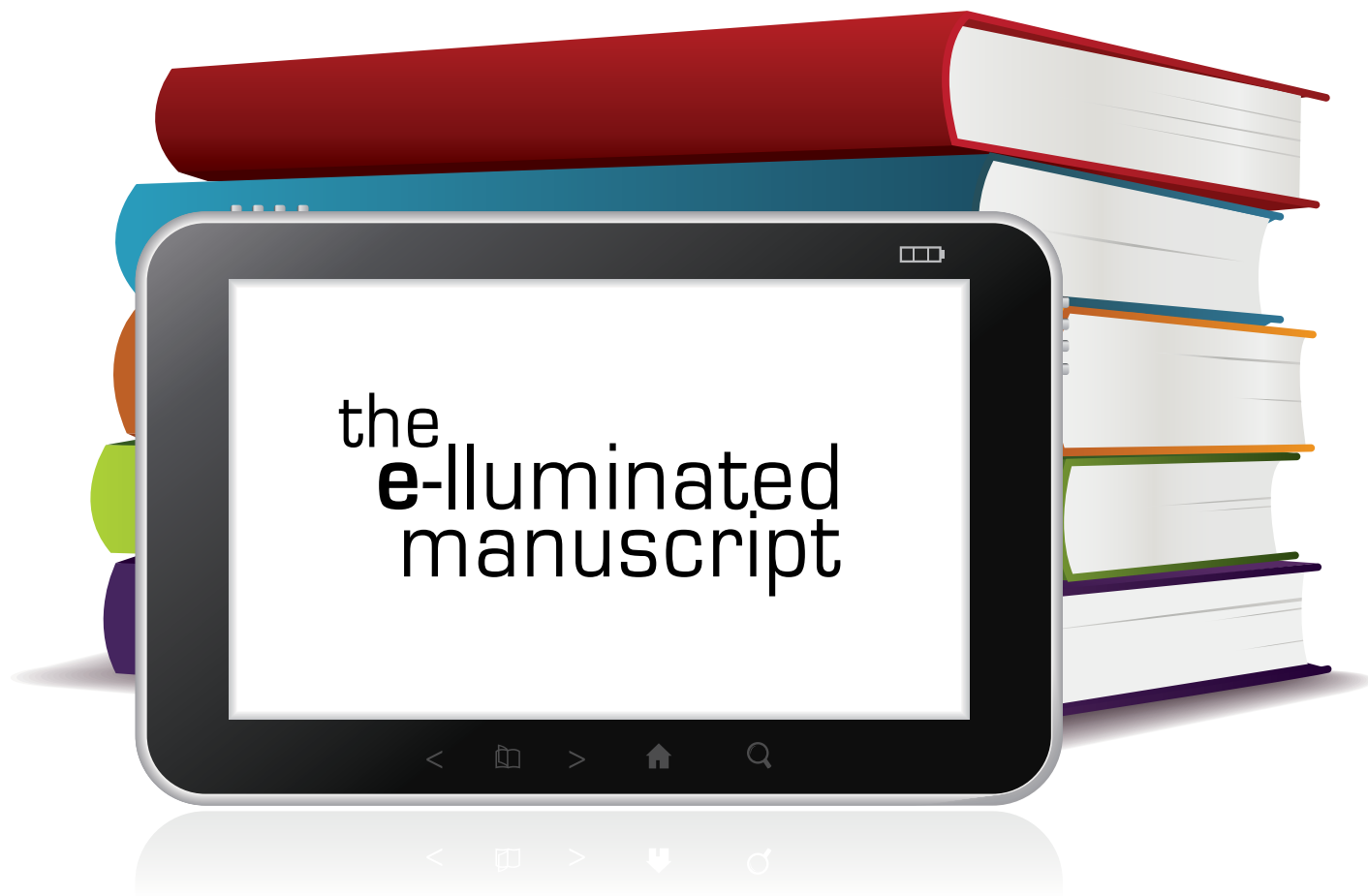


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## book beat



**L**et's put aside for the limited purposes of this post the timeless argument about whether time's passage is linear or circular, and simply concur with the old karmic adage (not to be confused with Justin Timberlake's similarly titled song), "What goes around, comes around." In view of the e-reader and e-reading explosion currently underway, it's an intriguing thought to consider in assessing the future of the book by revisiting its ancient past.

We're taught in history classes to thank the monastic scribes whose tireless efforts in the centuries following the decline of the Roman Empire in the third century A.D.

prevented humanity's loss of classical Greek and Roman literature. A significant portion of those monks' most renown work was produced in the form we now call "illuminated manuscripts." An illuminated manuscript is one where the work's text is adorned, often lavishly and intricately, with all sorts of opulent decorations. During those dark times centuries ago, the few readers and patrons fortunate (and literate) enough to appreciate the scribes' toil found their reading experiences enhanced by all types of engaging artwork designed to celebrate the text and expand upon its meanings.

In other words, those ancient books' allure wasn't restricted to their textual content. Given the

technological and socio-economic constrictions of the times, in effect the illuminated manuscript was the first publicly disseminated multi-media literary experience. The illuminated manuscript reigned supreme for over a thousand years, until Gutenberg invented his printing press and gave us the means of mechanized mass book production that remains the dominant (albeit waning) mode of book manufacture and publication to this day. Gutenberg's invention sounded the death knell for the illuminated manuscript.

Until now.

The rise of the commercial Internet and the plethora of wired and wireless devices that easily and cheaply access

its virtually limitless content has lead to an attendant explosion in reading books on ever more sophisticated machines. When my debut thriller "Blood of the Moon" first came out not even two years ago, its physical formats outsold its electronic ones by a ratio of about ten to one. Today, the reverse is true. My author friends tell me their sales statistics largely mirror mine. This is no passing trend -- the business model for book production and distribution is changing irrevocably, in lockstep with readers' demands and expectations as determined by the kinds of machines they use to access, purchase and read written work.

**THE RISE OF THE COMMERCIAL INTERNET AND THE PLETHORA OF WIRED AND WIRELESS DEVICES THAT EASILY AND CHEAPLY ACCESS ITS VIRTUALLY LIMITLESS CONTENT HAS LEAD TO AN ATTENDANT EXPLOSION IN READING BOOKS ON EVER MORE SOPHISTICATED MACHINES.**

As Gutenberg's press dethroned the illuminated manuscript almost 600 years ago, so today e-reading has rendered Borders bankrupt, and the remaining big box booksellers (not to mention the publishers and authors who rely on them for sales) tremble in its cross-hairs. Barring a global electro-magnetic pulse attack that devastates the Internet and returns us to the days before e-everything, the mass-produced physical book as we know it has but one future -- extinction.

Before letting this depress you, dwell for a moment on what physical books are, and aren't. A "book" is a piece of technology, comprised mostly of paper and ink, for the primary purpose of sharing information or a story. The book isn't the information, nor is it the story. Humans have been sharing information and stories with each other since we learned how to communicate with hand signals and grunts. We'll continue to do so until we stop breathing.

Information and stories aren't going

away. The way we're accustomed to sharing them is, because our technology and expectations have outgrown the "book."

Our machines -- the computers and tablets and e-readers and smartphones we use -- position us to enjoy the adornment of information and stories with all sorts of opulent decorations. Those decorations may not be the same as the ones produced in monkish scriptoria in centuries past, but they're related to them. Just as with the illuminated manuscripts of long ago, information and stories read via modern e-reading machines encourage (and demand) more than mere text to educate and entertain

us. In the near future the most successful e-books will be the ones vivid with video, voice, pictographic and/or musical decorations that celebrate the text and expand upon its meanings.

Only the illuminated manuscript can take advantage of our e-reading machines in ways that are

compelling enough to make us want to read deeply rather than skim broadly. This is even truer for the generations after ours, whose lifetimes will be steeped in e-everything from the day they learn their first A-B-C's on multi-media e-reading machines. The authors, artists, publishers and readers who embrace this will thrive in ways unimagined not many years ago. The ones who don't will find themselves quaint mementos of times gone by.

What goes around comes around. Hence, the resurrection of the original multi-media literary experience -- the illuminated manuscript.

Or, as I like to call it -- the E-illuminated Manuscript.

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## NO LUCK JOB HUNTING?

HERE ARE A FEW TIPS AND TRICKS TO SNAGGING THE PERFECT JOB

In today's world of talent acquisition, there are many mixed signals. Companies cut back on hiring or laid off employees early in the downturn and few have begun to hire full force. Yet there seems to be an abundance of job openings online. In addition, you hear about people getting recruited to great jobs, but you've applied for dozens of jobs online and, well, nothing yet.

So how do you find a job these days? Below are 5 tips that will help you avoid the digital malaise of online job search and, more importantly, improve your odds of getting the call.

1. Stop applying for jobs online. Or at least be very selective. And focus on companies that you'd really love to work for.

- Hundreds, if not thousands, of people are applying for the same job. It's not impossible, but it's hard to set yourself and your resume apart from the masses. And, because employers have cut back on their HR staff over the last several years, few recruiters have the bandwidth to thoroughly review every resume.

- Some of the jobs you see online are not really available. To be compliant with Department of Labor regulations, many companies are required to post

all openings, even if they have already made a decision to promote someone in the company.

**WORK YOUR NETWORK. YOU HAVE A GREAT NETWORK AND PEOPLE GENERALLY WANT TO BE HELPFUL. YOU PROBABLY KNOW SOMEONE (OR SOMEONE WHO KNOWS SOMEONE) WHO WORKS FOR A COMPANY YOU ADMIRE.**

- You may match perfectly the description you see, but the description itself is not perfect. Job descriptions by definition are fairly generic and cannot capture everything the hiring executive is looking for.

- If you do apply online, don't be a "serial poster." Be targeted and leverage your network to help get your resume noticed (see below). It does not help to apply multiple times for the same job or even to the same company for multiple jobs within a short period of time.

2. Work your network. You have a great network and people generally want to be helpful. You probably know someone (or someone who knows someone) who works for a company you admire. Employee referrals continue to be companies' preferred method for attracting talent.

3. If you haven't already, make sure your resume is in the databases of a short-list of relevant search firms. Recruiters actively use their databases. However, the key is to develop relationships with firms that work in your industry and function and regularly look for candidates with your level of experience.

4. Be open to consulting assignments and interim roles. These opportunities keep you current in your field, expand your network, and could lead to full-time employment. Plus, you won't be tempted to search and apply for jobs online all day!

5. And last but not least, manage your online profile. Recruiters will look before calling you.

author: Maiko Ashby

## A LOOK AHEAD FOR TYSONS SMALL BUSINESSES

My team and I have the privilege of working with the enterprising men and women who start and run small businesses all around the Washington DC Metropolitan Area, the most dynamic marketplace in the whole country. Big things are happening all around our region, but there's no doubt that the biggest, most exciting things are happening in Tysons Corner. At the crossroads of the Dulles Toll Road and the Beltway, Tysons stands as the western gateway to our Nation's Capital.

Although we in the DC area haven't been completely spared from the economic challenges America is wrestling with, this is a great time to be in business in Tysons Corner and the coming year promises to bring more opportunity for local entrepreneurs. We at the Small Business Administration look forward to continuing to expand our relationship with area small businesses, which turn to us for counseling and training in business management skills, help gaining access to financial capital for growth, and assistance with competing for government contracts. We call these three, Counseling, Capital, and Contracting, the "three C's."

In 2012, the SBA will continue to expand the range of services we offer for all three C's. Just this past May, the Mason Small Business Development Center at George Mason University was recognized as a Small Business Center of Excellence and Innovation for the high quality education and consulting services they

offer to Fairfax County businesses. In addition, SBA will continue to expand programs intended to help small businesses find export customers overseas for their goods and services.

**ALTHOUGH WE IN THE DC AREA HAVEN'T BEEN COMPLETELY SPARED FROM THE ECONOMIC CHALLENGES AMERICA IS WRESTLING WITH, THIS IS A GREAT TIME TO BE IN BUSINESS IN TYSONS CORNER AND THE COMING YEAR PROMISES TO BRING MORE OPPORTUNITY FOR LOCAL ENTREPRENEURS.**

Ongoing expansion and innovation in SBA loan-guarantee programs should continue to make more capital available for small businesses to finance open orders, purchase or refinance their business properties, and create more jobs for area residents. In the fiscal year just ended, SBA approved 26 loans for Tysons businesses, for \$16,858,000 total. This infusion of credit reportedly created 331 jobs and allowed businesses to retain and additional 139. We work with more than 100 active lenders in the area, and continue to roll out new and expanded loan guarantee programs which engage more and more lenders in the effort to build small businesses.

The government contracting sector is a fundamental part of the Tysons economy, and there are many local success stories. According to Washington Technology magazine, 7 of the top 10 fastest-growing small businesses competing for government contracts are located in the Dulles Corridor. For example, between 2006 and 2010 SAVA Workforce Solutions of Herndon grew an astounding 326.5% and now employs more than 400 people.

In 2012, SBA will build upon initiatives that offer opportunities to do business with the US Government, the world's largest customer, to more small businesses than ever before. The Women-Owned Small Business contracting program, which launched a few months ago, is expected to significantly impact procurement in the coming months. Also, the area was chosen as a pilot location for a new program to help small firms team with each other to compete for contracts. And upgrades to the CAPLines loan program will bring contracting into the financial grasp of more firms by providing working capital to both prime and sub-contractors to cover the period between contract award and payment.

