

FALLS CHURCH | GREAT FALLS | MCLEAN | OAKTON | VIENNA

VivaTysons

M A G A Z I N E

March-April 2012 | vivatyson.com | \$3.⁹⁵

WEDDINGS & EVENTS

Envisioning the Future
of Maple Avenue

It's Spring:
Let's Get Organized!

Painting with Light

McLean Project
for the Arts at 50!

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GREAT FALLS \$3,850,000
New Versailles Custom Home on 5 ac estate. 4 car gar, ML BR suite, detailed media room, gourmet kit, paneled lib and LL bar. Aug. deliv.



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



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.



GREAT FALLS \$4,500,000
8 BR, 10 FB & 3 HB. 5 ac, over 12,000 sq ft, 4 story atrium, elevator, 4 car, guest quarters w/kit, wine cellar, pool, spa & apart above the garage.



VIENNA \$1,249,711
New home in downtown Vienna. Detailed molding & Brazilian cherry floors. Gourmet kit, SS appls, BR's w/en-suite BA, 4th lvl w/BR & BA.



MCLEAN \$1,348,711
Great value, walk to schools & parks. This newer home offers quality not found in McLean homes at 2x the price. Flat rear yard.



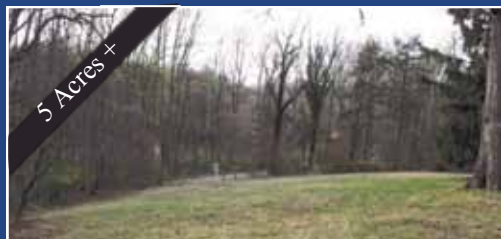
OAK HILL \$629,865
Oakton HS. 5 BR cul-de-sac home, recent renovations, gourmet kitchen. Perfect lot backing to common area. LL with rec room and bar.



OAKTON \$2,650,000
New lux home by George Sagatov, Windsong neighborhood, elegant features, detailed molding, Palladian windows and separate catering kitchen.



FALLS CHURCH \$799,900
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.



Vienna Land \$1,095,777+



ARLINGTON \$1,549,900



Great Falls Land \$399,999+

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FEATURES

- 16 **PAINTING WITH LIGHT**
Romantic photography devoted to the unforgettable "Backstreets of Europe."
- 18 **MCLEAN PROJECT FOR THE ARTS AT 50!**
50 years of connecting art and the community, and still going strong!
- 77 **IT'S SPRING: LET'S GET ORGANIZED!**
Helpful tips and suggestions to help you clean and organize your home.
- 122 **ENVISIONING THE FUTURE OF MAPLE AVENUE**
Where Maple Avenue will be heading in the coming years.



16



90



94



124



DEPARTMENTS

- 8 Selected Events
- 14 Arts & Theatre
- 24 Around Town
- 33 Health & Fitness
- 46 Taste of Tysons
- 86 In Style
- 103 Home Improvement
- 111 Real Estate
- 122 Tysons Update
- 128 Technology
- 134 Money
- 136 Pets
- 140 Talk of Tysons
- 142 Fun & Games
- 144 Quick Corner
- 145 Horoscopes

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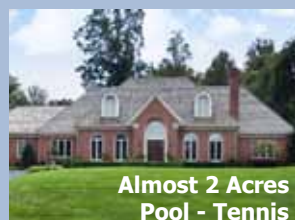
MCLEAN
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Miller Heights Road



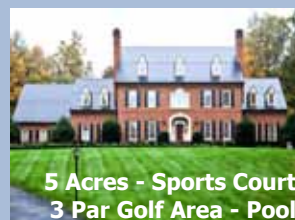
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Summit Drive



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Pool - Tennis
GREAT FALLS
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Blackmore Vale Way



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Ivakota Farm Road



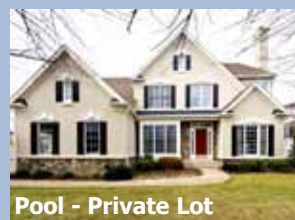
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OAKTON
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Oakmont Court



McLean's Gold Coast
MCLEAN - FOR RENT
\$12,000 FX7704923
Crest Ln (View of Potomac)





