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GREAT FALLS \$2,317,500 Stunning custom home by M&A. 4 lvl, 5 BR, 5 BA, 3HB & 4 car gar. Cul-de-sac lot, cherry HWD in LR, FR, DR, Lib, LBR & upper hall.



GREAT FALLS \$1,400,000 High end detailing with built in cabinetry, LR with gas fireplace, DR w/bay window, SS appliances & eat in kitchen. LL walk out to patio.



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GREAT FALLS \$1,829,900
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FALLS CHURCH \$824,900 New Home w/6BR & 4BA. Huge MBR, lux BA. ML w/20x20 FR, lib, kit w/custom cabinets, double ovens. LL with rec, BR & FB.

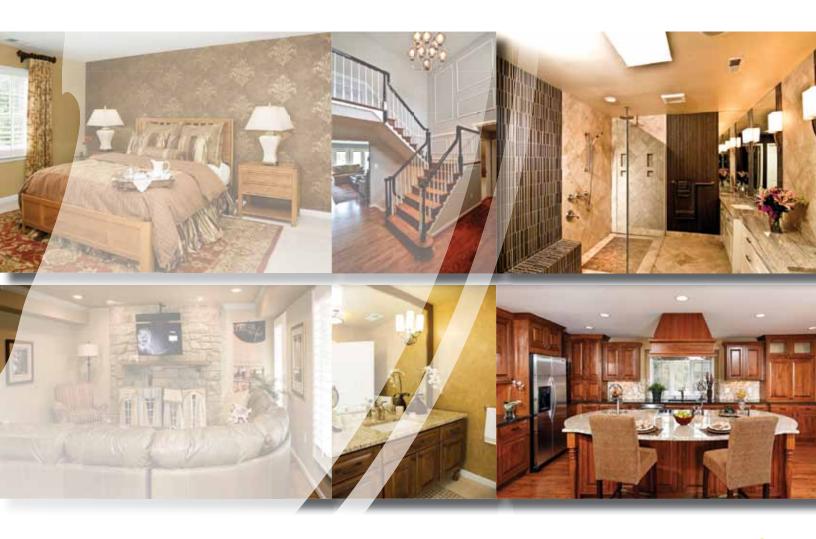








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MCLEAN \$1,449,000 FX7633521 Cedrus Lane



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VIENNA \$3,900,000 FX7639834 Old Courthouse Road



MCLEAN \$1,757,000 FX7615912 Woodhurst Boulevard



FAIRFAX STATION \$1,990,000 FX7678485 Long Manor Drive



MCLEAN \$1,195,000 FX7593187 Potomac River Road



MCLEAN \$2,500,000 FX7704861 Great Cumberland



GREAT FALLS \$2,695,000 FX7719637 Milkweed Drive



OAKTON \$2,900,000 FX7649037 **Oakmont Court**



VIENNA \$1,675,000 FX7457461 **Aryness Drive**



FAIRFAX \$1,590,000 FX7593309 Fawn Wood Lane



MCLEAN - FOR RENT \$14,500 FX7704923 Crest Lane



CLIFTON \$3,900,000 FX7484902 Wyckland Drive



CLIFTON \$1,359,000 FX7729343 Ivakota Farm Road



Leesburg - River Creek \$1,249,000 Cloister Place



PAEONIAN SPRINGS \$1,299,000 LO7612624 Doe Run Lane



MCLEAN \$3,200,000 FX7293719 Waverly Way



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



OAKTON \$935,000 FX7605985 Samaga Drive



VIENNA \$1,089,000 FX7721413 Courthouse Road



VIENNA \$899,000 FX7719218 **Knoll Street**



















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A LETTER FROM THE PUBLISHER

Happy New Year. Good-Bye 2011! Let's hope the new year brings us a more civil atmosphere downtown to work out our problems moving forward. We'll do our best to keep everyone upbeat. We promise.

A few years ago, I had a stroke. Strokes are not uncommon. What was remarkable (other than my recovery), was the fact that I didn't know I was having a stroke. Dr. David Jones of Principal Medical Group discusses TIA's and strokes and stroke survivor Allison O'Reilly shares her story on her journey back to recovery. We explored some of the symptoms everyone should be aware of. Thanks for your story, Allison.

We were fascinated and impressed by the work being done by local entrepreneur and luminary Jon Monet and the students at Cal Poly. The project he founded, funded and continues to promote, QL+ (Quality of Life Plus) does the work of angels, giving our troops wounded in combat some much needed help in rebuilding their lives. Fascinating and gracious. Read about it, please, and contribute if you can.

We have been listening to the voice and songs of marvelous Mary Ann for some time now, and sent Keith to talk to her. Local entrepreneur Heidi Kallett may be small, but she has big plans. The Dandelion Patch is always mentioned when people talk about making life "more personal." She's got a winner-we love, love the Dandelion Patch.

Stacey Jones and Stage Presence LLC, an after-school theatre program, is illuminating our children's creativity through dramatic arts. Wonderful stuff. The last time I saw Master watchmaker Guido Alave at GCA-La Precision in Vienna, he was repairing a watch made of human skulls from the 1800's from Liverpool, England. A pirate's watch? Keith Loria got the story.

A journey from the board room to the classroom and back-Pat Hynes has a great story to share with you. Options for Daycare in Tysons? Keith Loria did some investigating and offers some suggestions.

Looking for two eggs over-easy with grits? Blueberry Pancakes? We got some suggestions for getting the breakfast you want in the Tysons area. Looking to get away? We have some suggestions for you on that too.

John McMahon shares some Valentine's Day fun, Chef Bonita Woods talks about how locally sourced foods can impact our global economy, Judy Caplan helps us stick to our diet and exercise plan, Dr. Mary Jo Palmer offer thoughts on chiropractic adjustment and fertility, and Cindy Pavell guides us through cardio equipment selections.

It's a new year-how about a new you? We offer a directory to help you find your trainer. Just down the street is Great Falls, VA. There's a lot hiding there. Long-time resident Colleen Sheehy Orme gives us a peek.

A huge thanks to our new subscribers and advertisers who have come on board to support our efforts to "illuminate and celebrate" the people, merchants and service providers in Tysons. Careful when you shovel snow. See you in March.

Ja Ham

Cheers!



VivaTysons

2012 JANUARY-FEBRUARY

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SELECTED



LOCATIONS

(referred to in the selected events)

GREAT FALLS

Great Falls Library

9830 Georgetown Pike 703.757.8560 www.fairfaxcounty.gov

Colvin Run Community Hall

10201 Colvin Run Road 703.435.5620 www.colvinrun.org

FALLS CHURCH

Cherry Hill Farmhouse

312 Park Avenue 703.248.5171 www.fallschurchva.gov

Falls Church City Government

300 Park Avenue 703.248.5001 www.fallschurchva.gov

Mad Fox

444 West Broad Street 703.942.6840 www.madfoxbrewing.com

FAIRFAX

George Mason- Fairfax

4400 University Drive 703.993.1000 www.gmu.edu

MCLEAN

1st Stage Theater

1524 Spring Hill Road 703.854.1856 www.1ststagespringhill.org

Clyde's of Tysons

8332 Leesburg Pike 703.734.1900 www.clydes.com

Great Falls Park

9200 Old Dominion Drive 703.285.2965 www.nps.gov

JANUARY 6

CARBON LEAF

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

This roots/pop-Celtic influenced rock band entertains audiences with their upbeat songs and well-crafted lyrics. In 2001 Carbon Leaf won a Coca-Cola New Music Award competing against a thousand other bands. Their live performance is compared to Dave Matthews Band and R.E.M.

JANUARY 7 HOLIDAY CARD RECYCLING

Cherry Hill Farmhouse Falls Church | 10am | \$5

Holiday card recycling. Make gift boxes and holiday tags. Reservations required.

JANUARY 8 PARFUMERIE

1st Stage

McLean | 7pm | \$25

During the holdiays, two Budapest shop clerks argue by day, oblivious to the fact that they've fallen in love exchanging anonymous love letters. This story inspired "You've Got Mail" and is a comedy that is perfect for the family.

JANUARY 12 & 13 CHRISTOPHER CROSS

The Barns at Wolf Trap

Vienna | 8pm | \$45

Christopher Cross is widely known for his soft-rock/pop hits, and is coming to The Barns to perform his songs from his newest album, Doctor Faith.

JANUARY 14

FAIRFAX SYMPHONY ORCHESTRA PRESENTS PASSION AND ROMANCE

George Mason Center for the Arts Fairfax | 8pm | \$25

The Washington Post raves that the Fairfax Symphony is "dazzling... organic... and brilliant!" Don't miss out on this lush and romantic melody, and sweeping epic, that you can practically see as well as hear!

PAUL CEBAR AND THE MILWAUKEEANS

The Barns at Wolf Trap Vienna | 7:30pm | \$22

Now known by the band name Tomorrow Sound, this group plays rhythmic, energetic dance music that is inspired by sounds from all around the world.

JANUARY 15 MARTIN LUTHER KING CELEBRATION

McLean Community Center McLean | TBA | \$5

This gathering features Curtis Blues, a preservationist of acoustic Delta Blues of the 1920's and 1930's. Blues' performance is a fascinating journey through this American musical genre. BBO dinner catered by The Tender Rib of Temple Hills, MD.

JANUARY 17 STORY HOUR WITH ALLIE

Caffé Amouri

Vienna | 2:30pm | Free

Bring the little ones and enjoy a cup of tea, just like the king and queen. Please join author, teacher, photographer, and voiceover talent Allison

Chase Sutherland as she reads her storybook The Snoring Princess, complete with character voices, audience participation, and Carol Gavlor on ukelele. See the beautiful Princess Tiana doll, and enjoy the full-color photographs taken throughout the Caribbean and the world!! More info at allivoice.com.

JANUARY 18 INTERNATIONAL **GUITAR NIGHT**

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

Featuring world renowned guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira. and Brian Gore.

JANUARY 19 CHRISTINE LAVIN

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

This witty singer/songwriter has been performing songs from her twenty albums since 1983. Her funny and outgoing demeanor continues to warm the hearts of everyone she performs in front of.

JANUARY 20 RED MOLLY

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

This dynamic-trio performs harmonious folk melodies from their album Love and Other Tragedies; their album that was ranked as number one on the Folk DJ Top Albums chart.

JANUARY 21 TOM CHAPIN

The Barns at Wolf Trap Vienna | 7:30pm | \$22

This singer/song-writer will make the entire audience laugh until their stomachs



hurt through his witty storytelling and amusing melodies.

JANUARY 22 JUDY COLLINS

The Barns at Wolf Trap Vienna | 7:30pm | \$45

This GRAMMY-winning folk singer returns with special guests to sing her biggest hits

from her five decade career.

JANUARY 26 GRIFFIN HOUSE

Jammin' Java

Vienna | 7:30pm | \$15

House has been touring the country since 2003 and has opened for artists such as Ron Sexsmith, Patti Scialfa, Josh Ritter and Mat Kearney. Since 2007, he has been a popular artist and has made national headlines.

JANUARY 26 ARI HEST FT. **SARAH SISKIND** The Barns at Wolf Trap

Vienna | 8pm | \$18

Hest will win over the hearts of his audiences with his soothing vocals and beautiful songs. This singer/guitarist is similar to Dave Matthews and John Mayer. His special guest, Sarah Siskind, recorded her first album at age 14 and has performed with famous artists such as Bon Iver and Paul Brady.

JANUARY 27 BILL KIRCHEN & TOO MUCH FUN The Barns at Wolf Trap

Vienna | 8pm | \$22

GRAMMY-nominated guitarist interprets traditional American music through his rock 'n' roll, country, blues, and swing.

JANUARY 28 WEST COAST SWING

Colvin Run Community Hall Great Falls | 8:30pm | \$12

Come experience high energy social dancing with the largest Swing Dance Party on the east coast. The fee you pay at the door covers a dance workshop (starting at 7:45) and snacks. You'll enjoy the current music hits, the fun and friendly atmosphere, and of course, all of the great dancing!

FEBRUARY 2 SOLAS

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

This folk quintet is bringing the spirit of St. Patricks Day early by playing traditional Irish classics with their own modern and upbeat twist.

FEBRUARY 3 ECCO - EAST COAST CHAMBER ORCHESTRA

The Barns at Wolf Trap Vienna | 8pm | \$35

This dynamic ensemble takes cues from each other, playing without a conductor. This Chamber Orchestra plays superb music that inspirers it's audiences.

FEBRUARY 4 JOHN EATON

The Barns at Wolf Trap Vienna | 7:30pm | \$25

This long time local jazz pianist is coming to The Barns to interpret and perform popular American songs. He has been a Wolf Trap favorite for years now, come see why!

FEBRUARY 9 MOUNTAIN HEART

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

Acoustic bluegrass-folk band who's four of their latest albums have made the Top-10 on US Bluegrass Charts.

FEBRUARY 10 & 11 CHICAGO CITY LIMITS

The Barns at Wolf Trap Vienna | 7:30pm | \$24

Come see this animated improv group that the *New* York Post is calling "the funniest show in town." This award-winning group was founded in 1977, and will have vou in tears by the end of the night.

FEBRUARY 11 A NIGHT AT THE **OPERA**

McLean Community Center McLean | 8pm | \$TBA

Conducted by Miriam Burns. Featuring Michelle Jennings, Soprano and Christian Reinert, Tenor.

FEBRUARY 12 VALENTINE TEA

Cherry Hill Farmhouse Falls Church | 2pm | \$28

Bring a loved one for a romantic tea at the historic and delightful Cherry Hill Farmhouse.

FEBRUARY 15 JD SOUTHER

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

iTunes describes his music as "beautifully bittersweet." Come and enjoy this countryrocker as he performs his new album Natural History.

FEBRUARY 16 GREGORY ALAN ISAKOV

The Barns at Wolf Trap Vienna | 8pm | \$18

This "punk-folk" singer, who

was born in South Africa, sings about his personal past and will give a beautiful, and truly unique, musical performance.

FEBRUARY 17 COMPLEXIONS

CONTEMPORARY BALLET

George Mason Center for the Arts Fairfax | 8pm | \$34

They have brought their art to great stages of the world. to E! Television, and even "So You Think You Can Dance." This company mixes methods, styles and cultures for a new and thrilling form of dance.

MID ATLANTIC BAND **BATTLE 6 - FINALS**

Jammin' Java

Vienna | 8pm | \$TBA

Jammin' Java hosts the closing event for the Band Battle, and a winner will be chosen after January's competitions.

AMERICA'S NATIONAL PARKS: THROUGH THE ARTIST'S LENS

The Barns at Wolf Trap Vienna | 8pm | \$35

Wolf Trap Opera Company alumni will play their lovely music as audiences explore some of the country's most scenic and breathtaking places through photographs.

FEBRUARY 18 BE FIT MCLEAN

McLean Community Center McLean | TBA | Free

Come and educate yourself

about choosing an active, healthy life in the beautiful outdoors! There will even be a Dutch Oven Cook-Off where the winners will receive great prize packages from REI.

continued on p.10

Hilton Tysons Corner

7920 Jones Branch Drive 703.847.5000 www.hilton.com

Iris Lounge

1524 Spring Hill Road 703.760.9000 www.irisloungeva.com

McLean Community Center

1234 Ingleside Avenue 703.790.0123 www.mcleancenter.org

McLean Community Players

1234 Ingleside Avenue 703.304.3176 www.mcleanplayers.org

Ritz Carlton, Tysons-McLean

1700 Tysons Boulevard 703.506.4300 www.ritzcarlton.com/Tysons

VIENNA

The Barns at Wolf Trap

1635 Trap Road 703.255.1900 www.wolftrap.org

Caffè Amouri

107 Church Street 703.938.1623 www.caffeamouri.com

Faith Baptist Academy

301 Center Street S 703.938.9688 www.facebook.com/pages/ faith-baptist-academy

Jammin' Java

227 Maple Avenue E 703.255.566 www.jamminjava.com

SPIEDEL, GOODRICH, **GOGGIN & LILLE**

The Barns at Wolf Trap Vienna | 7:30pm | \$22

Come listen to this likeable band's brilliant harmonies and hilarious lyrics. Buy your tickets soon because they continue to perform at sold-out shows along the East Coast.

FEBRUARY 22

BEAUSOLEIL AVEC MICHAEL DOUCET-**GENERAL ADMISSION DANCE**

The Barns at Wolf Trap Vienna | 8pm | \$27

This band has received 11 GRAMMY nominations (and wins) for their Cajun music which incorporates jazz, country, blues, and more.

FEBRUARY 23 PATRIZIO

The Barns at Wolf Trap Vienna | 8pm | \$32

Following in the footsteps of Michael Bublé and Harry Connick Jr., this young and romantic Italian-pop singer, and musical idol will inspire you with his beautiful singing.

FEBRUARY 25 CHERISH THE LADIES

The Barns at Wolf Trap

Vienna | 7:30pm | \$25

Dancing, vocals, and instrumentals celebrate their Irish culture through music and rhythm. The New York Times applauds them for their "passionate, tender, and rambunctious" music.

FEBRUARY 25 JOKERS' WILD

CASINO NIGHT Hilton Tysons Corner

McLean | 7pm | \$135 early

A fundraiser for the Cystic Fibrosis Foundation. A night of poker, black jack, roulette, craps, music, dining, open bar, live and silent auction. Cocktail casual attire. See http://metrod.cff.org/ casinonight for details.

FEBRUARY 29

BUCKWHEAT ZYDECO The Barns at Wolf Trap

Vienna | 8pm | \$24

Dance the night away at this general admission dance that features the GRAMMYwinning band who's known to get the party started with their blues-rock beats.

CHILDRENS/ TEEN EVENTS

JANUARY 7 THE DIGGITY DUDES

Jammin' Java

Vienna | 10:30am | \$10

One-part memorable melodies and two-parts humor (or is the other way around??), the Dudes sing about kid-centric topics in an adult-friendly way. Together barely more than a year, they have played baseball stadiums and kiddie palladiums, elementary schools and the morning news, children's museums and... hmmm, nothing rhymes with museum. Oh, and a duck race (rubber, not real).

JANUARY 14 THE GREAT ZUCCHINI

Jammin' Java

Vienna | 10:30am | \$8

The Great Zucchini, Washington's funniest and most magical preschool & 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!

JANUARY 21 THE GRANDSONS, JR

Jammin' Java

Vienna | 10:30am | \$8

The Grandsons, Jr. is the kids band version of DC-area roots rock superstars The Grandsons. Kids and their parents will dig the upbeat mix of rock, swing, New Orleans R&B, country, and

latin music we call Americana. Over the past 25 years performing as The Grandsons, the band has noticed that many of their songs resonate with the younger crowd. So as the grandsons, Jr., they combine new material learned especially for the younger set, with Grandsons tunes that have been popular with the kids.

FEBRUARY 4 STEVESONGS

Jammin' Java

Vienna

10:30am & 12:30pm | \$15

Steve Roslonek of SteveSongs has been writing/performing award-winning music for families for ten years. A rising star on the national kids music scene, Steve blends smart lyrics, catchy melodies and thoughtful messages into fun participatory songs that kids love and adults find irresistible.

FEBRUARY 11 PRINCESS AMY & PIRATE ROB

Jammin' Java

Vienna | 10:30am | \$10

Princess Amy and Pirate Rob have been delighting children for over 10 years. They perform in homes, daycares, preschools, libraries, restaurants, malls and stores - anywhere there are kids to make giggle.

FEBRUARY 26 RECESS MONKEY

Jammin' Java

Vienna | 11am & 2pm | \$10

Recess Monkey's live shows are Beatles-influenced sing-alongs about friends. animals and SL-DOUBLE-E-P-OVERS. The Jammin' Java performance will feature foot-stomping, hand-clapping, chicken-dancing romps through old favorites along with high-energy funk and new wave grooves from the brand-new The Final Funktier, including "Booster Seat," which compares a booster seat to a booster rocket and a lowgravity, high-bounce dance song called "Moon Boots." Kids and their parental units will zoom around the room with the high-energy "Jet Pack," join the Monkey Bar conga line (located everywhere), take a soapy ride at the Bubble Factory, and give that loose tooth an extra jiggle with Dr. Wiggle.

RECURRING EVENTS

MONDAYS

OPEN GYM

Faith Baptist Academy Vienna | 7am-9pm

Basketball and volleyball possible. Vending machine available. Ages 16 and older please.

WEDNESDAYS

LIVE JAZZ NIGHT

Iris Lounge

McLean | 7pm

Live Jazz Night – The Christopher Linman Jazz Ensemble will keep you entertained from 7pm-11pm.

THURSDAYS

SUSHI THURSDAYS (JANUARY)

Ritz-Carlton Tysons Corner 5:30 - 8:30pm

Entyse Wine Bar & Lounge's expert guest Sushi Master will create delicious specialty rolls, maki, and sashimi that will keep you coming back for more all month long. Remember to enjoy a refreshing drink while you're there!

THE THREE BEARS (FEBRUARY)

1st Stage Theater

McLean | TBA | \$15

Bring out the kid in everyone and enjoy fun for the whole family! The traditional fairytale is re-invented in this musical adventure with Jack and the Beanstalk and Goldielocks.

FRIDAYS

CLUB NIGHT-VINYL & GAMES Caffè 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.

ALMOST, MAINE (FEBRUARY)

1st Stage Theater

McLean | Check website for showtimes | \$25

The play explores the affairs between people in the small, wintery town of Almost, Maine. Hearts are made of slate, and love comes in bags. Residents in the town fall in and out of love, and the results are unexpected and humorous. This is a great play for anyone who's ever loved, and will warm anyone's winter hearts.

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1st Stage Theater

McLean | TBA | \$15

Bring out the kid in everyone and enjoy fun for the whole family! The traditional fairytale is re-invented in this musical adventure with Jack and the Beanstalk and Goldielocks.

SATURDAYS

BURGERS & OPEN MIC NIGHT

Clydes of Tysons

McLean | 10pm

Join Clydes for Open Mic Night from 10 - close.

FALLS WALK Great Falls Park

McLean | 12:30pm | Free

Join a park ranger for a fortyfive 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 | 8-11am | Free

Check out local

OPEN MIC

farmer's offerings.

Caffè 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!

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1st Stage Theater

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SUNDAYS

BIRD WATCHING Great Falls Park

McLean | 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.

TRIVIA TRYST

Mad Fox

Falls Church | 7:30pm | Free

Bring your friends and compete for prizes with some challenging trivia.

ALMOST, MAINE (FEBRUARY)

1st Stage Theater

McLean | Check website for showtimes | \$25

The play explores the affairs between people in the small, wintery town of Almost, Maine. Hearts are made of slate, and love comes in bags. Residents in the town fall in and out of love, and the results are unexpected and humorous. This is a great play for anyone who's ever loved, and will warm anyone's winter hearts.

THE THREE BEARS (FEBRUARY)

1st Stage Theater

McLean | TBA | \$15 Bring out the kid in everyone and enjoy fun for the whole family! The traditional fairytale is re-invented in this musical adventure with Jack and the Beanstalk and Goldielocks.

WEEKLY

MAN OF LA MANCHA (JANUARY 26-31)

McLean Community Players
McLean | \$18-\$20

Visit www.mcleanplayers.org for showtimes

Adapted from Wasserman's non-musical teleplay *I, Don Quixote* and Cervante's 17th century piece *Don Quixote* that tells the story of the Don Quixote, as a play within a play, performed by Cervantes, himself, and his fellow prisoners as he awaits a hearing during the Spanish Inquisition.

CYSTIC FIBROSIS FOUNDATION TO HOLD 'CASINO NIGHT'

by Ron Slomski



udy and Carl Riedy will once again honor their son Chad and many others battling cystic fibrosis (CF) this February by again co-chairing the 16th Annual Jokers' Wild Casino Night, a fundraiser to support the Cystic Fibrosis Foundation (CFF), which is the leading organization committed to finding new therapies and ultimately a cure for the disease.

Cystic fibrosis is a life-threatening genetic disease that affects the lungs and digestive systems of approximately 30,000 children and adults in the United States. A defective gene causes the body to produce unusually thick, sticky mucus that clogs the airways and leads to life-threatening lung infections, obstructs the pancreas and stops natural enzymes from helping the body break down and absorb food. More than 10 million Americans are symptomless carriers of the defective gene.

This disease occurs in one of every 3,500 births of all Americans and about 1,000 new cases of CF are diagnosed each year.

Cystic fibrosis is a life-threatening genetic disease that affects the lungs and digestive systems of approximately 30,000 children and adults in the United States.

To support its mission, the CF Foundation annually holds thousands of special events throughout the country, reaching out to generous individual and corporate donors. After attending and supporting numerous activities organized by the Metro Washington D.C. Chapter of the CFF, Judy and Carl made a commitment over 16 years ago to co-chair a new Casino Night event in Northern Virginia.

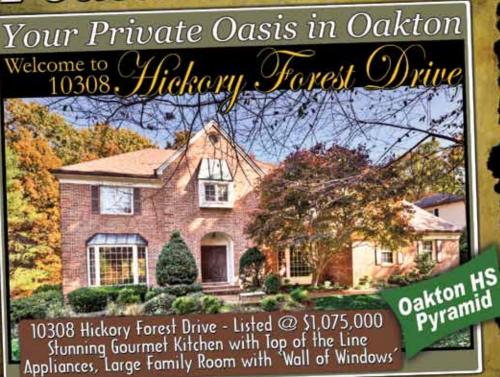
"Our involvement has been a labor of love, as our son Chad has CF," said Carl. "Thanks to the vision of the Foundation's leadership, along with the hard work and generosity of so many, significant progress has been made in treating and seeking a cure for this deadly genetic disease. When our son was diagnosed at 3-years of age, the life expectancy for those diagnosed with CF was 12 and today it is 38. Most importantly, Chad has been the direct beneficiary of the Foundation's success, using several treatments and drug therapies made possible by their efforts."

Judy noted, "There was a time when we wondered if Chad would ever realize the joy of a family. Yet, Chad, has courageously confronted his disease, refusing to let it minimize the quality and fullness of his life." My son is now 30, and married to Julie, a beautiful young lady. Their young son, Liam, is

continued on p.14

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our treasure. Liam deserves to have his daddy here for many more years."

The Riedys' goal will never change. They are raising funds for a cure while simultaneously changing the lives of everyone affected. They know that this is an historic time in the fight against CF. Promising therapies that treat the underlying cause of CF, rather than just the symptoms, are in late-stage clinical trials. If successful, these drugs could change the face of the disease and the prognosis of those who suffer from CF. However, meeting this ultimate objective and supporting the Foundation's scientific research and the 115 specialized treatment centers requires significant financial resources.

The 16th Annual Joker's Wild Casino Night is a terrific way to help support this cause. An open bar and various food stations will set the stage for an enjoyable evening of auction bidding, professional casino gaming, music and dancing.

All guests can try their luck at poker, blackjack, roulette and craps as the

Julie, Chad and Liam

dealers make it fun for everyone. The silent auction is renowned as one of the largest in the D.C. area and the live auction is always something to remember. An evening in the grand ballroom of the newly renovated and exquisite Hilton McLean will be a treat in itself.

"Throughout the past 15 years we have been blessed and overwhelmed by the support of so many friends, attendees and corporate sponsors. We are most grateful for the other families, who are touched by CF and have chosen to join us as a part of our planning committee each and every year. This includes Janet and Harvey Weiner, Betsy and Mark Micklem, Pat and John Bessette, Lisa and Walter Witt, Melissa and Tate Armstrong and Mary and Bill Miossi. Together, they represent the heart and soul of this event," Carl said.

"After 15 years, it is time to try to ramp up this event yet again and increase revenues. The Metro D.C. Chapter of the Cystic Fibrosis Foundation has challenged us with an ambitious goal. We certainly hope that you will join us and we know that we can only accomplish our ultimate goal --- to find a cure --- with your help."

For registration, or information about sponsorship or volunteer opportunities, call (301) 657-8444 or visit http://metrodc.cff.org/casinonight.

author: Ron Slomski is the Development Manager at Cystic Fibrosis Foundation.

There are more local opportunities to make a difference in both McLean and Vienna.

Saturday, March 10th

The 27th Annual Celebrity Tennis Gala McLean Racquet and Health Club

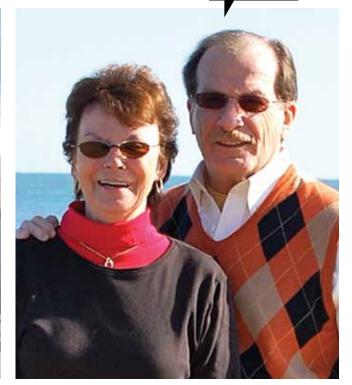
Saturday, May 19th

Great Strides Walk Vienna Town Green

For more information visit: http://www.cff.orgg/Chapters/metrodc

Judy and Carl





14







From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER

Through January 8 *Parfumerie*

During the holdiays, two Budapest shop clerks argue by day, oblivious to the fact that they've fallen in love exchanging anonymous love letters. This story inspired "You've Got Mail" and is a comedy that is perfect for the family.

February 3-26 Almost, Maine

The play explores the affairs between people in the small, wintery town of Almost, Maine. Hearts are made of slate, and love comes in bags. Residents in the town fall in and out of love, and the results are unexpected and humorous. This is a great play for anyone who's ever loved, and will warm anyone's winter hearts.

February 9 - March 4 Three Bears

Bring out the kid in everyone and enjoy fun for the whole family! The traditional fairytale is re-invented in this musical adventure with Jack and the Beanstalk and Goldielocks.

THE ALDEN THEATER

January 9 · 4-6 PM How to Audition Workshop

This workshop is specified for boys and girls in grades 6-8. This class teaches teens the skills needed to audition for shows. The class will provide instruction on how to choose the best audition monologues, and how to prepare for upcoming auditions.

January 11 · 8-9 PM Ballerinas with Brawn

Daniel Joyce, George Mason University's Professor of Dance, and Christopher K. Morgan, internationally recognized choreographer, dare you to come explore the hilarious world of the Trocks.

January 28 · 1-4 PM Puppet Festival

This event is recommended for ages 4+. There will be puppet making stations for parents to make puppets with their children. The will also be two 45 minute puppet shows: "The Emperor's New Clothes" and "Smart and Small Conquers All."

MCLEAN ORCHESTRA

February 11 · 8 PM A Night At The Opera

This performance was conducted by Miriam Burns, director of the Tallahassee Symphony Orchestra, Kenosha Symphony, and the Orchestra of the Redeemer. Burns is always in demand as a guest conductor throughout the United States, and has received numerous awards. You can count on this being an amazing performance that the whole family can enjoy.

MCLEAN COMMUNITY PLAYERS

February 12 · 2:30 PM & February 13 · 7 PM Auditions for "Deathtrap"

Are you an aspiring actor or actress? The McLean Community Players may be looking for YOU! No need to prepare a monologue, because the auditions will consist of readings from the script. All parts for every show are open, none are ever precast. You do not need to apply or pay to audition.

FALLS CHURCH

FALLS CHURCH ARTS

January 5 · 7 PM
"IMAGES" Photography Show
Meet the Artists Reception

January 21 · 10 AM
The Fundamentals of Drawing

January 21 · 2 PM Creativity Workshop

CREATIVE CAULDRON:

January 14 - March 4 Passport to the World Festival

A Festival of Music, Art and Stories from around the world. Join Creative Cauldron for an amazing cross-cultural journey through performances, workshops, and demonstrations. Each week will feature performances by professional music, dance and theater troupes representing culture and traditions from around the world.



VIENNA

VIENNA THEATER COMPANY

January 20 - February 5 Sundays at 2 PM, Fridays & Saturdays at 8 PM Circle Mirror Transformation

In an amateur acting class, four young adults and an instructor learn much more than just acting; they learn about themselves. This wonderful performance features Rebecca Lenehan, Jon Roberts, Heather Plank, Tom Flatt and Camille Gilbert.

MAVERICK MOSAICS

February 11 · 10 AM - 5 PM & February 12 · 10 AM - 12 PM Pique Assiette (The Broken Dish)

Learn how to create unique and beautiful art using broken plates, old photos, and other assorted found objects. You will have your choice of a project to complete including; a picture frame, a mirror surround, or a decorative art piece. All levels are welcomed to participate.

Mondays & Tuesdays · 2-9 PM *Open Studio*

This is an energetic, comfortable, and creative setting where students can take part in creating mosaic art with people of similar interests. Students have full use of the studio and tools offered to practice their new techniques.

VIENNA ARTS SOCIETY

January 11 · 7 PM Classical Drawing with Richelle Kaufman

Learn the universal rules of how to draw what you see. This is a five week workshop designed for beginning to advanced students. A variety of media will be explored, and students will gain a better understanding of composition, construction, perspective, light and shadow.

Through January 28 Small Works

Original works ranging from abstract to representational in a variety of media, to include a collection of small, moderately priced works suitable for homes and offices with limited wall space.

Begin January 10 Winter Art Classes

A variety of evening art classes at the Vienna Art Center. Tuesdays beginning January 10, award-winning artist Deborah Conn will teach a five week series on Watercolor Monotypes. All experience levels welcome. All classes will run for five weeks (with a make-up class in case of inclement weather) and begin at 7:00 pm. Those interested must register in advance by sending a check for \$150 made out to "Vienna Arts Society."

GREAT FALLS

GREAT FALLS STUDIOS

Katie's Coffee House Revolving Art Exhibition

This is an ongoing event that features new displays every month. It is an exhibition of art by the members of Great Falls Studios that is mounted in cooperation with Katie's Coffee House. The coffee house is located at 760 Walker Road. If you need more information, feel free to call 703.759.3309.

The Tavern at Great Falls Revolving Art Exhibition

This exhibition of art is put on by one or more members of Great Falls Studios, and features new displays ever two months. This exhibition is located at 9835 Georgetown Pike. Call 703.757.4770 for more information.

GREAT FALLS FOUNDATION FOR THE ARTS

January 3-7 · 10 AM-2 PM Cezanne Workshop

This workshop is taught from Tuesday, January 3 through Saturday, January 7. The workshop runs from 10 AM to 2 PM, and is offered for adults who are pursuing their artistic interests.

February 3-5 Honing Your Craft

This workshop is taught the weekend of February 3 (Friday-Sunday) and is not one to miss out on! Spend the day with other adults who are aspiring artists from 10 AM to 5 PM.



by Keith Loria

ary Ann Redmond has been performing in front of people ever since she was a kindergarten student in Richmond and stood up in her class to sing "Dominique" from "The Singing Nun" for the school principal, Sister Martha Mary.

"At the next PTA meeting, she told my mother, I had no idea your daughter could speak French," Redmond says. "I remember performing little songs with other kids all the way though grade school."

Her brother Jack taught her guitar when she was 11 and she started playing in folk masses soon after.

"I wrote a song for my seventh grade talent contest. Sadly, it didn't make it to the top 40," Redmond says. "When I was 15, my two brothers told me they were starting a band and You're going to sing."

Her love of music continued and she soon studied at VCU as a voice major in the early '80s and joined up with the group, *Jack Diamond and Friends*.

"My first really cool band was in college as a voice major at VCU trying to study opera and singing jazz and pop five nights a week in nightclubs," she says. "Eventually, the clubs won

out over college. On the road I went with various top 40 and traveling show bands, which played the eastern seaboard from forgotten lounges in Watertown, N.Y., to Trump Plaza Casino Lounge, where folks were enticed to take a load off after all their once best friend quarter slots turned into the greedy enemy."

Redmond came to the D.C. area with her band, *Al Williams and Friends*, and recorded her first CD, "Prisoner of the Heart" for Motown in the mid '90s.

"My manager, David Sonnenberg (Meat Loaf, Joan Osborne, Spin Doctors) brought the A&R guy, Steve McKeiver, to one of my shows at the Wharf in Old Town Alexandria when I was there with Al Williams and Friends," she says. "The first set, Steve was listening, but I noticed my manager and producer were talking his ear off. McKeiver left, and soon after my manager and producer followed suit. I was thinking, "Well, I guess that's that."

McKeiver came back in during her second set and Redmond says her "heart skipped a beat."

"The fact that he returned made me think, 'Well, maybe there's hope.' I still believe our version of 'Many Rivers to Cross' closed the deal for him," she says. "He sat there and listened to me

without the others' input. A week later, I was signed to a developmental deal. It lasted only a short while, until McKeiver was moved to a different department."

While being signed to Motown may look good on paper, Redmond considers her real musical break as being when she was asked to play with *Al Williams and Friends*.

"He had this amazing jazz-fusion band that played at the Wharf in Old Town Alexandria every Monday with different singers," she says. "One of my favorite voices, and just an amazing singer, Tommy Lepson and a beautiful singer, Amy Keys, who switched off Mondays when I would post to listen."

Redmond worked with the band over a six-year stretch with Al playing sax and flute, Jon Ozment on keys, Andy Hamburger on drums and Scott Ambush—quickly re-chaired with Gary Grainger—on bass.

"Also, during that time, I met and got to work with the late, great Eva Cassidy," Redmond says. "She was an unbelievable singer and one of the nicest, most humble artists ever. I teach voice and one of my favorite gifts I'm able to give them is turning them on to her legacy of talent."

These days, Redmond plays Flanagan's Harp & Fiddle in Bethesda every Sunday.

"When I first approached the owner, Steve Nugent, to ask if I could have a gig, before I got the question out he said, 'Whatever you want, the answer's yes.' I tried to repeat the question and he just would interrupt me with 'Whatever you want, the answer's yes," Redmond says. "After seven-plus years, he's still the best boss I've ever had."