All in all, it's a great time to be in business in Tysons Corner and the Washington Metropolitan Area. If you'd like to know more about SBA and the ways we can support your business, look for us at local business events or at our website, [www.sba.gov/dc](http://www.sba.gov/dc). Viva the Tyson entrepreneur!

author: Bridget Bean District Director, US Small Business Administration, Washington Metropolitan Area District Office

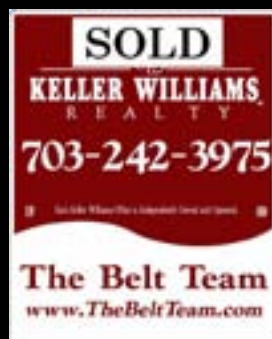




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## STORMwater what you need to know

In September nature reminded area residents of the terrible dangers and losses associated with flooding from peak flows of stormwater. Local soils already saturated by Hurricane Irene were dealt a one-two punch when Tropical Storm Lee dumped a record amount of rain over a 36 hour period, including 11.5 inches in Reston.

Two tragic deaths, over \$150 million in road and bridge damage, and mounting costs to property and businesses in Fairfax County are more than sufficient to prompt a review of the serious issues communities face from stormwater and floods. What can be done to address the risks and prevent such losses in the future? Here's what every homeowner needs to know to minimize the chances of suffering stormwater related trouble and preventable losses in the future.

### What is a Floodplain?

Fairfax County is crisscrossed by stream valleys. Floodplains, stream channels and transition areas are the major geographic components of our communities. Development has forced these streams and tributaries into ever smaller footprints, yet we need these natural systems. They recharge aquifers that supply groundwater

to wells, filter contaminants, absorb runoff and maintain terrestrial and aquatic habitats.

Floodplains are critical during storm events because they act as natural control areas to convey floodwaters, reduce water velocities and peak flow. Healthy vegetation (native trees and shrubs) in floodplain buffer areas help prevent or reduce the migration of pollutants into streams. Do not remove trees in floodplains unless there is imminent danger to life or property. We need our floodplains—they literally function to help sustain life in multiple ways.

Then there is the flip side. There are four main causes of flood hazard in our area: overflowing floodplains, surging streams and rivers, inadequate overland relief during heavy storms, and tidal surges in the lower Potomac River caused by storms. We saw all of these during September. These geographic areas are places to stay out of during storms. People are drawn to them by curiosity, but it's no joke, and the danger is not worth the risk.

### How can I find out if I live in or near a floodplain or Resource Protection Area?

The web sites to visit are [www.fairfaxcounty.gov/gisapps/myneighborhood/default.aspx](http://www.fairfaxcounty.gov/gisapps/myneighborhood/default.aspx) and [www.fairfaxcounty.gov/gisapps/pdfviewer](http://www.fairfaxcounty.gov/gisapps/pdfviewer).

[www.fairfaxcounty.gov/gisapps/myneighborhood/default.aspx](http://www.fairfaxcounty.gov/gisapps/myneighborhood/default.aspx) and [www.fairfaxcounty.gov/gisapps/pdfviewer](http://www.fairfaxcounty.gov/gisapps/pdfviewer).

Resource Protection Areas (RPAs) are the corridors of environmentally sensitive land that lie alongside or near the shorelines of streams, rivers and other waterways which drain into the Potomac River and eventually into the Chesapeake Bay. In their natural condition, RPAs protect water quality, filter pollutants out of stormwater runoff, reduce the volume of stormwater runoff, prevent erosion and perform other important biological and ecological functions. RPAs include any land characterized by one or more of the following features: a tidal wetland, a tidal shore, a water body with perennial flow, a nontidal wetland connected by surface flow and contiguous to a tidal wetland or water body with perennial flow, and a buffer area that includes any land within a major floodplain or any land within 100 feet of a feature listed in 1-4.

Development in RPAs is regulated by the Chesapeake Bay Preservation Ordinance, enacted by the Board of Supervisors in 1993.

### What is the storm drainage system?

It's a network of structures, channels



and underground pipes that carry stormwater (rain water) to ponds, lakes, streams and rivers. The network consists of both public and private systems. It's an integral part of the stormwater management system in the county that is designed to control the quantity, quality, timing and distribution of storm runoff. All stormwater in the county eventually flows to the Occoquan and Potomac rivers and the Chesapeake Bay.

The storm drainage system is not part of the wastewater (sanitary sewer) system, which carries water and waste from drains (sinks, bathtubs, showers, etc.) and toilets to a treatment plant to be treated and filtered. Stormwater does not flow to a treatment plant.

**Who is responsible for clearing clogged storm drains?**

It depends on the location of the drain. Fairfax County maintains the public storm drainage system contained within dedicated storm drainage easements, while VDOT maintains others. For information and to report blockages, call the Maintenance & Stormwater Management Division at 703-877-2800, TTY 711. For maintenance of systems in public street rights-of-way (roadside ditches, curb inlets, pipes under the roadway), call the Virginia Department of Transportation at 1-800-FOR-ROAD (367-7623), TTY 711. Driveway culverts (pipes under driveways that connect the storm drain system on either side) are not part of the public system; they are the property owner's responsibility.

**If my neighbor's drainage project dumps stormwater onto my property, what can I do?**

This is not one of those instances where good fences make good neighbors; in these cases it pays to

have an open line of communication. Ideally neighbors can talk about and tackle a stormwater problem together. Private drainage and erosion issues, as well as ground water issues, are the responsibility of the affected property owners. Drainage directed from gutters, downspouts or other private systems to neighboring properties is a civil matter between the property owners. Driveways, and their associated culverts or bridges, that cross public drainage systems (e.g., that cross over ditches or streams) are also property owner responsibilities.

Information or assistance may be available from the Northern Virginia Soil and Water Conservation District at 703-324-1460, TTY 711. The Fairfax County Maintenance & Stormwater Management Division (703-877-2800, TTY 711) may be able to offer assistance about the cause of the problem and possible solutions; however, the County cannot recommend contractors or undertake any work outside a county easement.

**'Floodproofing' and Property Protection Measures**

1. Re-grade your lot to drain water away from the building. This strategy works best on large lots, if changes will not affect other properties. Be sure to contact the Fairfax County Division of Public Works & Environmental Services to ascertain relevant permit requirements.
2. Waterproof walls and install watertight closures over entranceways. This is not recommended for houses with basements or if floodwaters will exceed two feet.
3. Raise the house above flood levels. Any alteration to a building or land, including re-grading, filling, or modifying a sewer line, requires a permit.

4. Plant rain gardens (shallow depressions or basins filled with water-loving native plants) in wet areas of your lot to allow rainwater to filter down into the ground instead of using underground pipe to channel it away.

Some houses, including those that are not in a floodplain, may have sewers that back up into the basement during a heavy rain. A plug for the

basement floor drain or shower drain, or standpipes for these drains, may stop a backup if water is not too deep. A plumber should be consulted before installing a plug, overhead sewer or backflow valve.

More information about floodproofing is available at [www.fema.gov/hazard/flood/fl\\_before.shtm](http://www.fema.gov/hazard/flood/fl_before.shtm).

For sanitary sewer flooding, call the 24-hour Trouble Response Center at 703-323-1211 or 703-239-8444, TTY 711.

**What about flood insurance?**

Flooding is the most common natural disaster in Virginia. Repairs can be expensive; just one inch of water in a home or office is enough to damage drywall, baseboards, floor coverings and furniture.

In July 2010 the Federal Mmergency Management Agency (FEMA) updated Fairfax County's flood insurance rate maps. Some properties in the County are in Special Flood Hazard Areas (SFHA). To determine whether your property is in or out of a SFHA, visit [www.fema.gov/hazard/map/firm.shtm](http://www.fema.gov/hazard/map/firm.shtm) or call 1-877-FEMA MAP. If you have such a property, you may be eligible for flood insurance at a discounted rate through the National flood Insurance Program.

Most homeowners' insurance policies do not cover losses from flooding. Property owners and residents are encouraged to examine their policies and consider the potential benefits of adding coverage. Flood-related claims may be covered even if a disaster was not declared, and can include cleanup and repair costs. A good policy can help protect your property and financial security from year-round flooding hazards. Some of these policies do not take effect after purchase until a 30 day waiting period has elapsed, so plan ahead.

**How can I help care for floodplains & streams?**

Stay out of floodplains, especially when they are wet. Please do not mow close to stream banks—just leave the grass and vegetation in place to counter erosion. Don't dump fill dirt, yard waste, or leaves into streams or floodplains. Plant native shrubs--not grass--adjacent to streambanks, as the root systems help keep soil in place. Avoid planting

invasives or non-native plants in stream zones, as the moist soil and water flow will simply distribute the seeds to downstream areas, helping to establish colonies of undesirable species.

If you must apply pesticides and fertilizers, do so several days before rain is forecast; if applied right before a rain, most of it will just wash off and end up in a storm drain (and the drinking water supply).

Never dump pet waste, used motor oil, paint, chemicals or other substances into a storm drain. Information about proper disposal of household hazardous waste is available from the Division of Solid Waste Disposal & Resource Recovery at 703-324-5230. Report dumping or spilling of hazardous materials into a drainage system to the Fire and Rescue Department (emergency: 911; non-emergency: 703-691-2131, TTY 711). Report dumping of non-hazardous materials such as pet waste to the Health Department at 703-246-2300.

Swimming pools should never be drained into storm drains without properly treating the water first. Contact the Health Department at 703-246-2300 for further information.

**It All Flows Downhill**

Now you know more than you perhaps wanted to about stormwater, flooding and implications of stormwater drainage on your property. What homeowners and businesses do in terms of maintenance and disposal practices affects everyone downstream. Prevention does not address every future harm, but it's a good start.

Remember to stop by and meet those new neighbors if you've been too busy to introduce yourself. And if they're upstream from you, maybe you should take them a pie.

**author:** Beth Chung works locally as My Green Expert, helping businesses, homeowners and schools adopt green practices and increase their "bottom line" sustainability. She volunteers for a variety of local environmental groups, and can often be found planting native species and advocating for stream protection in various corners of the County. You can send a column suggestion or comment to [beth@mygreenexpert.com](mailto:beth@mygreenexpert.com)

**» FLOOD SAFETY TIPS**

Sign up for emergency alerts. The Community Emergency Alert System (CEAN) provides emergency information (of all types—flooding, earthquake, etc.) to Fairfax County residents. Messages can be delivered via email or to wireless phones and pagers. Register at [www.fairfaxcounty.gov/CEAN](http://www.fairfaxcounty.gov/CEAN) as an 'individual' user.

This one is important. You may have done this in the past without suffering consequences. DO NOT drive through flooded roadways. You cannot see how deep they are, and the ground below the water may have crumbled. Flowing floodwater can overturn your vehicle, trapping you as floodwaters sweep away. Turn around, don't drown.

Plan ahead. If you must travel during a storm event, identify alternate routes before departure. Leave before roads in your neighborhood are flooded. Take an emergency kit with you along with paper maps, as heavy storms can make it difficult to use GPS navigation systems.

Do not walk through floodwaters. Six inches of moving water can knock a string adult off his feet. You might be electrocuted or contract disease-carrying bacteria in floodwaters.

Remember that there is a lag time between storm events and peak flow discharge. For up to 12 hours after it stops raining, peak flow volumes (largest amounts in cubic feet per second) of stormwater are still surging through parts of the river systems. And then there are tidal impacts as well. Stay out of these areas and remain alert for emergency announcements.



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## » PHOTOS

The Johnson's open floorplan—which includes a “command center” in a new windowed alcove (right)—has really facilitated family interaction. (119, previous page)

A custom-milled hutch (foreground) helps the Johnsons organize; the wine bar (back) is just steps from the dining room. (right)

Sun Design Remodeling replaced a restricted U-shaped kitchen counter with a two-level island that combines a dining counter and a food preparation surface that supports the cook's work triangle. (opposite page)



**P**roductive work habits start with the family. Certainly this is part of what pioneering architect LeCorbusier meant when he envisioned the home as “a machine for living in”.

Moreover, the Johnson family concurs, having recently remodeled the family-use areas of their circa 1960's Colonial.

“We wanted an enhanced environment that would make it easier for all four of us to interact, multi-task and learn from one another,” says Christer Johnson, 40, an IBM executive who has occupied the 5,000 square foot Vienna residence with wife, Beth, and their two daughters for nearly a decade.

“I wanted it to be easier for Beth to do her work while keeping an eye on the girls, and for the girls to have some exposure to computers and the internet.”

Of course, (while we're making changes) there was also the matter of: a) significantly improving kitchen efficiencies b) accessing family living areas without tracking-in mud, c) establishing an internet-access

work zone and d) rendering the whole aesthetically-cohesive.

Starting from these goals, designers at Sun Design Remodeling commenced a plan that converts a boxed-in kitchen/great room into an open floorplan, replete with specified activity zones, uncluttered sightlines and an orderly sense of purpose crisply articulated in alcoves, anterooms and precisely-purposed built-ins.

As one designer sums it up: “You could call it a Back-to-School makeover”.

Overall, the challenge was to render the Johnson's “wish list” and budget as an actionable floorplan.

“Their drawings really helped us visualize,” Christer observes. “They made it easier for us to edit back a large program into focused ideas”

Hence:

A U-shaped kitchen counter is replaced by a triangular food preparation island and dining counter;

A needlessly long garage-to-kitchen hallway borrows a few square feet from the dining room to become

a family entry--complete with designated closets and cubbies;

A proposed wing off the rear of the house is resolved as a 6' x 8' hexagonal-shaped bump-out that accommodates a custom-designed work-station.