Redmond also started working with jazz pianist Jay Cooley and bassist Paul Langosch, who was on the road with Tony Bennett for 20 years.

"I'm delving into all these beautiful old tunes and some recent classics with a twist," she says. "I'm also having to up the ante on my guitar playing, which turns out is a blessing and a curse."

I'm delving into all these beautiful old tunes and some recent classics with a twist... ~Mary Ann

She can also be found playing dates at the State Theatre in Falls Church, Blackrock Center for the Arts in Germantown, and at the Birchmere in Alexandria.

"There is so much I love about performing. First, I guess I'm so blessed to have a gift and share it with a lot of folks who are still so supportive—some through many years of ups and downs. But equally, to work with such great players: Deren Blessman on drums, Mike Echols on bass and Dan Hovey on guitar," she says. "All these guys are on a level where they make me sound better than I deserve. We're getting ready to do a live recording. I'm really excited about getting this band recorded."

Speaking of recording, Redmond recently recorded "Love Me Anyway," co-written with Todd Wright, which just got signed for a one-off publishing deal.

"Also, I recently received an e-mail posting of a girl on 'The X Factor' performing the exact same arrangement of 'Stop in the Name of Love' off of my 'Here I Am' CD," she says. "If imitation is the highest form of flattery, I'm very flattered. Jon Carroll produced and arranged that beautiful version. It was interesting to hear Simon Cowell compliment the arrangement and see the girl happily nod in appreciation for Jon's work."

Reflecting on her career, Redmond says she feels a little like Forrest Gump when it comes to her luck with places and people.

"I got to be a part of the 1999 USO Tour the last year William Cohen was the defense secretary. We flew on the def sec's plane and stayed in Rome and traveled by C-17s and even Chinooked into Kosovo," she says. "We also had a show on a ship in Aviano, Italy, and other bases on a three-day tour before heading home a day before Christmas."

Al Franken, Terry Bradshaw, Downtown Julie Brown, Christie Brinkley, Ruth Pointer from the Pointer Sisters and Mary Chapin Carpenter were also on that tour.

"Skunk Baxter and I teamed up for a Jubilee Support Alliance black tie at the Reagan Building that led to an invite to play with Skunk at the Pentagon," Redmond says. "Turns out the Missile Defense Agency has a band. So my guitarist, Mike Ault, and I were invited on July 4 to play with the ballistic band. It must have been early in the Rumsfeld Administration. When rain began, we were invited to the offices of Gens. Kadish and Franklin."

Redmond doesn't plan on stopping anytime soon and looks forward to more exciting adventures in the music world in her future. "After the past amazing 37 years, my goal in the next five years is to be an overnight sensation." •

For more on the singer, visit www.maryannredmond.com

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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www.jamminjava.com

Jammin' Java, owned by brothers Luke and Daniel Brindley, has showcased some of the finest national, regional, and local talent in a cozy home town venue and has been supported by excellent acoustics and loyal fans for nearly a decade. It has been touted as the best venue on the east coast under 250 seats. Non-smoking, comfortable, ample seating, and available food adds to its ambience. Shows are usually less than \$20, all ages admitted.

STATE THEATRE

220 N. Washington St., Falls Church

www.thestatetheatre.com

This renovated 1930's movie house opened in 1998 bringing a new destination for music to downtown Falls Church. Food is offered while you enjoy a variety of notable bands playing a assortment of genres. You'll also find tribute bands, classic rock, reggae and more! Popular acts get packed, so get there early as it is usually general admission. *State Theatre* brings some extra nightlife to an increasingly vibrant downtown Falls Church.

MAPLEWOOD GRILL

132 Branch Rd. SE, Vienna

www.maplewoodgrill.com

Maplewood Grill now offers American cuisine and the ever popular piano bar. Live music is available Wednesday through Saturday and on the third Tuesday. Grab a bite at the bar or just hang out after a delicious casual dinner, you won't regret it. variety of live music: reggae, d great place to escape and grab were in the islands! The casual just hang out after a delicious casual dinner, you won't regret it.

JV'S RESTAURANT

6666 Arlington, Blvd., Falls Church

www.jvsrestaurant.com

This local music landmark has not changed much in the last six decades in relation to the rest of Falls Church. Bringing a variety of live music to a loyal following, *JV's* is as local a place as you can get. Kitchen is open until 2 am to go with the live entertainment seven days a week. Get there early; the popular local bands draw a large regular crowd!

THE OLD BROGUE

760C Walker Rd., Great Falls

www.theoldbrogue.com

This Great Falls landmark offers free live entertainment most Wednesdays through Saturdays. Don't think this traditional lrish pub just serves up Irish tunes, but an electric mix of bands offering acoustic, rock, blues, bluegrass and more. Get yourself a pint of Guinness, a bite from the delicious menu, and sit back and enjoy!

DOGWOOD TAVERN

132 West Broad St., Falls Church

www.dogwoodtavern.com

Dogwood Tavern brings some great Virginia Bands on Thursday through Saturday nights. From blues, ballads, and reggae, to funk, jazz, and rock, the electric mix found on their schedule is a delight. Kick back with some oysters or wings from their tavern bites menu and enjoy! This is a hometown neighborhood restaurant with a comfortable atmosphere that adds to the growing local character of downtown Falls Church.

SERBIAN CROWN

1141 Walker Rd., Great Falls

www.serbiancrown.com

The *Serbian Crown* offers live music with dinner each night. See live gypsy music and a popular piano bar Tuesday through Saturday nights. Try something off their new café style menu at the piano bar. Dancing every Saturday night, sing-along on Friday and Russian and Balalaika music on Sundays. Come out and enjoy a tune at this landmark piano bar.

THE FILENE CENTER & THE BARNS AT WOLF TRAP

1645 Trap Rd., Vienna

www.wolftrap.com

Located just down the road from Tysons Corner is the National Park that is dedicated to the performing arts. *The Filene Center* brings nationally renowned acts to a setting built to be in harmony with the natural surroundings. A pavilion seating nearly 4,000 and a sloped lawn for over 3,000 to enjoy picnics and beverages before and during performances creates a unique venue to enjoy a great live show outside!

CLARES & DON'S BEACH SHACK

130 N. Washington St., Falls Church

www.clareanddons.com

Like their name, it's a beach shack. Or the closest thing to it around here! Thursday, Friday, and Saturday nights bring a variety of live music: reggae, dance, blues, and more. It is a great place to escape and grab a bite and kick back like you were in the islands! The casual menu offerings go with the casual atmosphere. Surf's up!

IRELAND'S FOUR PROVINCES

105 West Broad St., Falls Church

www.4psva.com

This traditional Irish restaurant offers great Irish music, among other genres. You can be sure to find some quality live entertainment in a casual and comfortable, family friendly neighborhood bar and restaurant. There is just nothing like a good Irish Pub. Say "hi" to Colm.

ALDEN THEATRE

1234 Ingleside Ave., Mclean www.mcleancenter.org/alden

Located in the McLean Community Center, the *Alden Theatre* is a community theatre offering a variety of events, both dramatic and musical. From community based performances of the McLean Symphony, to their professional artists series offering a broad range of genres. The acoustically sound and comfortable venue is a great asset to the community.

Painting finds a welcoming home, in the corner.

JOHN | CORNER | CORNE



"A work of art which did not begin in emotion is not art." ~ Paul Cezanne



There are many aspects of painting to fall in love with. Color and form are front runners but the artistic journey of painter John M. McMahon has revolved around his passion for the picture plane. Dissecting the picture plane has been a pursuit of many artists from Cezanne, the father of modern art, to Braque and Picasso with Cubism to all the other "isms." McMahon's painting evolution started from the singular picture pane to multiple painting surfaces, to reflective panes and now ninety degree angles, the corner. Not merely content to dissect the picture plane with paint, McMahon has physically added a new picture plane. With his "Corner Paintings" McMahon has placed his paintings in a once overlooked and unused space, the corner, transforming them into vibrant new art space.

The evolution of painting has been a long one that some thought was over with the invention of photography. Since then, numerous "isms"

in painting took it from trying to reproduce convincing interpretation of visual reality to other forms of expression including impressionism, surrealism, abstract expressionism, minimalism, modernism to photo realism. Performances and happenings even took over galleries for a time. It is with this historical progression that concerns McMahon." I framed the quote 'Let us not go over the old ground, let us rather prepare for what is to come' by Marcus Tullius Cicero. That's the way I feel when it comes to painting, I'm interested in advancing the conversation on painting. I'm not interested in going over old ground." It's the question of making painting relevant in today's crowded visual art market. With competition from everywhere (movies, television, internet, phones) the notion that "painting is dead" has been debated. To extend paintings' dialogue further McMahon notes that *Corner Paintings* offer new territory both literally and physically to explore. The neglected corner is now home to an art space.

Content with making figurative art in a commercial setting, McMahon is not interested in reproducing that "window on reality" when it comes to his fine art endeavors. As a professional designer and digital retoucher McMahon likes to say, "I've been retouching before they called it "Photoshopping." It was a great way to make some money for a painter but Photoshop ruined it. Anyone with Photoshop could now retouch and you didn't need a high end, high dollar retouching station". "Working with computer generated graphics made me realize that creating figurative art traditionally was going to be futile. It's similar to trying to paint the most sophisticated, colorful scene or are you going to let a camera do it for you and concentrate on the other aspects that make a painting still relevant in the 21st century."

"I'm interested in advancing the conversation of painting. I'm not interested in going over old ground."





By placing the painting in the **CORNET**, McMahon has **added** a **picture plane** and countless angles to utilize mirrors and paint to create a **dynamic** new art space.

In order to compete in the digital world, McMahon insists that a painting must rely on its unique assets. What makes paintings relevant today are the qualities they posses that the digital arts do not. A good contemporary painting should not be able to be reproduced well through photography. It must possess qualities that the flat, two-dimensional surface cannot reproduce. Reproducing a two dimensional illustrative world is already being done well digitally but it too can become boring and the limits of flatness, two dimensionality, are being realized. Movies, video cameras, and television are introducing 3-D. *Corner Paintings* 3D art space blurs the line between painting and sculpture. Space is at a premium in today's vibrant urban areas. Living space defined by walls with unused corners. *Corner Paintings* create a new, energized art space for those corners.

With viewing time before paintings today measured in seconds and people accustomed to moving imagery, it is difficult for a painting to capture and hold your attention. Yet, your reflection will. McMahon uses the mirrors to invite the viewer's personal interaction. Curiosity and vanity pull the viewer closer, while the changing imagery in the mirrors extends the attention span. The painting's "look" changes as the objects and light around it changes. This change gives the paintings movement, something so prevalent and seemingly necessary in today's world of fleeting attention spans and multi-tasking.

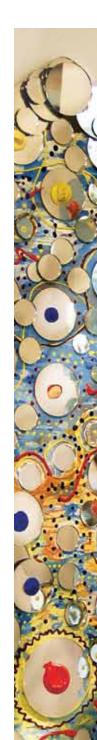
A *Corner Painting* uses the smallest bit of light to reveal its presence in near darkness. A distant cousin to religious icons whose gold leaf flickered in candle lit churches. This chameleon nature of *Corner Paintings* adds to its personality and attraction.

The digital world of art has the computing power but not the physicality of painting. Working digitally, McMahon marvels at the latest software, but after manipulating pixels so cleanly on a monitor, when it comes time to paint he wants to see some paint. The visceral oozing and texture of the paint. "The physical nature of a painting along with the human touch enables it to convey character, depth and a personality that's impossible to achieve from digital imagery. This is the power of painting that continues to makes it relevant."

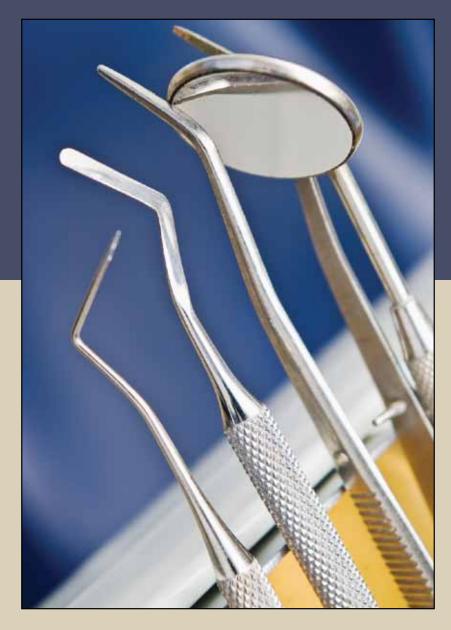
Curiosity and vanity
pull the

John McMahon is currently accepting commissions for *Corner Paintings*. For full views of the paintings go to johnmcmahonstudio.com email: info@johnmcmahonstudio.com





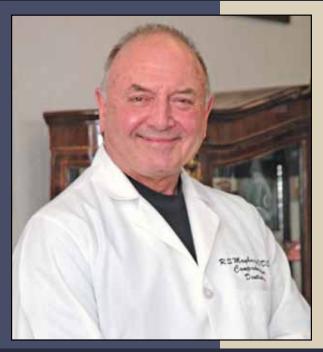
SELECTED AREA DENTAL PROFILES



Not everything in Tysons is Shopping and Government Contracting. It just so happens that some of our area's most accomplished dental practices are based here in Tysons.

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Dr. R. S. Mayberry, DDS, DABOI



General and Cosmetic Dentistry All Treatments in One Location

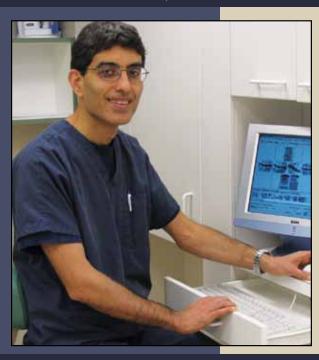
Mayberry Dental is where other professionals send their most difficult cases. Dr. Mayberry provides both IV Sedation and CEREC one day CAD-CAM crowns, and has a reputation with busy professionals and those with extreme dental fear who want to get all their dental work done in one visit without sacrificing quality of care.

In addition, as a Diplomate from the American Board of Oral Implantology (www.ABOI.com), Dr. Mayberry is one of only 300 dentists certified by the ABOI in the country and one of only 10 such practitioners certified in VA. The "Diplomate" certification "attests to the fact that a dentist has demonstrated knowledge, ability, and proficiency in implant dentistry through a rigorous examination process."

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Dr. Sabet graduated in 1996 and has successfully completed 2 years post-graduate training in advanced general dentistry, implantology and oral reconstruction. He has over 11 years experience with adults and children and has been practicing in the state of Virginia since 2001.

- Postgraduate in Implantology, Oral Reconstruction & Occlusion, Howard University Dental School, Washington D.C. (2000-2001)
- Postgraduate in Advanced General Dentistry (A.G.D.),
 Howard University Dental School, Washington D.C. (1999-2000)
- Restorative Technique Course, University of California at Los Angeles, L.A., CA (2001)
- Maxi Course, Comprehensive training program in all phases of Dental Implantology approved by AAID (2000 & 2001)
- Diploma of Graduation DDS, U.S.B. (National) University, Tehran, Iran (1996)
- General Certification of Education ('A' level),
 Filton Technical College, Bristol, England (1988)

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Ardalan Sanati D.D.S. & Shohreh Shahram D.D.S., P.C. • Tysons Dentistry



The husband and wife team of Doctors Ardalan Sanati and his wife Dr. Shohreh Shahram received their Doctoral of Dental Surgery degree (D.D.S.) from New York University College of Dentistry.

The family practice offers the highest quality dental care and the latest dental technology in a modern, comfortable and friendly environment that promotes prevention as the best dental care choice.

Dr. Sanati and Dr. Shahram believe in educating their patients to make better healthcare decisions that fit the ideal for both the patient and long term overall health. They maintain the highest levels of accreditation and pursue ongoing education to stay abreast of the latest trends in dentistry. Their skill, professional integrity, and patience have won them accolades from both patients and members of the trade. Whether you are looking for a general or cosmetic dentist, implants, teeth whitening, laser dentistry, or other dental services, you'll find the information you need there.

They are licensed in the states of Virginia and Maryland and are members of American Dental Association, Virginia Dental Association, and Northern Virginia Dental Society.

Dr. Sarah Ganjavi, Pediatric Dentist · Vienna Pediatric Dentistry



It's enough to make you want to be a child again...Dentistry in the year 2012 is not only PAINLESS but FUN! Fun in the dental office? IMAGINE THAT!! If you have any doubts, come and visit the doctor and staff at Vienna Pediatric Dentistry.

The doors opened in 2007 right in the heart of Vienna on Maple Ave. Dr. Sarah Ganjavi is a pediatric dentist with more than 15 years experience. She received her Bachelors Degree from University of Toronto and her Dental Degree from University of Maryland. She subsequently completed her Pediatric Dental Residency at Howard University and graduated with honors.

The compassion of a mother, coupled with the latest technology, including laser dentistry, and a warm and caring staff has made Vienna Pediatric Dentistry the thriving practice that it is today. The philosophy of Dr. Ganjavi is to treat each child's unique dental needs one smile at a time. Children of all ages including those with special needs are treated with TLC! The office itself is bright, cozy and warm with everything that children would love and enjoy! From the colorful office with sunny windows, to the video games and TVs to keep kids entertained, this is a happy place where children can relax and have fun.

The practice emphasizes on the patients' overall dental health. This includes preventive measures as well as in depth nutritional and oral hygiene instructions. We utilize the team approach-doctor, parent and child all working together for a lifetime of dental wellness.

301 Maple Avenue West, Ste 400, Vienna, VA • 703.938.6600 www.ViennaPediatricDentistry.com



Dr. Allen Garai, Orthodontist • Garai Orthodontic Specialists



Dr. Allen Garai graduated with honors from the Orthodontic Specialty program of Eastman Dental Center at the University of Rochester in New York. Dr. Garai is an attending staff member at the post-doctoral Orthodontic Department of Children's National Medical Center and Washington Hospital Center in Washington D.C. He has served on the staff of Fairfax Hospital Department of Pediatrics at the Center for Facial Rehabilitation and is a Board Certified member of the American Association of Orthodontics.

Dr. Garai has had a special two year formal residency training in lingual orthodontics (braces placed behind your teeth) and has been lecturing and teaching lingual orthodontics for over thirteen years. He is privileged to have created thousands of individualized beautiful smiles in the more than 16 years he has been practicing in the Northern Virginia area.



Dr. Chong Lee & Dr. Joseph Oh



Creating healthy, beautiful and extraordinary smiles is our driving passion at Galleria Dental Aesthetics. With over fifty combined years of experience, Dr. Chong Lee and Dr. Joseph Oh are dedicated to delivering exceptional results through comprehensive care — and it shows. These highly trained and experienced professionals are leading providers of TMJ/neuromuscular, cosmetic and sedation dentistry in the Washington, DC area. Our entire team strives to provide our patients with outstanding dental care in conjunction with the latest dental techniques and technology. Dr. Lee and Dr. Oh offer a relaxing and anxiety-free experience for all: from teeth whitening to full-mouth reconstruction.

Dr. Lee, a mentor to dentists both nationally and internationally, is a clinical instructor and regional director of the prestigious Las Vegas Institute (LVI), the largest and most notorious center for comprehensive aesthetic and neuromuscular dentistry in the world. He is the recipient of numerous Achievement Awards and received Mastership at LVI for his understanding and knowledge of cosmetic and neuromuscular dentistry. Dr. Lee's exceptional clinical skills were recently recognized when one of his patients won the International MAC Veneer Model Competition 2009. He focuses on aesthetic dentistry and full-mouth restoration and brings passion and energy to each and every client.

Dr. Oh, an expert in neuromuscular functional orthodontics for children and adults, is a Premier Provider of Invisalign, straightening teeth through the use of clear, removable aligners. Both Dr. Lee and Dr. Oh have been recognized as "Top Dentists" by their peers in numerous publications (including the Washingtonian, Consumer Checkbook, Health and Beauty Magazine, the Virginia Living and Northern Virginia Magazine) and are active in their professional dental associations. Please visit Dr. Lee and Dr. Oh at any of their three convenient locations: Tysons Corner, Arlington, and South Riding.

Other locations:

Arlington: 4141 North Henderson Rd, Ste 16

Arlington, VA • 703.527.1020

South Riding: 25055 Riding Plaza, Ste 250 South Riding, VA 20152 • 703.327.7705

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1600 Tysons Blvd., Ste 120, McLean, VA • 703.448.1020

www.LeeOhDDS.com

Dr. Joseph Ruzzo



Naples, Florida was little more than a small fishing village when Dr. Joseph Ruzzo was growing up, but it captured a great sense of community pride, and he knew he wanted to end up in a place where he could build a world-class practice and be fully engaged in the community. After graduating from the University of North Carolina, Dr. Ruzzo joined a well established practice in Northern Virginia and soon had opened his own practice in The Pentagon.

Less than a decade later, Dr. Ruzzo had the opportunity to open his second practice, the Dental Group of Tysons, in the heart of Tysons. Over the past decade, Dr. Ruzzo has made supporting the community one of the hallmarks of his practice. As a former member of the Board of Trustees of Children's National Medical Center and an active volunteer in a wide range of local non-profits, Dr. Ruzzo has found giving back to the community is one of the best parts of living in Northern Virginia.

Over the past year, Dr. Ruzzo has actively supported Life with Cancer (www.LifeWithCancer.org), an extraordinary organization which provides support to anyone affected by cancer, and the services are completely free of charge. Dr. Ruzzo continues to be particularly engaged in the Children's Program which supports not only children being treated for cancer themselves, but also the siblings, grandchildren and friends of cancer patients.

In October, Dr. Ruzzo worked closely with CharityWorks (www.CharityWorksdc.org), a highly successful non-profit which was founded by his dear friend, Leah Gansler, eleven years ago. This year, CharityWorks raised close to \$1 million to provide scholarships for the dependents of active service men and women as well as to support Live it Learn It, a local non-profit which provides scholastic enrichment to children in the region's most underserved schools.

"Organizations like CharityWorks and Life with Cancer are among the great treasures of this region. I am inspired everyday by the passion and commitment of my patients to make our community stronger, and I am honored to have the opportunity to play a small role in their success," said Dr. Ruzzo.

Dental Group of Tysons
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www.TysonsDental.com

COMINGEVENTS

Greater McLean Chamber of Commerce

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The Inaugural Realtor Continuing Education Program

January 5, 2012 10am - 1pm

Introduction to the NEW 2012 Regional Sales Contract:

On January 1, 2012, a new version of the Regional Sales Contract used by real estate agents throughout Northern Virginia is being released. Join Marcus Simon of Leggett Simon Freemyers & Lyon and Ekko Title for a three hour class on all of the recent changes and updates. Marcus is a past-chair of the NVAR Standard Forms Committee and represented NVAR on the Regional Sales Contract Task Force that produced the new contract. Licensed Agents attending the class, produced by the Institute for Continuing Education, will receive three hours of Continuing Education credits in Contracts or three hour of Post Licensing credits in offer to purchase.

Chamber Breakfast - J.Gilbert's

January 11, 2012 • 7:30 - 9:30am February 8, 2012 • 7:30 - 9:30am

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McLean High School Presents the 59th Annual Boar's Head Feast

January 21, 2012 • 7:30 - 9:30pm

http://boarsheadfeastmclean.eventbrite.com/

Harken ye back to the days of yore when the McLean High School Madrigals present their 59th Annual Boar's Head Feast.

Ranked ninth in the nation, the McLean High School Choral Department will treat their guests to a wild and raucous evening with stage and musical performances inspired by the European Renaissance. Balducci's Food Lover's Market of McLean is catering the three course, family-style dinner which will be served by members of the "King's Court." This much loved tradition is open to the entire community. Our annual fundraiser provides scholarships for choral students and all donations are appreciated.

This event sells out early; please purchase tickets today!

Photo highlights from The Chamber Holiday Mixer at Chain Bridge Bank









For more information please visit www.mcleanchamber.org

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AROUNDTOWN

Bringing you a quick glance of local events, fundraisers, charities and more in your area.



Marcia Twomey, President of The Greater McLean Chamber of Commerce, presides over the ribbon cutting of *Elysee 360 Concierge Med Spa* in McLean.

Chocolate please... and plenty of it. *Sweet City Desserts* at 131-A Maple Avenue, has opened in the heart of Vienna-just in time for the holidays!





Lofty Salon held their first "Day of Lofty." We hope you had a chance to join in the fun and the savings! Watch for more events from Lofty.

Jim Corcoran, President of the Fairfax Chamber of Commerce, accepts a check from *Microsoft* for the *Foundation for Fairfax County Public Schools* at the opening of the *Microsoft* store in Tysons Corner.





THE DANDELION PATCH

Making life more personal.

In Heidi Kallett's own words, "I might be little, but I have big plans. We are going to put Vienna on the map." Heidi is petite, pretty and engaging. She exudes an energy much greater than her tiny frame. It is easy to see how in just six years, she has taken *The Dandelion Patch*, a fine stationary and gift boutique from a single location in Vienna, to shops in Reston, Leesburg, and Georgetown.

Heidi has had a clear vision since the day she launched in 2005. In a time when everything was being mass produced and mass marketed, she felt, as a society, we were losing that personal touch.

So she made her mission to make life more personal one customer at a time. She is quick to point out that she is not seeking a simple retail transaction, but a relationship with her customers.

"We are not retail. We are a movement about making life more personal," says Kallett. "I want people to come in



regularly even if they don't buy anything. My message is that we are your friends, we are your neighbors, we are the people that sit next to you in church, we've got kids that go to the same schools. It is the very essence of being a local business."

Kallett explains that opening her Reston location in 2007 was a turning point. "That was when we realized we had to play with the big boys. We were dealing with the Gap, Banana Republic and Chico's," says Kallett. "That's when we needed real return policies, gift cards, real holiday promotions, and a point of sale system as opposed to a cash register."

"What I love most about *The Patch*," as she affectionately calls it, "is the opportunity to touch so many people. Over the years, what I found to be really gratifying is that our store is becoming a hub with girlfriends running into each other, unexpectedly. Coming into *The Dandelion Patch* is like going into your girlfriend's house. We are going to give you real advice."

"The one thing we have done really well is our brand," says Kallett. "It is our goal that the minute somebody receives one of our custom invitations, they instantly know who that invitation came from because it's got that person's personality written all over it." The brand carries distinctly through the gifts which they offer. The diverse selection is intently personal and meant to make moments more intimate and special.

continued on p.34



Here's What's Happening at MCC

@ The Alden

Airborne Comedians

Saturday, Jan. 7, 8 p.m.

@ The Alden

The Capitol Steps

Friday, Jan. 13, 8 p.m. Saturday, Jan. 14, 2 p.m.

Embracing the Dream

Martin Luther King Jr. Day Celebration

Sunday, Jan. 15, 3-5 p.m.

@The Alden

Les Ballets Trockadero de Monte Carlo

Wednesday, Jan. 18, 8 p.m. Thursday, Jan. 19, 8 p.m.

Puppet Festival

Saturday, Jan. 28, 1:30 p.m.

Just in time for Valentine's Day

McLean Jewelry Showcase

Saturday, Feb. 4, 11 a.m.-5 p.m.

@ The Alden

Dinorock

Dinosaur Rock

Saturday, Feb. 11, 2 p.m.

Be Fit McLean Outdoor Adventure Expo

Saturday, Feb. 18, 10 a.m. -4 p.m.

@ The Alden

Theatreworks USA Charlotte's Web

Saturday, Feb. 25, 2 p.m.

@ The Alden

John Eaton Jazz, Blues & Broadway

Sunday, Feb. 26, 3 p.m.

The McLean Community Center www.mcleancenter.org Home of the Alden Theatre

www.aldentheatre.org



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Falls Church

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Kallett knew that in order to drive her business, she needed to focus on bridal invitations and differentiate herself from online businesses. She also realized she needed to have more than one store to reach her goal of making life more personal one person at a time. "To really make it, I needed to have more than one store. You could never really make the movement work with one brick and mortar location," says Kallett.

"It was always our intent to focus on the bride because she's young and she's starting her life," adds Kallett. "It is super cool because now she's dragging her toddler behind her and now her toddler is having The Dandelion Patch experience complete with parties and teachers gifts and fill in the blank thank vou notes."

The Dandelion Patch partners at least once a year with the Post Institute. A Post family member comes to the shop and hosts etiquette workshops. The Patch also offers young writers



workshops several times a year to teach young children how to write a thank you note and to teach them the attitude of gratitude.

There is a culture to The Dandelion Patch. When asking Kallett if she is the CEO, she simply smiles and says she is the 'Chief Patchette.' Of course, that would make all the employees 'Patchette's.'

"My favorite part of working at The Dandelion Patch is working with the customers from their weddings to their birth announcements," says Brooke Dority, Manager of the Vienna Patch. "We develop relationships with our customers and particularly our brides. "I think that speaks to the high level of customer service that we provide," says Dority. "We have customers that want to stay with us through all of the milestones in their lives."

"I truly love the camaraderie at The Dandelion Patch and the relationships I have formed with the other Patchettes,"



adds Assistant Manager, Enisha Williams. That's the environment that Heidi sets from the products that she sells to the employees that she hires. She likes to have a family oriented store. I have learned that there is an etiquette for everything and the quality and quantity of the stationary is unrivaled by any store in the area."

Customer Alex Shumway says, "My oldest daughter got married a year and a half ago and they did the invitations. They did such a wonderful job. They're very professional and very friendly. They will go out of their way for you."

"We are Charlotte of Sex and the City," says Kallett. "We like the finer things in life, but we are slightly traditional and we love our girlfriends. I buy with that view, I write with that view, I live, breathe and dress as I am Charlotte." .

www.TheDandelionPatch.com

author: Colleen Sheehy Orme, Colleen Sheehy Orme is a freelance journalist and marketing consultant in Great Falls.



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THE ROTARY CLUB OF VIENNA IS REACHING OUT TO YOU TO BECOME A VIVA VIENNA SPONSOR!

What Is ViVa Vienna and When Is It?

ViVa! Vienna! is a family and community oriented celebration of Memorial Day and the greater Vienna Community spirit. It emphasizes the historic area of Church Street, the Freeman House, the Town Green, the Old Vienna W&OD Railroad Station, and the Caboose as well as the park area of the WO&D Trail through Vienna. It provides amusement rides, food, and entertainment May 26th through May 28th. Entertainment starts Saturday evening and continues through Monday. Street vendors, crafters, professional and non-profit groups are open Sunday, May 27th and Monday, May 28th from 10am to 6pm. There is fun, food and music for families and friends of all ages and over 50,000 people attended the event in 2011. ViVa! Vienna! is the major fund raising event for the Rotary Club of Vienna, VA, Inc.; All proceeds from ViVa! Vienna! benefit our community, nation and the world making them a better place for all of us.

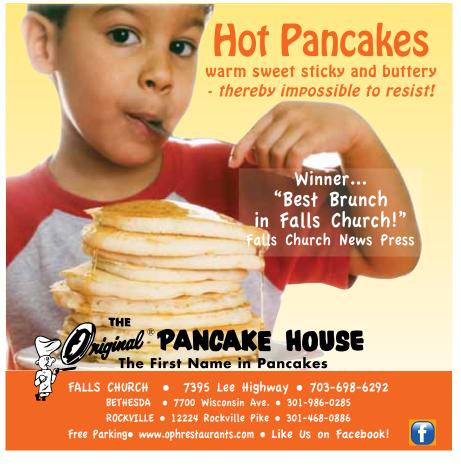
Why Should You Be A Sponsor?

- 100% of proceeds go to charitable, community and humanitarian organizations
- Total grants in 2011 were \$146,000 and were distributed to over 60 needy organizations and here are some of the organizations receiving grants from ViVa! Vienna! 2011: Alternative House, Stroke Comeback Center, ShelterBox USA, Salvation Army, Northern Virginia Family Services, Let's Help Kids, Inc. The Women's Center, Volunteer Emergency Families for Children, Toys for Tots, The Rotary Foundation and many more.
- Sponsors get complimentary booth space, plus website, marketing and signage recognition
- Special and Sustaining Sponsorship opportunities available
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James Cudney: (703) 999-9306Brian Billett: (202) 302-4949

• Keith Bodamer: (703) 938-1366







View of the Pitons from where I slept under the stars at Anse Chastanet in St. Lucia.

∖he Caribbean – volcanic island archipelago, rich with lore, tales of Columbus and his shipmate Juan de la Cosa, notorious pirates such as François de Clerc, or "Peg Leg," the indigenous cultures of the agrarian Arawaks and the war-like Caribs, fiercely competitive French and British colonization, the Dutch, the Spanish, the Portuguese, and thriving sugar and banana plantations.

One of the most undiscovered treasures of this fascinating island chain is the largely untouched island of St. Lucia, home to some of the most spectacular, breathtaking scenery in the Caribbean. Hidden deep in the Lesser Antilles in the Oueen's Windwards, between the French West Indian island of Martinique, seen 21 miles off the northern coast, and St. Vincent and the beautiful Grenadines, 24 miles to the south, St. Lucia is the emerald set in a sapphire sea, blessed with miles of secluded beaches, rainforest, and the postcardperfect volcanic mountain peaks, the iconic Pitons. This 238 square miles of ruggedly beautiful topography is bathed in subtropical climate, cooled by the ever-gentle tradewinds. St. Lucia is idyllic, captivating, magnificent.

From Morne Fortune, a primarily British fortification, one can survey the harbor at Castries, the main port and capital of colorful, bustling markets. At Derek Walcott Square (named after the island's Nobel Prize-winning poet), shaded by a 400 year-old Saman tree, the government buildings and the Cathedral of the

Immaculate Conception bring back the breath of a bygone era. But far beyond Castries, splendid natural wonders that defy the imagination await. St. Lucia is an adventure in nature tourism, almost a sanctuary for the outdoor explorer or naturalist.

One of the northeast's most unique resorts, the Windjammer Landing Villa Beach Resort integrates Mediterranean-style villas into the palm-fringed hillsides, the architecture something akin to a whitewashed Greek island village, with Spanish colonial stucco roofs, some with rooftop jacuzzis with a sweeping view of Labrelotte Bay. The open-air dining room terraces offer the same stupendous view of the bay, and are beautifully furnished with glass tables, tile floors, and peachcolored accents. Fully-equipped kitchens and a minimart near the reception facilitate dining in. Or you may want to hire a chef to prepare a private meal in your villa.

There is a refreshing warmth among townspeople, staff, taxi drivers and guests, a happy island camaraderie.

Blue and white kimonos are provided for the bath. The shower-bath has thick, natural walls with diamondshaped holes cut out to allow the island breeze to enter. The villa has few glass windows; instead wrought iron bars provide security and a feeling of open-air living. Ceiling fans enhance the breezy comfort. Hidden among tropical gardens and palms, the cool blue oasis-like pool is inviting and refreshing. Watersports are free, including waterskiing, windsurfing, and sunfish sailing. From the seaside dining area, one can hear the soothing waves and the song of the "coqui," a tiny Caribbean frog heard throughout the islands.

A cool, refreshing one-hour boat ride takes you past small villages and verdant mountains to Anse Chastanet Beach Hotel, one of the most enjoyable dive resorts in the Caribbean. This secluded beach hosts protected virgin reef, teeming with a diversity of colorful and interesting fish and multi-colored coral formations in calm, clear waters, and

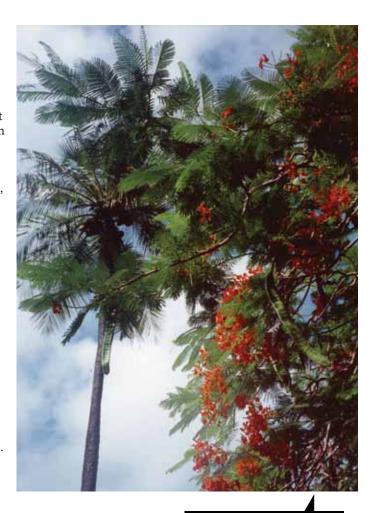
was declared an underwater national park by the St. Lucians, with magnificent snorkeling right off the beach. In abundance are vibrant yellow tube sponges, purple sea fans, large "brain" rocks, and schools of tiny, glinting fish. Thatched hutlike sunbrellas shield you from the scorching equatorial sun. And one can always opt to participate in an invigorating yoga class or a relaxing visit to one of several boutique spas on the property.

Up winding natural staircases

built into the mountainside, visitors are serenaded by tropical birds to the reception area and restaurants, where they can rest before ascending still further to the most strikingly beautiful vistas in the Caribbean – the Pitons jutting vertically from the sea, seen in all their splendor right from the private, and spacious, terraces at Anse Chastanet. Lizards dart in and out among the trees. Hummingbirds of all descriptions hover at every turn, especially near tea time, to pick of grains of the natural island cane sugar left behind.

And the friendly St. Lucians who will greet you at the hotel will be wearing the traditional madras on their heads. There is a refreshing warmth among townspeople, staff, taxi drivers and guests, a happy island camaraderie. The melodious voices of the St. Lucians seem to say, "Take your time, you are here now."

The freshest Creole seafood dishes, tropical fruits, and delicate rum punch with nutmeg are served in the



Flamboyant with palms.