The primary problem with the existing kitchen was restricted movement and sightlines. As the team's lead designer assessed the situation: In a late 20th century home, homeowners preferred a U-shaped kitchen counter as a way to protect the cook's work triangle. Today, the family member who happens to be cooking also wants to freely interact with the rest of the family and any guests.

Add to this, Beth's desire for clear sightlines from the kitchen and several important “kid zones” and tricky adjustments emerge.

The first step, though, was to delete the U-shaped counter—introducing a custom-designed kitchen island that supports food preparation, yet allows the cook to move in and out of cooking and clean-up areas from two directions.

The two-level island also boasts

a 3-sided dining counter that accommodates 4 elevated stools.

To improve kitchen visual continuum, a small rear casement window was replaced with a 4 ft x 7 ft, 3-course window bump-out that frames a stunning overview of the entire backyard and surrounding parkland.

As per owner requirements, the interior design scheme is also beautifully integrated. The double refrigerator door was faced in the same embossed wood panels used on the cabinetry. Imported Italian tile (Coronado Gold with bronze accents) covers the floor in a plaid pattern, and was also employed in the backsplashes. Counter surfaces are “ivory fantasy” granite.

The family hub, though, may be the command center.

Command center?

Loosely described, that's a kitchen-proximate work station...with a computer and internet access. In short, it's the spot where adults can check on work projects without leaving the family, and the kids can start homework with Mom nearby.

Naturally, a key consideration is

where this essential cockpit should be located. Since one can't have a “command center” in the middle of primary traffic streams, Sun Design proposed an octagonal alcove that extends the rear elevation from the breakfast area.

A steel I-beam now supports a portion of the existing rear bearing wall. The exterior elevation—nicely rationalized with existing brick--was re-clad in Hardiboard. The alcove also features several divided-light windows and a glass-facing door.

The new set up allows Beth an easy view of the backyard while working inside at her computer. It's also situated so that she can oversee the kids' online activities from the cook's triangle.

As appropriate to the setting, the work-station was designed to complement existing décor, which mainly deploys traditional furnishings and soft neutral colors.

The solid maple desk features a spacious ivory-hued granite surface. Bookcases and cabinets—finished in a brown antique glaze—were built by Sun Design carpenters to satisfy specific household requirements.

Other original pieces include an alderwood hutch, a floor-to-ceiling wet bar and surfaces, plus drawers and cabinets for a wide array of tasks and tools.

“The built-ins make it clear that living productively is really about knowing what you need, and how to put the whole picture together” Christer says. “Having an experienced guide conduct the process is enormously helpful.”

Sun Design Remodeling frequently holds workshops on home remodeling topics at their office in Burke.

**author:** 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

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# FINDING BALANCE WHEN CHOOSING THE RIGHT HOME IMPROVEMENT PROJECT



**Y**ou have looked everywhere: there is no neighborhood that seems quite like yours. Everywhere else is too far from the stores, too close to the highway, too far from work, too small of a town. The truth is that you do not want to move just because your family is outgrowing your house. The good news is that you do not have to move 20 miles further out to get two extra bedrooms and an en-suite master

bathroom. Given the market conditions, you may want to give serious thought to building- up, building-out, or remodeling in order to optimize the use of your space and revamp the existing features of your current home.

Now, once you have built up your enthusiasm for changing everything in your home, take a step back. As the financial climate remains on the austere side, it is very important to keep in mind the resale value of your home when deciding on an

improvement project. If it is true that you deserve a better home office for the amount of hours your job requires, or you really want that hot tub to help you through yet another frigid winter, you want to think hard about the hard numbers. Chances are that the next homeowner will not have your same tastes or lifestyle and that he will not be willing to acknowledge the value of the improvements you have done to the house.

Before making a decision, you

should do some leg-work and find out what is the cost vs. value report of improvement projects in your area. This is a report that comes out annually (in fact the new one is available for free at

<http://www.remodeling.hw.net/2010/costvsvalue/national.aspx>

You will realize how lucky we are to live in the Washington DC metropolitan area; houses are more expensive than the national average, but they also have withstood the shakes of the real estate market and keep the value of most of the work that you do to your home.

So, it is important to consider the appeal that your home improvement project would have to a future owner. Would a potential buyer pay extra for those features? There are some fairly safe projects that you can pursue that other home buyers generally find valuable. It is common knowledge that the first thing you should remodel in your house is the kitchen and the master bathroom. Being the most used spaces in the house, they improve the quality of your life notably when remodeled; secondly, the money you invest in the house is promptly recuperated at the time of selling.

Other wise investments include adding or remodeling a bathroom, adding a new room, landscaping, replacing the siding and the windows.

So how will you be able to tell if the project that you have planned will add to the value of your home?

Start by understanding the appraised value of your home. Although you may feel that your home is worth a lot, sometimes it comes from the heart rather than from an appraiser and unfortunately the latter is what matters. Once you understand the real value of your house and what approximately you will recoup once invested in a specific project (cost vs. value concept) you can establish a smart budget that will make sense financially and will also make sure it will cover your new house needs. Finally you feel prepared and you can sit down and make an informed

**YOU WILL REALIZE HOW LUCKY WE ARE TO LIVE IN THE WASHINGTON DC METROPOLITAN AREA; HOUSES ARE MORE EXPENSIVE THAN THE NATIONAL AVERAGE, BUT THEY ALSO HAVE WITHSTOOD THE SHAKES OF THE REAL ESTATE MARKET AND KEEP THE VALUE OF MOST OF THE WORK THAT YOU DO TO YOUR HOME.**

decision.

Now, one last thing: when trying to establish the scope of work while keeping an eye on the resale value of the house, I asked a client the routine question, "How long do you plan on staying in your house?" She told me, "Five years but, before I sell, I intend to fully enjoy the new kitchen and baths!"

The bottom line is that when you are considering all the options, it may not financially make sense to get a new home office, but it is also important to keep your lifestyle in mind. It is smart to choose and enjoy a newly remodeled space that suits your lifestyle now instead of remodeling simply because you are ready to sell.

A smart decision about which home improvement projects to tackle and when to do them can have multiple positive results: it will surely make your life much better now, when you look at your children or grandchildren at your granite kitchen island while you are cooking a spicy pumpkin soup on your professional grade cook top- and in the future, when it can put extra money in your pocket at the time you sell your house.

**author:** Rita Tersio Dobrauchi , VP at Terranova Construction, Kitchen & Bath. [terranovalkitchenandbaths.com](http://terranovalkitchenandbaths.com)

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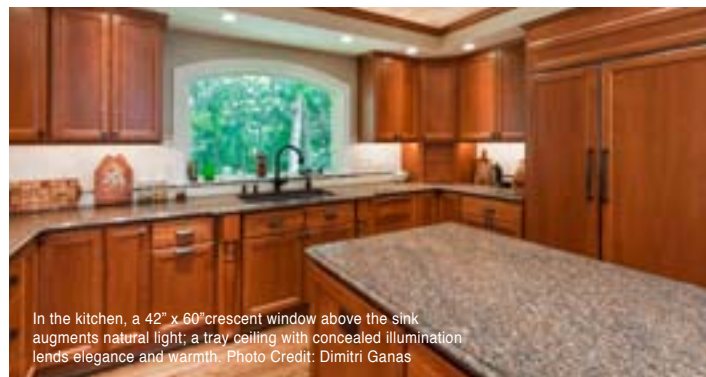
Foster removed the family room ceiling, shelling in previously concealed rafters. The hearth constructed of stacked ledge stones lends a dramatic vertical accent. Photo Credit: Dimitri Ganas



Custom-designed his and her vanities face off on opposite sides of the soaking tub, just steps from a large walk-in shower. Photo Credit: Dimitri Ganas



Foster positioned the new master bedroom suite on the west elevation of the existing structure. The front-facing window and portico present an architectural appropriate rationalization that stresses traditional themes. Photo Credit: Dimitri Ganas



In the kitchen, a 42" x 60" crescent window above the sink augments natural light; a tray ceiling with concealed illumination lends elegance and warmth. Photo Credit: Dimitri Ganas

## AFTER OCCUPYING 18 HOMES AROUND THE WORLD, RETIRED PILOT TED ROGERS OPTS TO BUILD HIS DREAM HOUSE

It's gratifying to find the right change-agent at the exact moment in life when you need one. Such are the reflections of Ted Rodgers, 72, on a makeover to his home recently completed by master builder David Foster.

Rogers, a former Navy pilot, had lived in 18 houses all over the world before settling in circa 1960's ranch with his wife and children the early 1980s. The traditional brick rambler had previously been owned by a local farmer whose family had worked a spread east of Vienna for generations. The house was conventional, but solidly constructed. Still, as Rodgers and his wife, Wanda, approached 70, their cumulative sense of the home's limitations had transmuted into a restless desire.

"Wanda wanted an upgraded kitchen," Rogers explained. "We both pictured

a larger master bedroom suite....So we decided it was time to move." Assessing several newly-built, high-end homes was an eye-opener, however, and the meticulous former pilot confesses that he was "put off" at the dubious quality of what he found on the market—even in the million dollar range.

Moreover, since home remodeling stories relayed by several friends were equally discouraging, Rodgers opted for the safe course: stay put, change nothing. That's when he was introduced to David Foster, 30-year veteran builder and president of Foster Remodeling Solutions.

"David came highly recommended, but it was meeting him that proved decisive," Rogers explains. "It was his love of building—every aspect of it—that really impressed me we started walking through the house

together. His ideas really opened up the possibilities."

The starting point: a 2,553 sq ft 3 bedroom ranch on two acres, and a conversation regarding the best options for accommodating a luxuriantly-appointed master bedroom suite, a spacious gourmet kitchen and a two-level, car garage with second floor studio.

"I usually begin with the floorplan and a budget," Foster explains. "When Ted and I talked through all the components for the master suite, I proposed a front-to-back addition on the rambler's west elevation." Ditto, plans for a two-level garage to be linked via breezeway from the lower-level east elevation.

IT'S GRATIFYING TO FIND THE RIGHT CHANGE-AGENT AT THE EXACT MOMENT IN LIFE WHEN YOU NEED ONE.

Inside, however, proposed revisions would entail complications.

To create an open floor plan that connects the new kitchen to a front-facing family room, a bearing wall must be removed, replaced with an unseen interior structural support. Giving sightlines free-reign, likewise, meant removing the living room ceiling and shelling-in previously concealed roofing rafters.

An ascending vertical accent was, in turn, established by replacing a traditional brick-facing fireplace with a floor-to-ceiling hearth constructed of stacked ledge stones.

"The effect is exciting," Wanda Rogers observes. "From the kitchen, the room opens out and up; it feels really warm."

The new vaulted wall expanse also doubles as display space for Wanda's private art collection, which is now illuminated by track lights.

Apart from Foster's personal attention, the Rogers' were pleased with a process that enabled them to review a veritable catalogue of finishwork options as the interior

design progressed. Visits to the FRS showroom in Lorton yielded the fixtures, cherry wood cabinets and granite countertops the couple selected for the kitchen. The Foster team also accompanied the couple to appliance outlets and recommended specific brands for both electric and gas cooking.

To augment available light and visual continuum, Foster's architect designed a 42" x 60" crescent window for the wall above the sink. The kitchen's tray ceiling with concealed illumination lends elegance, warmth and generous proportionality. The multi-zoned 650 sq ft master suite is luxuriant in every respect. The front-facing sleeping quarters looks out through a 20" x 62" 3-course window with a triangle-shaped crescent.

From here, one proceeds to the rear through a wardrobe changing area where his and her walk-in closets face-off on opposite walls.

Continuing on, the journey concludes in a pyramidal alcove defined by opposing floor-to-ceiling custom vanities that yield to a generously-sized soaking tub tucked neatly under



The original brick rambler was built in the early 1960s. Ted and Wanda Rogers lived in the house for over 25 years before deciding to make dramatic changes. Photo Credit: Dimitri Ganas

a second 3-course window, this one with a protected view of the woodland setting.

Jogging off to the right of the vanity, there's a granite-clad walk-in shower with bench.

In short, it's a luxury accommodation in every sense-- "a place", Rodgers admits, "that's very satisfying at this point in my life." — John Byrd

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The garage—linked to the house via a breezeway-- includes a second level studio. Photo Credit: Dimitri Ganas



A floor-to-ceiling window in a triangle-shaped crescent allows generous natural light into the 650 sq ft master bedroom suite. Photo Credit: Dimitri Ganas

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# 2012 TRENDS



## RECYCLED DÉCOR

Orange and turquoise make for a stunning design combination. Source: House of Turquoise

When evaluating how holiday decorating trends are going to play out this winter season, I always look at trends in home decorating as the two often go hand-in-hand. The following popular interior design trends are surely going to make a big splash this holiday season in tree trimmings and party decorations.

With the advent of the green movement, increasingly homeowners are looking for ways to re-use or re-purpose things that they already have. In my design practice I see more and more people asking about using reclaimed barn wood as flooring, finding old doors that they can use as headboards or architectural features and repainting or refinishing old furniture. In this era of green living, it is only natural that we would seek ways to incorporate this lifestyle choice into our holiday décor. When it comes to holiday decorating versus everyday décor, the focus is on being crafty and resourceful. Decorations that fall under this trend usually include homemade items that are easily and inexpensively made, or collections that have been turned into tree or home decorations.



A recycled wine barrel makes a great end table. Source: centsationalgirl.com

## TEAL & BURNT SIENNA

Teal & Burnt Sienna Come Together This color combination is hot in home décor right now—a trend that is expected to continue into 2012. According to Kiki Titterud, author of "From Sensational Color for Your Home Holiday Market Trends Report 2011," this trend will play out in holiday decorating this winter as people seek to incorporate the tropics into their holiday décor. This could possibly be due to the economic climate where increasing uncertainty makes travel to far away locations more tentative—so why not bring the tropics home? Orange is the key ingredient in this spicy combination. When combined with other exotic hues such as peacock blue you'll be setting sail while Santa's slipping down your chimney.