Treehouse Restaurant, with a glorious panoramic view of the sunset over the Pitons, or the beachside Trou-au-Diable, or one can escape into town via the very challenging hotel road and try some local favorites. The accommodations are in structures resembling octagonal gazebos nestled in the steep hillside; rooms in guest cottage #7 look straight out to Gros Piton and Piti Piton, rising in the distance from the sea. One can enjoy sleeping under the cooling breeze of a ceiling fan with the doors to the terrace open, or opt, as I did, to sleep right out on the terrace on the madras-covered cushions under the stars.

Rising majestically up the hillside is the exclusive sister resort Jade Mountain, (11th best worldwide according to Travel & Leisure) utilizing a remarkable 3-wall room concept in an architecturally integrated setting, reflecting the sweeping spaces and infinity pools

continued on p.38

characteristic of architect-owner Nick Trubetzkoy's bold yet harmonious design.

The Anse Mamin estate was a French colonial banana plantation, and rests on the 500-acre property of Anse Chastanet.

A ten-minute walk north by the sea, or a short boat ride from Anse Chastanet beach is the more secluded Anse Mamin, one of the most pleasant beaches on the island. The volcanic sand of this graceful stretch of beach is a soft, grey powder, and creates a nice border to the lush landscape of the island. The beachcomber can stroll along in this undisturbed and remote setting, and fully absorb the tranquility and scenic beauty of the island. The Anse Mamin estate was a French colonial banana plantation, and rests on the 500-acre property of Anse Chastanet. Tours of the great house and grounds are available from the informative. friendly island guides. Hikes can also be organized to the rain forest with a local expert guide for those adventurous spirits in search of unspoiled ecotourism.

The island was not surprisingly a most sought-after possession in the Caribbean for its strategic location, unsurpassed beauty, and natural resources.

One thousand feet up, set in St. Lucia's lush rainforest, is perched the 32-room Ladera, a tiny, intimate, almost hidden hideaway with a pool placed precipitously at the edge of Gros Piton, which looms large at such close range. Selected rooms at this tranquil oasis also have private plunge pools. At this exclusive cliffside resort, all rooms have touches of tropical hardwoods, artisan stone tile work, and natural cotton traditional West Indian textiles made on island. Ladera also incorporates the dramatic 3-wall room design to allow guests to experience the full impact of the image of the jagged, soaring peaks that rule the island, hence the moniker "a view with a room," one reason they are consistently

voted among the top ten resorts in the Caribbean by Travel & Leisure magazine. Thrusting straight out of the water a half mile or more, the peaks descend just as deep under the water, providing fascinating dive sites for more experienced divers. Nearby Soufrière, derived from the French for "sulphur in the air" according to the locals, is an authentic West Indian fishing village and the point of departure for the formerly drive-in, now walk-in active volcano, La Soufrière, and Sulphur Springs. The crater is a moonscape of bubbling, live cauldrons that smoke and gurgle sulphur and water vapor. Further down, the water cools and provides mineral baths, built in 1784 by Louis XVI of France, and reportedly bathed in by the Empress Josephine, who was born near Fort de France on the neighboring island of Martinique. The waters here were compared with those of Aix-les-Bains in the south of France, and were determined to possess the same therapeutic qualities. The surrounding botanical gardens display anthurium, bird of paradise, flamboyant, frangipani, bougainvillea, and every assorted tropical plant and fruit tree, including banana, coconut, orange, lime, pawpaw, avocado, ginger, cacao, vanilla, coffee, and nutmeg. The path then leads to Diamond Falls, the waterfall which cascades from the mountains into a meandering stream.

The island was not surprisingly a most sought-after possession in the Caribbean for its strategic location, unsurpassed beauty, and natural resources, and changed hands fourteen times between the French and the British, resulting in the lilting Patois dialect spoken by the friendly St. Lucians. The gentle kindness of the islanders belies the fiery past, first with the struggles of the Arawaks to protect their island from the invading Caribs to the times of the voyages of the treasureseeking Europeans, out to conquer new realms, and establish maritime supremacy. The warmest smiles in the Caribbean make it hard to believe that it isn't just as peaceful everywhere else.

The main highway, which can in places be somewhat rugged, takes

you south through twists and turns through such picturesque towns such as Choiseul, Laborie, and Vieux Fort, all with impressive Roman Catholic churches, often at water's edge, and up the east coast through undulating hills and ridges, past scenic vistas of the Maria Islands to the coastal towns of Micoud and Dennery, at which point the road cuts back westward across the island, past the entrance to the rainforest, and back to Castries. While the southwestern Caribbean side boasts the towering Pitons, most of the luxury resort hotels and yachting facilities are to

That an island this remote can be this accessible, makes St. Lucia the perfect romantic, escapist destination.

the northwest also on the Caribbean side, just north of Castries. Nearby Rodney Bay is known for its nightlife, restaurants, and shopping, and the tropical paradise of Marigot Bay, slightly to the south, is a yachtsman's haven not to be missed.

The Caribbean island of St. Lucia is now readily accessible, thanks to daily flights on American Airlines from Miami, or from San Juan, Puerto Rico on American Eagle. The island is also less regularly serviced by US Airways, Delta, and Jet Blue. Remember, there are two airports on the island, Hewanorra International Airport at Vieux Fort (UVF) located 40 miles south of Castries and George F. L. Charles Airport (SLU) which adorns a pleasant coastline on the outskirts Castries. Flights on LIAT, Air Caraïbes, and WinAir link the island with her Caribbean neighbors. This convenient schedule has you on the beach the very same afternoon if you wish - a far cry from the days of arduous sailing to reach St. Lucia in the days of the explorers. That an island this remote can be this accessible, makes St. Lucia the perfect romantic, escapist destination.

author: Allison Chase Sutherland, a restaurant reviewer/travel writer and photographer, author of 'allicucina' international cookbook, multilingual voice over talent, and foreign language instructor. allivoice.com



How could a chiropractic adjustment help facilitate conception?

by Mary Jo Palmer

T's all about nerve flow. Proper nerve flow to an area, organ, or to certain tissues can improve function. Good nerve flow means good blood flow. This blood is carrying life! Enough oxygen to an area is crucial for proper function. Also improper nerve flow can cause stasis, or no movement, in an area or to an organ, like a uterus, leaving dirty fluid sitting there. Basically, it is a back-up of lymphatic fluid that is filthy and isn't draining. In addition, hormone function is controlled by nerve flow. Altered nerve flow may cause hormone imbalances which could prevent a woman from becoming pregnant. Studies have shown that chiropractic adjustments to treat spinal misalignments and nerve pressure can help improve nerve flow to the area, increase blood flow and regulate hormones that affect ovulation and conception.

Chiropractic care is safe and effective. If you aren't getting pregnant, you probably aren't a good baby-making machine! Does your body have an environment suitable for conception and the growth of a fetus? In my comprehensive exam and consultation, we will find out what other things may be hindering your fertility.

I go over every aspect of your life to find things which could help improve your fertility, including diet, toxins, stress, and so on.

Can I give you a guarantee that this will work for you? Well, there are no guarantees in life. Have I had success in the last twenty years with patients wanting to conceive? Yes, many. I am here to help you. I wish you the best of luck.

vivatysons.co

author: Mary Jo Palmer, D.C.D.I.C.C.P. Is board certified in Chiropractic care for OBGYN and pediatrics. For twenty years, she has helped women get healthy enough to conceive. www.CommonwealthFamilyHealthCare.com



lready into the New Year and beating yourself up for not sticking to your resolutions? Well, you are not alone. I know you said this year would be different and you believed it would be... so what happened?

Generally when you make broad resolutions that are filled with absolutes like "I am not going to eat any junk food," you are more likely to fail. Why? For two reasons: One because making sweeping changes all at once is very difficult and two, change comes more easily when it is broken down into small doable, specific pieces. Instead of thinking that all of your bad habits will be gone in one fell swoop, you might be more likely to succeed if you take baby steps. Identifying one or two new changes at a time helps integrate new ways of being into your already busy life. Breaking change down into achievable steps, leads to success.

Often times what seems overwhelming when looked at as a whole, like "I have to lose 25 pounds by Valentine's Day," is more easily accomplished when you start to differentiate the task. For instance,

just saying you have to lose weight doesn't really break it down into manageable parts. But when you identify four quick breakfasts that you can throw together before you run out of the house or that you can grab at work, you are heading down the path to victory. Same thing holds true with "I have to go to the gym." Simply telling yourself that you have to go won't cut the muster, but sitting down with the gym's class schedule and your schedule and finding convenient times that work, and classes that interest you, will greatly increase the probability of exercising more. Take into consideration if you are a morning or evening person. Make what you do fit with who you are.

Identifying the goal and then breaking it down into small pieces makes it much easier to accomplish.

Identifying the goal and then breaking it down into small pieces makes it much easier to accomplish. If you don't want to be eating junk food, you have to plan ahead. Is there food in the house that I can eat for meals?

What about snacks? When is a good time to make a shopping list and go to the store? Many times fast food restaurants are the default. You are starving with no plan for dinner, so on the way home you pull up to the drive in window and order what is not going to help you reach your weight loss or health goals. Then you usually chow it down in the car before you even get home! What happened to sitting at a table and eating? If you take ten minutes in the morning, throw dried beans, canned tomatoes, green chilies, and lean protein into a crock pot; you could come home to a piping hot meal. Add some fresh, sliced avocado, grated low fat cheese, and spicy salsa and you will be singing Dixie! Not to mention saving money.

So instead of giving up, recommit and start fine tuning what you can do to keep those well intentioned resolutions alive.

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. www.gobefull.com

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8250 Greensboro Drive: 703.442.9150 1800 Old Meadow Road: 703.556.6550 www.sportandhealth.com.

BottomLine Fitness

Rebecca Donley

Rebecca Donley is a certified personal trainer with over 15 years of experience. She is also a post-rehab specialist. Being a former professional boxer,

she knows what hard work entails and is eager to motivate her clients to achieve their goals. Training in a similar style to her boxing background yields incredible results. She is a master trainer for Body Bar, BOSU, and cardioboxing. Her slogan is, "There is nothing you can eat that I can't burn off. Let's get to work!" Rebecca Elliott Donley.

571.258.7422 theblondehurricane@hotmail.com

Angel Negron

Angel Negron is one of only a handful of certified Israeli Krav Maga instructors in the area. He was certified by a 40vear Israeli veteran Grandmaster Haim Gidon. Angel's main focus is not just physical, but also mental resilience. Angel loves teaching kids, and adults alike. His intuitive, passionate, and straightforward approach to teaching will build your confidence, and give you a sense of security. Learning how to protect yourself is usually thought about after the fact. His true love is teaching kids. He has helped with low selfesteem and motivates them to achieve goals they thought were not possible! Private and group classes are available in the Tysons and D.C. metro area.

703.371.6702 Angel@IsraeliKravMaryland.com

Rush Fitness

Ron West

Beyond being a well-known fitness expert and personal trainer, in the group exercise circles. Ron West may be one of the most sought after instructors of the health club circuit. He has taught intense aerobic classes at most of the big name clubs, call him the "Master of Motivation. " Since 2004 he has been transforming lives. RUSH Fitness stands for "Rigorous (referring to his style of workout) and the Ultimate in Strength-training for your Health." From intense aerobic kickboxing classes to his Ultimate Boot Camp, his workouts are intense and designed to burn calories and get you into shape. His goal is to make you happy by integrating healthy eating habits and consistent exercise routines into your life.

703.220.6668 ron@rushfitnessllc.com

Storm Fitness

Jessica Storm

Training available in the privacy of your own home (they'll bring the equipment) and at the Storm Fitness studio located in Reston. Storm Fitness was founded by owner Jessica Storm, in 2003, who envisioned a company dedicated to the education of proper exercise techniques

and healthy living. The personal training company takes great pride in its ability to incorporate a variety of different disciplines such as strength training. cardio, Pilates, boxing, circuit training, sports conditioning and stretching to create a fun and unique experience unparalleled to anything else in the industry. The result is a happy, healthy and well-conditioned client with a strong body that is toned, flexible and balanced.

703.869.8376 www.stormfitness.com

Taylored Fit

Tara Taylor is a personal trainer and C.H.E.K. (certified holistic lifestyle coach) that takes a different approach to help you reach your fitness goals. Tara not only focuses on the physical aspect of getting into shape, but she can create a plan to also look at your nutrition, as well as the stresses in your life that may be preventing you from reaching your goals to feel better about yourself. Ever wonder why you work out day after day and don't see the results you think you deserve? Tara can take a look at many contributing factors in your environment and nutrition and help you to finally see changes in your body that reflect your effort. Tara also offers a variety of boot camps in Tysons Corner in a comfortable and challenging environment with progressions for all fitness levels.

tarataylor4@gmail.com www.tayloredfit.net

Fitness Together

Not only do you have a trainer to help every step of the way, but you also have your very own private training room. No more rushing from one exercise to another as equipment becomes available. At Fitness Together, the entire room of equipment is for you. Their programs offer a safe, and effective way to help women and men achieve their fitness goals in a friendly, nonthreatening atmosphere. With a Fitness Together personal trainer, results come quickly because you maximize exercise time, follow an eating plan, set goals, and have the accountability one often needs to stay with it. Rob Graveline, owner of Fitness Together-Dunn Loring, has 18 years of industry experience and a master's degree in exercise physiology from the University

of Virginia. Co-owner, Meredith Minix, has 15 years of experience as a personal trainer and group exercise instructor and holds a bachelor's degree in recreation and leisure with an emphasis in sports fitness and management from Shepherd University in West Virginia. Clients can feel confident that they are working with a professional of the highest caliber.

2235 Cedar Lane (at Gallows), Vienna 703.289.9909 www.ftdunnloring.com

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The goal at Healthy Investment is to get you more energy and get you feeling better about your body. Doing it on your own is never easy, so providing the help of a professional personal trainer is what Healthy Investment is all about. Healthy Investment is a small personal training studio in the heart of Vienna that opened in 1998. They offer private personal training to clients looking for an exercise program tailored to their specific needs and goals. Some clients are looking for weight loss and others less discomfort from tightness or muscle imbalance. Trainers at HI not only work with you on your goals, continued on p.44

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but will guide you through changes that will last, and the daily routines of stretching and moving that will make you feel better every day. Healthy Investment has no membership or initiation fees, and there is no minimum number of sessions you must purchase. All trainers at HI are certified or hold relevant degrees and have decades of experience. "Invest in yourself - invest in a healthy life!"

340 Mill Street NE, Vienna 703.938.8390 www.HealthyInvestmentVienna.com

STS Health and Fitness

This studio is a unique private health and fitness facility located in the center of McLean. STS, "Your Health Club Alternative," has created a comfortable, supportive environment for the finest in personal training. The STS studio is made for personal training with two small studios and several private rooms. There is no one working out in an "open gym," and no one waiting for equipment; just you and your personal

trainer in a private room, or perhaps with another trainer and client in a studio. Every personal trainer at STS is nationally certified by either the American

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College of Sports Medicine, the National Athletic Trainers Association, the National Strength and Conditioning Association, and/or the American Council on Exercise and nearly all of them have a decade or more years of experience. Owner Linda and James Rudd will discuss your fitness goals, time availabilities, and match you with a trainer whose talents and personality suit you and your goals.

6848 Elm St., McLean 703.442.0748 www.stsfit.com

Breakaway Fitness

"Join us and Breakaway from every day." Founded in 2001, Breakaway Fitness provides a safe and effective learning environment for health and fitness to all types of people. Whether a beginner or a self-motivated individual, a senior or a teenager, they can provide you with the tools needed for a successful exercise prescription. They will develop a personal training program catered to you. Work with a certified trainer as often as you want or sign up for their coach program where you meet with your coach once a week to receive your tailored exercise program for the week. Perfect for enthusiasts and athletes. Daily cycling classes are also offered. Want to be introduced to truly "functional fitness?" Try their

> Breakaway Sport and Breakaway Crossfit programs to get yourself in complete muscular balance by training body

movements, not body parts. Learn new exercises or train for an upcoming race. If you lack the motivation, Breakaway is there to help you through those times of "not feeling like it."

8405 Greensboro Dr. Ste P1-10, McLean 703.226.1425 www.breakawaysportcf.com

Studio B Fitness

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Corner; no need to wait for machines,

or even wonder where to begin! You get the full attention of a professional trainer at your disposal while you work out. Their 2,200 square foot two-level studio and a personally matched trainer are waiting for you. There simply is no better way to get in shape than working out with an experienced, certified trainer, one who knows you and knows the way to get you into the best shape of your life. Make your appointment now!

703.356.4006 www.studiobfitness.com

On The Way Fitness

The trainers at On The Way Fitness are dedicated to transforming you into a confident, healthy, and fit individual. They help you to achieve the level of fitness that you have always dreamed of. Their fitness center is located conveniently in Vienna, but you can request in-home training, as well. While the trainers help you to enjoy private personal training, they will also help you by showing you how to have more efficient workouts at the gym, and they will also provide you with a nutritional diet plan that fits you best. Lose fat. Get toned. Get healthy. No matter what your goals are, you will be able to achieve them fast at On The Way Fitness.

262 Cedar Lane Ste M5, Vienna 443.464.2522

www.onthewayfitness.com

The Pilates Room

Janine Donlon began her apprenticeship-style training 13 years ago in Singapore and Hong Kong. She is certified in mat work, reformer, Cadillac, and the Wunda Chair by Polestar, Powerhouse, and most recent the Gyrotonic Expansion System. Her experience specializes in Pilates for osteoporosis, pregnancy, sport specific and Pilates with injuries. She established The Pilates Room in McLean, VA in 2002 and since then has been a platform for numerous Pilates instructors to come and gain experience with teaching the technique in a format of group apparatus classes. The variety and style of classes offered at The Pilates Room is unlike most places. All major pieces of apparatus are offered in a group environment the reformer, tower and chair, so the variety is endless. Very intimate, very personalized, and always changing to

continued on p.46

"The shortest distance between two people is a smile."

~Author Unknown

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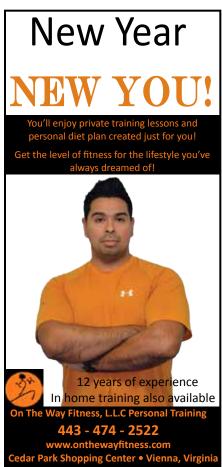
7901 Jones Branch Drive, Suite 220 | McLean, VA www.tysonsdental.com |info@tysonsdental.com

keep the mind fresh and the body challenged. All classes are by appointment only.

1489 Chain Bridge Road Ste 100-102, McLean 703.749.1661 www.pilatesmclean.com

Church Street Pilates

Church Street Pilates is dedicated to Joseph Pilate's vision of a sound body and mind and a comprehensive and systematic method by which to accomplish that "attainment." They are committed to providing only the highest quality instruction in a truly client-centered environment to ensure that their students benefit fully from the Pilates method of body conditioning. Program director and senior instructor David DiCarlo holds certifications from Core Dynamics. Power Pilates and the American College of Sports Medicine. The 1,200 square foot studio offers students the full circuit of classically and historically rendered contrology apparatus designed by Joseph Pilates in a spacious open area for studying mat work. With three levels of mat classes, two levels of apparatus work,



and in depth private and duet sessions. Church Street Pilates provides everything you need to attain your goals through the Pilates Method of Body Conditioning.

144 Church St Ste 103, Vienna 703.242.0703

www.churchstreetpilates.com

Dream Yoga Studio and Wellness Center

This is an independently owned and operated Kripalu Affiliate Studio providing a supportive environment for folks of all ages and abilities. The studio is owned and directed by professionally certified yoga instructor Luann Fulbright. The center is dedicated to promoting the art and science of yoga to produce energy and health in individuals and society. Their diverse offerings include, prenatal yoga, mindfulness meditation, the ancient rites of rejuvenation yoga known as The Five Tibetans, restorative yoga, laughter yoga, Vinyasa Power Yoga, and partner yoga. There is yoga for children, tweens and teens; and for you and your child together.

1485 Chain Bridge Road, Suite 104, McLean 703.448.YOGA (9642) www.dreamyogastudio.com

Beloved Yoga

Yoga will change you physically, mentally, and spiritually. Any and all of these changes are possible as you open your heart to this practice and come to recognize who you are. At Beloved Yoga, they teach yoga from the heart. Moving from the mindcentered pace of our daily life to a flowing practice on your mats. This brings us back in touch with our hearts and the things in which we regard with love. Bring an open mind and heart to Beloved Yoga and experience yoga that embraces intensity, stillness, grounding and peace. All are welcome; beginners to advanced, kids to seniors. There is a Reston location as well.

1137 Walker Road #4. Great Falls 703.860.YOGA (9642) www.belovedyoga.com

Dancing Mind Yoga

DC area's only Baptiste Power Vinyasa Affiliate yoga studio and one of only 55 affiliates worldwide. Yoga is practiced

in a warm room kept at 90-95°F. Heat is healing and a huge part of the process is detoxification. Practicing in a warm room is also safer as muscles and joints become suppler. The heat may seem intense at first, but after a couple of classes, you may never want to practice in a cool room again. At Dancing Mind you will learn how to breathe; you will sweat, build strength and stamina, increase endurance, release tension, and create more flexibility in the entire body – and more important; the mind. Their studio is a safe, non-competitive, fun and empowering space for all of our students and celebrates the diversity of our community. 929 W. Broad St. Falls Church 703.237.YOGA (9642) www.dancingmindyoga.com

Bikram Yoga Falls Church

This is the hottest yoga place in town, and we mean hot, literally. Classes are held in the 105 degree studio. Hot yoga is more formally and more precisely called "Bikram Yoga." Each pose is meant to be performed to the best of one's ability and then held still. Stillness is a primary principle of the Hatha yoga asana and something that the Bikram method emphasizes. The sequence has no continuous movement as with Vinyasa or sun salutations. This again insures anybody can do it; any age, size, shape, condition, or background. The certified instructor doesn't do the exercises with you, but focuses on your good alignment and is there for motivation. Bikram yoga delivers total health by balancing and improving each system in the body in order to prevent illness, injury, and limit the effects of aging. What are you waiting for?

1073 West Broad Street 703.536.YOGA (9642) www.fallschurchyoga.com

Dahn Yoga®

While most yoga focuses on the physical aspects and can be complicated, Dahn Yoga® is a unique type of yoga that features simple exercises for the conditioning of the body and mind, starting with the core. This style is suitable for people of all body types and ages. Each center is based on the same principles of attaining physical benefits that lead to emotional and mental well-being. Dahn is based on the principles of Oriental medicine, the benefits include the release of tired, stagnant and toxic energy, while increasing the circulation of fresh, oxygenated blood to internal organs and throughout the entire body.

www.dahnyoga.com 6631 Old Dominion Drive, McLean 703.442.3246 218 Maple Ave West, Vienna 703.242.9373

McLean Power Yoga

Cassandra Walsh holds her classes at James School of Dance in McLean. At McLean Power Yoga, we teach Power Vinyasa Yoga, a high energy practice where asanas (yoga poses) and breath flow together with strength, balance, and grace. Music is beautifully blended with the flow to help reinvigorate and relax. Our classes will help strengthen and tone your body while providing added emotional and mental clarity. You will find the class challenging yet calming at the same time. New to yoga? Has it been a while? No worries. All levels are welcome. Our classes are designed to challenge the experienced and teach the new. Private lessons and yoga parties at your home can be scheduled.

James School of Dance 6723 Whittier Avenue in McLean www.mcleanpoweryoga.com

East Meets West offers Hatha Yoga, to enjoy

East Meets West Yoga

learning about themselves through yoga, and Kundalini Yoga, often times called the yoga of awareness. The primary goal is to awaken Kundalini energy, the psychoenergetic force that leads to spiritual elevation and kick-starts the process of transformation. They also offer Mindfulness-Based Stress Reduction (MBSR); MBSR is an intensive course designed to transform vour relationship to stress, improve your health, and increase your enjoyment of life. In the privacy of the studio, owner Dawn Curtiscan works individually, giving lots of personal attention, and that is what she loves to do. In private lessons it is all about you and your needs. Yoga classes are offered seven days a week, as well as, weekend workshops, and other special events.

144 Church Street, Vienna 703.281.2431

www.eastmeetswestcenter.com



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CARDIO EQUIPMENT: "THE ELLIPTICAL"

Happy Holidays to you! I hope you are enjoying your loved ones, decorations, and a sense of giving. As we come upon the new year, it is my hope that you will give the gift of health to yourself... if you are not already doing so. An integral facet of any exercise program is cardiovascular activity. Cardiovascular exercise offers multiple benefits towards living a healthy and long life. This article is especially appealing to those who may not be big fans of exercise, but who also understand its value. We will explore the varying styles of the wondrous elliptical!!

by Cindy Pavell



ELLIPTICAL PLATFORM

RECOR (the one shown here) is a major brand for both gym and home. Depending on the model (bells and whistles), the cost is around \$3,000. You can go as low as \$1,000 for a home model, but buyer beware; expect to spend at least \$1,800 and check Consumer Reports. Whew!! If you are looking for a home piece of equipment, do not let the cost deter you. Financing is available and it is a very well built piece of machinery.

Unlike other ellipticals, this type has a slant platform. It can move up and down to offer different angles. The pedals glide on

this platform and the motion is smooth. The higher the angle, the easier it is for you (though some people may think it is the opposite). With a greater angle, gravity is doing more work. With the platform flatter, your legs and hip muscles will do more work. The tendency may be to lean forward on the handle bar, but PLEASE AVOID AT ALL COSTS. You want your shoulders sitting over your hips, which will allow the knee and hip joints to do their work; leaning forward also puts undue pressure on the lower back and takes the stress off of the joints that we want to be doing the work.



ELLIPTICAL PEDAL

ther models (Life Fitness, Stairmaster, Reebok, Lifecore – to name a few) of ellipticals have pedals without a platform.

This type of elliptical usually has arms/handles that move in unison with the pedals – the pedals move in an oval motion. For some, it

may take a little while to get used to the motion. For smaller people, sometimes the handles are too far of a reach and this set up will cause you to lean forward - which we want to AVOID AT ALL COSTS! The allure of this elliptical is adding the motion of the arms; people believe this will burn many more calories. That is not the case. People will tend to lean forward and use their arms more than their legs. The legs and hip joint possess much more muscle than the upper body. You want to burn more calories - USE YOUR HIP AND LEG MUSCLES!! That being said, if using the handles keeps you on the machine, then go for it!

One benefit of this type of elliptical is the angle at the knee does not change as it can on the platform style. For those with knee problems, this could be more comfortable due to less bending of the knee

joint. With either style of elliptical, standing in proper posture (ears lined up over shoulders, shoulders over hips, hips over knees, knees over ankles) is crucial to attain the greatest benefits. In proper posture, the muscles that should be working, are working!!

The intensity level tends to be greater on the pedal style, but both types go up to level 20. If you choose to purchase or use the elliptical with the handles moving, try to use it without holding on. You will notice a difference in how hard your legs are working, and for some, it will challenge your balance – THIS IS A GOOD THING!! If you have to hold on to keep your balance on either type of elliptical, slow down until you can balance, and then work your way to greater intensity and speed.

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

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- How has Staging and the Intenet changed the game?
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by David Jones M.D.

Could it be a stroke or a TIA? What should you do?

DEAR DR. JONES,

My father-in-law recently told us that he experienced some difficulty moving and writing with his right hand. Although this was alarming to my wife and me, he informed us that within a few short hours he had full movement back in his hand and was feeling fine. Since this episode, he has not experienced any complications or difficulties. My gut tells me that we should speak with a physician about this occurrence, but he insists otherwise. Do you feel this was a one-time incident and we should not worry, or is it possible that this could be a symptom of something more serious?

Thank you in advance for your help, Sam S. in Arlington

DEAR SAM,

I am very glad you reached out. Your gut feeling is right and I would recommend your father-in-law visit his doctor, or a nearby ER as soon as possible. While it may be nothing, from the sound of your explanation, he may have suffered a mini stroke, often referred to as a transient ischemic attack (TIA). A TIA is a brief interruption of blood flow to a certain area of the brain, resulting in difficulty speaking or moving the arms or legs.

While his difficulty writing lasted only a few hours, many people experience TIA symptoms for just a few minutes. Despite the quick recovery, a mini stroke is not to be taken lightly since it could be a precursor of a serious health matter. In fact, up to 20 percent of people who experience TIA symptoms will have a major stroke within three months.

If your father-in-law has yet to speak with a doctor or seek medical assistance, I recommend scheduling an appointment with his primary care physician immediately. It is very important to seek medical help at the first signs of a mini stroke. Unfortunately, TIAs often go untreated, as many people do dismiss the episode because of its brevity and subtle symptoms.

Keep in mind, your father-in-law can make a few minor lifestyle changes that may reduce his risk of a stroke in the future. First and foremost, it is always important to visit with your doctor for regular checkups. Maintain a healthy weight, keep stress levels low, exercise regularly and eat a balanced diet.

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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y life was full: good friends, fulfilling work, volunteering and love for my husband. I thought that I had it all at the age of 49! I was given a clean bill of health in my annual physical, but life was about to change!

One night in October 2010, for a change of scenery I spent the night at my girlfriend's house while my husband was out of town. I ran some errands on the way home and had a terrible pain in my left arm, but the pain stopped after I was home a while. A bit later, the room started to spin and I had a terrible ringing in my ear - nausea suddenly came upon me. I just didn't feel right.

I called my next door neighbor - she and her husband immediately took me to the emergency room thinking I was having a heart attack. She told the attending nurse "You must take care of my friend now!" They ran a test and ruled out a heart attack, they also did a CT scan and said I had vertigo and was dehydrated and sent me home.

The next morning all I remember is the ambulance coming and four handsome guys taking me out of the house, down the front steps...

I had a stroke.

At the hospital they did an MRI and saw a clot, but weren't equipped to do the surgery, so I was sent to another hospital that could do the surgery immediately. I woke up in ICU with my husband, best friend, and cousin sitting at my side - I thought I was dying. I understood everything they were saying, but couldn't communicate. I had what they refer to as "locked-in syndrome," only being able to blink my eyes.

Locked-in syndrome is a condition in which a person is aware and awake

but cannot move or communicate verbally due to complete paralysis of nearly all voluntary muscles in the body except for the eyes.

At this point I was totally dependent and needed help doing everything – a very scary situation since I was always able to do for myself. My husband explained to me that I had surgery and the specifics of what the doctor had done - I could feel my hair so I knew they did not shave my head. Yeah!

After surgery, my husband was told by another doctor that he needed to start looking for nursing homes – he immediately responded that was "Not acceptable." This became our mantra – Not acceptable. We vowed to return to show him he was wrong.

I was transferred to National Rehabilitation Hospital (NRH), where my true progress began. My arrival at NRH was scary - I shared a room, the bed was by the door, I had no sunlight and was trapped in my own body. It was a nightmare.

My husband designated a friend or family member to visit me everyday, I was never alone and couldn't have asked for more.

My first day of therapy was Halloween, and my therapists were all dressed up - I thought that I was seeing things. My daily schedule consisted of an hour of speech, occupational, and physical therapy. I was fed five times a day through a feeding tube.

I was making progress, day by day. In January, my feeding tube was removed after arduously practicing swallowing exercises and techniques. I was slowly introduced to 'real' food again, albeit pureed. My husband and I also received great news from the doctors – I no longer had locked-in syndrome, music to our ears!

The following weeks were filled with intense daily therapies as well as a reduction in my medications. I was to be released on March 1st and I'd be in the NRH Day Program. This was a 5 day-a-week intense therapy for 6 hours a day.

The day before Memorial Day, I graduated from the Day Program.

Next step - outpatient therapy twice a week. With the assistance of my aide, I'm able to go to the grocery store, do laundry and go to physical and pool therapy. I'm working hard on my balance and walking, every day a bit more.

I'm now planning my 50th birthday in the Bahamas in September. I realize how lucky I am and to have such a wonderful husband – we celebrated our 20th anniversary in October.

I was so proud to have the doctors astonished with my recovery, learning how to speak again and developing movement in my arms. With time, I was able to dress myself again, speak and eat on my own.

This was truly a liberating feeling for me, as I was no longer completely dependent on others for my daily routine. I attribute this second chance to NRH, and their dedication to me.

After realizing that things can change in a minute, I now know to enjoy life each and every day to the fullest.

author: Allison O'Reilly lives in McLean with her husband Kevin and works as a marketing consultant. She's continuing her recovery and still exceeding all expectations.

SYMPTOMS OF A STROKE

COMMON STROKE SYMPTOMS SEEN IN BOTH MEN AND WOMEN:

- Sudden numbness or weakness of face, arm or leg—especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

WOMEN MAY REPORT UNIQUE STROKE SYMPTOMS:

- Sudden face and limb pain
- Sudden hiccups
- Sudden nausea
- Sudden general weakness
- Sudden chest pain
- Sudden shortness of breath
- Sudden palpitations

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

F.A.S.T.

- **F—FACE:** Ask the person to smile. Does one side of the face droop?
- **A—ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- **S—SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **T—TIME:** If you observe any of these signs, call 9-1-1 immediately.

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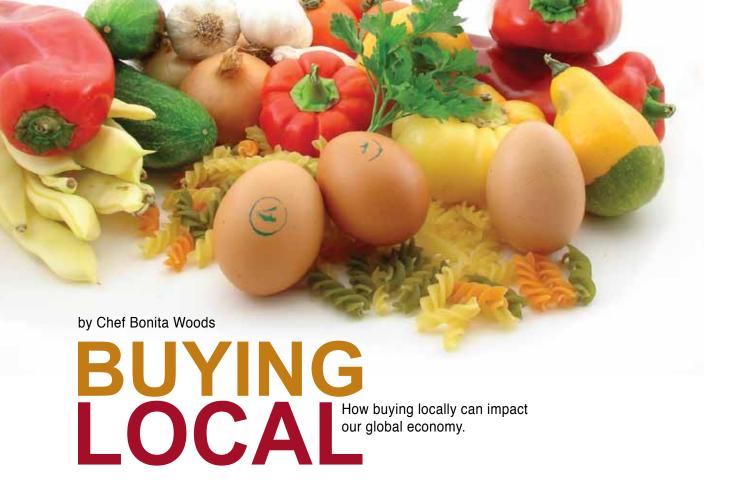
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rying to purchase healthy food has become a complex ordeal. When my mother was young, she would accompany my grandmother to the local grocer. My mother would share the shopping list with the nice clerk, who would fetch from the wall behind the counter for her. Meanwhile, my grandmother selected items from the floor displays. All throughout, they would have a pleasant and sometimes gossipy chat. All the ingredients were fresh and natural. All the produce was locally farmed. Imported items were a luxury and generally more expensive.

These days shopping at your local supermarket means traversing through a myriad of labels and quality descriptives. How are we to decide between "all natural," "organic" and "all natural and made with organic ingredients?" Which is better: "imported organic" or "natural and locally farmed?" In my office, I have a loaf of multi-grain bread that claims: "No high fructose corn syrup, no trans-fats, no artificial preservatives." This loaf is 2 years old and still looks as fresh and squeezably soft as the day I bought it. My nutrition friends and I review its list of seemingly healthful ingredients and ponder the

loaf's eternal youth. What did they do to these poor ingredients to change them this way? What effect would this Dorian Gray bread have on the digestive system? All kinds of "syfy scenarios" pop into my head, sadly many of them realistic.

It is increasingly important to use your common sense when shopping for food. If a loaf of bread that claims to be all natural can sit unrefrigerated for weeks without becoming moldy, you can bet that something undesirable is keeping it "fresh."

Tomatoes are a great example of the varied food production systems out there. When tomatoes ripen on the vine, they emit a ethylene, a natural gas that helps convert the fruit's starch into sugar. This is what allows the vitamins and nutrients to develop, along with the yummy taste and aroma. Naturally ripened tomatoes ripen from the center (around the seeds) towards the skin. By the time the skin is red and supple, the ripening process is deliciously complete. Vine ripened tomatoes have a short shelf life and should be eaten soon after being harvested.

Conventional tomatoes are grown primarily in California, Florida and Mexico. They are picked green, sorted and boxed by size, then kept in warehouse refrigeration until they are ready to send to the grocery store. This means that the nutritional value will remain at the stage of an unripe tomato.

When it is time to ship to the stores, they are gassed with petroleum derived ethylene to restart the ripening stage. Sometimes they are injected with red dye. If you have a pink-skinned tomato that is green in the core, it was probably gassed and dyed.

There are a lot more steps and processes to the commercial tomato life cycle. This can include artificial fertilizers, pesticides and antifungal sprays. The thin skinned tomatoes will absorb any sprays that touch them externally. The flip side of all this effort is a low cost product that can last up to 3 months in warehouses before being shipped to the grocer.

How can you decide on which tomato to purchase when you are at the store? Compare the different products by sight, gentle touch and smell. You might also ponder which is better: an organic tomato shipped from California or a locally grown tomato from a small farm. If you have a smart phone or a tablet computer, you can even compare the products online while grocery shopping. Many of these farms have informative and interesting websites. You can't assume that organic is better. Some small farms that chose to avoid the organic label for financial reasons can still produce very natural and high quality products. It is worth checking out.

A prime example of how our grocery preferences can impact another culture is quinoa. This increasingly popular "super food" is an affordable way to positively enhance any meal. Most guinoa comes from the Andes Mountains of Peru; and the global desire for this grain is having an impact on the Peruvian economy. Quinoa farmers are enjoying a better standard of living, but the grain's price has risen sharply. Quinoa used to be an economical and nutritious staple for Peruvians, but many can no longer afford the limited quantities of quinoa and are turning to cheaper (ironically, often imported from the USA) processed foods.