## PURPLE REIGNS

Purple is still hot in interior design as we complete the rest of 2011 and look forward to 2012. The trend is to incorporate more "high chroma red-violets, deep wine burgundy, and neutral gray influenced purple tones" according to Kiki Titterud. With younger generations finding an appreciation for wines, this purple trend will be played out with wine themes this holiday season where vintage designs of Tuscan wine accessories, as well as grapes and bottles will find their way to the holiday table and tree.

author: 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.



## METALLIC ELEMENTS

Metals are a timeless classic that seem to be bigger than ever. Finishes such as chrome, brushed nickel, antique brass, bronze, copper and even galvanized steel can be found on wallpaper, lamps, photo frames, candlesticks and wall decor. I have seen a major trend in wallpaper that has the look of a metallic surface or a faux finish. We are starting to use it everywhere—especially in one of the most unexpected places—the ceiling. Shiny brass is even making a comeback. This holiday season metallics are going to make a big splash in tree trimmings and other decorations.

Violet, purple, lilac and lavender some of the most popular range of colors and some of the most spectacular in the modern interior design trend. Source: www.homedit.com

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# SELL NOW OR WAIT TILL THE SPRING?

The weather has finally turned colder. Thanksgiving is just around the corner and the holidays are approaching. At this time of year, we often get the question, “I want to sell my home, but should I wait to go on the market until after the holidays?” or “My home is on the market now, should I take it off during the holidays?” This is a question I get every year at this time. This year, it seems to be coming up more than usual. With many sellers downsizing and a slower market, it appears that sellers are trying to figure out whether to put their house on the market this Fall, or will the market be better next Spring. It’s taken a few years, but sellers do understand that the prices of the mid-2000’s are gone and they aren’t coming back any time soon. But like anyone, if waiting until the Spring will get them more money, obviously the choice would be to wait. There are many factors that need to be looked at to answer that question effectively.

It is true, that during the Fall there are fewer sales than during the Spring market. However, it is also a fact, that there are fewer homes on the market. For example, last October there were 2,800 homes on the market. (Those of you that have read my other articles know that when I talk about homes on the market I am talking about single-family-detached homes in Fairfax County) At the time that I am writing this, early October, there are only 2,205 homes on the market and 241 of them are new home projects that haven’t been built yet. So the real inventory is only 1964. That is not a lot of choice in the market place. These numbers are compared to the Spring market where inventories have generally been between 3,000 and 3,400 homes on the market respectively, which is about 30%

more inventory. So with the lower competition, it would be easier for buyers to find your home.

**I WANT TO SELL MY HOME, BUT SHOULD I WAIT TO GO ON THE MARKET UNTIL AFTER THE HOLIDAYS? OR MY HOME IS ON THE MARKET NOW, SHOULD I TAKE IT OFF DURING THE HOLIDAYS?**

Now, the fact of the matter is there are typically fewer sales during the Fall. During October-December there are 400-500 homes that sell each month. Contrary to popular opinion, the housing market does not come to a grinding halt during the final quarter of the year. Many years, it has been my best quarter. With summer relegated to memories and photos, and another year dawning, many sellers and buyers begin to wonder if it’s time to make the move to the next phase of their housing life. Whether it be building new, upgrading, downsizing, staying local, or making a move to a new locale. Job transfers, children leaving home and changes in financial situations do not vanish during the final months of the year either. Luckily for sellers, there are always buyers with housing needs at this time of year. And once the Spring season gets in high gear, there are 30% more sales there. So, it is pretty much a wash.

The Fall market inventory is made up of a lot of homes that, for one reason or another, did not sell during the previous Spring and Summer market. Thus, a nice house or what I call a “perfect home”, can sometimes have a better chance of selling in the Fall than in the Spring market when there

is a lot more competition. But what if your home is currently on the market? Most of the time, it is best to keep it on and not take it off. I always say if you’re not on the market, you may just miss that perfect buyer. Also, even as the traffic is lower the people that are looking at this time of the year are more serious. You get less, but better traffic. Let’s think about it; buyers who are braving the elements and interrupting their holiday commitments to view houses are serious about finding their next home. Holiday house hunters usually fall into two camps: they either plain old need a place to live, fast, or they need to close on their new home by year’s end for tax reasons. Today’s buyers seem to have an almost stunning lack of urgency, so by having your home on the market over the holidays, you can try to capitalize on the urgency of this season’s tax-buyers. So the old adage that “it won’t sell if it is not on the market”, works well.

There are exceptions to this. If your home backs to a large road and/or when the leaves come off the trees, it accents a negative, well then maybe you are better off waiting. Then there are people whose plans change and they do not need to move for some time. You should always do what works best for you and your family.

So, with all that said, selling during the holidays can be rewarding. Smart sellers approach it knowing it won’t always be great. Go in with realistic expectations. Some buyer is highly likely to track rain, mud or snow into your house, at some point. This may be your reason to wait. Avoid the irritation by expecting these issues and chalking them up as par for the course. It might not hurt to invest in a hand-held carpet cleaner, either! Expectation + preparation = elimination of irritation.

Today’s real estate buyer is a shopper and has in mind exactly what they are looking for in a home. Therefore, if your home meets the home of their expectations, you have a sale. So what better way can you create the perfect home than by making it feel warm and “homey” with holiday decorating.

Buyers want a good value. A good value to a buyer means that they will be firm negotiators and will try to get more bang for their buck. Buyers are known to ask for the moon, but when they love something they will pay a fair price also. Most buyers in today’s market just don’t have the money or the time to shell out in making major repairs or tackling huge remodeling projects. They want a house to be move-in-ready and in superior condition. So if this is your home, you have what they want.

Knowing that buyers are picky, you need to make sure a buyer can envision themselves in your home. This is getting to the next issue in selling during the Holidays. And no, you are not too late. Here are some tips for showing and selling your home during the season of peace, love and joyous overeating!

I know during the Holidays you have many things to do, but there is no faster way to lose a potential buyer than to make it difficult for their agent to schedule a showing for your home. Sellers seem to forget that most often, buyer’s brokers are scheduling multiple properties to be shown in a couple of hours of showings. Since Washington DC is an international city, many of our buyers are from many parts of the world and/or from many different cultures and with that have different days for Holidays than yours. If the other homes for sale in your area and price range are easy to show, and yours is not, you risk the fact that they will just write yours off and never show it.

This gets us to decorating for each holiday. Well, I say, “bring it on”! There is nothing more heart warming than a happy home dressed for the holidays. Some agents would say that you should not decorate your home at all and continue to keep it as neutral as possible. The fear is that you would turn off potential buyers due to their preconceived notions about your celebratory traditions. I believe that

decorating a home during the holidays makes a home feel warm and inviting, so although you do not want to offend anyone, I truly believe that as long as you follow a few simple rules that most people will like the “feel” of a happy, festive home and that it will only help.

**WELL, I SAY, “BRING IT ON”! THERE IS NOTHING MORE HEART WARMING THAN A HAPPY HOME DRESSED FOR THE HOLIDAYS.**

You need to capitalize on the spirit of the season. People are thinking family, friends and entertaining! Create this life style element in your home. Show people that your home works well for entertaining. Keep it tasteful. Remember less is more here and I do not recommend plastic inflatables or other commercial decorations. They make the home appear cluttered and cheap. Think elegance, simplicity and hospitality and you won’t go wrong. Over-the-top decorations distract buyers from the task at hand; buying your home. A few small arrangements strategically placed in your home will add a tasteful elegance and add to the desirability instead of detracting from it.

If we are talking Christmas, keep things small. The big Christmas trees, and giant presents have a way of making big rooms look very small. Save them for next year when you are living in your new home.

Maybe the most important is to engage in safe, sensory staging. Holiday food smells like spiced cider, pumpkin pie, baked apples and cinnamon and that is about as universally comforting as smells can get. It certainly wouldn’t hurt to do some sensory staging to create a sense of comfort and cheer. Also, remember that dreary winter weather can make even the loveliest house take on a gray cast; counter act this by making sure your home is well-lit and heated. One thing, if your holiday home is a candle-lit home, make sure you leave no candles burning if you clear your family out for a showing.

For being someone who has been in sales for a long time, one thing that bothers me, is if you’re going to be open for business, you need to think of your home as the product; it needs to be accessible to be able to sell it. I see homes, mostly vacant, that weeks after a snowfall you still can’t get to the house. You must remember to remove snow and ice from the driveway and all walkways. Keep them neatly shoveled and sanded. Perhaps this seems too obvious to mention, but EVERY winter we see it! If buyers can’t safely enter your house, you’ve lost the sale and if someone slips on ice and gets hurt, you could have a lawsuit on your hands. If your home is vacant, I feel that this is the agent’s job to help you arrange having this important job done by someone else. I have someone on staff that helps our clients. Be sure to also remove snow and ice from patios and decks. These are important selling features that you don’t want overlooked simply because they’re typically not used in the winter.

Many parts of the home are hard to showcase in its best light during the winter months. Things like pools, hot tub, or the garden. Now, this is not as good as the real thing and may be a reason to hold off until Spring, but there are things you can do like, displaying an attractive photo album with pictures of how beautiful the flowers look in your yard in the Spring; the clean and refreshing water in the pool during the summer; the vibrant colors of the trees in the fall. (Be sure to keep the photos of the scenery and not so much of your family.)

So I think that is about as much as needs to be said about selling for this year. You need to make up your mind about what is best for your home and your family. If you are the kind that just doesn’t want to deal with buyers’ muddy feet and scheduling intrusion while they are at home on vacation or hosting holiday dinners or guests, then maybe for you the wait is best. Whatever you decide, when the time comes to put you house on the market make sure you hire a very good agent. Because in the long run, a good agent will help you get more money with less hassles. — Casey Margenau



# INVESTING IN EQUITIES AND FIXED INCOME

TO HELP CREATE A BALANCED PORTFOLIO

## Investment Goals, Time Horizon, and Risk Tolerance

Are you looking to generate a predictable stream of income to meet living expenses? Or do you want to generate capital growth? Are you investing for retirement? If so, what is your retirement timeframe (5 years, 10 years, or more)? You should clearly define your investment goals and horizon.

A key to setting investment goals is to balance return expectations with your willingness to accept risk. It is important that you are comfortable with the amount of risk in your portfolio so that you will be able to stick with your investment strategy even through turbulent times.

You should strive to establish realistic expectations and carefully determine the appropriate investment time-frame for an investment plan. You may have multiple goals impacting your investment strategy, and accordingly may have multiple time horizons. Typical goals include payment of college tuition for your children, purchase of a home and retirement, among many others.

## Revisit and Rebalance Your Allocation Regularly

Your investment goals, time horizon, and risk tolerance will evolve over time – your asset allocation should change with them. At the beginning of your career, you may be willing to take on more risk, as you have time on your side to recoup losses. You and your Financial Advisor

may determine that it is appropriate to include a relatively high allocation to equities at this stage, as well as fixed income instruments which focus on capturing high yields.

As you accumulate wealth, your needs may expand to include the purchase of property, the cost of education and impending retirement. You and your Financial Advisor may determine that you should reduce your exposure to riskier equity investments and increase your allocation to more highly rated fixed income securities.

**AN IMPORTANT STEP TOWARD ACHIEVING YOUR GOALS IS TO INCLUDE THE APPROPRIATE MIX OF ASSETS IN YOUR PORTFOLIO. THIS MIX, KNOWN AS 'ASSET ALLOCATION' IS THE BALANCE OF EQUITIES (STOCK), BONDS (FIXED INCOME) AND CASH (OR CASH ALTERNATIVES) WITHIN YOUR PORTFOLIO.**

Near the end of your career, you may have a much lower tolerance for risk as you look toward retirement and spending some of the wealth you have accumulated. Your focus may shift to income generation and principal

protection at this stage, and you and your Financial Advisor may transition your allocation toward high quality fixed income instruments and away from more volatile securities.

Equally important is regular rebalancing of your portfolio to maintain your target allocation. As markets change and different assets appreciate and depreciate differently, the relative weightings of each sector, geographic region, and asset class in your portfolio will change. In order to keep your asset allocation in line with your long-term strategy, it is important to revisit and rebalance your portfolio regularly. However, a rebalancing strategy may create tax implications, therefore, please consult your tax advisor before implementing such a strategy.

## Investment Strategy

The key to building a diversified portfolio is to make sure that your investment decisions are consistent with your financial objectives and long-term plans. By taking the time to understand your investment objectives and style, as well as the investment choices

available, you can develop an asset allocation strategy that is right for you. Your Morgan Stanley Smith Barney Financial Advisor is available to review your financial goals and level of risk tolerance with you, and to help you build a balanced and diversified portfolio.

Asset Allocation, diversification and

**EQUALLY IMPORTANT IS REGULAR REBALANCING OF YOUR PORTFOLIO TO MAINTAIN YOUR TARGET ALLOCATION. AS MARKETS CHANGE AND DIFFERENT ASSETS APPRECIATE AND DEPRECIATE DIFFERENTLY, THE RELATIVE WEIGHTINGS OF EACH SECTOR, GEOGRAPHIC REGION, AND ASSET CLASS IN YOUR PORTFOLIO WILL CHANGE.**

rebalancing do not protect against loss in declining financial markets.