This brings an alarming world of politics into our whole grain purchase decision. Should you buy imported quinoa and support the Peruvian farmer or buy locally farmed quinoa, support your neighboring farm and keep the Andean grain where Peruvians can access it and maintain their cultural diet?

If you are unsure how to handle this sort of weighty ingredient processing when planning dinner, you can shop at the places that already consider these implications, and can answer your questions. Make a personal adventure of it! Shop at farmers markets, small local markets, health food stores, the "locally farmed" sections of your grocery store and large but all natural grocery chains. You can also join farm cooperatives. When you shop, ask for help and question the staff about their selections. Any store that cares about their ingredients will usually be happy to explain their products to you.

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

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Zesty & Hearty Quinoa Salad

Ingredients:

1 cup quinoa

1/8 teaspoon salt

1 tablespoon olive oil

2 cups water

1 cup canned chickpeas, drained

1/2 cup corn kernels

1/2 cup black beans

1 tomato, chopped

1 clove garlic, minced

3 tablespoons lime juice

1 tablespoon olive oil

1/2 teaspoon ground cumin

1 pinch salt and pepper to taste

1/2 cup chopped fresh cilantro

1/2 cup shredded carrot

1 lime, cut into wedges

Method:

- Mix quinoa with 1 cup of water. Let it rest for 20 minutes on the counter or up to 1 day in the refrigerator.
- Bring the quinoa, salt, olive oil and 1 more cup of water to a boil in a saucepan. Reduce heat to low, cover, and simmer until the quinoa is tender, 15 to 20 minutes. (For a hot meal cook the quinoa when preparing the recipe. For a chilled salad, cook it in advance and refrigerate.)
- Once done, stir in all the other ingredients. Sprinkle with reserved chopped fresh cilantro, garnish with lime wedges & serve.

NOTE: For an easier recipe, get your vegetables already cut up from your local grocery store salad bar. You can use a pre-made salad dressing instead of the oil & lime juice, but be judicious & go light! The dressing should barely coat the salad so you still taste the fresh ingredients. You can also serve this dish on a bed of (raw or cooked) greens.

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LEBANESE TAVERNA HOMMOS



1 C Tahini

2 C Chickpeas, Cooked

2 Tsp Salt 1/3

C Fresh Squeezed Lemon Juice

1/3 C Water

3 Cloves garlic, Peeled and Crushed

1 tsp Baking Soda

Olive Oil, Paprika & Parsley for garnish

THE NIGHT BEFORE: Soak 1 cup dried chickpeas in three times their volume of water overnight with one teaspoon baking soda. This will soften the skins and thus help reduce the cooking time.

Rinse chickpeas under cold water, put them in a saucepan, cover with cold water and add 1/2 teaspoon of baking soda.

Bring to a full boil and then simmer for about 1/2 hour or until tender. Stir occasionally and remove excess foam from top. It's very important to let peas cool before using.

Put them in a blender or food processor, reserving a few whole chickpeas for the garnish. Process chickpeas, tahini, salt and garlic cloves until very smooth and light in color.

Add in the lemon juice while blending. Add water alternating with the lemon juice to achieve the right consistency. It's difficult to give exact amount of lemon juice as sizes and tastes vary, so we suggest you add it gradually to your taste.

TIP: If the puree is too thick use a little water to thin. The puree should be soft and creamy but not runny.

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- · Fresh orange juice
- · Cranberry juice
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- Fill with equal parts orange juice and cranberry juice.
- · Stir Enjoy



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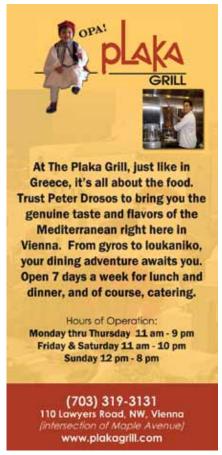
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AMOO'S HOUSE OF KABOB

Dining with Jeannine • by Jeannine Bottorff



recome home from work completely frazzled? Of course you have. On those days you know that carry out is the answer; however, you don't want something greasy or fatty. When the call is for something fresh, healthy and satisfying try Amoo's House of Kabob.

Located in the Chesterbrook area of McLean, Amoo's has been around more than a few years. In that time it has become a neighborhood favorite with their succulent kabobs, their Persian specialties and friendly staff.

My family might be a bit boring. We always order the same thing: the chicken and filet mignon kabobs and the Tandoori Chicken. The chicken kabob is marinated and grilled until juicy and tender: moist and flavorful without being excessively spicy. But if you do love spicy food, go for the Tandoori Chicken. It looks like the regular kabob except for an emerald green swath of jalapeno that gives it just the right amount of flavorful heat. And for steak lovers, the filet kabob is the answer. Other items that are great additions to the menu are the

vegetarian Kabob and a cinnamon scented meatball in a fragrant tomato broth.

Other entrees include the Koobideh – kind of like a meatball but in the shape of a hotdog – and fish kabobs plus a variety of appetizers and desserts, soups and salads that are more traditional offerings that the Persian crowd knows and enjoys... and that maybe you should try!

Amoo's serves its entrees with your choice of salad or rice. The salad is the freshest "take out" salad I've ever tasted and, if you choose rice, there is enough buttery deliciousness for 4 people! They also give you plenty of flat bread, a container of a jalapeno sauce and a container of cucumber yogurt sauce. Both make your mouth water. We have leftovers every time – making it an economical choice in pricy McLean!

If you do want to try something authentic, check out Amoo's specials on Facebook where specials like Fesenjoon – a saffron marinated chicken breast in pomegranate sauce or Gheymeh Bademjoon – a mix of lentils,

eggplant, and beef chunks in a zesty tomato stew are advertised, and described in detail.

For dessert, which most people don't think about when they're picking up kabobs, is a decent baklava. It's good, but not a new experience for the average Washingtonian. However, Amoo's also serves several Persian confections; a Persian ice cream flavored with saffron and rosewater and honey pistachios pastries. All are good but the ice cream is truly addictive.

All the food is delicious, but the best things about Amoo's Kabob is that they seem genuinely glad to see you when you walk through the door, and they provide fast service and are happy to suggest items to try if you want to go for something different.

Check out their menu at www.amoosrestaurant.com

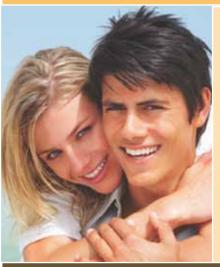
author: Jeannine Bottorff is a native Washingtonian, growing up in McLean. While spending most of her life working corporate jobs, she has worked in the catering industry and owned a hot sauce business. Her big loves are her husband, daughter and, of course, food!

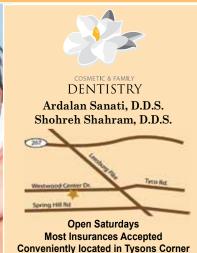






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OUR LOCAL CHILDREN'S FUND

herlie Scribner, a McLean local founded *Children's Fund* fifteen years ago on Feb 14th. A date mostly known for its holiday counterpart, Valentine's Day, but Scribner says, "I chose that date because it is the day that love is celebrated and we believe that our work enables people in the US to show that they care about children in need everywhere in the world."

Children's Fund is unique, "there isn't any other charity quite like this one," Scribner says. Volunteers and community leaders join together to address specific needs for disadvantaged or disabled children and youth in their communities and help them accomplish their goals. Efforts of the Children's Fund provide housing as well as food, medical services, uniforms and school supplies to children in underprivileged countries. The group also works locally helping youth in Maryland, DC and Virginia.

The organization is volunteer based and currently has eight board members. They are always looking for more volunteers and are actively seeking more board members to help expand the efforts of the fund. Marketing and developmental professionals are also encouraged to volunteer to build awareness of the organization.

Primarily, the Children's Fund receives support from the Combined Federal Campaign throughout the U.S. and at overseas U.S. installations. They are also in United Way campaigns in various locations around the country. Private donations are welcomed and every dollar helps a child in need, whether they are in the area or overseas.

To donate please visit www.childrensfund.net or call 877-654-5437

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





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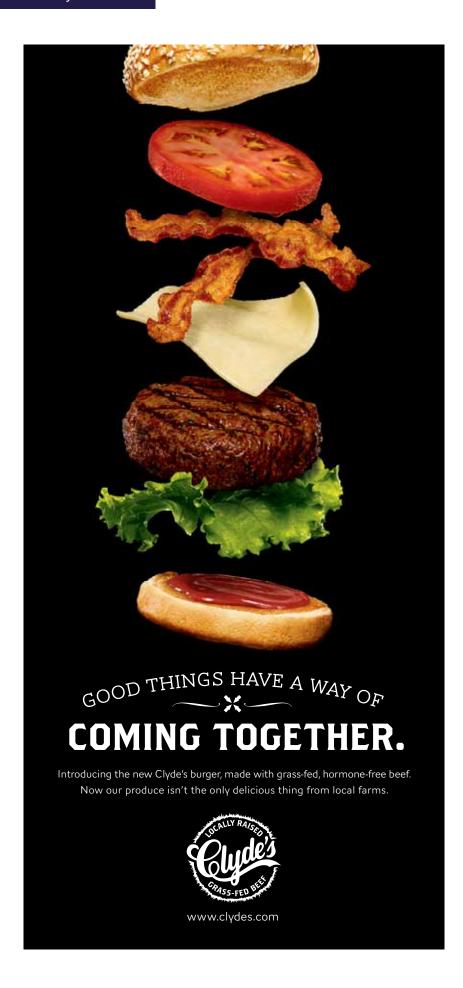
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- · 4 ripe avocados
- 1 medium ripe tomato, chopped
- 1/2 yellow onion, finely chopped
- 1 Jalapeño, finely chopped, seeded
- · Juice of 1 lime
- · Salt & pepper

Remove pit and skin from avocados then chop and smash into a medium-sized bowl. Add tomatoes and onion, mix well. Remove seeds and membranes from the Jalapeño, then chop into small pieces. Add lime juice, and Jalapeño, mix well. Add salt and pepper, to taste. Serve with tortilla chips.

TINY PIGS IN A BLANKET

- 1 can of refrigerated cresent dough
- 24 cocktail-sized hot dogs or sausages
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- Bake 12 to 15 minutes or until golden brown. Serve warm.

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BRYCE MOUNTAIN RESORT

Basye, VA

www.bryceresort.com

Season: Dec-March Summit Elevation: 1750 ft Annual Snowfall: 30 inches Skiable Area: 25 Acres Number of Lifts: 7 Number of Trails: 8 Longest Run: 3500 ft

Easiest: 34%
More Difficult: 33%
Most Difficult: 33%
Expert Only: 0%
Terrain Park: No
Tubing: Yes

ryce Mountain Resort offers true beginner terrain and is the perfect place to learn how to ski or snowboard. In 2010, the resort received the OnTheSnow.com Visitor's Choice Award for the most family-friendly ski resort in the Mid-Atlantic/ Southeast region. Bryce Mountain accommodates all visitors with the lower slopes that are fit for beginners, and the upper slopes which are challenging enough for the more advanced skiers and snowboarders. One of the best features of the mountain is how the slopes funnel into one central area, so for those of you who want to kick back and relax, but need to keep an eye on the kids, you can do both! Lodging is offered through private rental agencies. and includes condominiums, townhomes, and chalets.

CANAAN VALLEY RESORT

Davis. WV

www.canaanresort.com

Season: Dec-March Summit Elevation: 4280 ft Annual Snowfall: 160 inches Skiable Area: 91 Acres

Number of Lifts: 3 Number of Trails: 39 Longest Run: 6600 ft

Easiest: 30% More Difficult: 40% Most Difficult: 30% Expert Only: 0% Terrain Park: Yes Tubing: Yes

anaan Valley Resort is nestled in a tranquil part of the Mid-Atlantic, and overlooks the panoramic views of the valley and surrounding mountains. Enjoy skiing, snowboarding, snow tubing, and a mini terrain park. Canaan Valley Resort is the only Mid-Atlantic resort to offer a fully dedicated area and park just for airboarding. The resort offers a 250-room lodge, over 20 cabins, and over 30 campsites for its visitors. The resort provides guests with a fullservice ski area, exquisite dining options, fitness centers, indoor and outdoor pools, and spas. Canaan Valley Resort was named one of "America's Best Parks" by Arthur Frommer's Magazine and one of the "50 Great Places to Stay" by Washingtonian Magazine.

TIMBERLINE SKI RESORT

Davis. WV

www.timberlineresort.com

Season: Dec-April

Summit Elevation: 4268 ft Annual Snowfall: 150 inches Skiable Area: 100 Acres

Number of Lifts: 4 Number of Trails: 37 Longest Run: 10,560 ft

Easiest: 34% More Difficult: 34% Most Difficult: 32% Expert Only: 0% Terrain Park: Yes Tubing: No

ucked away in the Allegheny Mountains, and located right near Canaan Valley Resort, lies Timberline Ski Resort-a fun and exciting winter wonderland that offers great skiing, and more importantly, great snow! Sitting over 4,000 feet above sea level, Timberline gets over 200 inches of snow each season! Timberline offers some of the longest runs in the area, some as long as two miles. Timberline partnered up with Cannan Valley Resort to offer some of the finest lodging in West Virginia. Comfort and service await all of the guests who stay in the many cottages, cabins, campsites and lodges. Travelers come by for the skiing and other snow sports, but they stay for the peace that the beautiful natural setting has to offer.

WINTERPLACE RESORT

Ghent, WV

www.winterplace.com

Season: Dec-March Summit Elevation: 3600 ft Annual Snowfall: 100 inches Skiable Area: 90 Acres

Number of Lifts: 11 Number of Trails: 28 Longest Run: 6600 ft

Easiest: 41% More Difficult: 44% Most Difficult: 15% Expert Only: 0% Terrain Park: Yes Tubing: Yes

alfway between Bluefield and Beckley, West Virginia, and not too far from the DC area, lies the largest snow tubing park in West Virginia. We assure you that the kids will be begging to come back year after year, and you will happily agree! You will enjoy the slopes with the family, but if you need a break, the resort offers Frosties Kinder Care program for the little ones in the family. Winterplace also provides top of the line rental equipment, boarding and skiing lessons, four on-site restaurants, and a comfortable resort to crash at after a fun-filled day.

CAMELBACK RESORT

Tannersville, PA

www.skicamelback.com

Season: Dec-April

Summit Elevation: 2050 ft Annual Snowfall: 125 inches Skiable Area: 160 Acres

Number of Lifts: 15 Number of Trails: 34 Longest Run: 6000 ft

Easiest: 39% More Difficult: 26% Most Difficult: 26% Expert Only: 9% Terrain Park: Yes Tubing: Yes

ithin the Pocono Mountains, Camelback exists for the sole purpose of bringing out the little kid in everyone. There is an endless supply of fun that can be experienced by all ages. It's no surprise that Camelback greets over one million visitors every year! All 34 trails are available for night skiing, as well as 15 lifts. Camelback believes in a "more sliding, no climbing" policy, which the kids love. It's easy for visitors to unwind and enjoy their vacations with the comfortable lodging provided at the resort. Visitors can choose from a wide variety of hotels, resorts, cottages, and inns.

BEAR CREEK MOUNTAIN RESORT

Macungie, PA

www.bcmountainresort.com

Season: Dec-Feb

Summit Elevation: 1100 ft Annual Snowfall: 40 inches Skiable area: 86 Acres

Number of Lifts: 6 Number of Trails: 21 Longest Run: 7920 ft

Easiest: 30%
More Difficult: 40%
Most Difficult: 30%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

onveniently located right outside the DC area, Bear Creek is a perfect getaway for those of you who don't want to drive too far for a wintery and relaxing vacation destination. There's skiing, snowboarding, and tubing for winter enthusiasts. There is also hiking, golfing, mountain biking, boating, disc golf and even geocaching! Plus, Bear Creek also offers a spa, and childcare for those of you who really want a break from your busy lives. While you're here, you will enjoy your stay at the the beautiful, cozy and modern hotel that is located right on the base of the mountain. The hotel offers activities and amenities that will keep the entire family happy, and coming back every year.

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WISP SKI RESORT

McHenry, VA

www.wispresort.com

Season: Nov-March Summit Elevation: 3115 ft Annual Snowfall: 100 inches Skiable Area: 132 Acres

Number of Lifts: 7 Number of Trails: 32 Longest Run: 7920 ft

Easiest: 41%
More Difficult: 28%
Most Difficult: 31%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

ith an energy-efficient and world renowned snow making system, plus the 100 inches of annual snowfall each year, Wisp has one of the best winter playgrounds in the state! Enjoy everything from skiing and snowboarding to cross country skiing, ice skating, snowshoeing, and snowmobiling. However, you don't have to be a snow-sport fanatic to enjoy yourself at this wintery getaway. This beautiful spot, located three hours from DC, is a great destination for leisure travelers. You can relax in the spa, enjoy the scenery, try out some ice fishing, or dine at the wonderful restaurants. Lodging includes the conveniently located Wisp Resort Hotel with quest rooms and tworoom suites as well as several vacation rental homes.

WHITETAIL RESORT

Mercersburg, PA

www.skiwhitetail.com

Season: Dec-March Summit Elevation: 1800 ft Annual Snowfall: 40 inches Skiable Area: 109 Acres

Number of Lifts: 7 Number of Trails: 21 Longest Run: 4500 ft

Easiest: 22% More Difficult: 53% Most Difficult: 25% Expert Only: 0% Terrain Park: Yes Tubing: Yes

or the 2011-2012 Season. Whitetail has poured \$2.8 million worth of improvements to further enhance the resort experience. Some of these projects include new fan guns and lighting to expand the night activities. They will also offer brand new rental skis and boots. as well as 600 new snowboards. Other projects such as a loading carpet on the EZ Rider Quad Lift, and an expanded ski and snowboard check, will also be added to the list. From skiing and snowboarding to snow tubing you'll have a blast with the whole family. Places to stay around Whitetail include everything from a cozy bed and breakfast to roomy hotel suites, and all are located in close proximity to the slopes. Whitetail is located just 90 minutes from DC.

LIBERTY MOUNTAIN RESORT

Carroll Valley, PA

www.libertymountainresort.com

Season: Dec-March Summit Elevation: 1190 ft Annual Snowfall: 45 inches Skiable Area: 100 Acres

Number of Lifts: 8 Number of Trails: 16 Longest Run: 5200 ft

Easiest: 35% More Difficult: 40% Most Difficult: 25% Expert Only: 0% Terrain Park: Yes Tubing: Yes

ith sixteen trails and slopes placed along two sides of the mountain, Liberty Mountain has a very diverse layout that offers a wide variety of terrain for each guest. There are beginner slopes which are gentle and easy to learn on, many groomed and challenging intermediate slopes, as well as steep and thrilling expert slopes, they actually have the most expert terrain in the area. Liberty Mountain Resort also offers several levels of terrain parks ranging from beginner to expert for skiers and boarders. Enjoy a stay at the Liberty Mountain Hotel with 99 comfortable guest rooms or stay in one of the nearby inns or hotels. Located only 60 miles from the DC area. Liberty Mountain will be a great place to stay this winter.

ROUNDTOP MOUNTAIN RESORT

Lewisberry. PA

www.skiroundtop.com

Season: Dec-March Summit Elevation: 1400 ft Annual Snowfall: 40 inches Skiable Area: 100 Acres Number of Lifts: 10 Number of Trails: 16 Longest Run: 4100 ft

Easiest: 38% More Difficult: 32% Most Difficult: 30% Expert Only: 0% Terrain Park: Yes Tubing: Yes

oundtop Mountain offers an enjoyable experience for everyone. Beginners are offered a specially designed Discovery Area where they quickly can build up their confidence and expand their skills. Kids, as young as 3 years old, can learn in the Izzy Bear Terrain Garden which is reserved iust for the little ones: it even comes with its own lift! There are a variety of cruiser runs for the intermediate skiers, as well as challenging slopes which are perfect for expert skiers. Roundtop offers magnificent snow conditions, and with a new snowmaking compressor and snow guns, fresh snow can cover the terrain faster than ever. There are many comfortable lodging options offered to guests to make their vacations fun and relaxing.

SEVEN SPRINGS RESORT

Seven Springs, PA

www.7springs.com

Season: Dec-April

Summit Elevation: 2994 ft Annual Snowfall: 205 inches Skiable Area: 285 Acres

Number of Lifts: 10 Number of Trails: 32 Longest Run: 6600 ft

Easiest: 35% More Difficult: 40% Most Difficult: 15% Expert Only: 10% Terrain Park: Yes Tubing: Yes

he exceptional service at Seven Springs Resort provides memorable escapes for everyone. The entire family can hit the slopes for funfilled adventures, or the kids can go snow tubing while the parents receive their luxurious spa treatments. Seven Springs has five terrain parks, which resulted in the resort being selected as the #1 Terrain Park as well as the #4 Halfpipe in North America by TransWorld SNOWboarding Magazine, for 2012. Seven Springs also offers Tiny Tots' Ski School and the Youth Snowsports Academy, featuring the Burton Learn-To-Ride program, that will have your little ones shredding the slopes in no time. After a fun day in the park and on the slopes, Seven Springs has top-quality lodging for everyone.

BLUE KNOB RESORT

Claysburg, PA

www.blueknob.com

Season: Dec-March Summit Elevation: 3146 ft Annual Snowfall: 125 inches Skiable Area: 100 Acres

Number of Lifts: 5 Number of Trails: 34 Longest Run: 10,560 ft

Easiest: 20% More Difficult: 35% Most Difficult: 35% Expert Only: 10% Terrain Park: Yes

Tubing: Yes-New for 2011-12

t is rumored that Blue Knob offers the most challenging slopes for downhill skiing, as well as exhilaratingly fast snow tubing and Nordic skiing for all its visitors. Blue Knob is nestled in the Allegheny Mountains, and is located only two hours from the DC area. Guests can enjoy the cozy lodging in the solitude of the vast and wild forests, and can go to the Alpine Village for nightly entertainment, during the winter. The clubhouse and restaurant are a perfect option to relax and have fun after a day on the slopes. There is even a daycare for when adults need to relax and take a break. Come visit the resort readers voted as the runner up for "Best Bargain" by DCSki.

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WINTERGREEN SKI RESORT

Wintergreen, VA

www.wintergreenresort.com

Season: Dec-March Summit Elevation: 3515 ft Annual Snowfall: 40 inches Skiable Area: 129 Acres

Number of Lifts: 7 Number of Trails: 26 Longest Run: 7392 ft

Easiest: 23% More Difficult: 35% Most Difficult: 21% Expert Only: 21% Terrain Park: Yes Tubing: Yes

ocated less than three hours from Washington DC is the scenic and appealing Wintergreen Resort. This stunning vacation spot is applauded for their seasonal skiing. snowboarding, and snow tubing activities, as well as full-service spas, luxury accommodations, and gourmet dining options. Upon deciding to book a vacation here. you can choose from various housing options including villastyle condos and rental homes that overlook the picturesque Blue Ridge Mountains. Whether you choose the simple and quaint studio suites, or one of the more elaborate seven-bedroom homes, each housing option offers a fully furnished kitchen and a comfy living room-most of which offer fireplaces, balconies, and decks.

SNOWSHOE MOUNTAIN SKI RESORT

Snowshoe, WV

www.snowshoemtn.com

Season: Dec-March Summit Elevation: 4848 ft Annual Snowfall: 180 inches Skiable Area: 230 Acres Number of Lifts: 14 Number of Trails: 60

Longest Run: 6600 ft Easiest: 41%

More Difficult: 36% Most Difficult: 23% Expert Only: 0% Terrain Park: Yes Tubing: Yes

hether you are an avid skier or snowboarder, or just someone who wants to take in all of the beauty and fun that winter has to offer. Snowshoe Mountain is a wonderful winter getaway. It is conveniently located about five hours from the DC area, and is an ideal "winter wonderland" for all ages. Some quests choose to come for a long weekend, others for a mid-week getaway, but there is always an abundance of activities and entertainment to keep everyone smiling. After an exciting and invigorating day on the mountain, you can choose from countless options for where to stay and relax. The resort has everything from hotels, condominiums, cabins, and townhomes, to mountaintop chalets offering serene and cozy housing.

MASSANUTTEN RESORT

McGaheysville, VA

www.massresort.com

Season: Dec-March Summit Elevation: 2925 ft Annual Snowfall: 56 inches Skiable Area: 70 Acres Number of Lifts: 7 Number of Trails: 14

Longest Run: 4100 ft Easiest: 30% More Difficult: 35% Most Difficult: 35% Expert Only: 0% Terrain Park: Yes Tubing: Yes

or over 30 years, Massanutten Resort has continued to offer several snow sports to all outdoor enthusiasts including, skiing, snowboarding, snow tubing and more. Anyone can enjoy the plentiful amount of activities, while overlooking the majestic views of the Blue Ridge Mountains. All levels of athletes from expert skiers and snowboarders to eager learners can come and enjoy Massanutten. This resort also provides two terrain parks, 1100 vertical feet, snow tubing, and 14 trails for night skiing. Then, after a fun time on the slopes, you can relax in a comfortable condominium with up to four bedrooms, which come with full or partial kitchens, whirlpool tubs, decks, fireplaces, and other luxuries.

SUN

BETHANY BEACH

Location: Delaware

www.townofbethanybeach.com

Population: 1060 (2010) Warmest Month: July Coolest Month: January Average Summer Temperature: 86 F Highest Recorded

Temperature: 102 F in 1997

Lowest Recorded

Temperature: -11 F in 1982 Average Rainfall: 46 inches Rainiest Month: July

ethany Beach, offers many activities such as swimming, surfing, rafting, and fishing. On the bay side, the waters are a perfect place for sailing, windsurfing, jet skiing, fishing, crabbing, water skiing, and boating. Bethany is a part of the Quiet Resorts which is a seven-mile stretch of beaches in the southeastern corner of Delaware. The water is warm enough to swim in from May to October; some even choose to take a dip in January! Though you would expect most of the excitement to take place during the daytime, in the evening, there are restaurants, shops, video arcades, and a half-mile long boardwalk buzzing with activity. During your visit, you can choose from an array of bed & breakfasts, motels, hotels, and rental homes.

CAPE MAY

Location: New Jersey www.capemay.com

Population: 3607 (2010) Warmest Month: July Coolest Month: January Average Summer Temperature: 80 F Highest Recorded

Temperature: 106 F in 1966

Lowest Recorded

Temperature: -2 F in 1982 Average Rainfall: 41 inches Rainiest Month: March

ape May is one of the country's oldest vacation resort destinations. This charming beach area is located at the southern tip of the Cape May Peninsula, where the Delaware Bay meets the Atlantic Ocean. With its history, beaches, bird-watching, and numerous Victorian structures. Cape May draws visitors from around the world. Enjoy activities such as. golf, bike rentals, full-service spas, wineries, or even theme parks and water parks. Cape May was recognized as one of America's Top 10 Beaches by the Travel Channel and the beach was ranked fifth in New Jersey for the 2008 Top 10 Beaches Contest. One of the most admired characteristics of Cape May is the historic hotels and bed & breakfasts.

CHINCOTEAGUE ISLAND

Location: Virginia

www.chincoteague.com

Population: 4317 (2000) Warmest Month: July Coolest Month: January Average Summer Temperature: 73 F Highest Recorded

Temperature: 102 F in 1999

Lowest Recorded

Temperature: -2 F in 1982 Average Rainfall: 40 inches Rainiest Month: March

hincoteague is Virginia's only resort island. The island is recognized for its world-famous oyster beds, clam shoals, serene fishing village, and of course, the wild ponies. You can enjoy a short cruise from Chincoteague Island to nearby Assateague Island to see and watch the ponies that are a specific breed of their own. Chincoteague offers popular dining venues, boating, kayaking, fishing, hiking, shopping, you name it! The island is a great family getaway that is suitable for guests of all ages because there is something for everyone. Adventure and history emerge everywhere on this seven mile long island. Enjoy a stay at a bed & breakfast, hotel or even campground; or whatever fits your vacation.

SUN

OCEAN CITY

Location: Maryland *www.ococean.com*

Population: 7173 (2000) Warmest Month: July Coolest Month: January Average Summer Temperature: 82 F

Highest Recorded Temperature: 102 F in 1999

Lowest Recorded

Temperature: -2 F in 1982 Average Rainfall: 46 inches Rainiest Month: March

nce a small fishing village, Ocean City is now 10 miles long with everything from beautiful beaches, sport fishing, surf fishing, and golf, to fine dining, and shopping. The three-mile boardwalk booms with energy during both the evening and daytime and keeps all of the visitors entertained. The summer season has special concerts, bonfires, and plenty of kid's activities. Nature lovers will enjoy going to nearby Assateague Island, which is the home to many deer and the famous wild ponies. Ocean City is also known for the fresh seafood cuisine and sells delicious salt water taffy and oldfashioned treats that are widely enjoyed by all. Enjoy a stay at one of the many accommodations including, motels, hotels, suites, rental homes and campgrounds.

VIRGINIA BEACH

Location: Virginia

www.virginiabeach.com

Population: 437,994 (2010) Warmest Month: July Coolest Month: January Average Summer Temperature: 85 F Highest Recorded

Temperature: 103 F in 1957

Lowest Recorded

Temperature: -11 F in 1985 Average Rainfall: 44 inches Rainiest Month: August

irginia Beach offers gorgeous beaches, a lively three-mile boardwalk, restaurants, exciting nightlife and even amusement rides for the kids. There is also sea kayaking, surfing, hiking, and history that make Virginia Beach one of the most unique spots in the state. There also may be a dolphin or two to be seen on any ocean adventure. Vacationers always find something new and interesting with each visit. Virginia Beach is a wonderful getaway for the spring and summer, but some believe it's at its best during the off-season because the town is less busy, but the weather remains beautiful. No matter when you come to Virginia Beach you'll find the perfect place to stay whether it's a hotel, rental house or campground.

LONG BEACH ISLAND

Location: New Jersey www.longbeachisland.com

Population: 8556 (2000) Warmest Month: July Coolest Month: January

Average Summer Temperature: 79 F Highest Recorded

Temperature: 105 F in 1967

Lowest Recorded Temperature: -4 in 1980 Average Rainfall: 44 inches Rainiest Month: March

ong Beach Island is one of the most popular beaches in New Jersey, if not on the entire East Coast! Long Beach Island, or LBI, offers many featured events all year round. Every October, for over 50 years, LBI has hosted the popular "Surf Fishing Classic." In the summer, they offer parasailing, jet skiing, miniature golf, as well as concerts and crafting events. There is something for everyone. Let's not forget to mention the bike rentals, the golf courses, spas, and parks that are provided for those of you who want to get away from the sun and sand for a day! Long Beach Island has many beautiful bed & breakfasts, hotels, and rental homes.

REHOBOTH BEACH

Location: Delaware www.rehoboth.com

Population: 1327 (2010) Warmest Month: July Coolest Month: January Average Summer Temperature: 85 F Highest Recorded

Temperature: 102 F in 1997

Lowest Recorded

Temperature: -11 F in 1982 Average Rainfall: 46 inches Rainiest Month: July

ehoboth is one of Delaware's most popular resort towns that has been serving as a summer getaway for years now. The famous beach, the exciting boardwalk, and even the local amusement park "Funland" make Rehoboth a lively beach vacation spot. Rehoboth also offers shopping for everyone from bakeries, bookstores and antiques to seafood markets and toy stores. Kings Creek Country Club and Old Landing Golf Course attract many golfers to the area, and offer tourists a fun experience as well as spectacular views of the local scenery. There are several hotels in the heart of Rehoboth to choose from, as well as countless vacation rentals. Located only two hours away

from DC, Rehoboth is a

great getaway.

DEWEY BEACH

Location: Delaware

www.townofdeweybeach.com

Population: 4317 (2010) Warmest Month: July Coolest Month: January Average Summer

Temperature: 82 F Highest Recorded

Temperature: 102 F in 1997

Lowest Recorded

Temperature: -11 F in 1982 Average Rainfall: 46 inches Rainiest Month: August

uring the week, Dewey is a perfect and relaxing spot for couples, families, and retirees. On the weekend, Dewey has an exceptional social scene that attracts young singles from Delaware, Baltimore, and the D.C. area. People of all ages enjoy Dewey Beach, which is why it is one of the most popular getaways in the area. Dewey is one mile long and three blocks wide, making everything within walking distance. It has the Atlantic on the east, and Rehoboth Bay on the west. so no matter where you are in Dewey, you're just minutes from the beach or bay! There are many local hotels, cottages, and condominiums offered along the wide, sandy beaches. Plus, Dewey offers many events to keep their guests happy.

LEWES BEACH

Location: Delaware

www.lewes.com

Population: 2747 (2010) Warmest Month: July Coolest Month: January Average Summer

Temperature: 83 F
Highest Recorded

Temperature: 102 F in 1997

Lowest Recorded

Temperature: -11 F in 1982 Average Rainfall: 46 inches

Rainiest Month: July

ewes Beach is nestled in right where the Delaware Bay and Atlantic Ocean meet at Cape Henlopen. Cape Henlopen State Park is exceptionally beautiful, offering clean beaches, nature trails and bird sanctuaries. Lewes is known not only for its two beaches, but for their beautiful historic district. museums, and not to mention, fine dining. For the shopper in the family, they will find jewelry stores, outlets, apparel shops, or even art galleries and antique stores. There is always something to do at Lewes Beach. Lewes offers many options for lodging including bed & breakfasts, inns, hotels, and guest houses, as well as campgrounds and trailer parks.

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VALENTINE'S DAY

The business of love on it's busiest day.

Valentine's Day: a day that makes hearts flutter. It may not be romance alone causing all that fluttering, but a sugar rush from the \$1 billion worth of chocolate purchased for Valentine's Day in the U.S. Valentine's Day, is the only annual commemoration celebrating love and affection between companions. Celebrated on February 14, and shortened from St. Valentine's Day, it was established by Pope Gelasius I in 496 AD. It is traditionally a day on which friends and lovers express their affection for each other by presenting flowers, candies, and sending greeting cards, "valentines." Yet, it's associated with a violent act, the Valentines's Day Massacre, the name given to the 1929 murder of seven gangsters as part of a prohibition era violence between two powerful criminal gangs in Chicago. Though they might not feel the love throughout the school year, teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.

Modern Valentine's Day symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. People once believed that the heart was the seat of all human emotions and that the "vein of love," ran directly from the heart to the tip of the third finger of the left hand, today's "ring finger" in which we wear our wedding ring. It was the popular belief that birds chose their mate for the year on February 14. Since doves mate for life, they symbolize loyalty, fidelity and love. Why Cupid? Because Cupid is the god of love and beauty in Roman mythology, Eros is his counterpart in Greek mythology. He is the son of Venus, the goddess of love and beauty and the messenger god, Mercury. It's from Daddy's side that he gets his fast on his feet reputation.

The day first became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages.



The heart is the most common symbol of romantic love. Ancient cultures believed the human soul lived in the heart and its red color is thought to be the most romantic.

"For this was Saint Valentine's Day, when every bird cometh there to choose his mate."

Parlement of Foules (1382) by Geoffrey Chaucer

- The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.
- In Western traditions, the Rose is a symbol of passion, desire, voluptuousness and physical perfection.
- Fifteen percent of U.S. women send themselves flowers on Valentine's Day.
- Many believe the 'X' symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an 'X.'

 The 'X' was then kissed to show their sincerity.
- Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future spouse.
- In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
- 189 million stems of roses are sold in the U.S. on Valentine's Day.
- Women purchase 85 percent of all valentines.
- 73% of Valentine Day flowers are bought by men.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.



What we know of as the first, and most important, meal of the day.

BREAKFAST. "Breakfast" is clearly a compound of the words "break" and "fast," referring to what we believe is the conclusion of fasting since the last meal of the previous day. Literally translating to "breaking the fast."

The phrase "breakfast like a king" however, is the combination of words that we care about. They are truly words to live by if you want to maintain or lose your weight, stay more alert and awake throughout the day, and get the nutritional boost your body needs after a long night's slumber. There are numerous studies about the benefits of a hearty morning meal that we address on the following pages, but let's get to business on the actual eating part.

Forgetting all the nutritional merits that this important meal provides, here's the question we ask every day: "Where can we go to get a hearty and healthy breakfast around town?" We all know that those fast food chains clearly can't help us, but these wonderful local restaurants on the next pages sure can... Bon Appétit!

Te have taken a look around our area for the best choices to get the most delicious breakfast food and to also get our body's metabolism going. Some of the qualifications include the need for a grill or griddle, and offering a variety eggs to order, and/or a choice of omelettes along with other breakfast options like pancakes, waffles, bacon, sausage, ham, steak, etc. We didn't include hotel restaurants, or those who only serve weekend brunches. We also found some traditional old school "greasy spoons," a few newer versions of those, along with some good office delis with grills, a couple national chain representatives, and a couple ethnic choices. Take a look. We tried not to miss anyone, but if we did, let us know, and we apologize in advance.

AMPHORA RESTAURANT

377 Maple Ave West, Vienna 703.938.7877 amphoragroup.com

This is the only place in our area to get breakfast 24 hours a day. Whenever you have those midnight cravings for a stack of chocolate pancakes, you know where to come! Eggs with everything, waffles, crepes, quiche, and a whole listing of decadent hollandaise topped poached eggs... Benedict is just the start.