The market value of fixed income securities may fluctuate, and if sold prior to maturity, the price you receive may be more or less than the original purchase price or maturity.

The value of an equity security changes daily and can be affected by changes in interest rates, general market conditions and other political, social and economic developments, as well as matters relating to the specific company itself. Before investing in equities you should be willing and able to accept these risks. — Jeff Davis, Wealth Advisor

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**THERE WILL NO NEED FOR TRAVELERS HEADED TO DC TO CHANGE TRAINS. THE NEW LINE WILL PROVIDE ONE-SEAT, NO TRANSFER SERVICE FROM TYSONS AND RESTON EASTBOUND.**

in fact, laying new tracks within the existing tracks.

While some of that work can be done while trains are operating, there are times when doing that is too dangerous and train service between the East and West Falls Church stations has been disrupted on several three-day weekends, including Labor Day and Columbus Day.

To connect the new and existing line, retaining walls around existing track had to be widened to accommodate additional cables for additional communications and train control operations. Switches have been installed that will allow Metro's complex train control system to direct trains to the Orange Line of the new line, which has not been officially named, though it is often called the "Silver Line."

Next year, crews will install traction power cables to carry power to the tracks from an existing Metro traction power substation located on Fisher Avenue overlooking Interstate 66 near where a new train control room is being built as part of the infrastructure need to support the tie-in.



## CONNECTING DULLES RAIL WITH METRO

HOW WILL THE DULLES CORRIDOR METRORAIL LINE CONNECT INTO THE 106-MILE METRORAIL SYSTEM?



This is one of the most frequent questions asked by future users of the Phase 1 of the new line which will provide Metrorail service to Tysons Corner and Reston when it is completed in 2013.

Here is how that connection will work. The new line will tie in to the existing Orange Line between the West Falls Church and East Falls Church Metrorail stations at the junction of

I-66 and the Dulles Connector Road. For example, eastbound trains from the new line will merge on to existing tracks east and then serve the East Falls Church Station, Ballston, Clarendon, Courthouse and Rosslyn stations in Arlington and all current Orange Line stations in DC, ending at Stadium Armory. Westbound trains from DC to Reston will simply reverse the trip.

There will no need for travelers headed to DC to change trains. The new line will provide one-seat, no transfer service from Tysons and Reston eastbound.

The tie-in is one of the most complicated and challenging parts of the rail line construction. That's because the tie-in is being built adjacent to the existing Orange line. Dulles Transit Partners crews are,

**CONNECTING DULLES RAIL TO THE ORANGE LINE:** Double crossovers just before they were installed over Labor Day weekend. This photo is looking westbound in the tracks in the median of I-66. Photo by Stephen Barna - Dulles Corridor Metrorail Project.

**WORKING ON THE RAILS:** Crews list and place a double crossover panel in the tracks near I-66 and the Dulles Connector Road where the rail extension will tie-in to Metro's existing Orange Line. Dulles Corridor Metrorail Project Photo by Stephen Barna

**PROGRESS AT THE TYSONS EAST METRORAIL STATION:** Dulles Transit Partners crews work with forms for escalator pit walls for the ground floor lobby escalators that will lead to the mezzanine deck above at the Tysons East Metrorail Station under construction along the northwest side of Route 123 at Scotts Crossing near the Gates of McLean condo community. Photo by Stephen Barna -- Dulles Corridor Metrorail Project.







## PHASE 1 DULLES RAIL – CONSTRUCTION PASSES 50%

PROGRESS ALL ALONG THE 11.5 MILE ALIGNMENT  
BRINGING TRANSIT CLOSER TO TYSONS

Construction of Phase 1 of the Dulles Corridor Metrorail Project has passed the 50 per cent mark, progress that has brought cheers from project support.

**THEY ARE IDEAL IN DENSE URBAN ENVIRONMENTS LIKE TYSONS CORNER BECAUSE THEY USE A ‘TOP-DOWN’ CONSTRUCTION METHOD AND HAVE LITTLE IMPACT TO THE TRAVELING PUBLIC.**

According to leaders at the Metropolitan Washington Airports Authority, the entity that owns and manages the project, and Dulles Transit Partners, the design-build contractor, construction continues at a rapid pace all along the 11.7-mile alignment from East Falls Church to Reston.

Construction of the inbound and outbound tunnels is nearly complete. This was one of the most challenging parts of the project, according to

project officials.

These twin, parallel tunnels run beneath the highest natural point in Fairfax County, the intersection of Routes 7 and 123 in the heart of Tysons Corner, connecting the future Tysons Central 123 (on Route 123 between Tysons Corner Center and Tysons Galleria) and Tysons Central 7 (in the median of Route 7 in front of SAIC) stations.

The NATM tunnels, so named because they were built using the New Austrian Tunneling Method, are completed, according to Kevin Volbrecht, deputy project director for construction. Portions of the tunnel that will connect to the station are being built with a cut-and-cover process. Tunnel crews will turn the area over to a subcontractor to install the tracks by mid-December according to the contractor.

The most visible parts of the project continue to be the bridges, which are being constructed using two large, blue-and-yellow horizontal cranes commonly called trusses. The long stretch of aerial guideway that runs from the median of the Dulles Connector Road near Old Chain Bridge Road to the east side of the Capital Beltway has been under construction since April 2010. One of the two trusses completed the portion

over the main entrance to Capital One in October, and continues to move southwestward, from pier to pier, toward the Capital Beltway.

Aerial crews are expected to complete this guideway (bridge) by early 2012. When that happens, the truss will be disassembled and then reassembled in the median of the Dulles Toll Road and the Dulles International Airport

**CONSTRUCTION OF THE INBOUND AND OUTBOUND TUNNELS IS NEARLY COMPLETE. THIS WAS ONE OF THE MOST CHALLENGING PARTS OF THE PROJECT, ACCORDING TO PROJECT OFFICIALS.**

Access Highway (DIAAH) where it will construct the flyover bridge from the Dulles airport highway corridor to and from Route 7 near the Sheraton Hotel. The second truss in commission is currently building guideway in the median of Route 7. It will connect the Tysons Central 7 station with the Tysons West station, which is located between Spring Hill Road and Westwood Center Drive/Tyco Road.

It crossed over the Westpark Drive/Gosnell Road intersection in late September.

“We’re using overhead trusses because they are the most efficient method,” said Shawn MacCormack, the DTP’s task manager for aerial structures. “They are ideal in dense urban environments like Tysons Corner because they use a ‘top-down’ construction method and have little impact to the traveling public.”

Significant progress is being reported at all five stations each week. There are four stations in Tysons Corner – Tysons East, on the northwest side of Route 123 near Capital One; Tysons Central 123 at Route 123 and Tysons Boulevard near Tysons Corner Center; Tysons Central 7, in the median of Route 7 west of Route 123 near SAIC and Marshalls. The Wiehle Avenue Station in Reston is in the middle of the airport access highway corridor just west of Wiehle Avenue.

Other progress includes:

- The escalators at the Wiehle Avenue station in Reston have been installed in early October. Similar activities in

**IT IS PERHAPS THE MOST LOGISTICALLY COMPLEX OF THE FIVE STATIONS, BECAUSE IT IS PARTIALLY UNDERGROUND AND PARTIALLY ABOVE GROUND.**

the other four stations will follow.

- The Tysons Central 7 station is advancing. It is perhaps the most logistically complex of the five stations, because it is partially underground and partially above ground. It requires a considerably larger amount of excavation, concrete and man-hours because of this design.
- According to Volbrecht, track work is underway, two of the 11 pre-fabricated traction power substations, which will provide continuous power flow to the new line have been delivered and work on train control and communications

room all along the alignment is well underway.

Working with the Washington Metropolitan Area Transit Authority (Metro), the Dulles construction team also successfully completed critical work at the tie-in with the Orange Line along the Interstate 66 median over the Columbus Day weekend in October.

This required a shutdown of Orange Line service between East Falls Church and West Falls Church stations so crews could work safely. The Columbus Day weekend outage was the thirteenth of 16 planned outages during construction. Other outages will be needed for testing after the system is completed.

The next planned outage is scheduled to occur over the Martin Luther King, Jr. holiday in January 2012.



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### New Construction

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The Lightcycle, Photo Credit: gizmag.com

## » The Sleepbox

There is now a solution to your layover exhaustion during flights. The first "hotel pod," otherwise referred to as the Sleepbox (created by Arch Group designers Alexey and Mikhail) has had its first working installation at Moscow's Sheremetyevo airport. This Sleepbox measures approximately 2.5m X 1.6m wide and 2.5m X 3m high. It is available in single to triple bunking and according to users has a very quiet interior.

The burning question is our mind is how the linens will be cleaned. The original idea was to have a roll out towel similar to those seen in a doctor's office. Currently the Sleepbox has a slipcover system serving as linens. There has been rave reviews about this new invention and are plans for further units in future.

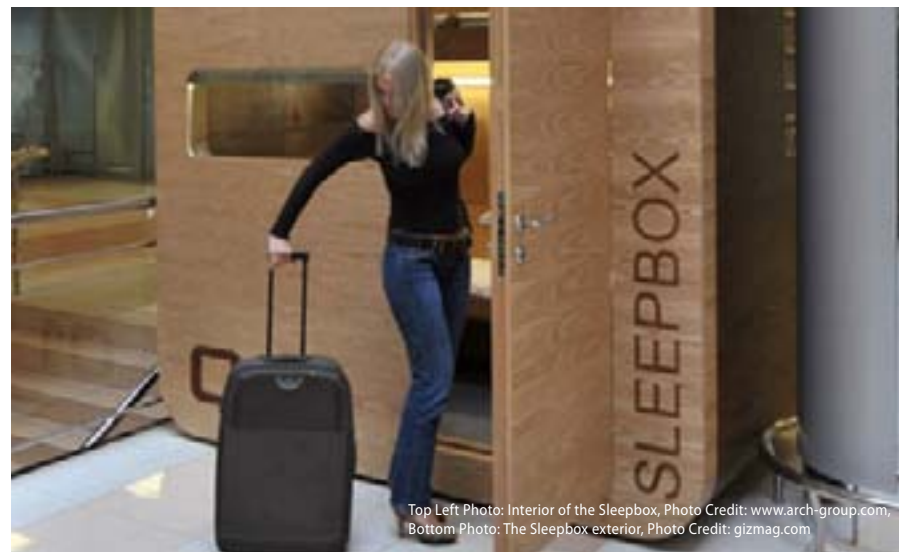
Chances are probable once the general public accepts this new idea there will be prompt deployment of these smart little sleep-pods. If you are interested in investing in a Sleepbox they cost just around \$9,500.

## » iCloud Promises To Be A Hit

At the recent Worldwide Developers Conference in San Francisco, Steve Job's audience sat through

## » The Lightcycle

In the light of energy-saving electric motorcars, Parker Brothers Choppers Lightcycle is now available in a fully electric two-wheeler. The initial version, last year, was released as a gas powered motorcycle. The electric motor will be quieter but will still reach top speeds of 100 mph on a single charge for 100 miles. Talk about amazing. A price for the Lightcycle has yet to be determined but a similar model, the Suzuki 4-stroke runs for about \$55,000.



Top Left Photo: Interior of the Sleepbox, Photo Credit: www.arch-group.com,  
Bottom Photo: The Sleepbox exterior, Photo Credit: gizmag.com

New products to help with training your pet!

## NEW PET TECHNOLOGY

### » STAY AWAY AUTOMATIC PET DETERRENT

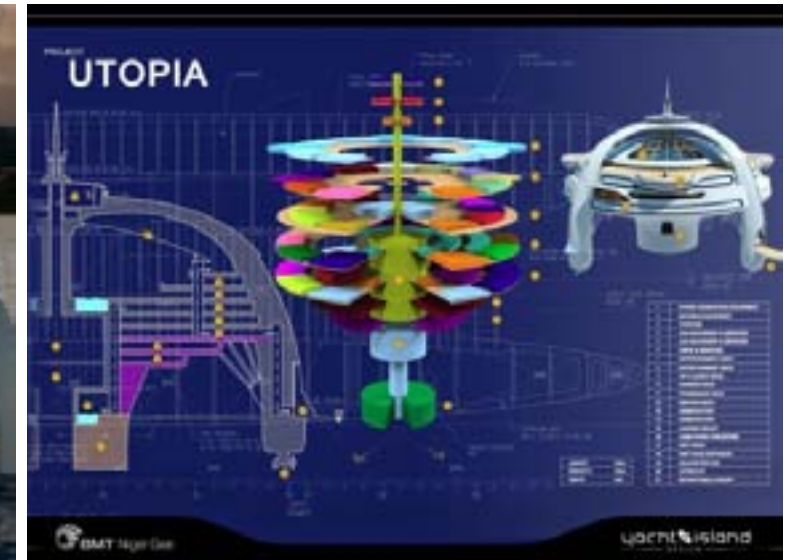
The Stay Away safely and humanely protects your furniture, potted plants, countertops, and almost any other area of your home. A motion sensor activates a warning sound and a brief, harmless spray of compressed air to keep your pet away. **\$44.95, www.safepetproducts.com**

### » THE PETSAT SCATMAT

The PetSafe Scat Mat (formerly made by Contech) is a touch sensitive training pad which tells your pet "No", even when you aren't there. Scat Mats train pets to stay away from areas where you don't want them by giving them a harmless little zap. Put the clear vinyl Scat Mat in the doorway to a room, lay it across your sofa, or place it on your counters. The Scat Mat will remain on guard 24 hours a day protecting your important things from your pet. **\$48.22 and up, www.petco.com**



Project Utopia, Photo Credit: gizmag.com



his preview of new products, but they mainly wanted the details on iCloud, Apple's new Internet storage service. It was scheduled to launch in September.