BOULEVARD CAFE & CATERING

8180 Greensboro Dr, McLean 703.883.0557 boulevardcafeandcatering.com

Grab a breakfast quesadilla, a mouth-watering ham and egg croissant sandwich, or just a couple eggs the way you like them at this popular office deli on Greensboro at International. Their grill is ready to serve it up nice, hot, and delicious.

MCLEAN FAMILY RESTAURANT

1321 Chain Bridge Rd, McLean 703.356.9883

This is the most popular spot in McLean to get a full breakfast. This is a great family venue that serves up eggs, pancakes, and other desired breakfast dishes. One of the biggest highlights is how it's the place to meet, or bump into those you haven't seen in awhile. You'll need some luck getting a parking space during prime time.

TYCO DELI

8496 Tyco Rd, Vienna 703.734.6950

Tucked at the end of a twostory flex building, this popular deli has a wide variety of menu offerings. Breakfast is standard, but top-notch. Choose from eggs to order, and all your griddle choices. Don't be worried if you see a crowd, the staff gets the grill orders out fast.

VIENNA INN

120 Maple Ave East, Vienna 703.938.1480 viennainn.com

This Vienna landmark may be known for chili dogs and cold drafts, but it is the awesome home-style breakfast that keeps many coming back. From hot cakes to omelettes to scrambled eggs with salami, Vienna Inn offers it all. Don't forget a side of scrapple! (Save the chili dogs for lunch). Served from 7-11 in the morning, so don't be late.

KATIE'S COFFEE HOUSE

760 Walker Rd, Great Falls 703.759.2759 katiescoffee.com

This coffee house has a delicious breakfast for those of you who are on the run, and even for those in search of a relaxing place to enjoy your meal.

Come here to grab tasty egg sandwiches that are a great to take to-go. For those of you who are dining in, you can't go wrong with the Farmer's Omelette or All American Scrambler.

CAFE 1600

1600 Tysons Blvd, McLean 703.506.0533

Working around Tysons
Boulevard? Take a stroll into
Cafe 1600 and start your
morning off with a large
selection of eggs, pancakes and
more. Their traditional American
breakfasts are delicious. Every
building should have a grill
this good.

SANTINI'S

2975 Chain Bridge Rd, Oakton 703.766.6666 www.santinisdeli.com

Santini's is known for serving up great pizza, subs, and salads, but if you're stuck in the morning rush going to work, you can't beat grabbing a quick breakfast sandwich to go. Or, if you have a moment to spare, sit down and enjoy one of their classic omelettes while catching Sports Center at the counter.

THE VIRGINIAN

169 Glyndon St, Vienna 703.938.2333 thevirginianrestaurant.com

This long-time Vienna favorite serves up quite the hearty breakfast and they do it all day, starting at 6 a.m. Fluffy pancakes, French toast, waffles, eggs all ways, along with some of the best grits in town. Breakfast from this local icon will surely jump-start your day.

ANITA'S

521 East Maple Ave, Vienna 703.255.1001 anitascorp.com

Not only can you get traditional American fare, you can get fabulous New Mexico-style breakfast plates. Tortillas, chorizo sausage, marinated pork, refried beans, and salsa are some of what you'll find. Try their breakfast burrito platters in the restaurant, or take a couple burritos to munch on during your commute.

CAFE DELICIOUS

1577 Spring Hill Rd, Vienna 703.827.4110 cafedelicious.net

This deli in the Ratner Building serves eggs, French toast, and a great breakfast burrito to order. This is a great spot if you're in the area. Parking is pretty tight at this building, but when you find a spot, it will be worth all of the trouble!

WOLFTRAP CAFE & CATERING

442 Maple Ave East, Vienna 703.281.0182 wolftrapcafeandcatering.com

This deli has been serving our area for over thirty years. You can't go wrong with their East Street Griddle Special of eggs, sausage and pancakes. Trying to stay healthy? Oatmeal with cranberries, but then again, the homemade corned beef hash may be the ticket. Breakfast served until noon Monday through Saturday.

vivatysons.com JANUARY-FEBRUARY 2012 | Viva**Tysons**

GREEK GRILL

312 Maple Ave West, Vienna 703.938.8206 thegreekgrill.com

This may be the best kept secret in Vienna. The Greek Grill's home-style plate of eggs, bacon, and home fries are to die for. Say hi to Mama Makrigiorgos.

TYSONS BAGEL MARKET

8137 Leesburg Pike, Vienna 703.448.0080 tysonsbagelmarket.com

Here is the best of both worlds, a great freshly baked-fromscratch New York-style bagel, and a full breakfast menu including omelettes, home fries, bacon, and sausage and more. Easy in and out from Eastbound Route 7. They open early, so beat the rush!

MADISON DELI

1320 Old Chain Bridge Rd, McLean 703.847.9600

Here you can find a nice office deli in downtown McLean with the rare grill to give the variety to keep the menu fresh. Pancakes, omelettes, and eggs to order are just some of the options. A good neighborhood find for breakfast during the week. You can't miss the sign on their building.

METRO 29 DINER

4711 Lee Hwy, Arlington 703.528.2464 metro29diner.com

OK, it's not in Tysons, but we love diners and it's not that far away. They offer breakfast fare all day in a classic stainless steel and glass building with all the neon. Their large variety of offerings is what you'd expect at a classic diner like this.



An ABC News poll released that the younger you are the less likely you are to eat breakfast. Seniors 65 and older eat breakfast over 83% of the time, that drops to 71% for those 55 to 64, about 55% for those 35 to 54, and drops to 53% for those 18 to 34. Taking 45 years old as the average adult, those younger, rush through breakfast over 50% of the time, and those older take their time 95% of the time. Those with kids rush nearly 76% of the time. So you're a working stiff? You're probably rushing 49% of the time, while those who don't work take their time over 85% of the time.

BOSS HOG'S SMOKE BARBEQUE

6811 Elm St, McLean 703.821.1869

You wouldn't suspect a good breakfast at this downtown McLean BBQ joint, but do yourself a favor and order the blueberry pancakes. Light, fluffy, and filled with fresh blueberries. Of course, get your eggs to order along with some very tasty sausage and other standbys. It's worth checking out McLean's best kept secret.

TYSONS CORNER SILVER DINER

8101 Fletcher St, McLean 703.821.5666 silverdiner.com

They offer a wide variety of delicious breakfast options during any time of day. Offering a menu of unique and healthy items like banana granola pancakes, black bean and egg burritos, and even glutenfree waffles along with all the standard diner favorites. You're always welcome to treat yourself to a milkshake with those eggs.

MYLO'S GRILL

6238 Old Dominion Dr, McLean 703.533.5880 mylosgrill.com

This family owned restaurant opened in March of 2010 and has been a huge hit ever since. The father and son who own and operate the restaurant specialize in providing their customers with tasty Greek and American cuisine. Their brunches are delicious and will keep you coming back for seconds, and even thirds!

TASTEE DINER 29

10536 Lee Highway, Fairfax 703.591.6720 29diner.com

Once again, we love diners and this one is a classic streamlined steel building that has been on this site since 1947. You know what they serve: a real diner breakfast the way you like it. Not too many of these left.



Cold cereal is the number one breakfast food in the US. 35% of men and 27% of women are likely to eat cold cereal for breakfast every morning. Fifteen percent of men and 6% of women are likely to eat eggs and bacon for breakfast. There are also regional differences. Nearly 40% of Northeasterners prefer cereal to only 25% of Southerners. Southerners are more likely to have eggs and meat. Eleven percent of Northeasterners eat bagels, more than anywhere else in the country. As for hot cereal, 13% of those over 35 were likely to eat hot cereal compared to 4% of those under 35.

TYCON CAFÉ

8229 Boone Blvd, Vienna 703.442.4567

Tucked in the back of an office building on Boone Boulevard, Tycon Café offers up a delicious full breakfast of eggs to order, pancakes, a breakfast burrito, and more. For those really on the run, or who just want a little of everything, they serve up a variety of options at their hot breakfast bar along with a buffet of freshly cut fruit.

SOPHIA'S CAFÉ

7930 Jones Branch Dr, McLean 703.734.2233 sophiascafecatering.com

Not too many office cafés have grills, but when they do, it opens up a new world of menu offerings. Omelettes, pancakes, bacon, sausage, and more are available off the griddle at Sophia's. You'll need to seek it out. It's off the lobby of the Hilton headquarters building, which is just North of their hotel on Jones Branch Drive.

ORIGINAL PANCAKE HOUSE

370 West Broad St, Falls Church 703.891.0148 originalpancakehouse.com

The menu offerings are long and diverse. Of course there are pancakes, but who would have known there were so many varieties! Not just flavors, but different recipes from buttermilk to sourdough, and even glutenfree. Eggs, waffles, crepes... oy! You need to get there early on the weekends because the line can get long, but it's worth it!

CLARE & DON'S BEACH SHACK

130 N Washington St, Falls Church 703.532.9283 clareanddons.com

A taste of Florida located in the heart of Falls Church. Not only do you get an inexpensive and traditional breakfast, you also get a sunny restaurant patio, occasional live music, and vegetarian options. Clare & Don's offer a little something for everyone.

SIXTEEN HOLIDAYS BREAKFAST HOLIDAYS

January is Oatmeal Month

Seeing how more oatmeal is consumed in January than any other month, Quaker Oats Company presented the world with a month long holiday to celebrate this traditional and comforting breakfast item.

February is National Hot Breakfast Month

This holiday was established by Jimmy Deans Foods after they discovered that 60% of Americans eat cold cereal and various other non-hot breakfast items each morning. They started this month long holiday to promote the endless hot breakfast options that are easily available.

Pancake Day (Day before the start of Lent)

A yearly reminder of how sinfully good pancakes are! Many people practice strict fasting during the Lenten season, and some people even go the extent of excluding eggs, milk and sugar from their diets to reflect Jesus' 40 day fast. This being said, housewives began using up these ingredients before Lent started, and would warm pancakes for the entire family to enjoy before their fasts. This yearly routine soon became a nationally recognized holiday.

National School Breakfast Week (First Week in March)

Started by President George H.W. Bush in 1991, schools promote health and wellbeing for school children.

National Cereal Day (March 7)

This day celebrates the anniversary of Kellogg's invention of corn flakes, dating back to 1897!

International Waffle Day (March 25)

This day originated in Sweden, where it is known as "Vaffeldagen." It commemorates the first day of spring, as well as the day in which Christians believe Archangel Gabriel told the Virgin Mary that she was pregnant.

National Eggs Benedict Day (April 16)

The origin of this holiday is a mystery, but the closest idea we have to the origin of this holiday is the fact that Pope Benedict XVI and Henry Mancini were both born on this day. In 1962, Mancini won his Academy Award for his role in Breakfast at Tiffany's.

May is National Egg Month

The American Egg Board originated this holiday as a campaign to boost the lagging egg sales that follow Easter.

National Donut Day (First Friday in June)

This holiday was established in Chicago in 1938 to honor the work of Salvation Army who prepared donuts for soldiers during World War I. Today, national donut outlets, such as Krispy Kreme, offer free doughnuts as a part of promotions to raise money for the Salvation Army.

National Blueberry Muffin Day (July 11)

This holiday came about after the U.S. department of Agriculture proclaimed July as the National Blueberry Month.

National Waffle Day (August 24)

A holiday for Americans that is celebrated on the anniversary of the first U.S. patent for a waffle iron.

September is All American Breakfast Month

This holiday is recognized by many schools to promote the importance of breakfast. Seeing how breakfast improves student's academic ability, September, or back-to-school month, is the perfect time for such a holiday.

Cinnamon Roll Day (October 4)

It started in Sweden in 1999 to commemorate the 40th anniversary of Sweden's Home Baking Council, and is now celebrated globally.

World Egg Day (Second Friday in October)

Created by the International Egg Commission (IEC), this holiday is meant to raise awareness of the health benefits of eggs.

National French Toast Day (November 28)

It's exact origin is a mystery, but the holiday most likely stems from the annual practices in the Eastern U.S. states. In anticipation of an impending snow storm (usually during the end of November) shoppers flocked to grocery stores to by staple items such as bread, milk, sugar and eggs, which are the exact ingredients to make French toast.

National Maple Syrup Day (December 17)

A day dedicated to celebrating the pancake's partner-in-crime, maple syrup. You don't have to travel to Vermont to celebrate this day!

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WHO'S GOT TIME BREAKFAST?



- Children who eat breakfast every morning perform better on standardized tests and have fewer behavior problems in school.
- Whole grain breakfast cereals lower a person's risk of developing high blood pressure.
- People who eat breakfast daily have lower rates of type 2 diabetes and are less likely to develop heart failure which consequently leads to a longer life span.
- Breakfast cereal eaters tend to have lower waist-toheight rations, an indicator of a healthy body weight.
- Breakfast meetings are more productive than afternoon meetings.
- Breakfast cereals provide a surprisingly large amount of disease-fighting antioxidants.
- Eating oatmeal or bran flakes may help reduce acne breakouts.
- Skipping breakfast frequently leads to iron-deficiencies.

CHURCHSTREET MERCHANTS

Church Street is home to some of Vienna's historic sites and best merchants and service providers. For fine dining, arts and crafts, unique gifts and historic artifacts – look to the merchants of Church Street for a rewarding dining and shopping experience.







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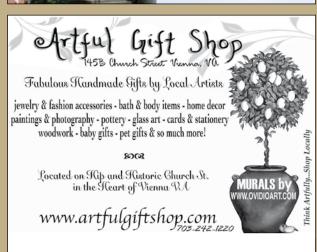
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TRENDALERT

What to wear and watch for in the coming season.

TREND GOLD JEWELRY

Ben Amun Byzantine Brass Cuff www.Ben-Amun.com



TREND COLOR

Yves St. Laurent www.YSL.com

Vibrant, bold colors and a politely pretty look. The addition of anchor engraved gold buttons give the classic trench coat - a hallmark of the house of Saint Laurent - a subtly nautical air. The soft, tightly woven cotton, bold color, fitted shape and cutaway hem create a uniquely feminine silhouette. Details include self belt and shoulder epaulets.



TREND MONOCHROMATICS

Stella McCartney www.StellaMcCartney.com





GADGETSE GIZMOSE



Book Book Distressed Leather iPhone Cover by Twelve South www.TwelveSouth.com

BookBook is an iPhone cover and wallet rolled into one pocket-sized, vintage book. Open this beautifully designed leather book and you'll see a wallet on the left and a slot for your iPhone 4/4S on the right. BookBook is a conversation piece – a totally unique case that disguises your phone and wallet, while protecting both. It's a wallet that looks like no other and a case that keeps your iPhone from looking like everyone else's.







Yonanas Ice Cream Maker www.Yonanas.com

Talk about healthy in the new year - *Yonanas* turns frozen bananas and other frozen fruits into a healthy treat that looks and tastes like soft serve ice cream. *Yonanas* creates a zero fat, zero cholesterol snack that is full of fiber, vitamins and minerals. It is a decadent and guilt-free treat that can be enjoyed at breakfast, lunch, dinner or anytime.

Keyboard Buddy by Boxwave ww.Boxwave.com

This is the perfect complement to the iPhone's on-screen keyboard. The *Keyboard Buddy*'s easy slide out keyboard is smooth and natural - the instant you slide out the *Buddy*'s keyboard, the iPhone's touch screen keyboard disappears for even more on-screen real estate.

Your iPhone will fit into the snug fitting shell and secure snap on. So natural in feel, we call them the perfect pair.

An onboard battery, chargeable by micro-USB cable, with up to 2 weeks worth of charge duration means your iPhone won't be slowed down by it's buddy's nap time. The Keyboard Buddy is compatible with the iPhone 4/4S.



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In a perfect world, we would spend every moment with our children and never have to leave them with anyone new. But the reality of the situation is that we have jobs and responsibilities, and someone has to watch our kids.

That's where daycare centers come in. Daycare is tasked to provide quality early education and care, which can positively influence the children's development and their learning abilities. Many studies in fact have revealed that the children's success later in life has a lot to do with their experience of receiving quality care.

Parents have many options available to them when they are considering educational programming for their preschool children. Many often wonder what the differences are between day care centers and nursery schools. Nursery schools have traditionally been part time programs, i.e. children attend them two, three or five half days per week. Many children who attend the more traditional nursery schools have a parent who does not work outside of the home or has a babysitter at home. Most day care centers and nursery schools of today have similar curricula and adhere to developmentally appropriate practice.

"Parents today are realizing the importance of daycare centers in

DISSECTING DAYCARE

Options for Tysons residents. by Keith Loria

their children's
development. They
are looking for daycare
centers that not only will
take care of their child
while they are away but
also will provide quality, reallife learning opportunities and
experiences," says Jeff Sealey,
a child psychologist in Arlington.

"These learning opportunities will ensure that children are prepared not only for their academic life in school but also for real life situations outside the daycare center and their own homes."

Commercial day care centers are run similar to schools. They have set schedules in which the children play, eat, learn and nap. These schedules are necessary because of the number of children enrolled in each class. Classes are divided by age or development.

In-home day cares are run from the caregiver's home, allowing him or her to take several children of various age groups at one time. In-home day cares are popular with families that have sibling groups that they want to be able to spend the day together, unlike in a commercial day care center where they would be in different classes due to age. In-home daycare centers are often a better choice for children with special needs or behavioral problems, as the low caregiver to child ratio allows the caregiver the ability to devote extra time or attention to a child that requires it.

When choosing a preschool program for your child, it is important to consider what option you are most comfortable with that will best meet your child's needs. Some parents who need child care for their infants and toddlers and preschoolers prefer to keep them home with a babysitter. Others prefer to have them in a day care center, which may

be close to one parent's place of work, while others still use family day care homes in their neighborhoods.

"Before making any decisions on where to send your child, it is important to visit preschool programs you are considering," says Mary McGlynn, an education specialist in Vienna. "It is also helpful to visit many times to see the different parts of the day. It can be very instructive to visit during parts of the day that are apt to be stressful for both the children and teachers, such as arrival and dismissal."

There are some basics to look for when visiting a program. First, the facility should be clean and attractive. Second, the program should be licensed by the state and have an adequate staff. Lastly, there should be a director and a staff of teachers who have educational backgrounds in child development and early childhood education.

"The program should have goals and a philosophy which are implemented by a curriculum which is developmentally appropriate," Sealey says. "While observing the program certain aspects of the day to day experience for the children should be noted. Do the adults appear to like and enjoy the children? Do the children look relaxed, involved and attached to the caregivers? Are the children getting more than custodial care? Is there a schedule and routine to the day that offers a balance of organized activities, free play, group activities, individual activities, and active and quiet play?"

Luckily, there are plenty of great daycare options in our area for those looking to start their children off right.

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.

Bright Horizons at Booz-Allen-Hamilton

8283-C Greensboro Drive, McLean, VA 703-377-0290

Bright Horizons Back-up Care Tysons's Corner Pinnacle

1751 Pinnacle Drive, Lobby Level, McLean, VA 703-506-0566

CA Montessori Children's Center

2291 Wood Oak Drive, Herndon, VA 703-708-3699

Common Ground Child Care Center

1700 Wainwright Drive, Reston, VA 703-437-8226

Congressional Schools of Virginia

3229 Sleepy Hollow Road, Falls Church, VA 703-533-9711

Dulin UM Cooperative Preschool

513 E. Broad Street, Falls Church, VA 703-532-3790 FAZ Creative Education Child Care

1776 Old Meadow Road, McLean, VA 703-848-8822

Fairfax Christian School

1624 Hunter Mill Road, Vienna, VA 703-759-5100

First Steps Childcare Center

7900 Westpark Drive, Suite A040, McLean, VA 703-821-6663

INOVA Fairfax Hospital Child Care Center

3310 Gallows Road, Falls Church, VA 703-207-2010

Reston Children's Center

11825 Olde Crafts Drive, Reston, VA 703-476-8150

St. Paul's Episcopal Preschool

3439 Payne Street, Falls Church, VA 703-820-1134

Tysons Corner Children's Center

8260 Greensboro Drive #135, McLean, VA 703-761-1123



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Rebates are available on a first-come, first-served basis. There are 1,400 rebates for the purchase of a new, qualified natural gas tankless water heater and 1,400 rebates for the purchase of a new, qualified storage water heater. The unit must be installed by a licensed contractor from now through April 30, 2012, to be eligible for the corresponding rebate.

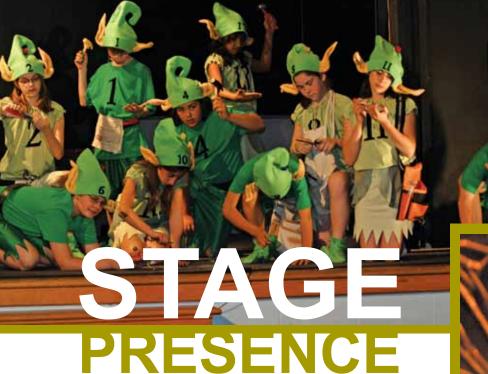
REBATES ON OTHER NATURAL GAS PRODUCTS.

The Washington Gas Energy Efficiency Program is offering 12,550 rebates totaling nearly \$1,000,000. The products and services included in the program include natural gas water heaters, boilers, programmable thermostats and heating system checkups.

For all the details and list of eligible products go to WashingtonGasRebates.com/viva.

1 For Washington Gas Virginia customers only. Qualifying appliances may be found online at washingtongasrebates.com. Appliances must be installed in a residential dwelling within the Washington Gas Virginia service area. Rebates are limited to one per appliance type per household. Applicants cannot apply for a betate for the same appliance from Washington Gas and from any other rebating source. Washington Gas maintains a list of Trade Allies by appliance category that can be found at washingtongasliving.com.





An after-school theatre program to illuminate a child's creativity through dramatic arts.

by Stacey Jones

tage Presence LLC, an afterschool, school of theatre for elementary students, was founded in 2008 by local Vienna resident, Stacey Jones. Stacey has been involved with theatre since she, was in elementary school. She originally created a musical theatre program at Flint Hill Elementary School as a volunteer in 2003. After several highly successful productions, many parents and children encouraged her to begin her own business to continue the program and extend it to all interested children in local schools. Therefore, Stage Presence LLC was born.

Stage Presence is dedicated to illuminating a child's creativity through the study of dramatic arts. Children will be introduced to a professional setting that establishes teamwork, respect, and cooperation as the overall standards of excellence. They not only gain knowledge in the art of singing, dancing, and acting, but also achieve confidence and pride in making their production a success. Stage Presence is committed to allowing children the opportunity to achieve success both on and off stage. It is crucial that our young people

have the chance to gain an appreciation of dramatic arts; an appreciation that they will have for the rest of their lives. Many past graduates of the program, both parents and children, have stated that their participation in the productions of

Stage Presence provided one of the most worthwhile experiences of their elementary school years. Here are some testimonials from parents of previous students:

"Thank you so much for all you've done for our kids throughout the five years they were involved. Know that you made a significant difference in their lives as well as the lives of so many other children."

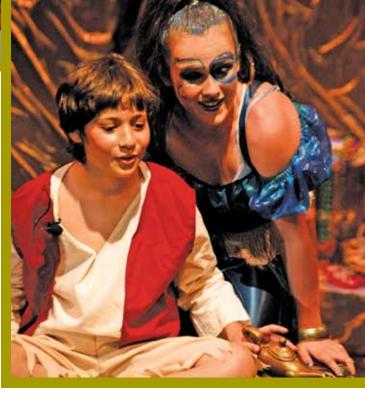
"The kids were all amazing. In short, it was a spectacular, magnificent musical!!! You really have a gift for knowing how to bring out the best in your performers. Our friends and family were simply amazed at how professional the show was."

Many of these graduates have gone on to continue to excel in theatre due to this crucial, professional introduction into theatre including numerous Cappie nominations (The Cappies is an international organization, founded here in Northern VA, that awards high school students with recognitions in every aspect of the theatre).

The teachers of Stage Presence include:

Stacey Jones, Director and CEO,

has been involved in theatre all of her life. She recently received her Bachelor Degree in theatre from George Mason University studying under some of the most talented local actors and directors such as Rick Davis, Kaiulani Lee, Ed Gero, Mary Lechter, and Heather McDonald.







Jacky Spalding, Choreographer, has studied ballet and other dance forms for 25 years and ran her own dance studio in Ireland. Jacky has been with Stacey since 2007; teaching the young thespians incredible choreography that has significantly added to the productions.

Anna Nurmi, Musical Director, has taught piano and voice for the past 15 years to hundreds of students all ages in her home and various local schools.

Phil Charlwood, Set Designer and Master Carpenter, has been with Stacey since her volunteer years. Every set produced for these past nine musicals has amazed the audience with the level of creativity. Phil continues to create his magic with the DC-based professional Synetic Theatre as a master carpenter.

Stage Presence is pleased to announce that this year's spring production will be *Annie, Jr.* Stacey, Jacky, and Anna will be auditioning all interested local 4th-6th grade elementary students to continue the tradition of excellence which began nine years ago with musicals such as *Willy Wonka, Mulan,* and *Alice in Wonderland.* ALL interested students will be in the production. Auditions will be held February 1st and February 2nd at the Universal Unitarian Church in Oakton, located at 2709 Hunter Mill Rd 3:30-5:30pm.

Visit www.stagepresencenow.com for more information and to register for auditions.



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GILDA'SBEAUTY HAIR & MAKEUP & BRIDAL

Gilda's Beauty, Hair & Makeup has expanded to include Gilda's Bridal, an exclusive bridal boutique offering high-end bridal gowns and accessories.

by Lauren Simmons











had the opportunity to sit down with the owner, Gilda, to get a bit of background on her business and what she has to offer. Gilda's is located on Gallows road in Dunn Loring, next to the Post Office—a prime location.

What inspired you to do the beauty and bridal business?

As a little girl I remember going to weddings and I was mesmerized by all the beautiful wedding dresses. I loved the detail, the beautiful flowing gowns and how beautiful the brides looked. I've always kept this memory and it stayed with me – I knew creating beautiful looks was something I wanted to do when I got older.

When I started in the beauty business I wanted to be well rounded – not only doing bridal but specializing in excellent coloring, styling and cutting techniques. I've gained clients in the entertainment, fashion and bridal industries which is very rewarding and exciting for me.

• Tell us about the services you offer at Gilda's.

We offer all types of make-up, hair and nail services – we're a full service salon. We pride ourselves in taking time with each of our clients and working with them to ensure they get exactly the look they want.

As for makeup, I have expertise in both camouflage make-up and custom blending foundations for all skin types and ethnicities. I also offer on-site makeup application for all occasions.

We're excited to now be carrying *Sormé* cosmetics, they've been around for over 20 years and team with professional makeup artists and the finest formulators around the world. The reason I chose them is because they bring exceptional pigment blends and offer advanced anti-aging technology in every product.

For brides, we specifically develop a look to go with the dress and the wedding – makeup is applied either traditionally or by airbrush depending on the bride's preference.

For hair, we've mastered a wide range of cutting techniques based on the "European School of Hair Design." The cuts we do vary from children's haircuts all the way through to the high-glamour cutting edge styles of the catwalk.

We feel that color has the ability to add depth, texture and tone to your hair to compliment your cut. We pride ourselves in being master colorists to get you the desired look you want.

Tell us about your new bridal boutique.

I'm also very excited about our newly opened bridal boutique. We offer a great selection of unique and highend gowns exclusively from Europe. We're happy to differentiate ourselves and carry gowns and dresses that are not seen elsewhere in this area – the closest you can find them is in New York City. We also carry bridesmaids and mother of the bride dresses and bridal accessories.

How is your boutique different from others?

By carrying exclusive European bridal designers, who have a very different style than the American designers, I am offering my clients something that others just can't get. Both the quality and material from these designers are superior - that along with our personalized beauty services really makes us stand out well above the other boutiques.

Gilda's Beauty, Bridal Collection 2304 Gallows Road Dunn Loring, Virginia 22027 www.GildasBridalCollection.com www.GildasBeauty.com



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SAVING TIME

Master Watchmaker Guido Calvetty Alave has been fixing watches and clocks for 40 years.

by Keith Loria

ave you ever opened up an antique watch and looked inside at the intricate mechanics required for its precision? Every piece needs to be working correctly for the watch to run smoothly and just one small mistake could ruin the timepiece forever.

That's why watch collectors and clock enthusiasts know that when their timepieces are broke, the best place to get them fixed is a small shop in Vienna, called GCA-La Precision, run by 62-year-old Guido Calvetty Alave.

"Guido certainly fits the typical profile of a serious horologist with his love of all the timepieces in his private collection which he will happily show you if you ask kindly," says watch collector Robert Arief. "When I attempted to install a vintage bracelet with the wrong lug pin on my favorite Blancpain Moon Phase, a friend suggested I look up Guido. Since then he has repaired and worked on my vintage Audemars Piguet and also a Le Coultre Power Reserve. He has even fabricated a custom crystal for my vintage Hamilton. Before you send you beloved timepiece out of town to a special place, go see Guido."

Alave is one of the last of the great master watchmakers, combining old world skills with a love for timepieces. He has the experience, workshop and equipment to rebuild and even fabricate pieces for all high-end timepieces.

"I have always been very interested in micro mechanics and have always enjoyed doing this," Alave says. "I can make parts for any watch. People come from all over the country and the world."

Over the years, Alave has restored a Buffalo Bill's pocket watch, an Edgar Allen Poe clock, a watch worn by Custard himself, and countless timepieces belonging to celebrities and other notorious historic personalities. Last year, when actress Shirley MacLaine wanted her collection of vintage ring watches fixed, she sent them to Alave to repair (not that you need to be a celebrity to work with him).

Alave treats all customers the same, and has countless stories about old and new projects, which he tells with such charm and passion. He treats each watch as if it were the only watch in the shop.

"He completely restored my sentimentally valuable 50-year old Timex Boy Scout watch such that I proudly wear it to business meetings, where it always generates compliments," says Carl T. Sahlin, a retired Colonel in the United States Army. "Mr. Alave's honest business practice of giving you informed choices about your repairs and purchases is also much appreciated and very different than the 'take it or leave it' attitude expressed by the more glittery, high-end showrooms. As the grandson of a life-time, old-world watchmaker, I trust him to repair and maintain our family's most valuable heirloom timepieces."

Born and raised in Bolivia, Alave didn't know too much about watches as a child, but all of that changed when he found a fountain pen at age 8.

"I got into this business by accident," Alave says. "I eventually traded the pen to a friend for a broken watch and started playing with this damaged unit and was hooked."

Although he wasn't able to fix it, his curiosity was piqued.

"I went into a place where they fixed watches and started an apprenticeship," he says. "Bolivia is a very poor country and most of the watches are disposable, but I learned to make parts and had my first training."

It wasn't long before Alave was the "go-to" watchmaker for his country. In addition to earning a reputation as someone who could fix anything, he was called upon to build a tower clock for one Bolivian town that had no electricity.

"I was making my income as a watchmaker at a very young age," Alave says. "I loved what I was doing, but I wanted to learn more."

In 1971, Alave immigrated to the U.S. and took a job at a jewelry store in Maryland, restoring watches.

"I went to different watch making training classes and became a Rolex trainee," he says. "I specialized in antique watches."

Year after year, his training continued and today he is considered one of the most preeminent master watchmakers in the country.

Earlier this year, a collector reached out to Alave with a unique piece, one that he couldn't find anyone else in the world willing to tackle.

"I fixed one unusual piece recently that probably belonged to a pirate as it was made of human skulls, probably from the early 1800's," he says. "No one could do it and finally this collector found me. It took me a while, but I fixed it. I see a lot of rare items but nothing like this in my career. It was the most unique piece I have ever seen."

Different is always welcome for the master watchmaker, who sometimes gets bored with the same-old clocks and watches that come across his store.







"When people bring me a complicated watch, that has a lot of parts, I like that because it challenges my ability," he says. "Those are always better. A lot of watchmakers are afraid of something different, but I will not say no to anyone. There is no watch I cannot fix."

GCA-La Precision has a large inventory of parts and materials. It also manufactures parts that cannot be purchased due to age or rarity.

"In 1963, my late father gave me a Mido Oceanstar wristwatch for my graduation from High School. I have revered this gift of my father's for many, many years. But as all things go, the wristwatch stopped working properly and I was unable to get it repaired even in Switzerland," says Rev. F. Frank
Pretto, a customer from Santa Fe. "I
kept it in a drawer for years and finally
a very good friend of mine told me about
[Guido]. I sent the watch and a few
weeks later after having sent for parts
which were no longer manufactured by
the company, I received my Mido
in absolutely perfect and
pristine condition."

As an antique horologer, Alave offers waterproof test vacuum and pressure for all watches. A watch inspection includes checking dial conditions, making sure the bezels rotate smoothly, and ensuring the luminous dots are in place.

"I'm glad I found him," Arief says. "It's like having a really good mechanic to

keep vintage cars running or someone to work on a vintage Parker fountain pen."

Married with two kids (ages 8 and 10), Alave would someday like to see his business passed down to the next generation.

"My son Andres likes to see me work and has the same curiosity, so maybe someday that will happen," he says. "I have beautiful tools that I have been collecting since 1971, many are impossible to get now. Hopefully, someone will use them and carry this on someday."

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.

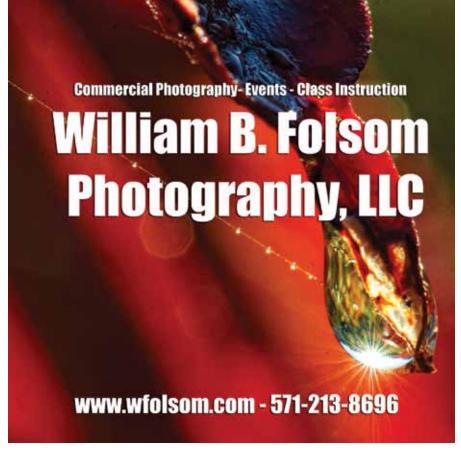
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NOT YOUR ROADSHOW APPRAISAL

by Francine Proulx, ASA, ISA AM

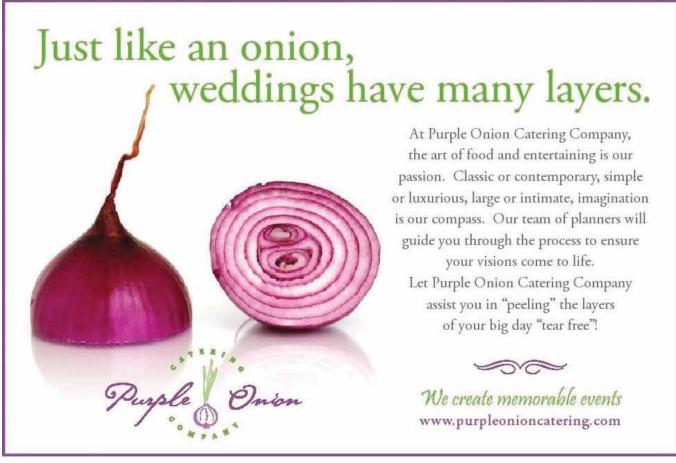
BS' Antiques Roadshow is great fun!
We see pieces similar to our own and it's exciting when the expert gives it a high dollar value. But is our piece worth as much? It may or may not be depending on a variety of factors. If it is, you may want to schedule it separately on your homeowners insurance. The best way to find out is having it appraised professionally. (Remember The Antiques Roadshow is entertainment)!

How do you know an appraiser is qualified? Personal property appraisers are not government regulated. This means they are not state licensed as appraisers, only to do business. Historically, appraisals were done only by those with experience handling antiques such as auctioneers and dealers as a corollary to their main business and marketing technique.

Today it is a profession unto itself. In 1987 The Appraisal Foundation, funded by the U.S. Congress, adopted the Uniform Standards of Professional Appraisal Practice (USPAP). An appraiser who follows these standards must have specific education and experience including national exams and continuing education.

IRS now defines a "qualified appraiser" as one who accredited or certified by one of the three major appraisal associations. Here are the membership requirements for one:

The American Society of Appraisers (ASA, www.appraisers.org), headquartered in Herndon, starts with Candidate Membership. Candidates must pass the ASA ethics and the USPAP exams as well as an eight-hour accreditation exam based on 120 hours of





coursework. Accredited members have at least two years full-time experience (4,000 hours) and have passed a test in their specialty. Two appraisal reports are also vetted to ensure the member knows the differences in methodology. Members with five years' experience are Accredited Senior Appraisers. Members must be reaccredited every five years.

The other two organizations are the International Society of Appraisers (ISA, www.isa-appraisers.org) and the Appraisers Association of America (AAA, www.appraisersassoc.org). Each has similar, though slightly different, education and experience membership requirements.

What is most important is that all three have a Code of Ethics which members must observe. All three support USPAP. All three evaluate the knowledge and skills of their members assuring you, the consumer, that members have met at least the minimum requirements of the profession.

How much do appraisals cost? Appraisers charge by the hour, the piece or total project, never a percentage of the appraised value. Hourly rates run from \$100-\$300. There may be travel charges, direct and indirect expenses. Expect to pay a deposit when signing the contract.

An average appraisal of furniture, fine or decorative arts takes 30 minutes to 2 hours per item depending on the amount of time need to establish a credible value. This includes the on-site inspection, identification research, market research and analysis, concluding value and writing the report.

How do you find qualified appraisers? Check the above websites which offer a database of appraisers. ■

author: Francine Proulx is an Accredited Senior Appraiser with the American Society of Appraisers and Accredited Member of the International Society of Appraisers. Francine appraises and consults on art and antiques for individuals, collectors, corporations and government. To learn more, check out her website, www.ArtAntiquesInfo.com or call her at 703-995-7015.