Storing vast amounts of data on the Internet is really not something new. But the trend of storing information online instead of on devices is growing.

The iCloud will store all your information and keep it automatically up to date and synchronized across all the devices you own, including PCs and Apple devices.

According to USA Today tech expert Edward C. Baig, that means any book, song or app you buy from Apple's iBookstore, iTunes Store or App Store will show up on as many as 10 of your other devices for free. If you lose your iOS device, you can restore data on a new device by entering your Apple ID and password.

Through iCloud, you can store photos, documents created with Apple's Pages (word processing), Numbers (spreadsheet apps) and Keynote presentations. Consumers get 5 gigabytes of free storage. But anything purchased from Apple doesn't count against the 5 gigs.

## » Project Utopia

Ever wanted to live out in the middle of the ocean? If so, Project Utopia is for you. The concept of a floating island is not new, but this micro-world is free from any usual design. Shaped much like the space-control center from Star Wars, Project Utopia looks like the next step for a billionaire's future venture. It measures up to 330 ft and spans 11 decks. It has around the same floor space as a traditional cruise-liner. Project Utopia's design is stable (built with a four legged base) and can endure most severe ocean circumstances. (I wonder how much maintenance and insurance for one of these mini-nations costs.) The design even features a helicopter pad.

## » LED Bulb Makers Have High Hopes For Building And Decorating Products

Want wallpaper that glows? You can have it, and you can change the color to suit your mood. Whether you are papering a wall for mood effect, setting a bathtub or hot tub aglow with shimmering lights, or creating a waterfall of color in the shower, LED bulbs are finding their way into your project.

The little light-emitting diodes have been providing energy saving

alternatives in electronics, flashlights and general interior lighting. Now, manufacturers are finding new uses in the fields of building products and visual display concepts.

Phillips Corporation offers a form of LED wallpaper, which it hopes will be used in museums, art galleries and for modern home designs with a new lighting twist. The innovation is in collaboration with the Danish firm, Kvadrat Soft Cells. The lights are on a frame of aluminum and acoustical soft panels that can be programmed to emit various colors and patterns of lighting.

Megius, a designer of bathroom appliances, is incorporating LED columns into showers to produce soothing waterfalls of colored hues.

Likewise, the small bulbs are being used for mood effects in bathtubs and hot tubs.

Wall washers of color are being produced to add dramatic color to exterior walls of homes and buildings.

Last but not least, strands of LED lights are already available for both outdoor and indoor Christmas decorating. They can be plugged together to accommodate large lighting projects.

## DELIONIZING YOUR MAC

A million Apple users downloaded the new Lion operating system on the first day it was sold. But some long to have their scrolling feature back. The Wall Street Journal's Katherine Boehret recommends trying this: Go to System Preferences, Trackpad, Scroll and Zoom. Uncheck "Scroll direction: natural." Then go to System Preferences, Mouse, Point & Click. Uncheck "Scroll direction: Natural." If you miss seeing your scroll bar, go to System Preferences, General, Show Scroll Bars and choose "Always" in the top of the middle section.

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04/02





# playing dumb

**I**t's true ... I've played dumb before. More than once, actually. You might naturally wonder what possessed me to do such a thing. Could there possibly be any benefit to such an act, you ask. Oh, yes. On occasion, there's a definite benefit to pulling that wide-eyed, nodding look out of my satchel of skills.

Before I anecdotally explain my point, it's only fair to note that I'm naive sometimes. I chalk it up to growing up in small towns with happy, simple surroundings. This article isn't about naiveté, which is another thing altogether. For starters, naiveté is unintentional.

In any case, here's the CliffsNotes version of the day that I first played dumb. I was working as a lawyer in Miami, and I'd only recently taken a great government job that allowed me to be in the courtroom alone. Prior to that, you see, I'd clerked for a federal judge and then worked as a young associate for a large international

law firm. In each of those posts, I played an easily discernible role as subordinate to another always-present legal mind.

But in my new position, I was solely responsible for management of the cases assigned to me. I wrote all of the necessary motions and briefs, and I argued them in court. And one day, not long after I'd started my great, new job, I presented myself at the courthouse ready to have a meaningful, intelligent discussion regarding the merits of my client's

**I BECAME MORE CERTAIN THAT MY BEST BET WAS TO LET HIM BELIEVE THAT I WAS, IN FACT, "LAWYER BARBIE" AND THAT I COULDN'T POSSIBLY MEET HIS INTELLECTUAL LEVEL.**

position.

But as I extended my hand to opposing counsel—a lawyer twenty years my senior who occupied penthouse offices in a swanky part of Miami—he said it. "Oh, I see that the County sent lawyer Barbie to argue its position today." At that moment, time stopped. And thank goodness because that extra moment was just what I needed to gather myself up from a proverbial heap on the floor. I couldn't believe he'd said such a thing.

I nevertheless met his handshake and politely responded that I'd been assigned to the case and that I'd written the County's brief for that day's oral argument hearing. Presumably, he'd not yet realized—or appreciated, as was the likely case—the magnitude of his previous comment when he continued, "Really? You [insert an intended-to-be-obvious look from my head to my very nice shoes, and a vertical Vanna White hand gesture] wrote this brief?"

At that moment, my interest in impressing him with my intellect and charm was gone. I knew who I needed to impress: the three-judge panel that would soon be hearing our opposing positions. So, what did I do? I nodded, gave him a kind and wide-eyed shrug, and giggled as I strolled off to a nearby bench.

As I sat down, I crossed my legs—which were capped by smart, yet beautiful, four-inch heels. And you know what? I didn't cross my legs at the ankles, as I ordinarily would. Instead, I crossed at the knees and wrapped the front leg right around the other calf. You know ... that oh-so-girly pretzel leg crossing. And since I'd over-prepared for this event and knew my arguments backward and forward, I resisted the natural temptation to pull out my perfectly organized bi-fold argument folder for last-minute review. Instead, I replayed those arguments in my head while mustering a blank stare down a long, narrow courthouse hallway.

For the record, I also replayed his wise-mouth comments as I sat on that bench like a pretzel. And with each replay, I became more certain that my best bet was to let him believe that I was, in fact, "lawyer Barbie" and that I

couldn't possibly meet his intellectual level.

When we entered the courtroom a while later, I stood taller. And my girlish smirk was replaced with a kind, knowing, not-too-big smile. I pulled out my folder and my Mont Blanc pen, and I listened intently while penthouse counsel presented his arguments. As he spoke, it became apparent that he'd already marked this win on his mental chalkboard. He had a smug swagger that accompanied his certainty that I'd never match his legal acumen. He presented his arguments in broad strokes, passing on glaring opportunities to discuss difficult issues relevant to the case. And since he'd presented a hollow version of his case, he finished in half the time allocated to him. And as he rested, I knew that his underestimation of me had cost him that case.

**I GAVE THAT TEN-MINUTE ARGUMENT EVERY OUNCE OF PROFESSIONALISM THAT I COULD MUSTER. AND AS I CONCLUDED AND SAT DOWN, I KNEW—FOR CERTAIN—THAT PENTHOUSE COUNSEL NO LONGER THOUGHT OF ME AS "LAWYER BARBIE."**

I rose and walked to the podium with my thin folder and expensive pen. And I presented my succinct, yet thoughtful, arguments. Granted, I still stood before that court in my pretty suit and smart shoes, but I turned off any other trait that could potentially convey a "lawyer Barbie" impression. I gave that ten-minute argument every ounce of professionalism that I could muster. And as I concluded and sat down, I knew—for certain—that penthouse counsel no longer thought of me as "lawyer Barbie."

And the following week (that's lightning speed, for those of you who opted out of the legal profession), when that three-judge panel entered its unanimous opinion, I beamed. And I wished, albeit silently, that I could be a fly on penthouse counsel's wall as he read the opinion or informed his client of the loss.

I'd like to think that our encounter gave penthouse counsel a new take on the propriety of quick and derogatory judgments. But somehow, I don't imagine he changed much after that.

I did though. Whether it's right or wrong, I became mindful—almost instantly—of the fact that penthouse counsel wasn't alone. There are people everywhere who judge quickly and based on superficial logic. And I think that sometimes, it's best to overlook those judgmental choices and instead ride the wings of underestimation.

Indeed, on that day, in that courthouse, penthouse counsel was undeniably disarmed by his assessment that his blonde and bare-legged opponent wouldn't rise to the impending intellectual challenge. But I did. And just think, penthouse counsel might even have won ... if only he'd seen me as a lawyer, minus the Barbie.

**author:** 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.





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**author:** Amy Schoenis 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”.

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» MAN'S PERSPECTIVE

**DEAR COACH AMY,**

I am a 38 year old recently divorced dad of two young kids who is in love again with a wonderful woman who I feel is having a hard time committing. We have been dating for about six months and would like to be able to bring her into my life with my kids. I am feeling some resistance. She is 35 years old and never has been married. She has also jumped around with jobs and is talking about moving to California. By the way, I have full custody of my kids. Also, I am somewhat tied to this area with regards to my job and family. What should I do? Should I suggest counseling?

- Frustrated in Fairfax

**DEAR FRUSTRATED,**

Time and time again, I have seen that timing plays a big role in relationship development. Also your life goals have to be aligned. If your girlfriend’s goal is to live in California, then it is her prerogative to do so. If she was really “into” this relationship she would be making life plans with you. Right now she is making plans on her own and not considering your situation that you are committed to your job and some stability for your children, especially since they have just experienced a divorce.

Another factor may be that is a lot to take on someone’s family and may not be an easy situation. Give her time to get acclimated to the situation. Has she spent time with your kids and how did that go? It may take some time to embrace your family and get used to the idea of being a stepparent- which she may have not ever considered before.

My recommendation is to give the relationship some time. What is the rush? You have not been dating that long given both your situations. It may be pre-mature for counseling. However, couples coaching can help you build some ground rules and the foundation for your possible future together. You can explore how you could create a life together, and see if your goals are currently aligned. If your girlfriend is willing, then it could give you greater insights to what is going on with your relationship and if you are going in the same direction.

Intentionally yours,  
Coach Amy

WOMAN'S PERSPECTIVE »

**DEAR COACH AMY,**

I am a 35 year old woman (never married) who met my boyfriend dating online a couple months ago. He is a single father of two kids and as it turns out he lied on his profile and is not yet divorced, but is still separated. Although I was reluctant to get involved since I was seeking employment in San Francisco (which is where I prefer to live since I grew up there and my family and friends are there) he was persistent in pursuing me and against my better judgment, I did fall for him. His ex wife is at his house all the time and it makes it difficult for me to see him and spend time getting to know his kids. He doesn’t want his ex wife to know he is dating me. He tells me that he would move to California if I wanted to live there. What should I believe?

-Bewildered in Ballston

**DEAR BEWILDERED,**

What you see is what you get! First of all he lied to you about being divorced. What makes you think he will not lie again about other things to keep you in his life? Even if he has a signed separation agreement, he needs to show you that he has set boundaries around his past relationship. You are 35 and have your own goals for your life as it seems. Although you seem to want a relationship since you went online looking for love, do you want to wait it out for your boyfriend to straighten out his life? Can he? It could take years. Do you see yourself as a stepmom to his kids? You need to look deep inside and think about if this is the right situation for you for the long haul. Do you want your own children and family? Would that still be possible given this situation?

You seem to be at a cross roads in your life. I do believe individual life coaching can serve you at this time to get clear about your life values, goals and what really matters most to you. Then you will be able to make some decisions about this relationship and if you really want to continue dating him. I’d say, use your head right now, and let your heart follow if everything else lines up.

Intentionally yours,  
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# money

from banking to taxes,  
we have tips to help you  
control your finances

## Thoughts On How To Stop Wasting Your Money

If the \$20 bill you find on the ground seems like a bonanza, why is saving \$25 on a \$1,000 refrigerator no big deal? By one study, only one in five buyers would go elsewhere to save the \$25. Economists at the University of Chicago say fuzzy thinking compares the \$25 to the total and fails to look at the savings.

That's the same thinking that tells you it's OK to make big bets with your winnings at the casino because it's not your money. Actually, it is your money just as surely as if it came in your paycheck.

When is a bargain a bargain? You see a \$250 comforter marked down to \$90 at a fancy store. Will you save \$160, or is the comforter about the same as the \$75 model at a different store?

Scott Plous, author of *The Psychology of Judgment and Decision Making* (Temple University Press) says it pays to do some research before buying.

Are you really that knowledgeable? Overconfidence is the reason investors shift money in and out of stocks frequently. In an area where you project, write your predictions down for several days and see what happens tomorrow.

Always make a commitment to separate facts from hunches before taking a financial plunge.

Do you get out when you should? After buying expensive tickets to a game, you find your pal can't go. Do you keep them and go alone? Probably.

After investing time or money, people waste their resources because they don't want to walk away.

When you get a windfall of inheritance or winnings, what do you do? The experts say it's best to bank it for six months so it seems like real money -- your money.

### Start Drawing Up Your Holiday Plan

One reason people don't like to talk about money: They think any plan will mean they have less to spend. They think that under any plan they will have to make painful sacrifices in the name of fiscal solvency, and they will have to disappoint those who are depending on them for a great Christmas.

While there is a grain of truth in these fears, they aren't as bad as you think. In fact, lack of planning is one of the main reasons people end up spending more than they want to on gifts.

Deciding on the amount of money you will spend is just part of the solution. Failure to set aside time for shopping is another reason people spend more than they want to. When they have to buy many gifts at the last minute, they may buy whatever looks appropriate, no matter what the price is.

The real challenge is determining in advance how much you can afford to spend and how you can get the most for your money.

Dealing with overblown expectations should be done well in advance of the holiday. Tell the teen who wants a moped that you want to wait until spring to consider that. Tell the one who wants several very expensive computer games that it would be better to master one or two before moving on.

Have to buy a half dozen gifts for relatives or friends? Shop by catalog. You might pay a little more, but the time savings could be worth it. Further, you won't be showing favoritism, because all gifts were from the same place and were about the same price.

### The State Or The Store Gets The Money If You Don't Use Your Gift Card

In cartoons, we see rich people lighting their cigars with a \$20 bill or even a \$100 bill. They have "money to burn," but the friend or relative who gave you a gift card probably doesn't.

Not using the gift card is almost the same as burning money. Though no one has the exact total, this estimate was made by researchers at TowerGroup of Needham, Mass.

In a few cases (very few) gift-card money is returned to the purchaser after up to one year, less some significant service charges.

What happens to the rest depends on individual states. About half of all states say all or at least part of the unspent balances should go to them under unclaimed-property laws. New York claimed \$19 million in three years.

Other states let the unclaimed money ultimately go back to the stores. Those that allow it have a number of conditions that stores must meet.

Retailers would rather have the card recipients spend the face value of the card as soon as possible. They can't claim the revenue from selling it until the customer uses it.

In any case, not using a gift card shows disrespect for the giver. You should not only use the card but call or send a note telling what you bought.

Not using it or letting the card expire is a mistake financial analysts say is "not valuing all money equally." Would you pick up a \$20 bill from the sidewalk?

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## IDEAS FOR HOLIDAY SAVINGS

### » LIGHTING

Invest a few extra dollars in LED lights. They use 80 to 90 percent less energy. Set up a timer so they go off automatically at 10:30 or 11 pm.

### » TREES

Fake trees are expensive, petroleum-based and not biodegradable. A real tree can be taken to the county recycling facility and turned into mulch.

### » HOLIDAY CARDS

They are expensive to buy and mail. Instead, create an email greeting that could include photos. Send individually to each person, not to an entire list at once.

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# DO YOU KNOW WHAT YOU'RE FEEDING YOUR PET?

## PART 3 TREATS AND CALORIES



If you've seen my other articles in previous VivaTysons issues, you know we've been talking about your pets' diet and how to feed your animals the best nutrition possible. This article gives you information on how to keep your pet at a healthy weight.

Like people, dogs and cats are healthiest at their ideal weight. Considering the huge variation in dog sizes and the modest variation in cats, determining when your pet is the perfect weight is not always easy. Fluffy dogs and cats may look huge, but get them wet, and they can look like thin marathon runners. Some dogs, such as pugs and bulldogs, can have a round shape but still be a reasonable weight for the breed. At Oakton-Vienna Veterinary Hospital, we use a nine-point system for grading our patients' weight. Besides weighing all animals that enter our doors and maintaining accurate computer records, the doctors subjectively grade each patient and track that information in the pet's record, too. The grading scale is simple. One is emaciated; five is ideal; and nine is

severely obese. Other hospitals use various scales, but the goal is the same: to know when a pet is an "ideal" weight, regardless of what the scale says. Here's an easy way to learn the grading scale.

**FLUFFY DOGS AND CATS MAY LOOK HUGE, BUT GET THEM WET, AND THEY CAN LOOK LIKE THIN MARATHON RUNNERS.**

1. Make a fist, and with your other hand, run your fingers over your knuckles. If a pet's ribs protrude as much as your knuckles do, the animal is emaciated; that is, it is a one out of nine.
2. Open your hand and turn it over so your palm is up and your fingers are straight but relaxed. Rub your other hand's fingers over your knuckles on the inside, the palm, of your hand. Notice how you can't feel any details

to the bone structure underneath? This is like a fat layer over the ribs and is similar to a seven, or obese.

3. Turn your hand over and keep your fingers flat. When you run your fingers over your knuckles in this position, you can feel the knuckles, but there is also some tissue overlying them. This is five out of nine. If your pet's ribs feels the same way, the pet's weight is considered ideal.

A dog or cat that is an ideal weight will have a thin layer of fat over the ribs, will have a "waist" behind the ribs and in front of the hips and will have a "tucked up" belly when viewed from the side, meaning the abdomen slopes upward to the back legs from the ribcage. Overweight pets have round bellies and no waist, and you can't feel their ribs through the fat under the skin.

In 2002, Purina published a study that monitored 48 Labrador retrievers from several litters over 14 years. They were split into two groups as puppies, and each puppy had a paired littermate in the opposite group. One group was allowed to eat as much as he or she wanted in two 15-minute

meals a day (the control group), while the paired littermate in the other group ate 75% of what his littermate ingested (the lean-fed group). The results were fascinating. The median survival for the lean-fed group (the point where half of the group has died) was 1.8 years longer than the control group. The point at which 50% of the dogs in the group needed treatment of a chronic disease was 9.9 years for the control dogs and 12 years for the lean-fed dogs. These chronic diseases included problems such as kidney disease, diabetes and arthritis. The lean-fed dogs needed chronic pain relief less often than their control littermates, and they needed less of it when they did require these medications. This study has shown that our pets are healthier and can live longer if we can keep them near their ideal weight.

Unfortunately, a majority of our dog and cat patients are overweight. Like people, some dogs will always be thin

**TREATS AND "PEOPLE FOOD" SHOULD ACCOUNT FOR LESS THAN 10% OF YOUR PET'S DAILY CALORIE INTAKE. MINIMIZE TREATS AND MAKE THEM HEALTHY TREATS.**

and some will always struggle with their weight. Nevertheless, we pet owners can do many things to help keep our furry family members at a healthy weight.

•Don't overfeed. If your pet is overweight, and it's not due to a hormonal disease, then she's ingesting too many calories for her metabolism and exercise output. The feeding estimate on the food label is often too high for spayed and neutered dogs and cats. These recommendations don't take into account many factors that can affect the real caloric needs of our pets.

•Don't under-exercise. Dogs and cats need to burn the calories they're taking in, and if they don't, those

extra calories are stored as fat.

•Ensure there's no medical cause for weight gain. Hypothyroidism (low thyroid levels) can occur in young, middle age or older dogs, but can be treated easily. Cushing's disease (excess cortisol levels) is commonly seen in older dogs and causes weight gain and obesity, among many other signs. The disease can be difficult to diagnose, but treated dogs can have a much better quality of life. Cats rarely develop diseases that cause weight gain.

•Treats and "people food" should account for less than 10% of your pet's daily calorie intake. Minimize treats and make them healthy treats. A large Milk Bone contains 115 calories, which is about 10% of a 50-pound dog's daily requirement. One Sausage contains 25 calories, which is about 10% of a 10-pound dog's daily requirement. Did you know a large DentaBone contains 300 calories, and a large Jumbone contains a whopping 624? Many dogs get several treats a day, and the extra calories can add up. An easy trick is to split one (preferably low-calorie) treat into three or four pieces and give one or two pieces, instead of a whole treat. The pet is still excited to get something from you, but you're cutting the calorie intake. Baby carrots, celery slices, apple pieces, bok choy or a quarter of an unflavored rice cake are all great, low-calorie treats for dogs. For cats that demand treats, splitting a piece of a semi-moist treat and giving just half, rather than one, is helpful.

Keeping your pet a healthy weight is not always easy. Some pets prefer to be overweight, and some people enjoy giving treats and extra food because it makes the pet happy. I hope I've given you some information that will help you keep your dog or cat closer to an ideal weight. I want your pets to be as healthy as possible, and when their weight is better, you'll enjoy much more time with them, and they'll need less medical care.

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



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# pets

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along with a photo and description of each animal. There are plenty of dogs, cats, rabbits, birds, and more exotic pets to choose from.

The site was started 15 years ago by Betsy and Jarel Saul of Pittstown, N.J., after making a New Year's resolution to help homeless pets. Today, it lists more than 160,000 animals in shelters across the U.S. Five million pet lovers visit the site every month. According to Nielsen/NetRatings, people stay an average of 20 minutes, longer than on Amazon.

Aside from more common pets,

rescue groups post ads offering goats, pigs, cows, sheep, iguanas, bearded dragons, snakes, horses, chinchillas, and chickens.

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# PET

PRESENTS



## » SMOOTHIES FOR DOGS

\$9  
Vienna Pet Spaw

Smoothies for Dogs are all natural and no freezer is needed! Non-dairy and gluten-free these treats are sure to make any dog happy! Smoothies for Dogs are FDA approved and low calorie at about 28-38 calories per serving.



## HANDI-DRINK »

\$5-7  
Vienna Pet Spaw

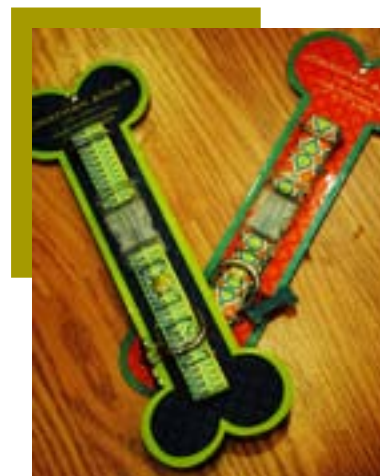
Never worry about your pup being thirsty on long walks again. With Handi-Drink your dog can have a drink of your water without slobbering all over the bottle. Handi Drink is 100% portable.



## « JONATHAN ADLER COLLARS

\$14-18  
Dandelion Patch

Make your dog a fashionista this holiday season with some of the trendiest collars around. Dandelion Patch has a wide selection of different patterns and colors.



## BOWSER BEER »

\$5-7  
Vienna Pet Spaw

Is your dog the life of the party? Then Bowser Beer is perfect is perfect for them! Bowser Beer is non-alcoholic or carbonated. It is made out of USDA beef or chicken, malt barley (full of B-vitamins) –just like in your beer, and lastly glucosamine for joint health.



## « COLOR PAW

\$6  
Vienna Pet Spaw

Does your dog or cat want to spice up their look? Is a pretty collar or a doggie outfit just not enough? Color Paw nailpolish is the answer! Perfect for PETicures! Color Paw is a fast-drying, one-coat coverage. There are even trend-setting colors for a fashionable look. Premium-quality for lasting results.

**Instructions:** Inspect your dog's toenails before painting and make sure they have been trimmed recently. Make sure you have pet nail polish remover (human remover is not safe for dogs) Make sure your dog is sleepy and relaxed so they do not move a lot. Treats help in keeping them still. Paint!



(Prices on all items shown are subject to change.)

# talk of tysons

from store closings to store openings; here is everything you need to stay in the loop.

maggios subscriber card



# SEATS FOR ALDEN

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

The Shops at West Falls Church Plaza is exploding with several shops that have just opened or expect to be open within days. As of this writing, Great Clips, a hair salon, was almost open. Unleashed by Petco, a smaller version of a regular Petco, and The Little Gym, called serious fun for kids, were scheduled for the end of October. Bruegger's Bagels offering bagels, sandwiches, coffee and more was scheduled for the beginning of November. The Shops at West Falls Church Plaza is located at 7395 Lee Highway.

## MCLEAN AUTOMOTIVE SERVICE CENTER

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...and...

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McLean, VA 22101**

Johnny— I hope to have secured you a VIP invite for grand opening. Read below.

It's official !!!

The Tyson's corner Microsoft Store opens Thursday Nov 17th, just in time for holiday shopping!! In addition, there will be a concert celebrating the store opening with Joe Jonas from the Jonas Brothers. The concert is on Saturday Nov 19th.

Additionally the grand opening includes citizenship donations – here's how you can help out! The retail store grand opening ceremony includes the distribution of up to \$1 million in software grants to local groups. Go to the store's Facebook page to vote and decide where the grants will go. Each vote will count toward a \$20 additional donation. PLEASE VOTE!!!

Tyson's retail store community grant recipients include the following:

Foundation of Fairfax County Public Schools

The Children's Science Center

Military to Medicine

The Center for Excellence in Education

You can follow the store Twitter and Facebook pages here: <http://twitter.com/#!/microsoftstore> and the facebook page

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice. —*Dave Barry*



"Hold it right there, buddy!"

VISITING THE OLD WEST

N O S R E T S A M S B L A K E  
S S A B M C L A N T O N F D L  
T H O L I D A Y U A R S S E H  
A D A L T O N G A R R E T T A  
G Y F Y R E B B O R M V D N R  
E A R N O S I L L A H I B A D  
C Y U R L L Z D J E K C I W I  
O X O O U T L A W E A L N J N  
A H V U D C C K H T R R D V Y  
C E B A N K S T T O A J P O B  
H A W A S G Y L A R R O C K O  
D T R O N L E D I H I C K O K  
O U N V L D G R N E M W A L C  
C H N I E P I N K E R T O N O  
P C B N T R S T I L W E L L X

- |               |         |           |
|---------------|---------|-----------|
| ALLISON       | DALTON  | MASTERTON |
| BANDIT        | DUNN    | MCCOY     |
| BANKS         | EARP    | OK CORRAL |
| BASS          | GARRETT | OUTLAW    |
| BILLY THE KID | HARDIN  | PINKERTON |
| BLAKE         | HICKOK  | RAILROAD  |
| CARVER        | HOLIDAY | ROBBERY   |
| CATTLE        | JACKSON |           |
| CLANTON       | JAMES   |           |
| CURRY         | LAWMEN  |           |
|               | LOWE    |           |

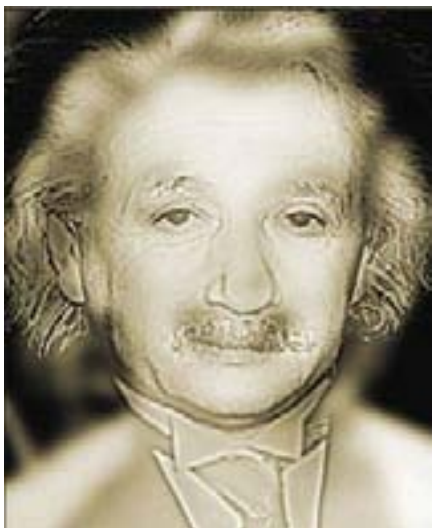
Each king in a deck of playing cards represents a great king from history: Spades - King David; Clubs - Alexander the Great; Hearts-Charlemagne and Diamonds - Julius Caesar.