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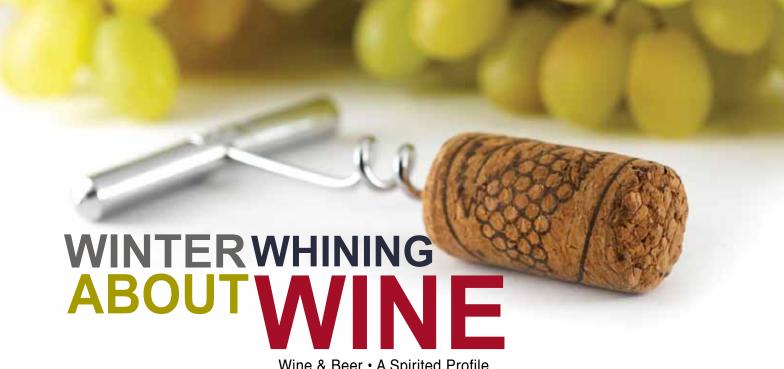
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Wine & Beer • A Spirited Profile by Tomme Casmay

ell, it is the middle of winter and hopefully the fire is roaring and you are sitting in front of your toasty fireplace enjoying a glass of your favorite vino. I am, as I share these winter wine musings with you. I have been a lover of wine for all of my adult life. Over that period, I have worn many hats, if you will, relative to my relationship with wine. I have been a wine appreciator, a wine collector, a wine judge, a wine critic, and a wine merchant. I have, over the years, fallen in love with certain grapes and wines, and then over time fallen out of love with them. If you drink wine long enough, there is little doubt that your preferences will evolve also. In many ways, wine appreciation is like the climate—it is constantly changing (just ask the dinosaurs). The proof of this is the periodic rise in popularity of "cult" grapes and wines. Several years ago, with the airing of the popular movie "Sideways," Pinot Noir—always a wonderful grape—suddenly became, almost overnight, everybody's darling wine, it seems. Now, Malbec from Argentina has taken the limelight. I think you get my meaning here...

So, as I swirl the wine in my glass and ponder the flames dancing in my fireplace, I would like to share with you my opinions on two diverse wine issues. These are issues that I feel strongly about and I throw them out to you to evoke some thought, and perhaps even a response.

Women versus Men as Wine Buyers— Of all the pet peeves that I have concerning the buying and selling of wine, this topic is the most irksome to me. After 20 years of selling wine in Northern Virginia, I continue to be amazed by how little confidence women have in simply buying a few bottles of wine for dinner. Let me explain by giving you a scenario that occurs every day in my shop.

A woman comes into the store and all too often starts the conversation by telling me that she knows nothing about wine—but loves drinking it. She then proceeds to tell me that her husband or boyfriend does all the wine buying. When I ask why he does all the wine buying, I generally get responses like the following:

- 1) **He** knows all about wine, and I don't know anything about wine...
- **2) He** tells me not to buy the wine, since it is his job...
- **3) He** tells me that buying wine is a man's job...

The last excuse really gets me going. Many men MAY have decided that buying the wine for the household is somehow a mystical endeavor requiring some special expertise. Or, some men seem to use wine as a male expression of superiority. Or, some men may actually believe that women do not have the ability to buy decent wine for the household. Whatever the rationale, it is totally bogus. Women generally buy most of the food for the average American household. Women and men are, more and more, sharing the

cooking responsibilities for the average American household. So, why is it that so often, at least in this Washington demographic area, women express a feeling of inferiority when buying wine, relative to men? Sadly, too often, the simple answer is that men want it that way!

Yes, that is exactly right. In lengthy conversations with ladies from Britain, the "Continent", or "Down Under" (Australia and New Zealand), I have found that they do not share this wine inferiority with their sisters in America. In all of these other regions of the world, wine is less snobby and pretentious than it has become here. Yes, even including France, where many Americans think wine snobbery originated. Maybe, it is because America, in the total scheme of things, is a relative newcomer to enjoying fine wines. Beer and hard liquor were the kings 40 years ago in this country, not wine. Women have made such great strides in so many areas of life over the past 30 plus years. Don't you think it is about time that they stop being afraid of "wine" per se and start acting like the intelligent purchasers and consumers that they are with just about every other product?

Finally, let me give you a real life example of a woman being disrespected with regard to the purchase of wine. I have a good lady friend, who also happens to be one of my wholesale wine representatives. Within the last month, at a high-end restaurant in Tyson's Corner (no need to mention the

name), she and her male companion were out to dinner. SHE asked for the wine list and ordered the wine. The sommelier presented the unopened wine to her for her inspection to confirm that it was the wine selected; however, he then had the audacity to pour the tasting sample not into her glass, but into her gentleman friend's glass for acceptance. Needless to say, they were both shocked and the situation was immediately pointed out and rectified, with profuse apologies offered to the lady from the sommelier. My female friend was quite perturbed over this situation, as she should have been.

Wine is simply a part of life. It is a complement to the food we eat every day. It is not an exclusively male or female endeavor. It is not mystical, as many men, wine shops or wine publications would have you believe. It is not beyond a woman's level of understanding to do just as good a job in purchasing the wine for the family as her man, or any man does. In other words, grow up ladies and stop being pushed to the "back burner" by men, when it comes to wine decisions. Obviously, these comments don't apply to every woman or every family; however, they do apply to TOO many women in today's America.

Corks versus screw cap wine closures—while this is not a new topic, it is still very much a current topic of discussion by wine consumers. First, let me express my opinion.

I personally think that screw caps or Stelvin closures (the most recognized brand of quality screw caps) are just wonderful. Obviously, I am not on the cork industry's payroll. Now, let me tell you why they are superior to traditional corks for preserving your wine, regardless of the wine's price.

First of all, screw caps prevent wine oxidation, are easier to open, don't have to be stored on their side, almost never leak, and eliminate that evil wine destroyer called "cork taint." Corked wine has a distinctive odor of a moldy newspaper, a damp basement, a musty attic, or even a wet dog. I think you get the idea. It affects all wines, regardless of price, and is caused by the presence of a chemical (called TCA and/or TCB) which, when present, is transferred from or through a tainted cork into the wine. While the cork industry states that less than 1.5% of wines with traditional corks are tainted, an independent 2005 study conducted

by the *Wine Spectator* in 2005 showed that nearly 7% of the wines randomly selected and blind-tasted were found to be tainted to one degree or another. Subsequent independent studies have shown the taint problem to be between 5% and 7%, on average. Not good news!

Yes, yes, yes... corks are traditional and have been around for centuries and there is a certain amount of nostalgia associated with pulling a cork... big deal. It seems to me that there was also a certain amount of nostalgia associated with the horse and buggy about 100 years ago, but it didn't take too long for people to realize that the automobile was a better mode of transportation. If you taste enough wines that are bad because of faulty corks, you will understand why I support the screw top or Stelvin cap as a superior wine closure... for both white and red wines. The cork industry would have us believe that, red wine intended for long-term aging, benefits by some atmospheric transfer

I personally think that screw caps or Stelvin closures (the most recognized brand of quality screw caps) are just wonderful.

through the cork over time. Fine... those long-term aging wines account for only about 1% of all the wines produced today. People just don't lay wines down for any length of time anymore. In fact, because less wine is laid down for extended aging now, winemakers have adapted their wine practices to produce wines more ready for current consumption.

The bottom line is that wine closures are evolving and improving constantly. Some of the new synthetic "corks" show promise and like the screw top eliminate the cork taint problem. But for performance and ease of opening in any situation, the screw top or Stelvin closure is quickly becoming the future. Oh, and if you are hung up on nostalgia, stop by our shop and I will demonstrate how to remove a screw top with pomp and circumstance.

Now, I'd like to recommend three high quality, reasonably priced wines from a wonderful, little gem of a winery in Paso Robles, California—NINER WINE ESTATES. Give them a try. I think you will really enjoy their quality and value.

Niner Bootjack Ranch Sauvignon Blanc 2009 (CA)—With refreshing aromas of

melon and lemon rind, it is a rich style Sauvignon Blanc with flavors of kiwi, lemon grass and green apple. The finish is crisp with just a touch of tartness. (\$18.99)

Niner Bootjack Ranch Sangiovese 2008 (CA)—On the nose this wine offers aromas of strawberry and a scent of carnation. This medium weight red made from the great red grape of Tuscany, has bright flavors of strawberry and raspberry with just a hint of red cherry. The finish is rich and slightly chewy. (\$21.99)

Niner Bootjack Ranch Cabernet Sauvignon 2008 (CA)—Lavender and mixed berry aromas are expressive on the nose. Full-bodied, there is cassis, dark cherry and cranberry along with a charming herbal note on the palate. The finish is quite long with finely integrated tannins. (\$23.99)

Well, there it is... I guess I'm done whining about wine for now. So, I think I'll just go back to enjoying my cozy fireplace and perhaps ponder life over a glass or two of wonderful Niner Estate wine.

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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ADYING ADRIA BROKEN HEART

If you're anything like me, it's difficult to remember the last time you wrote a letter. I don't mean planting yourself in front of yet another set of plastic keys and tapping out some paragraphs before submitting them to the whirring printer -- we've all done that countless times. Nor am I referring to sending e-mails or texts or tweets, or posting updates on social media sites or blogs like this one. Scribbling a couple words and a harried signature across the bottom of a holiday card doesn't count, either. I mean a real letter, where your elegant pen left a trail of script across creamy, heavy-bond stationery as you shared inquiries and thoughts and fears and hopes with someone close to you.

It's not just you. When's the last time you came back from your mail box with a personal, handwritten letter nestled among the pile of bills and solicitations that ceaselessly vie for your time, attention, and money six days a week? Yeah, I can't remember, either.

So imagine my fascination when I recently stumbled across a small cache of very old, yellowed, and delicate handwritten letters my late mother had saved her entire life. Most are in English, though some are in Italian. They're all addressed to my mom's ancestors who lived just south of Cincinnati, in northern Kentucky. They were written and mailed decades before my mother was the proverbial gleam in her parents' eyes. The letters came from all over the country -- Ohio, New York, and Louisiana supply a few of the return addresses. Some of the letters are dated as far back as the 1840's, when my literary hero Edgar Allan Poe first published "The Raven," and the Mexican-American War raged before the California Gold Rush captivated a young nation's imagination.

Satellites didn't gird the globe then. There was no internet. There were no telephones. The raw, bleeding edge of communications technology in the States at the time was Samuel Morse's electrical telegraph. In May, 1844, Morse publicly unveiled his telegraph by sending a message from the Capitol Building in Washington, D.C., to a depot at the B&O Railroad in Baltimore. That first message was, "What hath God wrought?"

I don't know about God. But what Morse wrought was the electric way we virtually exclusively communicate with each other today.

Still, half a century later sending a telegram or finding a telephone didn't cross Gus Sutton's mind on the night of November 14, 1897. Telegrams were expensive and impersonal, and tolls for long distance calls over the country's fledgling and unreliable telephone network were outrageous. Besides, for some things, the truly important ones, there was no remotely acceptable substitute for giving the heart reign to speak through committing dark ink to fine paper. So the night after he learned the girl he loved had become engaged to be married to another suitor back in Kentucky, Sutton sat down in his flat on Seventh Avenue in New York. He picked up a pen and started to write on a piece of stationery he got from the magnificent new luxury hotel that had just opened a couple of blocks away on Fifth Avenue and West 34th Street, named The Waldorf-Astoria.

Like the art of scripting heartfelt handwritten letters, the old Waldorf-Astoria Hotel would soon be sacrificed in the name of progress. About 30 years after Sutton wrote his gracious letter to my great-grandmother Blanche, the original hotel (the one that literally invented room service as we know it today) was demolished to make way for a new structure that still stands now as an enduring emblem of everything new and modern and shiny. I've been there a few times, and if you haven't, you've seen it more times than you can remember. It's the Empire State Building.

How's that for symbolism?

Don't get me wrong. I'm no Luddite. I'm all for progress. Every day I use the same communications technologies you do, for which my thanks are profuse and my regrets are few. But after finding Gus Sutton's letter among my Mom's belongings, it strikes me that even now, for the things that really matter, there's still no remotely acceptable substitute for giving the heart reign to speak through committing dark ink to fine paper.

author: Richard Gazala "A Dying Art and a Broken Heart" originally appeared in Richard Gazala's author blog, "GAZALAPALOOZA," and is reprinted here with permission. Visit Gazala's blog at www.rgazala.blogspot.com. Gazala is the author of the award-winning thriller, "Blood of the Moon," and his new E-Book anthology of short scary stories, "Trust and Other Nightmares," is available at E-Book sellers everywhere, including www.amazon.com. Find out more about Gazala and his work at www.richardgazala.com.



The Waldorf-Astoria
Fifth Avenue 33rd and 34th Streets
and Astor Court
New York.

[November] 14th -- [18]97

Blanche

Dear Friend

Last Eve while perusing the "New York World" I came across an Article with the following Headlines

Another Kentucky Belle to wed. Miss Blanche Mariana and Mr. George Bardo.

And then it went on to try and describe you. What an utter impossibility for anyone who has not seen known and beheld that lovely face and figure.

The description was very good of a pretty face leltc but nothing in comparison to Newport's leading lady.

Allow me as your distant Admirer, to extend my congratulations.

Hoping that Cupid will do full Justice to one so deserving, I remain as ever Your Sincere Friend.

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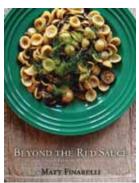
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MATT FINARELLI'S COOKBOOK

Classic Italian Cooking Without Tomatoes Review by Lauren Simmons



ethinking Italian food is what Matt Finarelli's new cookbook "Beyond The Red Sauce" is all about. He's certainly not against tomatoes in any way - but wants to expose amazing traditional Italian food that isn't tomato based. Growing up in an Italian family, he was drawn to Italian food and cooking.

Matt didn't start his career as a chef but happened into it after he began teaching a small cooking class in Fairfax - realizing his bona

fide love for cooking. After graduating Summa Cum Laude at Stratford University's culinary program he set out working for many Northern Virginia restaurants, getting more and more practical experience along the way. As Matt advanced in his culinary career, he began creating his own recipes and recognized a passion for the innovative process of creating his own dishes.

The book guides you through many recipe sections such as antipasti, risotto, carni/pesce and dolci (desserts) as well as many more. Matt shares his thoughts regarding each section and you get a full picture of the meticulous thinking that went into writing this book. Recipes are inspired by fresh ingredients, especially produce and vegetables as Italy is known for its rich agriculture.

Along with the many fabulous recipes Matt also includes an extra section dedicated to making sauces, stocks and reductions - many of these can be made in large batches to store for future use.

Chef Matt Finarelli grew up in Arlington where he still lives today. He teaches at Sur La Table, CulinAerie in DC and for Fairfax County Adult and Community Education. He also teaches private classes in people's homes as well. Matt is researching for his second cookbook, which will be a more general knowledge cookbook to help all of his students become great chefs at home.

SPAGHETTI ALLA CARBONARA

One of Chef Matt's favorite recipes, Spaghetti alla Carbonara • Bring a large pot of salted water to a boil over high heat. is one of the most soul-satisfying comfort foods that warms you all the way through on a cold winter night.

½ pound bacon, pancetta, or guanciale – cut into small pieces (about ½ inch)

- 2 cloves garlic minced
- 1/4 cup dry white wine
- 3/4 teaspoon crushed red pepper
- ½ cup heavy cream
- 3 tablespoons butter softened
- 3 large eggs
- 3/4 cup freshly grated Parmigiano Reggiano plus extra for garnish
- ½ cup freshly grated Pecorino Romano
- 1 pound dried spaghetti
- Kosher salt
- Freshly ground black pepper

- In a medium skillet over medium heat, cook bacon until almost crispy. Pour off about one-half of the fat, keeping about 3 to 4 tablespoons of fat (and the bacon) in the pan.
- Add garlic, cook until fragrant, about 1 minute.
- · Add white wine and deglaze the pan by cooking, stirring to scrape up all of the browned bits on the bottom of the pan, until almost all the wine is gone.
- Add crushed red pepper and cream to the hot pan, and bring to a simmer. As soon as cream is simmering, turn off heat, and leave pan on warm burner. Stir occasionally while completing the recipe.
- In separate bowl, cream butter with wooden spoon until soft and fluffy. Add eggs, and stir to combine. Add cheeses and stir to combine. Set aside.
- Add pasta to boiling water and cook until al dente.
- When pasta is done, drain and transfer to a large serving bowl.
- Add cream mixture to the pasta, and toss to combine.
- Add cheese mixture to the pasta, and toss again to combine.
- Season to taste with salt and pepper and serve immediately with extra Parmesan and freshly ground black pepper at the table.

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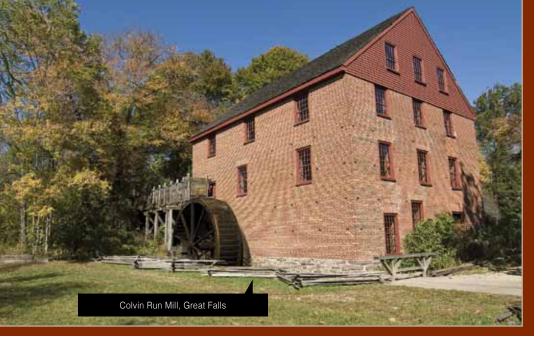
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WHAT'S HIDING IN SERVING SEAT FALLS

by Colleen Sheehy Orme

The next time you find yourself flying, fifty-five down old Route 7, consider taking a turn onto Colvin Run Road, past the richly historic Colvin Run Mill and enter the town of Great Falls. The town is filled with unexpected delights, that will awaken your palette and fill your soul. The intriguing shops and restaurants blend locals near and far.

The culinary country roads first gave way to the visionary Francois Haeringer, who to the shock of many, nestled his 'auberge' (country inn), L'Auberge Chez Francois here in 1976. A forerunner in this area for French restaurants, he introduced the savor and flavor of the cuisine of Alsace. His reputation preceded him and from its inception, L'Auberge became a Great Falls landmark. It was the fulfillment of a dream to build a country inn much like those in his native Alsace.

It is often voted one of the area's most romantic restaurants and it fully delivers. A treat to simply drive by, with the beautifully placed, twinkling lights bouncing off a dark night. Chef Jacques Haeringer, along with his brother and his mother, continue to create a distinct flavor that lingers both figuratively and literally throughout the charming walls.

A more casual brasserie/bistro has just been added and even has its own entrance. "Celebrate more often is how I like to look at it," says Chef Jacques. "You don't need a special occasion to do it. It's the same food as upstairs only let's say it's in more manageable bites. You can come in and just have an appetizer or simply a Tarte Flambée and a glass of wine."

Chef Jacques, wildly popular for both his food and his humor, holds hugely popular private, public and charitable cooking demonstrations. The demonstrations are typically forty-five minutes to an hour of full-blown cooking expertise. They are held for a minimum of twenty-five people or a maximum of seventy-five people.

L'Auberge has recently introduced a 'Wine Dinner.' "Our Wine Dinner will include five wines and a nice menu to go with it," says Chef Jacques. "The Vintner will come and talk about their wines and then I will speak about the meal."

Don't escape *L'Auberge* without sampling their delectable chocolate tart.

In 1979, The Serbian Crown Restaurant also found a home in Great Falls. This French and Russian jewel is owned and operated by Rene Bertagna and is a rich experience in both decor and menu. Once inside, senses are awakened to the sounds of live gypsy music or piano melodies that echo while the patrons sip vodka by the bar.

The exotic menu will certainly mesmerize with emu, wild boar, and rabbit. In addition, there are wonderfully familiar choices as well and the ever popular Russian dish Kulebiaka.

"We welcome our customers with the best food and wines," says Jose Benitez. "We offer the best vodka's. When the customer is happy, then we are very happy."

Not so long after these two paved the way, *The Old Brogue Irish Pub*, another treasure unique to Great Falls, opened its doors. For more than thirty years, *The Brogue*, has been a mainstay, a gathering place, a come one... come all, foundation of the town. It has become known, not only for what it offers within its four walls, but for how intertwined it is in supporting and sustaining the community.

The Old Brogue, says proprietor, Mike Kearney is, "for enjoying the warmth of Irish tradition." The two outdoor patios, the inviting main bar and the snuggery dining room with fireplace, craft a casual comfort that makes *The Brogue* hard to leave and is certainly befitting of an Irish pub.

They serve an Irish/European fare prepared by their chef that hails from Wicklow, Ireland. This is an Irish pub known for its food. If you want a real treat, try their blackened salmon salad or their fish and chips. These dishes are so popular, that they sell over two hundred pounds of fresh cod per week and one hundred and forty pounds of fresh salmon.

From Wednesday to Saturday enjoy the live entertainment, with no cover charge, that ranges from Irish music to rock to folk. A treat for local artists, is their open mic night the first and third Thursday of the month. The passion for the beautiful landscape and preservation of Great Falls, has been pioneered by generations that reside there. This makes *Dante Ristorante* an even more intriguing pleasure.

Dante's, boasting authentic Italian cuisine, is housed in a timeless treasure. Built in the late 1880's, the historic Leigh House was at one time owned by Dr. Alfred Leigh, Jr., a country doctor who tended to many in Fairfax County and whose home also served as the area's "lying in" hospital. The Leigh property also boasted a large dairy farm.

Dante's does not disappoint and is worthy of the drive on a cold winter evening. The private dining rooms are beautifully adorned with crisp white tablecloths and their own individual character affording a cozy, private ambiance. This makes Dante's the perfect spot for two or fifty-two depending on the size of the party.

Abruzzi-native chef, Giuseppe DiBenigno wows with his signature seafood soup which is a tribute to the culinary delights of Chef Giuseppe's home near the Adriatic Sea in Italy. Brodetto Di Pesce is a fish soup with shrimp, scallops, mussels, calamari, rockfish, clams, peppers, and light tomato sauce. An amazing array of pasta will make it hard to choose, but the ravioli stuffed with veal and spinach and topped with a tomato cream sauce, is a must.

There is also another restaurant in Great Falls that has stood the test of time. *Le Grand Appetit* has been family owned and operated since 1982. This specialty deli is known for their Lebanese menu.

Indulge in one of their specialty sandwiches, such as their smoky chicken melt with smoked Gouda and avocado placed on a French baguette that they make on site.

The homemade soups will leave one with the comfort only they can provide. The falafel, a chick pea and fava bean veggie pattie with tahini sauce, is a favorite.

Le Grand Appetit also caters events. "Catering is a big hit. Most people order and re-order because the food



is homemade and they are things that most people do not make," says Jad Bouchebel. Bouchebel's family has owned and operated *Le Grand Appetit* since 2000. They also serve beer and wine.

From the panoramic beauty of Riverbend and Great Falls Park's to the intrigue of each twist and turn of the country roads, to the shopping, it is easy to spend an entire day in town.

Throw your furry friend in the car along side of you and make sure to stop in *Great Dogs of Great Falls*, and saunter among the extensive and unusual treats and accessories and wide assortment of organic food for your best four-legged buds.

The owner likes to say the shop is owned and operated by Linda Waitkus and her Golden Retriever. "Dogs are always welcome to visit," says Waitkus. "Each is met with a big welcome along with free flowing treats and lots of hugs and kisses. Even an adventuresome cat has been known to visit."

Great Dogs also provides expert grooming. Waitkus personally grooms all Golden Retrievers due to her show circuit experience. Great Dogs use only botanical shampoos suited to the clients coat and skin. The groomers take special care to be sensitive to the temperament, age and special needs of each dog.

Don't forget to grab a disposable water bowl before you leave for a hike with your best friend. Then swing across the street and right into *Katie's Coffee. Katie's* has become the local 'go to' for breakfast or for a robust cup of Illy brewed coffee, latte or cup of tea. While there be sure to try their egg scrambler or omelette, made with eggs that are locally raised.

Katie's provides an assortment of bagels, muffins, scones, and other goodies. Enjoy a cup of joe outside with Fido or if hiking with only the two legged companion then sip by the catching warmth of the fireplace inside.

Katie's which is now nearly four years old can often be found crowded with business people, mothers and children and pretty much all walks of life that flock for the solitude or the camaraderie of a cup.

After a fulfilling walk with nature, wind down with a bit of window shopping.

Maison et Jardin, Ltd., offers great outdoor furnishings along with fun home accessories. They are staffed with talented interior designers that can help individuals design both indoors as well as outdoors. They carry wonderful furnishings by Gabby Home as well as other fabulous furniture.

General Manager and Designer, Mia Belotti, is quick with a smile and generous of time. She provides divine interior and exterior design advice. The shop reflects the exquisite taste of the owner's and is roommates with the sought after Walpole Woodworkers.

continued on p.106



For those of you with an eye for a little sparkle, don't leave without a trip to Adeler Jewelers. A distinctly unique, custom jeweler. Adeler is the retail landmark of Great Falls. This is understandably due to the quality of their service and merchandise. It is also due to their infinite understanding of their clients, and their ability to listen to their wants and deliver exactly that.

Adeler's 'one-of-a-kind' pieces of jewelry are so exquisite they are destined to become family heirlooms passed down from generation to generation. Choose from their dramatically gorgeous, sought after pieces or indulge in the luxury of designing your own vision.

"Our warm and welcoming two-story showroom is rustic and comfortable and we try to make each and every one of our clients feel like guests in our home," says Jorge Adeler, founder and master designer. "Our pieces have been worn on many red carpets by wonderful and glamorous celebrities such as Halle

Berry, Sandra Bullock, and Jennifer Lopez, but we are equally, if not most, proud of serving as the family jeweler to this community for over thirty-five years and still going strong."

Grandmother's Back Room can also be listed as one of the longest standing, must see retail locations. Original owner, Ginny Sinclair, recently retired and the operation of this charming children's clothing boutique has passed to new owner's, Barbara Anderson and daughter Pam Anderson. It is a 'must drop-in' for those seeking knitted sweaters, blankets, or mittens. Many are handcrafted locally using sustainable products. This gem of a shop also carries quilts, American made toys and Sarah Louise fine crafted, hand detailed smocked clothing.

If you are craving some of the best pizza Northern Virginia can offer, then stop by either of the two delicious downtown options.

Romantica Italian Grill and Pizzeria is owned by local resident, Tom Ternisky. Tom works passionately to uncover the heart of each of his delicacies and deliver the best of each. He painstakingly researched the best sub rolls he could find. Tom discovered Amoroso rolls, a Philadelphia favorite and many believe the reason for their cheese steak legacy. He has them shipped here daily. A formula which must be working. He sells an average of one hundred cheese steaks per day.

To deliver the tastiest pizza, he decided upon Pollio which is the most popular cheese used in the famous New York pizza arena. It goes without saying that he also researched the special sauce behind his yummy buffalo chicken pizza. For that sauce he studied the famed Anchor Bar in Buffalo, New York.

When asked what best reflects his food, Ternisky says, "I always try to stick with high quality. High quality ingredients are what fuels it. I could get my cheesecake from anywhere, but I make sure I get it from The Cheesecake Factory."

Deli Italiano has been in Great Falls for over twenty years. They are committed to providing only top quality ingredients. Every single thing that they make is fresh and homemade each and every day.

"We make our pizza the best way.
Each pizza comes out of my oven
like it is made for me," says owner,
Yasser Baslios. "It's full of toppings,
very tasty, we make our dough here
every day and use the best cheese
imported from Italy. We make sure our
customer is 100% happy. We know our
customers and we know what
they like."

They also make delicious burgers, subs and their BLT subs are fantastic.

If the car that's been taking this day trip excursion needs some quick work done, then look no further than *Great Falls Auto Service*, owned by local resident, Stefan Suib.

While they service all makes and models, Suib is a master of Mercedes Benz. With over thirty years experience, he is both knowledgable and honest. Each automobile is handled with great care and the long term vision of maintaining this expensive asset.

Great Falls Auto Service is a hometown service business that instills a sense of loyalty and trust and a dedication to excellence.

If you are craving seafood, planning the next big soirée or simply looking for something tasty for dinner, stop by *Fresh Catch Seafood Market*. They carry a wide selection of fresh and frozen seafood from 'waters all over the world.'

The shrimp salad is too delicious to put into words, the crab cakes are in constant demand, and their homemade Key Lime pie may be the best in this area.

While they are known for their seafood, not as many know they can cater the smallest or grandest occasion. Their 'King Creole' catering will handle all details whether it's a Chesapeake crab feast or backyard barbecue.

For the spirits to accompany that scrumptious dinner, stop by *Maison du Vin*.

A premiere boutique specializing in fine wine and craft beer, they "specialize in hard to find, low yield wines from



across the globe, and delicious, experimental and limited craft beers." With an extensive array, one can find everyday wines under ten dollars and also lavish, high-end vintages from around the world.

At *Maison du Vin* one is afforded the opportunity to taste and sample up to sixteen wines via their Enomatic wine dispensers. This allows their customers to taste and buy exactly what suits them.

The topic of wine leads the adventure towards *Brix American Bistro*. A bit of trivia for the *Brix* appetite. *Brix* is a measurement system for the amount of sugar in grapes and wines. Per their website, "When grapes reach 25 degrees *Brix*, they have reached their optimal time for the wine harvest."

The interior is sleek and contemporary and the heated, covered tent on their outside patio offers dining under the stars. Owner, Ashwani Ahluwalia designs each of his offerings to reflect the flavorful and unique palette that showcases his distinct culinary voice.

For starters try their fabulous avocado bruschetta, jerk chicken spring rolls or Gorgonzola pecan dip. For the main course their filet mignon or chicken picatta are sure to please.

Brix will soon be expanding their menu to include gluten free and dairy free menu items. They are also in collaboration with a local farm for meats and dairy, grass fed, chemical and hormone free.

Every friday night, weather permitting, *The Observatory Park at Turner Farm* and the *Analemma Society*, hosts 'Friday Star-Gazing,' a public astronomy viewing session with telescopes. Great Falls is a perfect spot because of its low light pollution.

Per their website, www.Analemma. org "The Analemma Society, formed in 1998, is developing a park where students can learn about the origin and nature of science as well as experience first hand the wonders of the universe."

"Kids come out and they get to see that stars are different colors and we look at galaxies and we look at planets. It all makes it very real for kids rather than just seeing a picture in a book," says Board member, Bill Kemmerer.

If traveling with the whole family then drop by *The Tavern in Great Falls*. "The Great Falls Tavern experience is one of great American classic cuisine, and truly a family experience," says owner Lauren Mencia.

An absolute favorite at *The Tavern* is the "atomic burger" toppled with bacon, blue cheese, buffalo sauce and fried onion rings.

It is common to find locals enjoying a great college or pro-football game while

munching on another *Tavern* favoritethe loaded nacho's.

Many in this area are familiar with *One To One Fitness, Inc.*, which opened the first personal training only facility in the metropolitan area, twenty-five years ago. What many do not realize is that nearly three years ago, they opened *MAX Youth Performance & Fitness* in Great Falls. *MAX* trains kids of all ages in recreational sports as well as higher athletics, for those in pursuit of a coveted scholarship.

MAX has already aided a number of athletes in reaching college lacrosse, basketball and soccer and one MAX athlete even made it to the National Football League.

One To One and MAX co-owner, Pat McCloskey, was just selected by U.S. Soccer to be the conditioning specialist for the women's U20 national team.

One can't leave the town without a stop at another town crown jewel.

Chef and Owner of *Mediterranee*, Jacques Imperato, originally opened his first location in 1996 and this location in 2005.

The menu reflects Imperato's love of food that is healthy, light and tasty. Imperato, who has an Italian/Spanish background, was trained in Nice, France in traditional and Nouvelle Cuisine.

A taste of his belgium endive sauteed with olive oil, lemon, tarragon and roasted red bell peppers and it is evident he prepares his dishes from scratch with the freshest of ingredients. When enjoying a delicious main course that includes, Napoleon of grilled trout, crispy Parmesan, phyllo dough zucchini, leek, shrimp bisque, homemade potato gnocchi, and mushroom puree it is obvious his healthy and limited use of cream and butter.

There are tremendous adventures of food, spirits, hiking and shopping, whistling through the streets of Great Falls so listen for them the next time you find yourself flying fifty-five down old Route 7.

author: Colleen Sheehy Orme, Colleen Sheehy Orme is a freelance journalist and marketing consultant in Great Falls.

by Charles Donnavan HALSTEAD SQUARE

A t the end of 2011, Lost Dog Café leased 4,200 square feet at the new mixed-use Halstead Square development in Merrifield.

Halstead Square is the new mixed-use development adjacent to the Dunn Loring Metro station, which serves 2.8 million passengers per year, situated just north of Lee Highway (Route 29).

The new restaurant will sit at the corner of Merilee Drive and Halstead Square and is just the latest of what is sure to be one of the area's hottest spots in the ensuing years.

Streetsense's Kelly Silverman represented the developer, The DSF Group of Boston, in the lease transaction, and was also successful in bringing BlackFinn American Grill to the area this fall with a 9,000 square foot lease.

"Together with BlackFinn, Lost Dog will provide new and exciting dining options for the thousands of people living within walking distance of the Dunn Loring Metro station," said Jeff Pollak, Managing Principal of Streetsense.

The Lost Dog Café was founded by Ross Underwood and Pam McAlwee in 1985, and is known for its delicious pizza,

hot sandwiches, and beer from around the world in three northern Virginia locations—two in Arlington and one in McLean.

Due to their restaurants' success, they operate the non-profit Lost Dog and Cat Rescue Foundation, which places almost 2,000 animals per year into permanent, loving homes.

BlackFinn, the polished casual dining destination with numerous East Coast locations, will have frontage on Gallows Road, and is scheduled to open in summer of 2012.

Developed by DSF Group out of Boston, phase 1 broke ground in March of 2010. DSF received financing for phase 2 of Halstead Square in April 2011 from PNC Bank & Federal Capital Partners.

The first building of the multi-phase Halstead Square project, The Rockwell at Halstead Square, will house the BlackFinn restaurant, and officially opened in October of this year with 242 apartments, 10,500 square feet of amenity space, and 27,000 square feet of retail space. Plus, two additional apartment buildings are now under construction.

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"With the opening of The Rockwell at Halstead Square, we continue to expand the highly successful Halstead brand of luxury living," said Josh Solomon, president, DSF Group. "We are thrilled to welcome BlackFinn American Grille as our first retail tenant and are confident that Halstead Square will provide residents a vibrant, mixed-use community with a wealth of conveniences just outside their front door."

Halstead Square at Dunn Loring is the second and third phase of Halstead at the Metro II. This project includes four residential buildings with approximately 850 units; a 150-room Kimpton Hotel and 50,000 square feet of retail space; all with three underground levels of parking.

Apartment homes are currently available in studio, oneand two-bedroom floor plans, and include the finest finishes such as Brazilian granite countertops, Italian porcelain tile, oversized chef's sinks, moveable islands, Whirlpool stainless steel appliances, and built-in iPod docking stations with in-wall speakers. "Halstead Square at Dunn Loring Metro's prime location at the junction of the Beltway and Route 66 gives you ideal access to Northern Virginia and beyond," Pollak said. "Ideally situated on the Orange Line, The Square provides everyday convenience with a variety eco-friendly transportation options."

At Halstead Square, everything is well within reach. There's an eclectic mix of shopping and dining downstairs, the Dunn Loring Metro next door, and plenty of picturesque spots in between. Just beyond the vibrant, pedestrian-friendly neighborhood are even more enticing possibilities, such as restaurants and bars, grocery stores, and entertainment venues.

author: Charles S. Donnavan, 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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Photos by: Bryan Burris

THELEVEL

English pub, Media Room, Fitness Center Among Playful Diversions Featured in Family Activities Suite.

t's going to be a good year to improve a home in northern Virginia—especially the lower level.

A recent Bloomberg/Business Week article, for instance, reports that home values in Vienna are up nearly 13% since the same period last year, the 5th highest valuation increase in the US.

On a related note, Remodeling Magazine's yearly "Cost vs. Value" Report now ranks "basement remodel" as one of the categories where local homeowners can expect a full and rapid recovery of improvement costs. The survey finds that a well-executed lower level upgrade can yield an 80% cost payback a next day resale.

All of this, is "interesting" to Vienna homeowners Stephen and Connie,

who just completed an extensive makeover to the lower level of a sprawling Colonial.

But the couple's main motivation for proceeding with the 2,014 square foot project was the simple pursuit of family fun.

"We'd been considering a pool," says Connie, who occupies the three-level home with her husband and their two teens. "But there were so many lifestyle benefits to upgrading a lower level of this size that we made this project our priority."

Lifestyle benefits like a fullyequipped fitness center, a luxury spa outfitted with a 4-person sauna, a 279 square foot English-style pub, a family media room, a video gaming parlor, billiards, ping pong, and a quiet room just for reading.

Still, the biggest pay-off, Connie confesses, is how well the new

configuration of rooms functions for both every day family use and largescale entertaining.

"We hosted a weekend party for thirteen house guests during the Thanksgiving holidays and the plan was really accommodating," the homemaker remarks. "The kids now have friends over regularly. The whole family uses some part of the new set up everyday. This is where we spend our quality-time as a family."

A Working Plan

Those who follow home remodeling trends will hear a familiar ring.

The lower level is rapidly becoming "mainstreamed" in American life, a reflection of growing recognition that there's a lot of under utilized space inside the envelop of the average residence.