Trivia Teaser | Puppet Show

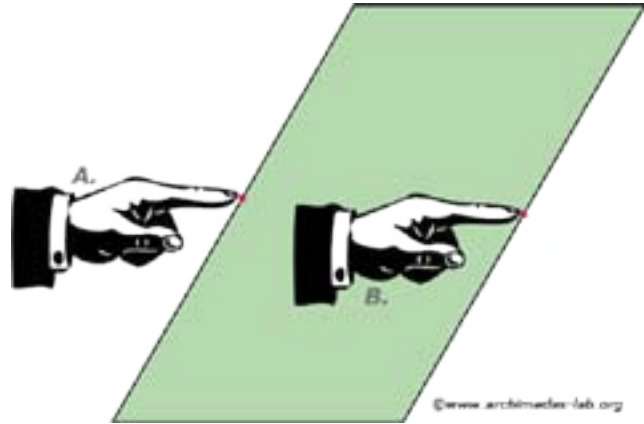
- Which ventriloquist used puppets named Charley Horse and Lamb Chop?  
a-Jeff Dunham, b-Charlie McCarthy, c-Shari Lewis, d-Paul Winchell.
- Who played the puppeteer who discovered the portal into John Malkovich's mind in the movie "Being John Malkovich"?  
a-Christopher Walken, b-John Cusack, c-Tobey Maguire, d-Billy Crystal.
- Who brought Pinocchio to life in the Disney movie?  
a-The Black Knight, b-The White Lady, c-The Red Dwarf, d-The Blue Fairy.
- On Captain Kangaroo, the puppet Mr. Moose was always dropping what items onto the head of the Captain?  
a-Keys, b-Mushrooms, c-Kittens, d-Ping-pong balls.
- Often seen on The Ed Sullivan Show, what kind of animal was the puppet character Topo Gigio?  
a-Dog, b-Dragon, c-Mouse, d-Alligator.
- What Tony Award-winning musical was largely an adult version of Sesame Street in which both the live and puppet characters sing?  
a-"Avenue Q," b-"The Wiz," c-"Light in the Piazza," d-"The Drowsy Chaperone."
- What made up the head of the robotic puppet Tom Servo on "Mystery Science Theater 3000"?  
a-Tennis shoe, b-Gumball machine, c-Computer monitor, d-Tennis racket.
- What was the name of the car-driving cat puppet seen on "Saturday Night Live"?  
a-Rex, b-Toonces, c-Miss Kitty, d-Sterling.
- What was the name of the puppet king who ruled the Neighborhood of Make-Believe on "Mister Rogers' Neighborhood"?  
a-Porthos, b-Palpatine, c-Friday XIII, d-Joffrey.
- Which Muppet made the cover of "Life" magazine in August 1980?  
a-Kermit the Frog, b-Big Bird, c-Miss Piggy, d-Rowlf the Dog.

S U D O K U

4				5	6			
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	7		4					5
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	5						8	
			3				4	7
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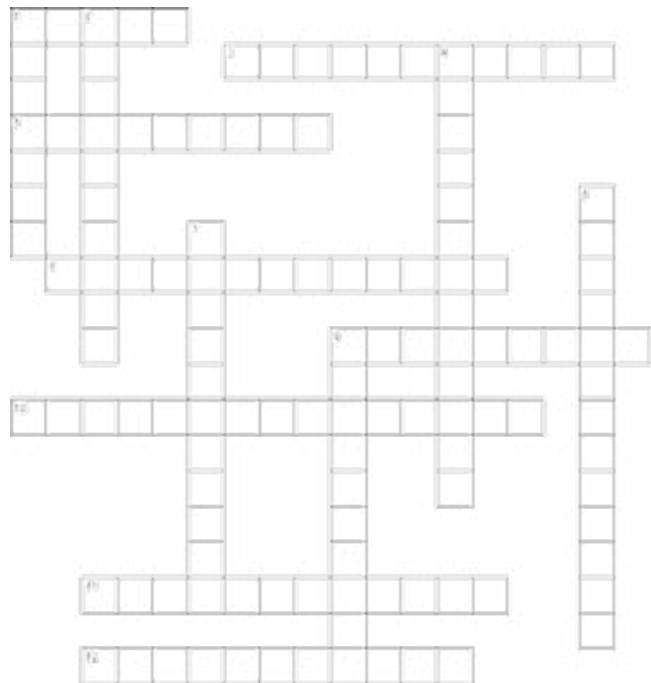


When you look at this picture you see it's Albert Einstein.. But if you stand 15 feet away it will become Marilyn Monroe.. Now what do you think of the reliability of eyewitness testimony?



Which finger is pointing at the exact middle of the shape's height?

MOVIES CROSSWORD



Across

- Eddie Murphy is the voice of Donkey in this 2001 movie (5)
- Connor Rooney in the 2002 movie, Road to Perdition (6,5)
- Faye Dunaway is Evelyn Mulwray in this 1974 movie (9)
- Harvey Shine in the 2008 movie, Last Chance Harvey (6,7)
- Nathan Algren in the 2003 movie, The Last Samurai (3,6)
- Director of the 2004 movie, The Terminal (6,9)
- Lady Sarah Ashley in the 2008 movie, Australia (6,6)
- Richard Gromberg in the 2003 movie, It Runs in the Family (4,7)

Down

- Jessica Alba is Nancy Callahan in this 2005 movie (3,4)
- 1980 movie starring Robert De Niro as Jake La Motta (6,4)
- Daisy in the 2008 movie, The Curious Case of Benjamin Button (4,9)
- John Connor in the 2009 movie, Terminator Salvation (9,4)
- 2003 movie featuring characters Marlin, Dory, Gill and Bloat (7,4)
- Jack Nicholson is Jack Torrance in this 1980 movie (3,7)

Want to liven up this Thanksgiving dinner? Thanksgiving trivia can be a great way to add some fun to the holidays. Gather the family around and start the questions. Have some prizes ready for the team or person that answers the most Thanksgiving trivia questions correctly. Enjoy!

- In what year did the first American Thanksgiving celebration take place?  
a-1900 b-1492 c-1621 d-1776
- Where was the first American Thanksgiving celebration held?  
a-Plymouth, Massachusetts b-New York, New York c-Jamestown, Virginia d-Boston, Massachusetts
- How many Pilgrims were on board the Mayflower?  
a-89 b-102 c-185 d-219
- The Native Americans who were invited to the first Thanksgiving feast belonged to the Wampanoag tribe. Who was the chief of this tribe?  
a-Squanto b-Samoset c-Cheyenne d-Massasoit
- How long did the first Thanksgiving celebration last?  
a-One day b-One week c-Three days d-Four days
- Which of the following were considered acceptable table manners at the First Thanksgiving?  
a-To spit on the ground b-To throw bones into the hearth c-To eat with your hands d-All of the above
- Which drink was brought along in the Mayflower?  
a-Wine b-Beer c-Piña Coladas d-Soda
- In 1621, which of the following foods was probably not served?  
a-Pumpkin pie b-Yams c-Vegetables d-Corn

Statistically you are more likely to be killed by a champagne cork than by a poisonous spider.



"I hate current events class, grandpa. The questions are always the same but the answers keep changing."



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**Maplewood Grill** 703.281.0070

**Metro 29 Diner** 703.528.2464

**Mylo's Grill** 703.533.5880

**Ristorante Bonaroti** 703.281.7550

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**2941 Restaurant** 703.270.1500

**Argia's** 703.534.1033

**Caf  Oggi** 703.442.7360

**Cheff Geoff's** 571.282.6003

**Da Domenico** 703.790.9000

**Evo Bistro** 703.288.4422

**Open Kitchen** 703.942.8148

**Ruth's Chris Steakhouse** 703.848.4290

**Serbian Crown** 703.759.4150

**Answers to 'Puppet Show'**

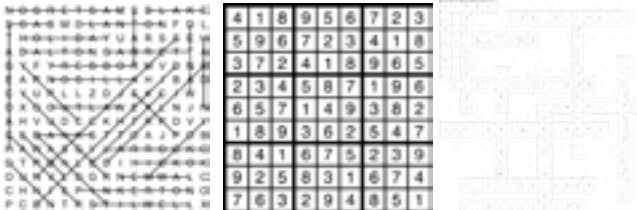
1-a. Shari Lewis  
2-b. John Cusack  
3-d. The Blue Fairy  
4-d. Ping-pong balls  
5-c. Mouse  
6-a. Avenue Q  
7-b. Gumball machine  
8-b. Toonies  
9-c. Friday XIII  
10-c. Miss Piggy

**Finger Illusion**

The finger pointing to B is the middle.

**Answers to Thanksgiving Trivia**

1. C 1621  
2. A Plymouth, Massachusetts  
3. B (it is believed to be 102)  
4. D Massasoit  
5. C Three days  
6. D All of the above  
7. B Beer  
8. A Pumpkin pie



november

**ARIES:** Be prepared for communication delays and differences of opinion in the office. It might make you feel like you're running in an obstacle course, but the situation will soon improve.

**TAURUS:** Changes you have made, or intend to make, will bring a healthier outlook to your finances. Across the board cutbacks haven't worked. Now you must make wise choices about individual matters.

**GEMINI:** When that good luck you wished for comes your way, take advantage of it, but keep the situation to yourself. Some think good luck falls out of the sky, but you know you worked for it.

**CANCER:** Keep joy and love uppermost in your thoughts as you and your partner prepare for Thanksgiving. If you travel, overlook the delays. If you entertain, don't overdo. Make time for yourselves.

**LEO:** In this month of Veterans Day, consider inviting a veteran or two to join you at your Thanksgiving table. It would give you one more thing to be thankful for, their service.

**VIRGO:** If you know you made a mistake, admit it and go about doing your best to correct it. Stand tall in the face of criticism and know that you are a good and talented person.

**LIBRA:** Domestic matters are on your mind this month. In a time of tension, take a light-hearted approach and use compromise to help you solve any problem. You might come to a new understanding.

**SCORPIO:** Sometimes tempers flare, even though the issue should be a minor one. Keep your own temper under control and the other person's will soon cool down. It's true at home or at work.

**SAGITTARIUS:** Be cautious with your Internet and email communications. It's especially so if an old flame contacts you once again. It's a situation that could endanger your relationship or your family.

**CAPRICORN:** Take time to deal with practical matters. Sorting out a mess at work is required. When energy is low, think of something that makes you proud. Focus on finishing what you start.

**AQUARIUS:** Your strength is in your playfulness. Injecting some into your day makes work go more smoothly. Take time to run or walk during the day. The stars say activity will take away boredom.

**PISCES:** Christmas sales are showing up everywhere. Instead of focusing on how much you are "saving," consider the bottom line of costs. Decide if it's in line within your gifting plan or what your wardrobe spending should be.

december

**ARIES:** An upcoming gathering could be important to you either in a social way or by making a work-related contact. In another area, watch for a change that could occur quickly.

**TAURUS:** Santa Claus is coming to town. You are in for a surprise at Christmas. Be ready. Try not to get yourself totally exhausted preparing for the holidays.

**GEMINI:** Be ready for the full moon on December 10. It could make you do odd things. One advisable step is to make a special effort with your partner. Show love and be helpful.

**CANCER:** In the festive month of December, be careful not to put your leadership capabilities on hold. Your wisdom and charisma will go far in leading others to a satisfying holiday.

**LEO:** You're feeling nostalgic in December. Return to a an special family venue, such as a church. An old song you didn't even realize you liked brings back happy memories.

**VIRGO:** Family gatherings in December may not be joyful for some individuals. If you are among them, change your thinking before the big event. Adopt a live-and-let-live attitude, a love and let love attitude would be even better.

**LIBRA:** If you plan a visit to far-away relatives for Christmas, it's time to dust off your travel mode. Air travel includes delays, security checks, more. In your mode, you just accept them.

**SCORPIO:** Scorpios who are inviting people for holiday events may find peace, love and joy hard to come by. When you are the host or hostess, just do what you can and forget the rest.

**SAGITTARIUS:** Glasses still clink to toast the New Year, but if you are at a party that serves alcohol, just clink once or twice. Save your life and your license by being sober for the drive home.

**CAPRICORN:** Your creativity and energy are high now. If someone throws roadblock in your path, just step right over it and go on with your plan. It will work out.

**AQUARIUS:** Don't let the winter solstice on Dec. 22 bother you. Though it's the shortest day of the year in terms of daylight, it still contains 24 hours. Turn on the lights and stay happy.

**PISCES:** Be aware of the cost of proceeding in your present lifestyle. Consider making a new year adjustment. Make it a new approach to your life, one that will work better.





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