The larger challenge is to design and execute a multi-purpose environment continued on p.116



The spa's new interior is bright, warm, sensual—with natural stone tiling and a large glass shower finished in colorful shell stone patterns. At the door is a 4-person sauna is on the right—steps from the shower.



The bar is equipped with two refrigerators, custom drawers and an array of useful appliances.

that is functionally and architecturally reconciled with the home's best features. In other words: mainstreamed.

In Stephen and Connie's case, the lower level had already been partially finished by previous owners, but the family soon found unused square footage that could potentially be co-opted into a broader agenda.

"There was a TV viewing area and full bath," Connie recalls. "But the whole family had ideas for other rooms. We just couldn't come up with a working plan."

The lower level is rapidly becoming "mainstreamed" in American life, a reflection of growing recognition that there's a lot of underutilized space inside the envelop of the average residence.

A chance encounter at a home show with an interior designer at Sun Design Remodeling, thus, proved fortuitous—and soon the couple invited the Burke-based design builder to take a closer look.

"Sun Design understood our vision," Connie says. "We had a kind of wish-list, but they developed a working plan showing where new rooms should be located, and how to integrate the whole. Their interior design sketches really helped us make informed decisions."

"The primary space-planning requirement," says Mindy Mitchell, design consultant at Sun Design, "was to find the best way to accommodate two entirely new rooms: a spacious English-style pub, and a fully-equipped family fitness area."

Once it was determined that some 300 feet of unused storage in a back corner behind the stair could be brought into play, designers assessed its potentials as a foot print for the proposed pub. Among other virtues, the

corner location offered immediate access to the media area, billiards and ping pong. There was also inviting visual linkage to other activity zones within the open plan.

With its coffered ceilings, cherrywood paneling and burnished surfaces, the pub's ambiance is like something out of an English manor house. There's a triangle-shaped bar topped with a black pearl granite counter surface.

The recessed back bar—halogen-lit and framed in Belgian stone—is both a precise response to bartender needs and an eye-catching built-in that lends texture and warmth to an elegant ambiance.

A catty-corner recess created to hold a 30" wine cabinet further explores the contrasting stone-and-wood motif.

Hardwood laminate flooring, crown trim, wainscoting and other details differentiate an open "gathering area" just steps from the comfortable media center. But, here, the interior treatment—softened by neutral carpet, a custom-design fireplace hearth and built-ins—presents an entirely different use-proposition.

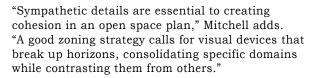
"It's a relaxing place to watch a movie or listen to music," says Connie. "It's spatially integrated, yet also feels private and cozy."

Design consultant Mitchell notes that an overriding project consideration was finding ways to "scale-down" the lower level's massive volume by creating logically-occurring focal points within the pleasing visual continuum.

Thirty-six inch high knee walls, for instance, were designed to partially sequester the pub and the fitness center. Existing structural supports clad as finely-crafted columns combine with architecturally-appropriate bulkheads to help define zonal boundaries.



The recessed back bar—halogen-lit and framed in Belgian stone—is both a precise response to bartender needs and an eye-catching built-in.



Across from the media center, Sun Design converted an open play area into the family fitness center, complete with a treadmill and weight machines.

The nearly 200 square foot exercise zone directly accesses a 150 square foot guest bath which was reconfigured to accommodate a 4-person sauna.

The spa's new interior is bright, warm, sensual—with natural stone tiling and a large glass shower finished in colorful shell stone patterns.

On this point, too, Connie found the design team continually resourceful:

"They could find particular colors and profiles of stones, bricks and other materials we were told were not available anywhere. They were remarkably skillful at accommodating even the smallest details."

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

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

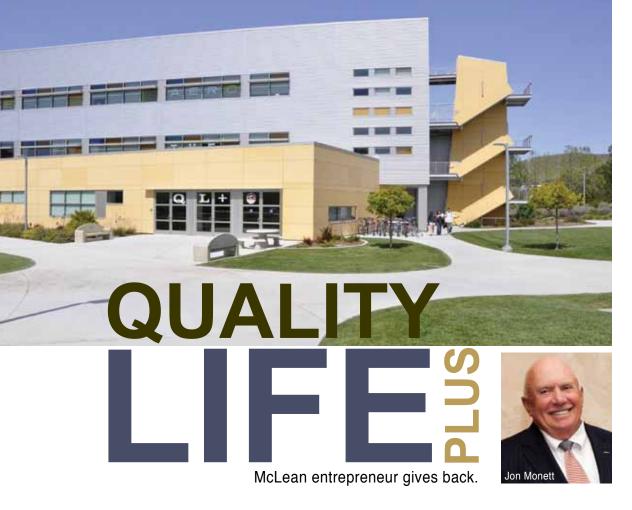
author: John Byrd John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in House Beautiful, Architectural Digest, Southern Living and many national and regional publications. He has also written and produced segments for HGTV and other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



With its coffered ceilings, cherrywood paneling and burnished surfaces, the pub's ambiance is like some something out of an English manor house.

A catty-corner recess framed in Belgian brick was created to hold a 30" wine cabinet.





s we talk to McLean Resident
Jon Monett, we can't help but
notice the twinkle in his eye
and excitement in his voice when he
describes the project he founded and
dedicated in March of 2009. "The
opportunities to help are endless,"
Monett explains as he describes the
individual attention of fitting the
hockey player with a leg to go back
to the ice, or the scuba diver with the
legs to allow them to walk from the
beach to the ocean.

After a distinguished career in government intelligence, Monett built a thriving technology company which he later sold to a defense contractor. After viewing a documentary "Fighting for Life" (directed by Terry Sanders and produced by Tammy Alvarez), he was inspired to found *Quality Life Plus* (QL+) and dedicate some resources and time to a new "mission" in his life.

"Fighting for Life" is a powerful, emotional and very sobering documentary about our American military medicine. It chronicles stories of our service members as they rehabilitate from injuries sustained in combat as it follows a 21 year-old Army Specialist named Crystal Davis from Iraq to Germany to Walter Reed Medical Center as she overcomes the loss of her right leg.

Monett was moved to understand that today, even as fewer people are killed in war, many more sustain serious injury and loss of a limb(s). These wounded warriors needed more dedicated help to overcome the daily challenges of their life-altering disabilities.

The first OL+ laboratory was dedicated at his Alma Mater Cal Poly in March 2009. There, students from multiple engineering disciplines work under the guidance of experienced faculty members to research and develop innovations to improve the quality of life of those who have served our country. Tasked by the individual needs of real people and working in teams of three, the students and faculty use all the disciplines of creativity, imagination, and science to develop individual solutions for each individual and disability. And the cost of these modern day miracles to our service men and women? Zip.

Monett thoroughly enjoys being able to spend an extraordinary amount of time at the QL+ Lab at Cal Poly. "He is there with the students frequently," Dr. Baker the former President of Cal Poly notes. "He knows the students and the faculty. They get to see his passion for the work they are accomplishing. The students see firsthand that Jon recognizes that the education and training he received at Cal Poly contributed to his success. I know that when those engineering students look back in 20 years, they will remember Jon Monett."

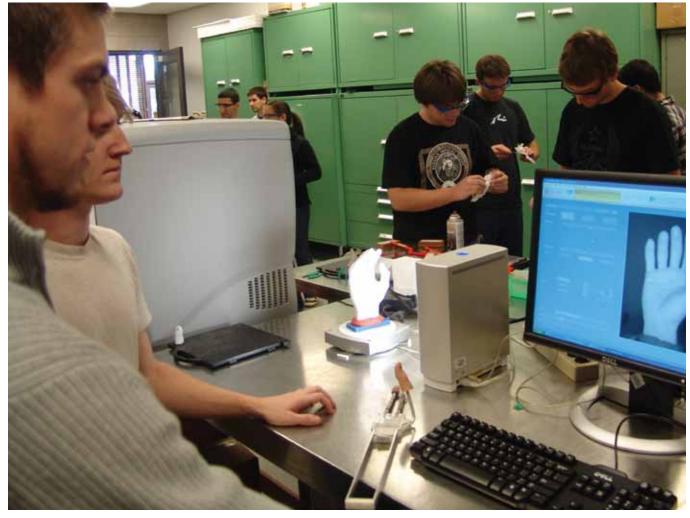
"QL+ has a good story to tell," former President Dr. Baker said. "It's a unique learning environment with another dimension—working on problems to help individuals dedicated to protecting our country who have placed themselves in harm's way. I would like to help in any way I can."

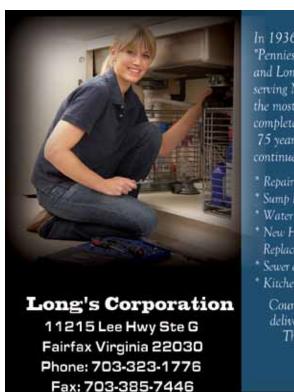
You can help too.

For more information on *QL*+ log on to http://www.qlplus.org. Donations to the Lab are tax-deductible, *QL*+ is a 501© is an American non-profit tax exempt corporation.









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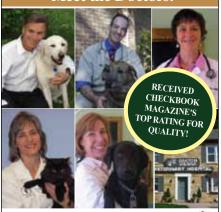
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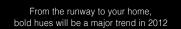


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WHAT'S IN STORE FOR HOME DECOR

Live Stylish • Decor by Denise by Denise Willard

ell before the ringing in of the New Year, market analysts are all a flutter trying to define what the hottest interior design trends will be for the upcoming year. While there are many opinions to draw upon when it comes to future trends, I always look at a few key sources that focus on the residential interior design market as my guide. The Trend Curve, Benjamin Moore and Pantone are three such sources that always ring true when considering how the future will play out in home décor. So, let's explore a few of the top trends we are likely to see in color palettes, fabrics and furnishings this year.







Gray is the hottest color this season. Paired with vibrant yellow, it really pops

GRAY AS A CANVAS.

The dominate color next season is gray. Warm gray, light gray, charcoal gray, gray-gray and more gray! On walls, furnishings, window treatments, and artwork, gray will be everywhere as a backdrop for more interesting colors like yellow, orange and other more vibrant hues.

BOLD COLOR IS BACK.

Take one look at the fashion runways this past year and you will see that bold color is back and is expected to make its way to the home décor market in 2012. So, if you've grown tired of black, beige and some of the ho-hum pairings of the last few seasons, go ahead and mix and match the boldest of bold colors, chances are, given the vibrant combinations we've seen from the fashion industry this past year, your color combo will be right on trend in the year ahead.



The reclaimed wood collection from Restoration Hardware will continue to be a top seller in the new year.

PARIS FLEA MARKET MEETS DRIFTWOOD SALVAGE.

This captures the hot trend of natural, reclaimed, and rustic wood furniture that has been seen in the *Restoration Hardware* catalogs and showrooms for some time. This will continue to be a solid home décor trend into 2012. Finishes on these rustic pieces will range from wire-brushed to bleached oak to gray washes.

RUSTIC FABRICS TAKEOVER.

Married to the natural, rustic look of furnishings will be fabrics with woven, hemp-like characteristics. Nubby cottons, loose weaves, and Belgium linens will come on strong and will be found in neutral color tones and will be available in large prints as well as solids. Environmentally conscious fabrics will finally be really accessible and affordable in most price categories. And, a new generation of exterior eco-friendly fabrics is expected to hit the market this coming year. These new fabrics are expected to be so stunning that in some cases even designers won't be able to distinguish which ones are made for exteriors.

OVERSIZED ART, STILL HOT.

Infusing oversized art pieces into interior spaces has been discussed significantly this past year and continues as a major trend into 2012. Whether you want to purchase art or make large-scale wall murals out of your own photos, this trend is something to consider to make a big impact in your home next year.

RECLAIMED FIXTURES.

Reclaimed pieces turned into lamps and lighting was a trend that started a couple years ago and will continue in 2012. These funky items, along with some equally unique industrial fixtures, will make lighting an "objet d'art," and a conversation piece, as much as an actual light source.

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.



BOARDROOM PCLASSROOM AND BACK

by Pat Hynes



n January 1st, I will leave the elementary classroom to take a seat on the Fairfax County School Board. This unusual leap, from classroom to boardroom, is an exciting opportunity for me to bring my "field experience" to the policy table. But it's not the first time I've made a career move that surprised my parents.

Twenty-five years ago I was a sleep-deprived associate at a big New York law firm, working on large transactions for bank and investment house clients. Although it was a great opportunity for a young lawyer, I soon discovered Wall Street law was not my calling. So one day I said good-bye to my view of the Statue of Liberty and waddled my very pregnant self up to the suburbs for the last time.

Most readers probably know someone who has given up on a career in the law. It's a cheerful club, full of people who know exactly what we're missing. I even have one friend who made the same move I did; from lawyer to elementary classroom teacher. He has the most extensive library you will ever see in a second-grade room.

My own path seems surprisingly natural as I look back. I left work when my son was born, then fled the New York area for Fairfax County when he was just two. In both communities, I was surrounded by professional women and men who, like me, were playing hooky for a while to be parents. For the most part, we were smart enough to enjoy the luxury of full-time parenting, but we couldn't help wondering aloud from time to time what would become of us next. Could we ever go back to our suits and commutes? Would we ever want to?

This is when I discovered my inner volunteer. My daughter came along and I started following my children everywhere. Gymboree, tot lot, cooperative preschool, tee ball, soccer and, finally, elementary school. I volunteered for everything-any excuse to be where they were. Until middle school. They moved on without me to middle school. I needed an excuse to stay behind in fourth grade, so I got my teaching license.

Wall Street and fourth grade are not as different as you might think.

Buttoning up suits or zipping up jackets. Late nights at the printer or early mornings at the laminator. Frantic clients or worried parents. Biggest differences: on Wall Street there are absolutely no hugs and consequences are always negotiable.

As I restock the closet with suits and uncomfortable shoes, I know I will miss the everyday of children and colleagues. How, no matter what's going on, we're good to each other. Actually, I think I'll take that with me. As for my classroom library, I hear Wall Street is looking for some good books.

author: Pat Hynes A twenty-year county resident, educator, attorney, parent and civic activist, Pat is a classroom teacher who began her journey as an educator first as a parent. She was the president of her children's cooperative preschool, president of their elementary school PTA, founding member of the Vienna Teen Center Foundation and also civic association president for five years. Pat has invested her energies in community and civic organizations and currently serves on the Fairfax County Public Schools Superintendent's Business and Community Advisory Council. Trained as an attorney, she has focused her career on the educational field. www.hynesforschoolboard.com



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Vienna · Oakton · Oak Hill · Tysons Corner · Dunn Loring · McLean · Great Falls · Reston

by Terry Belt

he New Year has arrived, but if we travel back to 2007-2009 and review the news headlines one would think it was Halloween for several years in real estate. You may remember some of these news bytes: "Housing Horror." - Crain's Business, "U.S. Housing Crash Deepens in 2008 After Record Drop"- "Worst Case Scenario" CNN/FORTUNE and on and on. It was "Friday the 13th" every day for a while as literally every local market in the country experienced falling sales and homes values as buyers froze and the banking, mortgage, building, and residential brokerage industries came to a virtual standstill. In Northern Virginia, depending on location and price range, values dropped between 25-50 percent off peak, new home construction slowed drastically, some national builders left our market or went out of business, and many local small builders went bankrupt or could not obtain construction financing. The number of real estate agents and mortgage brokers began to shrink.

Consumer confidence was at all-time lows. The Northern Virginia area in 2009 for the first time since 1990-1992 lost jobs.

...the performance of our region has been fantastic compared to most every other market in the USA.

It's good to learn from the past, and not to live in it. At the end of 2011, and headed in to the new year, local headlines read differently. Reminding ourselves that residential real estate is local, local and not a national market, the performance of our region has been fantastic compared to most every other market in the USA. Vienna in particular was ranked the fifth best housing market in the USA according to a recently released study by *Bloomberg/BusinessWeek* with median home values increasing almost 13% in 2011. Yes, 13%, that is not a "typo!" While not ranked in

the report, many of the other local adjacent communities are doing comparatively well, especially as you get closer to Washington, DC. Thanks to a healthy local economy and extremely affordable interest rates for mortgages we are experiencing the most stable market since the frenzied run up of 2004-2007. According to the GMU Center for Regional Analysis, Northern Virginia's unemployment rate is at 4.5%, which is about one half the national rate. A significant number of new jobs were added in 2011 and many of those were filled with people relocating to our area.

The market theme most weeks and almost every month in 2011 was a decrease in the inventory of homes compared to the week/month before and year over year. At the time of this writing the latest numbers show that as of December 12, 2011 the Washington, DC region had 48,934 versus 64,266 units during the same week of 2010. That's a whopping 23.9% decrease. The months' supply

of homes is now 6.1 compared to almost 8 months a year ago. Locally, the month's supply is between 2-6 months depending on price range, home style and type. A 5-6 month supply of homes is considered to be a balanced market between buyers and sellers. The data also shows that total sales volume for 2011 is less than 2010 and if you read news headlines highlighting this, it can be misleading. The truth is that sales are off because there are fewer new listings, especially attractive homes that people want to buy. The result is a pressure on prices to increase, which we saw in 2011. Some headlines will also state the fact that in most areas the time to sell a home has increased and the percentage of list price is decreasing. Again, the uneducated buyer or seller that relies on headlines and sound bytes might think that it is a buyer's market. The truth is that the homes that are prepared properly, show well, and are priced to what the market comparables indicate are selling quickly in weeks not months and in many cases with more than one offer.

So what is in store for 2012? The local real estate market is not as volatile as the stock market and residential real estate markets move at a much slower pace. While we always experience temporary fluctuations in local housing activity that affect the psychology of buyers and sellers due to national news events like the recent credit rating down grade by Standard & Poor's or 911 or local incidents like the sniper attacks, weather, earthquakes, etc, the local trends we see in housing are expected to sustain in the new year. As long as mortgage rates remain at or near historical lows, affordability at all time highs, and our local economy is healthy, expect 2012 to look very similar to 2011.

This is what the final report from *The GMU Center for Regional Analysis* titled "Housing the Regions Future Workforce. Policy Challenges for Local Jurisdictions" stated in the summary of key research findings in the 4th quarter of 2011:

"Over the next 20 years, the Washington DC metropolitan area

will add more than a million net new jobs. At the same time, the region will need 1.8 million replacement workers to fill jobs vacated by retirees and others. The ability to absorb these new workers into the region and to ensure robust regional economic growth depends critically on providing a sufficient amount of housing of the right types and prices and in the right places." "If each jurisdiction provided enough housing to accommodate all of its future workers, the Washington

DC region needs to add 731,457 net new housing units between 2010 and 2030."

If the research and forecast for population and job growth is even remotely accurate the future for housing in our area is sound. Happy selling and buying in the new year to come!

author: Terry Belt of Keller Williams is CEO of the Belt Team, and a NVAR Lifetime Top Producer. He has personally been involved with over \$1 Billion in real estate transactions and lectures frequently on real estate issues in Northern Virginia. www.thebeltteam.com



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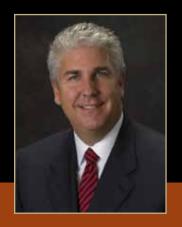
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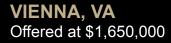






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This new stone estate under construction in one of the nicest neighborhoods in Oakton, Windsong. As you enter, the rooms are grand, with the detailed custom molding, Palladian windows, lots of fireplaces, 10 ft ceilings, to die for kitchen and mud room.



New elegant stone and hardiplank home on over 2 acres with peaceful lake views close to Tysons Corner. Built with quality features to include granite or marble in all baths, library with custom built-ins, custom mantles and a stunning master bath with shower body sprayers.





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FIVE REASONS

A HOME IN 2012

It's true that money can't buy happiness, but knowing that the value of your assets will grow over time does give you peace of mind.

Negative press is leaving some home buyers stuck on the fence, but here are a few reasons to climb down:

- 1 In the long run you come out ahead; in the short run you enjoy your home. The paper value of your home won't rise much in the next couple of years. But if you want a home where you can raise your children or retire for the rest of your life, the paper value will rise significantly, or probably double or triple during that time.
- 2 The recent survey by the Hartford/MIT Lab's Home for a Lifetime survey shows that half of all homeowners prefer their current home for retirement. Another 10 percent may choose to retire there, but aren't sure yet.
- 3 A home is like a savings account. Your initial costs of home buying will come back to you many times over during the life of your mortgage. Your stake in the home builds every month. You'll have more than rent receipts in the future.
- **4** Mortgage payments are fixed; rental payments rise. On a fixed-rate mortgage, you know what your payment will be each month for years to come. (As inflation rises, you'll be making those payments with less expensive dollars.)
- **5** Apartment rents through the third quarter of 2010 were up 2.4 percent nationwide for the year and up twice that amount in larger cities. Nice apartments were hard to find because the national vacancy rate is the lowest since 2006, according to a study by real estate research firm Reis, Inc.

There are many more reasons for having a home of your own, reasons that have little to do with the financial aspects:

Stability and community. You get to know the neighbors. Your kids won't have to change schools. They can keep their friends. You get to know their teachers and which parks, neighborhood facilities and merchants are best for you. Studies show that as people develop positive relationships with neighbors, they have more happiness and less stress.

You get to be the boss. Dealing with a landlord and negotiating repairs are hassles you won't have to deal with. As the boss of your own place, you can paint, renovate and redecorate as much as you want and in any color or style you want. ■



ASKTHE EXPERT

Have you considered the condition and attractiveness of your garage? Though it gets little attention from people who want to sell, it is becoming one of the more important areas of a home.

The garage is now more than a place to pull cars out of the rain. People enter their garage several times a day. How its appearance makes them feel can determine if their day starts on a positive or negative note.

When prospective buyers step into your garage, they should see a well-organized area. It's nice if a lot of your miscellaneous storage could go to the basement. If you don't have one, use closet organizers, shelving and large plastic bins for storage of seldom-used items. A loft-type storage area is not that expensive to build and could house seasonal decorations and storage boxes.

You can brighten the interior with one or more 8-foot fluorescent light fixtures (about \$80 each) that will allow people to see all of its attractive features.

"We're thinking of selling our home. It looks pretty nice, but we wonder If you have any tips other than the usual paint and fix-up advice."

How about the floor? Unless the house is almost new, the floor probably has oil spots and discolorations on it. Coat the floor with epoxy paint to give it a shiny attractiveness. It's available at Lowes for \$24 to \$57 a gallon. In the future, drips and spills will be easy to wipe up. Rubber mats or tiles are another choice.

The garage door takes up a large percentage of the home's view from the outside. The appearance of the doors is a big factor in a home's curb appeal.

If you are willing to put some money into the exterior view of your home, new garage doors are a good idea, especially if the old ones aren't in good shape.

Carriage doors are hot right now and they can have a variety of attractive windows. The doors open like other garage doors, but look as though they swing out as in carriage houses. Home Depot offers 20 different styles.

Just making a couple of these improvements will make your home more attractive from the inside or the outside.

201 1 HEIGHT OF by Shea Daugherty DULLES RAIL CONSTRUCTION



2011 was a banner year for Phase 1 of the Dulles Corridor Metrorail Project, which saw a ramp-up to peak construction levels and local employment in late summer. And, the Washington Metropolitan Area Transit Authority (WMATA) officially named the extension the "Silver Line."

The construction of the project was more than 60 percent complete by the end of 2011, which marked significant progress all along the alignment from East Falls Church to Reston, according to the Metropolitan Washington Airports Authority's Dulles Corridor Metrorail Project team.

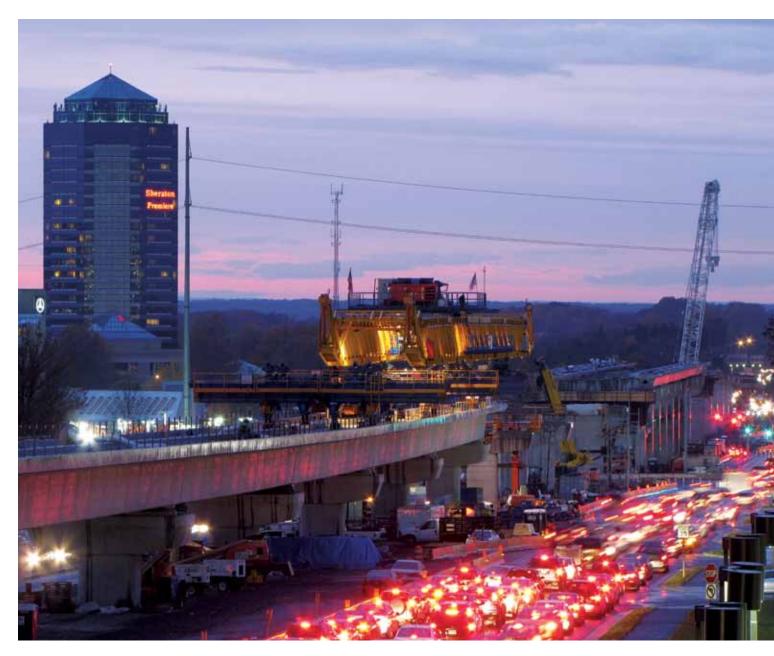
A highlight continues to be successful construction of the tie-in for the Silver Line to WMATA's existing Orange Line between the existing east Falls Church and West Falls Church Metrorail stations.

Mining and concrete operations for the in-bound and outbound tunnels connecting the Tysons Central 7 and Tysons Central 123 station were completed and the track will soon be put in place. Dulles Transit Partners' (DTP) tunnel team completed this work ahead of schedule, under budget and with an excellent safety record. DTP is the design-build contractor for Phase 1.

These twin tunnels run beneath the highest natural point in Fairfax County at the intersection of Routes 7 and 123 in the heart of Tysons Corner. Both tunnels are approximately 2,400 feet in length, just shy of a half-mile. During mining operations, this team successfully excavated more than 100,000 cubic yards of dirt which was carried by truck to Washington Dulles International Airport grounds.

The most visible parts of the project in 2011 continued to be the aerial bridges (or guideways), which are being constructed using the large, horizontal cranes commonly called trusses. Those 366-ton pieces of specialized bridge-building equipment were awe-inspiring mainstays of the Tysons landscape all year.

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In Summer 2011, three trusses were in commission simultaneously, a construction feat that is believed to have been accomplished nowhere else in North America. It was impossible to miss any of them as they perched atop pier structures along Route 123, near Capital One and over the beltway.

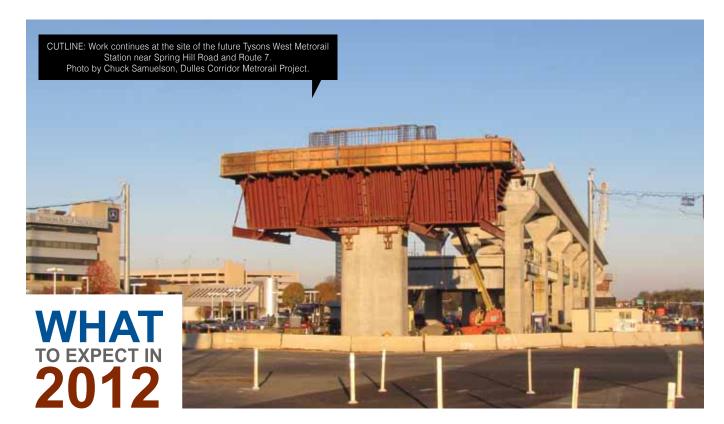
In Spring 2011, the truss building, the section of bridge between the west side of the Beltway and Tysons Central 123 station, completed its work, was disassembled, and then reassembled in the median of Route 7 where it continues to work today.

Aerial work in the median of Route 7 began in 2011, in the one-mile stretch between Route 123 and the Dulles Toll Road. It passed through the Tysons Central 7 station (between SAIC and the Marshalls shopping center and Pike 7 Plaza), and had reached the Tysons West station (between Spring Hill and Tyco Roads) by the end of the year. That truss is now crossing Spring Hill Road, and continues to march west toward Tyco Road/Westwood Center Drive.

Each of the five stations began to take shape in 2011. The Tysons East and Wiehle Avenue stations are farther along than the other three, though all made significant progress over the course of the year. The first escalators at Wiehle Avenue were delivered in the fall. Preparation for escalator installation is taking place at other stations.

The project's first Traction Power Substation and Train Control Rooms were moved to sites along the Dulles Connector Road and bridges were built across Pimmit Run, Difficult Run and the Washington and Old Dominion Trail.

continued on p.134



arch 2012 will mark the third anniversary of the Dulles Corridor Metrorail Project's start of construction. The project has come a long way in those three years – from the early work such as utility relocations to the 'beginning of the end' of laying rail tracks. The nature of the project will change considerably in 2012. As civil and bridge work marches toward completion, the majority of the construction will shift to the five stations, electrical work and auxiliary facilities. Tysons Corner drivers can expect fewer, less frequent lane closures and major detours, though some still will be required throughout the year.

The project is also quickly phasing into an active rail operation. In construction terms, that means as construction is completed in each work area, the rail subcontractor moves in and begins to lay track. Although railcars will not run along this system until the testing phase begins in 2013, other equipment can be expected to run along the installed rail at any time, in any direction. As a result, the project is stepping up rail safety training for construction employees as well as subcontractors who will be working in areas with rail. Eventually, the third-rail system will be energized.

Most of the aerial guideway that rises from the Dulles Connector Road and soars over to the northwest side of Route 123, is already complete. It runs through the Tysons East Station and over the main entrance to Capital One before joining the bridge over the beltway. The bridge work in the median of Route 7 is scheduled to be completed by mid-2012. This will require some nighttime road closures and detours when the truss crosses over Tyco Road/ Westwood Center Drive, and eventually, over the eastbound lanes of the Dulles Toll Road (Route 267) and the Dulles International Airport Access Highway (DIAAH).

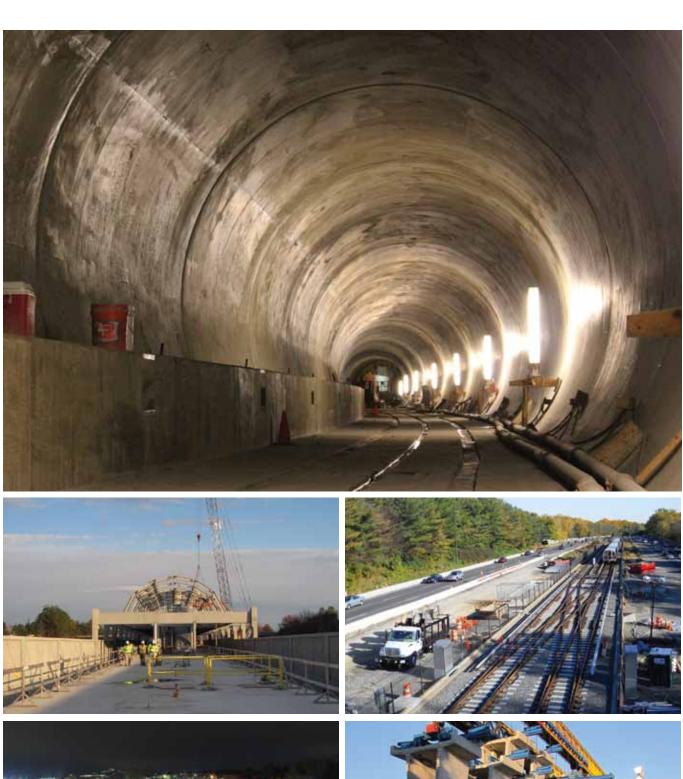
The Tysons East station is a fully above-ground station located along the northwest side of Route 123 between Scotts Crossing Road and the Capital One complex. Pedestrians will be able to access the station from the south side of Route 123 and Colshire Drive, where the early work on the entry pavilions is underway. Pedestrian bridges over Route 123 will connect this pavilion with the station.

A pedestrian bridge will also connect Tysons Corner Center to the Tysons Central 123 station where tie-ins to the tunnels are nearing completion to this station to Tysons Central 7 Station, which is perhaps the most complex design of the five stations because half of the facility is underground and the other half is above ground.

Pedestrian pavilions on each side of Route 7 will be located between SAIC and the Big Screen Store (at the former Merchants Tire location), and near the Wendy's in the Tysons Square Shopping Center (Marshalls Drive). Walkways bridging the pavilions and the station also will be constructed over both directions of Route 7.

Pavilions and pedestrian bridges also will be built to access the Tysons West station between Spring Hill and Tyco Roads. Those making the drive past to the Wiehle Avenue station along the Dulles Toll Road/Dulles Airport Access Highway in Reston already can see the brick exterior, and more strikingly, the honeycombed canopy top. The pavilion on the south side of the Toll Road is underway, with the pedestrian bridge to follow. Similar access from the north side of the Toll Road will be implemented later in 2012.

author: Shea Daugherty, is communications manager for construction with Dulles Transit Partners, a team lead by Bechtel Dulles Corridor Metro Project.











GUARD YOUR SMARTPHONE

Cellphone thefts are on the rise. Police in New York City estimate that 11,000 were taken from users in 2010. Police call the crime "snatch and grab."

If you decide to use your iPhone on the sidewalk, subway or train, better look over your shoulder first to see who is nearby and watching you.

A favorite tactic is to grab a phone and jump off a train, bus or subway just as the doors are closing.

If they know about the theft, some carriers can shut down the phone remotely. Verizon, Sprint and many European carriers already do so. AT&T and T-Mobile will cancel your SIM card after a phone is stolen to protect personal information, but a thief can slip in a new card and resell the phone on the black market, say tech experts reporting in *Fortune*.

PROTECTING AGAINST CHILDREN'S IDENTITY THEFT

One of the first and easiest things you should do to prevent your child's identity from being stolen: caution him or her about giving personal information, especially their Social Security number, to anyone over the internet.

The most likely person to steal your child's identity is a family member or frequent visitor to your home. Be sure your child's Social Security card is stored in a secure place. Shred any papers that have your child's Social Security number on them.

One part of the problem: credit bureaus don't check social security numbers with the Social Security Administration in order to verify a person's name and age.

That means thieves can use the number with their own name, or a fake name, to open credit accounts, get student loans, home, boat and car loans, receive government benefits, unemployment compensation, tax refunds or access to medical care and employment, all using your child's number.

The crime will not be known until your child grows up and is denied credit because of debts on his credit report.

To obtain your child's credit report, you have to contact a credit bureau through the mail by sending them your child's complete name, address, date of birth, a copy of the child's birth certificate, a copy of the child's social security card, and a copy of your own driver's license or other government-issued proof of identity. Also, the proof must include your residential address along with a current utility bill that also includes your home address.

Mail these items to one or more of these credit bureaus:

Equifax, P.O. Box 740256, Atlanta, GA 30374 Experian, P.O. Box 9532, Allen TX 75013 TransUnion, P.O. Box 6790, Fullerton, CA 92834

Be suspicious of credit offers sent to your children. Notify credit bureaus, then check your child's credit report. You need the report to prove your child is a victim. Learn more by contacting the Federal Trade Commission at www.ftc.gov or (877) IDTHEFT.

WINDOWS 8 COMING SOON

Microsoft says its new operating system may be on the market by fall of 2012. Windows 8 has a dramatically different look and feel. It will be flexible enough to accommodate new tablet devices as well as more traditional PCs that use keyboards and mice. The system will compete with Apple's iPad. Microsoft says it has sold nearly 450 million copies of its previous operating system, Windows 7. Microsoft's "Metrointerface" streams a continuous selection of news, photos, emails and headlines in a mosaic of square and rectangular tiles.

The company is calling for app developers to work with the new software. It gave 5,000 Samsung-made tablets, running an early version of Windows 8, to developers attending a recent San Francisco conference.

Windows 8 applications will be distributed through an online app store.

LIGHT BULBS WITH SPEAKERS

It's kind of like elevator music for your home with tunes playing at your command from the ceiling and lamps, only this time you will actually like the music. The MusicLites system uses an LED light that you screw into a standard light bulb socket. Inside the bulb is a hidden high-fidelity loudspeaker.

A separate transmitter connects to a stereo receiver, computer, smartphone, digital audio player or TV. It communicates wirelessly with the light and speaker. A remote control lets you brighten or dim the lights and adjust audio volume in up to five zones in your house. Each zone can be outfitted with up to 12 speaker lights and operated independently or in tandem with each other. A starter kit with a transmitter and single light-speaker costs about \$350. But you'll need at least two speaker-lights for stereo, and extras.

VENDING MACHINES GET TECHNICAL

Technology is mercifully ending the days when you put coins in a vending machine, then have to give it a kick to make it work. The vending machine industry is entering the new age of paying by credit card or smartphone. They want to attract a generation of users that would rather use touch screens than coins. You may not have seen them yet, but they are on their way. The National Automatic Merchandising Association says they have machines that look and act like giant iPads. They are definitely changing the way vending machines operate, according to USA Today.

The revamp is coming because users are populated less by lunchtime factory workers and more by college students and other young people. To attract Gen Y consumers the industry must install mobile-wallet platforms.

NEW ON THE HORIZON

Pepsico has a machine with a touch screen that allows the user to "gift" a beverage to a friend by entering the friend's name and mobile number. Users can personalize the gift with a short video.

Kraft is testing a machine that lets you zoom in on the image of a package so you can read the ingredients and nutritional facts. It also lets you buy multiple snacks at the same time and on the same bill. Crane, the largest vending machine maker, has one that lets consumers buy snacks and drinks from several machines in a location but only pay once with a debit card, stored-value card or smartphone. The Ramen Noodle Station makes customized noodles in three minutes. If you kick it, the machine takes your picture.







SEIZING STANDOUT STYLE

Nice Shoes • No Drama by Leigh Macdonald

tyle is a funny thing. While it's often perceived as nothing more than wearing the right designer, it's really so much more than that. True style, after all, is visible nearly everywhere. In obvious places—like the clothes and shoes that we don—and in less than obvious ways like the manner in which we interact with others.

You see, a woman with truly fabulous personal style possesses a calm certainty about herself. She knows that her value is measured most by the mark she leaves on those around her. Her family, her friends, her community, and her world. She is optimistic and encouraging, and at the same time, empathetic. A stylish woman makes time to put herself together, but she knows that the most important thing she can wear is a kind and unassuming smile. And she's beautiful. In her very own imperfect and irreplaceable way.

So who is this woman anyway? She's you. Because style—the kind that really matters—dwells squarely within the soul of every woman. Sure, it takes a bit of effort to seize standout style. But it's no secret that effort is required to achieve most anything worth having.

If you'd like to kindle—or rekindle, as the case may be—your sense of style, consider this. Among your priorities, include a willingness to care for yourself, both inside and out. This isn't about vanity, it's about you making time to care about you and about the image you project to the world around you. You wouldn't buy a new car and readily let it slip into an untended condition. So why would you let your body—a far more consequential vessel—go untended? By routinely

taking time to care for yourself and your image, you'll set an important example for your children and you'll also offer the women around you a gentle, encouraging reminder that self-care isn't bad or selfish. Instead, it's smart.

Once you've committed to the notion of "put-together," showcase your style with kindness, consideration, and empathy. Think for a moment about that someone you know who is always upbeat, friendly, and seemingly happy. Her demeanor is no accident. She effervesces because she's chosen to be kind. Not just sometimes, but all of the time. Indeed, truly beautiful women make it a priority to be kind even when they don't feel like it.

So go ahead, dress up pretty and play nicely with others. If you do so, by the way, there's something really special in it for you. Your kind self-assurance will free your mind of negativity and function much like a clean window. You'll be better able to view the best in yourself and in others. Our world, after all, is relatively constant. And while some days seem great, and others not-so-great, it's not our world that's changing. The variable is our viewpoint. And your viewpoint will naturally be brighter if you take time to treat yourself with all the respect that you deserve.

author: Leigh Macdonald, is an attorney, former law professor, and the founder of NiceShoesNoDrama.com. She is working on her first book series and appears regularly as a Style Guru on local network news stations, including Fox 5 DC, NBC Washington, and WJLA's News Channel 8. She contributes written content to all 53 of WUSA9's hyper-local websites and speaks regularly at events in Northern Virginia and the District. Leigh lives in Leesburg with her husband and two children, and she has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends.



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COACH

Internet dating at all ages.

DEAR COACH AMY,

I am a 55 year old woman who is vibrant, youthful, active and looking to finally get out and meet someone for a relationship now that my daughter is in college. I am hesitant to try online dating, although I do know people who have met their partners that way. It just seems scary to me. Also, I don't want to lie about my age, but I notice that men my age want to date women in their 30's and 40's! Moreover, I don't see myself at these meat market singles events where there are hundreds of people just standing around waiting to be picked up. I'm too old for that.

What do you suggest?

- Ready in Reston

DEAR READY IN RESTON,

50's is the new 40's! People are meeting others for serious relationships and marriage at all ages. I have had several female clients in your age range who have met men and who are now in committed

relationships and marriages. It really depends on your attitude and not feed into these scarcity beliefs.

Internet dating is one of the best ways to find people to date. This can be a very targeted approach and save you a lot of time by finding out upfront that you share similar values and life goals. Baby boomers have adopted online dating and this is a big area of growth for online dating sites. There is so much to know

about being savvy with online dating that I teach a 6 week online coaching program. For details, go to www. successfulinternetdatingprogram.com. Several 50 and 60 something women have found love from online dating. I highly recommend making an effort with online dating.

Also, I'd like to suggest participating in activities that you both enjoy and where you meet people who share your values is also a good way to connect with others. One of my clients enjoyed being active and living a healthy lifestyle. She met her partner on a hiking group. Another met through a dancing group. I do know someone who met her husband through a volunteer organization that they both were dedicated to a particular cause.

Last, several of my clients are trained to talk to people that they know in their network and tell them they are interested in meeting someone for a serious relationship. I teach them how to succinctly tell someone in 30 seconds what kind of person they are looking for. This has worked for a couple of my clients. When they can express who they would like to meet, then they were introduced to someone who was a good match!

So, you have a choice, to sit home and complain that there are no good guys out there or you can try one of these ways to get out and start meeting quality people for dating and hopefully, you will find

start. What are you willing to do in support of your goal to find a committed romantic relationship?

Intentionally yours, Coach Amy

author: 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



MONEY: NOT JUST FOR THE RICH

Estate planning can protect your family.

our estate consists of the property you own outright and jointly, including bank accounts, real estate, stocks and bonds, vehicles, jewelry, and retirement accounts.

When you add up the value of these assets, it's easy to see that you need a plan for how you want them distributed after you're gone. Estate planning is not just for the rich or those who have a great deal of money or property.

Making a will is the first step. It should tell what property you wish to leave to family members, friends and organizations. It should tell who will act as guardian to manage property for dependent children. It will name an executor to manage your estate, pay debts and taxes, and distribute property according to your wishes.

For some people, a will is enough, but those with more assets or special situations should consult an estate

planning attorney. They include people who want control of what happens to property after their death, parents who have a child with a disability or special needs, couples with children from first, second or third marriages, or those who fear someone might declare their will to be invalid.

If you're worried about how much an attorney's services will cost, bring up the subject when you make the appointment. Many questions you have can be answered quickly, while others may take an hour for a meeting and more time for research. Some attorneys offer a free first visit and fixed estimate for legal work involved.

Estate plans should include who will make decisions about your medical care and final arrangements, such as whether you want to be cremated or buried.

This planning also involves finalizing one or more documents that give legal force to your wishes for property management and medical care.

MEDICARE INCREASE IS NOMINAL FOR 2012

n October, it was announced that about 55 million Social Security recipients would get their first increase in benefits next year since 2009, a 3.6% raise for 2012. It meant that the average Social Security check would be about \$39 more than before.

Most recipients worried that Medicare premiums would rise so much that their check wouldn't be much higher.

- The smaller-than-expected increase is only \$3.50 per month. That means an increase from \$96.40 per month to \$99.30.
- Seniors who make over \$85,000 a year or couples earning \$170,000 a year will pay higher Medicare rates, \$139.90

per month. The highest rates will be paid by couples who have income of \$428,000 per year. They pay \$319.70 each for Medicare in 2012.

- All Medicare recipients will see lower deductibles in 2012. The annual deductible is \$140, down \$22 from 2011.
- Deductibles for hospital treatment will rise by \$24, making them \$1,156 per stay.

Government officials credited the lower rates to their efforts to rein in Medicare and other health-care costs under the 2010 health overhaul law. Some Republicans say costs were down because seniors could not afford to go to the doctor as often.

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Beginning January 1, 2012, a program, titled "We Can't Wait," will give students more time to wait on paying back their student loans.

The program modifies the federal government's "incomebased repayment" plan, which allows qualifying students to pay back loans using a monthly percentage of discretionary income.

Currently, eligible students can cap their loan payments at 15 percent of their discretionary income. The new plan lowers that to 10 percent.

The plan will also forgive the balance of eligible student's debt after 20 years of payments, as opposed to 25 years, which is what current law allows.

You can't ignore a federal student loan debt, because your wages could be garnished, your tax refunds withheld, and your credit score will plunge. Other solutions to the problem that could be considered:

Reducing payments. The standard term is 10 years, but federal student loans can be extended to 25 years. To qualify, you must owe at least \$30,000 to a Direct Loan program or a Federal Family Education Loan Program lender. Of course, over this longer period, you will pay far more interest.

Graduated repayment. You pay interest only for up to four years. After that, your payments will gradually increase so you pay the loan off in 10 years. Interest will be much less than if you extend the loan to 25 years. In spite of these benefits, the program is underused, according to the Institute for College Access and Success.

Postponing payments. For graduates who are out of work or have a lower-than-expected salary, default is avoidable. Federal student loan borrowers who are experiencing hardship can have their loan payments deferred for up to three years.

MONEYWISE

Cutting ties with your hairdresser or housekeeper.

hen you're interested in cutting \$100 or \$200 a month from expenses, some choices are easier to make than others.

Giving up your hairdresser is difficult if you've had a years-long relationship, but if prices of the weekly hairdo and six-week haircut are cutting into a limited budget, you might be forced to do it. Be sure to talk to your hairdresser in person and, if possible, leave a little extra tip. You can also reduce expenses by changing your appointment to every other week.

Before you let your housekeeper go, extract promises of more help from family members. Or, again, maybe you only need her every other week or once a month.

Poor buys

- Herbs and vitamins to fight flu symptoms. The CDC says no herbal, homeopathic or folk remedy will cure the flu or speed its resolution. Homemade chicken soup can make it go easier.
- Bottled water. You pay up to \$64 a gallon for it and some is just tap water treated with minerals or chemicals. Tap water costs about 1 cent per gallon.
- Lottery tickets. According to Powerball, your chance of winning the big prize is one in 195,249,054. Buying two, three, or five tickets doesn't increase your chance of winning. Consider putting a buck in the bank. You'll have something at the end of the year.

• Credit-card payment insurance. It can cost several hundred dollars

a year and there are so many restrictions, you probably won't qualify for anything if you are sick or disabled, according to *Time*.

Financing your kid's house

The tight credit market is leading to family mortgage deals. Sometimes parents have money saved that's earning very little interest in a CD or savings account, but, meanwhile, their son or daughter is having a hard time getting a mortgage.

If your adult child is conscientious and consistently employed, a family mortgage could be a good choice for you both. You could make a contract with 4% interest.

UNDERLYING LL CAUSESO

by Sanford Christmus

CANINE WEIGHT GAIN

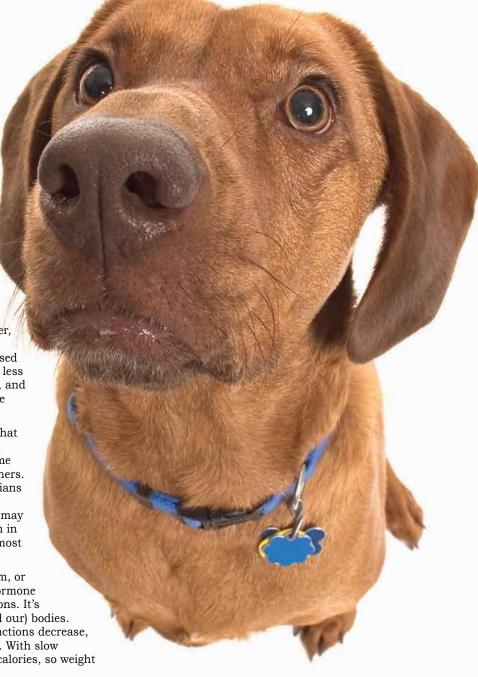
Thank you for your articles regarding pet diets and nutrition. I need your help, though. Max, my Lab, is overweight. He doesn't get many treats, and they're the healthier ones you've recommended. I'm careful with his diet and feed him a good quality diet. He exercises regularly. Can there be another problem?

- Max's Mom

I know it's frustrating to have a dog that doesn't lose weight, even when you do everything you can to help. You're right to suspect there may be another problem; however, first be sure you've discussed Max's diet and exercise routine with his doctor. As I've discussed before, sometimes dogs and cats need more or less food than the food manufacturer recommends, and sometimes exercise routines or diets need to be altered for the individual patient.

I consider several conditions when I see dogs that are persistently overweight. The most common problems are hormonal in origin, although some are more easily diagnosed and treated than others. You don't mention Max's age, but we veterinarians take a pet's age into account when we're formulating our list of possible processes that may be occurring. Some diseases are more common in younger or older animals. I'll discuss the two most common hormonal causes of obesity in dogs.

In younger dogs, we tend to see hypothyroidism, or a below-normal thyroid blood level. Thyroid hormone is often called a "master switch" for cell functions. It's necessary for many processes in our pet's (and our) bodies. If there's not enough thyroid hormone, cell functions decrease, which is another way to say metabolism slows. With slow metabolism, the body does not need as many calories, so weight





often increases when dogs are fed their routine diet amounts. The animals tend to become lazy and lethargic. Most clients say their dog seems "older," but sluggishness is a red flag when the pup is only two to six years old. Eventually, hypothyroid dogs develop a dry, dull coat, and they tend to have flaky skin, like dandruff. Sometimes they develop skin and ear infections. If hypothyroidism goes untreated, the dog can develop facial puffiness and droopy eyelids, commonly called a "tragic face," because the dog looks sad. Hypothyroidism is most common in younger, purebred, female dogs, but mixed-breed dogs and males can also get the disease, and it can occur at any age, even in puppyhood.

In older overweight dogs, we still consider hypothyroidism, but another disease becomes more common: Cushing's disease. Cushing's disease is more properly called hyperadrenocorticism, but I think you'll agree "Cushing's" is easier to say.

Cushing's is caused by excess cortisol, which is made in the adrenal gland. Cortisol is another very important hormone that has far-reaching effects on almost all cells in the body. It's one of the "fight-or-flight" hormones, along with adrenaline, and gives the body a boost of energy that allows the dog to take action suddenly. If, however, cortisol levels don't go back to normal, they can cause numerous problems. Cushing's is most often caused by a benign tiny tumor in the brain's pituitary gland or by a malignant tumor in the adrenal gland, which sits just above the kidneys. The end result of either type of tumor is that cortisol is produced without being controlled by the other regulatory hormones in the body.

Excess cortisol causes several common clinical signs. Only rarely do cats produce excess cortisol, but when they do, as do dogs and people, they usually drink more water than usual, urinate larger amounts, and seem hungrier than normal. Sometimes pets with Cushing's have urinary accidents in the house because they need to

urinate more, but they are not able to go outside more often. Weight gain is a common result of Cushing's disease, as a result of several factors. One is that sufferers are hungrier and eat more food. Sometimes the pet will beg at the table more or get into the trash and find food there. Secondly, cortisol causes the liver to enlarge, from storing glycogen and fat, which can add significant weight, especially in larger dogs. Cortisol also causes a change in the body's fluid balance, so pets tend to add "water weight." Cortisol also changes fat distribution, and the pet develops a pot-bellied appearance. As Cushing's progresses, other signs show up, such as muscle loss, muscle weakness, thinning skin, an increased likelihood of infections and blood clots, and loss of fur, especially on the trunk.

Eventually, hypothyroid dogs develop a dry, dull coat, and they tend to have flaky skin, like dandruff.

Max's veterinarian will want to talk to you about some blood tests and, ideally, a urinalysis. Basic blood testing, such as a chemistry panel and complete blood count, can sometimes provide evidence that Cushing's is present. We often see a combination of abnormal results on blood panels from Cushingoid dogs. They usually have an elevated SAP liver enzyme, because cortisol stimulates that enzyme to increase activity, thus causing the level to go above the normal range. These dogs often have elevated cholesterol and triglyceride levels, too, although doctors of veterinary medicine don't usually worry about those things as much as medical doctors do.

While dogs with Cushing's disease are more susceptible to infections, they have normal white-blood cell counts, but the problem is that the immune system isn't as efficient. The complete blood count is often normal in these dogs, although sometimes their platelet level is increased.

Because of the increased water intake, though, Cushing's causes dilute

urine, which can be detected on the urinalysis test. Urinary tract infections are common in dogs with Cushing's disease, too, although most of these dogs don't show any signs whatsoever. The urinalysis should show if infection is present, although sometimes a urine culture is necessary to catch occult—or hidden—infections.

If these combinations of abnormalities show up on initial testing, Max's veterinarian will probably recommend further testing, which will specifically look at his cortisol levels. There are two common tests, the ACTH stimulation test and the low-dose dexamethasone suppression test. If Max requires further testing, your veterinarian will discuss with you which test will be better for him, although neither is 100% accurate, unfortunately. Depending on the cause of Cushing's disease, medical therapy or surgery is necessary to control the problems that come with the disease.

Hypothyroidism is often easier to diagnose than Cushing's. Dogs with hypothyroidism should have a thyroid level that's below the normal range. Because the thyroid level typically goes up and down through the day, though, we often don't completely trust a single low thyroid level on blood tests. Your veterinarian may recommend additional testing to confirm the thyroid level. Other variations of thyroid hormone can be checked to confirm that the pet is truly hypothyroid. If found, hypothyroidism is easily treated with thyroid supplementation given daily for the rest of the dog's life, as it is in people.

I hope your veterinary visit and this brief overview of the most common hormonal causes of obesity in dogs helps you figure out if Max needs anything more than just a lower calorie diet and more exercise.

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 OVVHpets. com. Please e-mail questions to askthevet@ovvhpets.com.

PETS







A new holiday tradition for your pet?

clean's annual Winterfest parade on December 4th was a hit. Hundreds of people lined the streets hoping to catch a glimpse of the floats or maybe even Santa himself. The crowds weren't disappointed because Santa and Mrs.Claus made an appearance, even with their busy winter schedule. But aside from the main parade the 2011 Winterfest Reindog parade

and pageant was a highlight to the Winterfest activities. A line of dogs dressed in their holiday best paraded through Mclean all hoping for a little attention or at least a treat for being stuffed into a variety of creative costumes. The costumes included elves, presents, Santa's sleigh and of course lots of reindogs!

The winner of the pageant was a group of three pups dressed as the

ghosts of "A Christmas Carol."
A well known story creatively
brought to life by Phyllis Verhalen
who credits her granddaughter
with the brilliant idea.

Once a year the Winterfest Reindog parade gives our best friends something to look forward to during the busy holiday season. Maybe your pet will win next year?

Highlights from the 2011 Winterfest Reindog Parade











Think your pet has what it takes? Send your best photos to articles@vivatysons.com









VHAT RESOLUTION?

New Year's motivation may be right in front of you

The most common New Year's resolution is to lose weight and get more exercise. But how do you stay motivated? Look right next to you, now a little lower, yes those big brown eyes staring right up at you could be your ticket to a healthier you.

Dogs require a lot of exercise, so skip the gym and take your little guy on a long walk around the neighborhood. Little Snoopy can benefit from this arrangement as well and maybe meet some of

his own weight loss goals. Even a short walk will get you moving and one step closer to sticking to your fitness goals.

According to healthline.com, "A British study of 5,000 people including 3,000 dog owners-found that the average dog owner walked his or her dog for more than eight hours a week. Those who did not own a dog only spent, on average, one hour and 20 minutes per week at the gym, walking, or jogging. Almost half of the people without

pets admitted that they didn't exercise at all."

If you are not the running type you can introduce a game of fetch or tug-of-war with your pup which keeps you both active and moving. Dogs are also proven to relieve stress which is another reason including them in your workout routine can benefit. All the more reasons to get moving in the New Year!

Is your pet ready for their close up? Send photos to articles@vivatysons.com

Check Out Some of Our Area's Cutest Pets



Owner: Keryn Dohanich



Nugget Owner: Katie and Lei



Owner: Molly Burns Owner: Carly McAlister



Toby



Trixie Owner: Laurie Dohanich



Sparky Owner: Marcus McAlister



Buddy Owner: Johnny Hanna

TALK5 TYSONS

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatysons.com. Let us decide if it's too trivial, it rarely is.

Those of us who are "fans" of our homegrown restaurant group, "Clyde's" will be delighted to know they have taken over the old Garfinckel's Department store downtown and opened **The Hamilton**. A 37,000 square foot restaurant and music venue sure to be a game changer for our downtown area in DC. Short hop on the metro, walk a block, you're there. Open 24 Hours. Eat, Drink, Listen... Go Clyde's! The Hamilton, 600 14th Street, N.W. Washington, DC 20005, 202.787.1000, www.thehamiltondc.com

2941 RESTAURANT

Falls Church restaurant landmark, 2941, will close the first two weeks of 2012 to undergo renovations – from the décor to the menu. They are transforming the restaurant to a more casual setting with a more appealing menu to capture the

everyday diner instead of just special occasions. Stay Tuned. 2941 Restaurant, (703) 270-1500, 2941 Fairview Park Drive, Falls Church, VA, www.2941.com



Ya Hala (means welcome) has opened in Vienna at 409 Maple Ave. W in Vienna bringing us the taste of the Mediterranean.

Grape Leaves, Hummus, Shish Tawook and Kabab, Shawarma and Kefta. 703.255.7070 or www.yahalava.com



More Sweets? Ok... Sweet City Desserts is open near Pure Pasty Co. in Vienna... soooo good...

Good-Bye. We'll miss those doll houses. Once Upon a Time, that great little toy store on Church Street is gone.
A sign of the times I guess. The building has been purchased by none other than our very own Tommy Staats. Tommy mentioned to us he may move his office there and rent out the remaining space.



And speaking of dates... let's not forget about the **Annual "Viva Vienna"** sponsored by **The Rotary Club of Vienna**. ViVa! Vienna! is a family and community oriented celebration of Memorial Day and the greater Vienna Community spirit. It emphasizes the historic area of Church Street, the Freeman House, the Town Green, the Old Vienna W&OD Railroad Station, and the Caboose as well as the park area of the WO&D Trail through Vienna. It provides amusement rides, food, and entertainment May 26th through May 28th. Entertainment starts Saturday evening and continues through Monday. Street vendors,

crafters, professional and non-profit groups are open Sunday, May 27th and Monday, May 28th from 10am to 6pm. There is fun, food and music for families and friends of all ages and over 50,000 people attended the event in 2011. ViVa! Vienna! is the major fund raising event for the Rotary Club of Vienna, VA, Inc.; All proceeds from ViVa! Vienna! benefit our community, nation and the world making them a better place for all of us. Please contact one of the following Rotary members for more information on sponsorships and booths. James Cudney: (703) 999-9306, Brian Billett: (202) 302-4949, or Keith Bodamer: (703) 938-1366



Save the date! The Vienna **Volunteer Fire** Department will be holding the of Vienna" on

Saturday, April 28, from 11am-8pm. Food, Music, and all for a good cause. Wanna help? Anthony@VVFD.org.

It's not open yet... Patrick, please hurry! Alegria, will be our town's new Margarita Bar offering tequilas, margaritas, and delight full tacos... We can't wait!



Since our last issue we have a new pharmacy in town. McLean **Pharmacy** specializes in

custom compounding, vitamins, supplements, homeopathic remedies, natural health, beauty products and compression stockings. They assembled a wellness team of top pharmacists and nutritional advisors to help us make informed decisions about our wellness needs. They have assembled a wellness team of top pharmacists and nutritional advisors to help you make informed decisions about your wellness needs. Your copay is the same wherever you go so why not choose a pharmacy where the patients' needs are met with genuine concern for their wellbeing. 1392 Chain Bridge Rd, McLean, VA 22101, (571) 488-6030, www.mcleanrx.com

In case you were not aware of it, you may now use a Tysons Corner address instead of McLean or Vienna when using zip codes 22182 and 22102

We see the sign, but as we go to print we can't tell you much about Extreme Pizza except that they are coming to Vienna. We spotted the sign next to Swan Cleaners. Stay Tuned.

Coming soon... Firebox Burgers and Salads, next to the Subway on Courthouse Road... Organic beef. More info when we get it.

Just in case you didn't know... Café Nemooneh is now serving up great sandwiches along with those wonderful desserts...

Have you been to the new Oakton Wine Shop in Oakton? Fabulous selection and very knowledgeable people... 2952-A Chain Bridge Road, Oakton, VA, 703.255.5425

More Kabob? Kabob, Kabob? Ok. Alborz in Vienna, next to Subway... Barg, Koobideh, Jujeh and chicken Tandoori. We've read some great reviews! 8417 Old Courthouse Rd, Vienna, VA 22182, (703) 288-4500, www.Alborzpersianrestaurant.com and Red Fire Grill Kabob on 8603 Westwood Center Drive in Vienna. 703.288.0593

Cava Mezze Grill will be opening in Tysons Corner Shopping Center in March...Cava Mezze Grill offers "Authentic Mediterranean Greek dishes with a casual touch." Opening near American Girl. Stay Tuned www.cavagrill.com



It's Open! And what a grand opening! The Microsoft store is now open at Microsoft Store Tysons Corner Center... An answer desk, personal training, and help with your PC,

X-Box, Windows Phone, Software... you name it... everything for the PC or Microsoft.



Speaking of Kabobs, we have another new Kabob Tavern Tavern in town. Kabob Tavern opened in the Village Square shopping center near Princess Jewelers and Café Nemooneh. With a menu chock

full of Middle Eastern goodies, long-time friends Amand Johns and Samira Feda are gearing up for the demands of today's "kabob enthusiasts." And coming in February "Rumi's Bistro" upstairs. Find them at 523 Maple Ave, Vienna, VA 22180, 703.242.2138, www.kabobtavern.com

One resolution I have made, and try always to keep, is this: To rise above the little things.

-John Burroughs, American Naturalist

Trivia Teaser • In The Black

- What TV personality was named Miss Black Tennessee in 1972?
 A. Oprah Winfrey B. Pam Oliver C. Tyra Banks D. Robin Roberts
- 2. What singer won five Grammy Awards for her sophomore album "Back to Black" in 2008?
 - A. Adele B. Solange Knowles C. Taylor Swift D. Amy Winehouse
- 3. What black-and-white cartoon character appeared briefly in "Who Framed Roger Rabbit" claiming work has "gotten slow since cartoons went to color"?
 - A. Betty Boop B. Olive Oyl C. Minnie Mouse D. Snow White
- What fictional character was the godson of Sirius Black?
 A. Harry Potter B. Percy Jackson C. Superman D. Indiana Jones
- What day of the week was in the title of a viral Rebecca Black song sensation?
 A. Sunday B. Monday C. Saturday D. Friday
- 6. Which U.S. President enlisted as a volunteer but was voted the captain of his company during the Black Hawk War?
 - A. Dwight Eisenhower B. Abraham Lincoln C. George Washington D. James Polk
- 7. Max Black and Caroline Channing are the main characters on what sitcom?

 A. Rules of Engagement B. Still Standing C. 2 Broke Girls D. Happy Endings.
- 8. Coleman Young was the first black mayor of which major U.S. city?

 A. Houston B. San Francisco C. Chicago D. Detroit
- How many black keys are on a standard piano keyboard?
 A. 26 B. 36 C. 46 D. 56
- What actor played the one-armed stranger in the movie Bad Day at Black Rock?
 A. Ernest Borgnine B. Alan Hale Jr. C. Spencer Tracy D. Maximilian Schell

Artistic Word Search

C H A R C O A L L C R S G P R I M E R S E A L O T R P A P E R Y M N D Z L N A S A A E W A V R S D O E P R C L L N A K P T A C M H E R O E S C A X I P R G I H Y W S T S I L C H E I T C L X A T T S L K C T P E T I I E R E E H S T A M R E C L I G D S S I E W A A R S H N P U C W N K S R S T B O A R D S O K S E K E S P I B L O Q N L D M E R S N E T Z K A I X O A R Z T P V N G G O Q W L R S C C W R T S E V I N K F S H

ACRYLICS	MATS
BOARDS	OIL
BRUSH	PAINT
CANVAS	PALETTES
HALK	PAPER
CHARCOAL	PASTELS
COLORS	PENCILS
DRAW	PENS
ASEL	PIGMENTS
NAMEL	PRIMERS
RASER	SKETCH PAD
RAMES	SPONGES
GRAPHITE	STICKS
NK	STRETCHERS

WATERCOLOR

Valentines Day Facts

KNIVES

- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the US.
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, and Italy.
- About 3% of pet owners will give Valentine's Day gifts to their pets.
- In the US, 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

If you mouth the word "colorful" to someone, it looks like you are saying "I love you".



"Just chillin'. What are you up to?

Historical Happenings

Jan 7 1789 - The first Presidential election was held

Jan 15 1967 - The first Superbowl was held

Feb 7 1964 - The Beatles visit the US for the first time

Feb 7 1910 - The Boy Scouts of America was incorporated

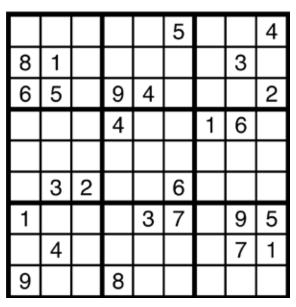
Feb 29 1968 - The first GRAMMYS were held



"Your wife says you were married for 50 years and <u>now</u> you want to communicate?"

February 1865 is the only month in recorded history to not have a full moon

SUDOKU



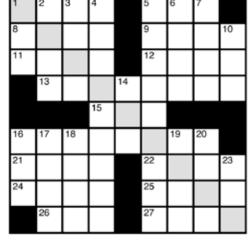
Olympic Event Crossword

Across

- 1. Finish line?
- 5. Jewel
- 8. Baseball stats
- 9. And others, for short
- 11. Flock member
- 12. Yellowfin or ahi
- Cooking slowly
- 15. "Harper Valley __"
- Patisserie
- 21. One way to run
- 22. Building additions
- 24. Strike out
- 25. Balm ingredient
- 26. Aye's opposite
- 27. Sunrise

Down

- 1. _ el Amarna, Egypt
- 2. Saudi, e.g.
- 3. Au __, live-in
- 4. Near F1
- Advances
- Small handbag
- 7. Educator Horace
- 10. Hang back
- 14. "__ show time!"
- Not good
- 17. "You can say that



again!"

- 18. Kind of nut
- 19. Earthen pot
- 20. Farm equipment
- 23. D.C. bigwig

Note. The title is a clue to the word in the shaded diagonal. The online dating industry generates \$1.8 billion per year and the matchmaker/dating coach business generates \$260 million per year in the United States.

Bizarre Holidays

Jan 4th Trivia and Humiliation Day

Jan 11th National Step in a Puddle and

Splash Your Friend Day

Jan 21st National Hugging Day

Feb 4th Create a Vacuum Day

Feb 15th National Gum Drop Day

Feb 23rd International Dog Biscuit

Appreciation Day

A man jumps out of a window of a 20-story building. He falls all the way to the ground below, and lands on solid concrete with nothing to cushion his fall. The man gets up, still alive and completely uninjured. How is this possible?*

*He was IN a 20 story building but only on the first floor

OFF-LEASH

Open: Daylight to Dusk

VIENNA DOG PARK

700 Courthouse Rd, Vienna, VA Features: Fenced 90 x 150, area is shaded with on-site water. Dogs must be licensed by the Town of Vienna or Fairfax County.

BARON CAMERON PARK

11300 Baron Cameron Ave Reston, VA

Features: Area for dogs under 25lbs and area for dogs over 25lbs. Water supply and separate area for small dogs (under 25 lbs.)

OAKTON BLAKE LANE **DOG PARK**

10033 Blake Ln, Oakton, VA Features: Grassy, fenced field

CHANDON

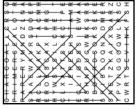
900 Palmer Dr, Herndon, VA

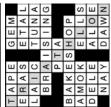
Make sure you follow these Off Leash Dog area rules:

- The off-leash dog area is for dogs, their handlers and those accompanying them. No other use is allowed.
- All dogs must be legally licensed and vaccinated, and shall wear a visible dog license.
- Dogs under 4 months of age and female dogs in heat are prohibited.
- Dogs must be on leash when entering and exiting the off-leash dog area.
- Dogs must be under the control of their handler and in view of their handler at all times.
- Spiked collars are prohibited.
- Children 8 years and under are not allowed in the off-leash dog area; children ages 9 - 15 years must be accompanied by an adult.
- · Handlers must be 16 years of age or older.

- Handlers must have possession of the dog leash at all times.
- Handler is limited to a maximum of two dogs.
- Handlers must "scoop the poop" and fill any holes dug by dogs under their control.
- Food and drinks in glass containers are prohibited; training treats are allowed.
- Dogs must be removed from the off-leash dog area at the first sign of aggression.
- No animals other than dogs shall be permitted in the area.
- Handlers are responsible for any injuries caused by the dog(s) under their control.
- · Users of the facility do so at their own risk. Neither Fairfax County nor the Fairfax County Park Authority shall be liable for any injury or damage caused by any dog in the off-leash area.

Answers to 'In the Black'









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HOROSCOPES

JANUARY

ARIES: As a typical Aries, you have a lot of restless energy. You accomplish a lot, but you also have to beware of taking on more than you can handle well. People are attracted to you but often ask for your help.

TAURUS: Your emotional commitment takes you far in accomplishing your goals, and you have a talent for getting others committed to them. Guard against moodiness.

GEMINI: One part of your charisma is your positive attitude when things go wrong, as they sometimes will. Being a good sport is part of your problem-solving capability.

CANCER: January is a good month for you when it comes to your job. You will have a productive year. It's also true when it comes to house hunting, whether you are searching for the right fit in an apartment, home or condo.

LEO: You will move closer to the status you want, but first you have to survive the latest hurdle. Be patient, cautious and in charge of your creativity. It will happen.

VIRGO: If you use your talent for intellectually evaluating projects, you will have successful outcomes. Share the credit for a success with your co-workers.

LIBRA: Your genuinely unselfish ways will bring good fortune in the future. Acts of sharing, smoothing out conflicts or giving help will not go unnoticed or forgotten.

SCORPIO: Remember this when thinking about your health: fitness is attractive. An image of fitness shows bosses, partners and others that you are in charge of your body and could well be in charge of other things.

SAGITTARIUS: This month, it will be up to you to come up with a brilliant compromise. You know what people want and how to bring reality into a problem solution.

CAPRICORN: You're on a quest for a better financial position. First, look to your spending habits. Then, check with friends for ideas about how to save and invest.

AQUARIUS: Your emotional flexibility will come into play very soon. You can have a different face for every occasion, which allows you to fit into any setting or situation.

PISCES: When you concentrate on family and spiritual values, your energy will be renewed. Soon, a great idea will make you stand out from the pack.

FEBRUARY

ARIES: Step away from it to get a better view of the problem. Detaching yourself temporarily can give you a different perspective and a new angle on possible solutions.

TAURUS: You now know that handling a financial situation will take discipline and creativity. Take appropriate steps to move forward and track your progress. A written financial plan is a good start.

GEMINI: When positive attention is showered upon you, you bask in its glory. But when days pass without it, life seems boring. Smooth it out by calmly accepting praise but realizing it doesn't happen all the time.

CANCER: Because of who you are, you influence others. They are observing you and may follow your lead. Take them toward diligence, honesty and fairness.

LEO: When you live or work with other people, it's possible that you'll hear an unflattering comment. Don't take it personally. Things happen, and you can't please everyone.

VIRGO: You may think you're too busy to do much about your health. But in your heart, you know ignoring it is a form of laziness, one that can have serious effects. Check that schedule and put yourself first.

LIBRA: Here comes Valentine's Day. Don't forget to make a gesture of caring for your loved one even if it's one flower or one chocolate heart.

SCORPIO: If you think there's an edginess in your partner's voice, there probably is. Don't ignore it. Find out what the issue is and explain it or do something about it.

SAGITTARIUS: Good fortune is coming your way in February. Recognize it, cultivate it, and reap the benefits. Some aspects of the situation will require diplomacy.

CAPRICORN: You have to dream about it first. Though the dream is important and augments planning, it's action that brings the results you want. Roll up your sleeves.

AQUARIUS: Love and friendship work well together. If you're single, don't overlook a relationship with a person who could be more than a friend. It could create balance and security in your life.

PISCES: Sometimes you feel like you're between a rock and a hard place, and no matter what choice you make, it won't be perfect. But it could put you on a path to understanding the cause and effect.

It's Footballand Iris Lounge has you covered!

Sunday Football

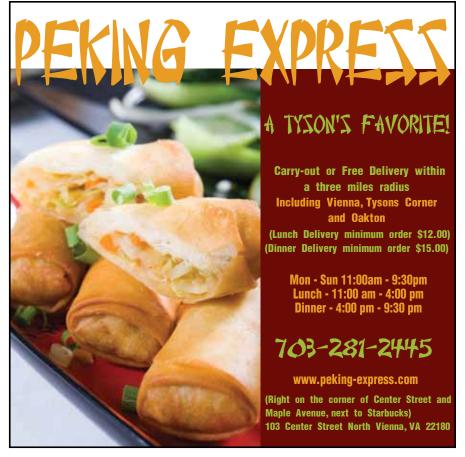
12 TO 12 \$10.00

All you can eat buffet-All Day and Night! Watch the game

on our 14 HDTV'S

Raffle for a flat screen
TV give away
Every Sunday





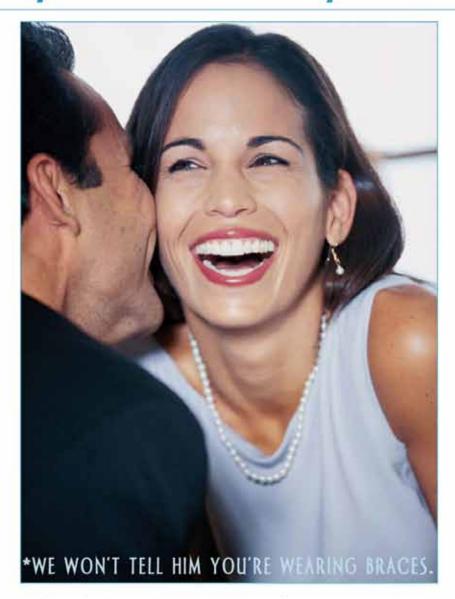








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