110



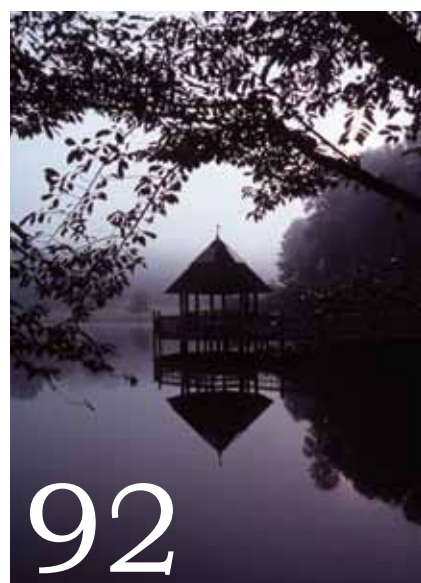
112



18



23



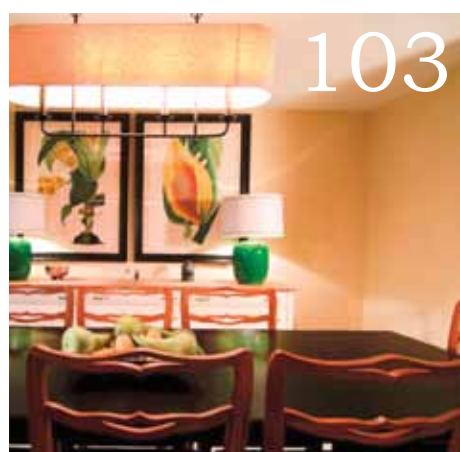
92



124



98



103

MORE GOOD STUFF

- 21 Piano Man
- 23 Vienna Gets Funnier
- 30 Jacques' Brasserie
- 33 Life Blood for the Community
- 34 Yo-Yo Dieting
- 36 Rejuvenate with Spring
- 38 How to Detox
- 40 Advancements in Fertility
- 42 Interval Training for Beginners
- 44 Ask the Doctor: Heart or Anxiety Attack
- 52 Dining Guide
- 56 Restaurant Review: Little Saigon
- 62 Local Wine and Beer Dinners
- 84 Saint Patrick's Day
- 88 Safe Cycling at Night
- 90 Diamonds are Forever
- 92 Communing with Nature
- 94 Catoctin Distillery
- 96 Tear Down the Walls
- 98 Sisler's Stone
- 107 Spring into Skin Care
- 108 Decor by Denise
- 110 Less Planning More Playing
- 112 Most Expensive Homes 2011
- 114 Tysons Premier Real Estate Listings
- 120 Folding Screens are Back
- 120 Mortgage Interest Deductions
- 121 Ask the Expert: Real Estate
- 124 Tysons Construction Update
- 130 Better Than Birdie
- 133 Coach Amy: Friend Zone
- 136 Pets: How to Prevent Ear Infections
- 144 Local Sushi Restaurants

A LETTER FROM THE PUBLISHER

Wow. It's happening so fast. Seems like every time I drive through our town, the skyline looks different. Some of those tracks for the Silver Line look awfully futuristic. (I guess the future is here). Marcia McAllister does a terrific job of keeping us posted with articles and pictures - thanks Marcia!

Getting married, or having an event? Need a caterer, invitation or dance lessons? We have some suggestions.

Keryn Dohanich did some writing on spring organizing, cleaning, garage sale tips, you name it. Great ideas, and just in time.

I met Bob Heier years ago and it was only after noticing his work hanging in my den that I thought I should share his magic with you. Enjoy!

The McLean Project for the Arts is 50! Since 1962, this organization has worked diligently to keep the work of our area artists alive and vibrant. MPA Communications Director Dabney Cortina shares some thoughts and photos on the history and the mission.

No foolin' - We have a new Comedy Club in Vienna. Located in the Marco Polo building, in the heart of Vienna, we hope you enjoy the comedy ... and if you've had a chance to listen to John Shack at the piano at Seasons 52, you know how enjoyable it is to sip a glass of wine and hear him play your favorites.

Laurie Young, our newest contributing author, helps us "Rejuvenate with Spring"... some great suggestions and ideas. Watch for more great articles from her.

Jacques' Brasserie in Great Falls is so much fun, we hope you get a chance to meet your friends there for some great food and wine selections.

Tim from bikes@vienna gave us some tips on bicycle safety. I can't tell you how many times, on a very dark night, I encounter a cyclist in black with no lights on ... and it stands my heart still. Please be careful. Thanks, Tim.

Giving the gift of life is easy at INOVA Health Services. They need you. Please help.

Our usual contributors have done it again with some great ideas for health, wealth, decorating, and living well ... they always come up with the best ideas!

In an effort to help our advertisers in these economically challenging times, we are launching "Celebrate Tysons," an online service to bring some "unbelievable neighborhood offers" to the community. We hope it helps.

So much more ... thank you Keith, Rick, Carly, Dave, Gaby, Keryn, Lauren and all of our contributing authors for your hard work and help. You hang the moon.

Cheers!



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MARCH-APRIL

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SELECTED EVENTS



LOCATIONS

(referred to in the selected events)

GREAT FALLS

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

Red, White and Bleu

127 South Washington St
703.533.9463
www.redwhiteandbleu.com

MCLEAN

1st Stage Theater

1524 Spring Hill Road
703.854.1856
www.1ststagespringhill.org

Iris Lounge

1524 Spring Hill Road
703.760.9000
www.irisloungeva.com

Alden Theatre

1234 Ingleside Avenue
703.790.0123
www.mcleancenter.org

Claude Moore Colonial Farm

6310 Georgetown Pike
703.442.7557
www.1771.org

VIENNA

The Barns at Wolf Trap

1635 Trap Road
703.255.1900
www.wolftrap.org

Jammin' Java

227 Maple Avenue E
703.255.566
www.jamminjava.com

FAIRFAX

Epicure Cafe

11213 Lee Highway
703.352.9193
www.epicurecafe.org

MARCH 3-4

CHOCOLATE LOVERS FESTIVAL

Old Town Fairfax

The Chocolate Lovers Festival features two days of chocolate celebration. Among the events planned are the Taste of Chocolate, where vendors sell their wares to purchase; the Chocolate Challenge, an arts extravaganza where the medium is chocolate; historic re-enactments and historic building open houses; children's activities; a craft show and bake sale; a pancake breakfast and more. For information, visit www.chocolatefestival.net.

MARCH 5

THE MILK CARTON KIDS

Jammin' Java

McLean | 7:30PM | \$10

Their songs disguise the youth of the members of the band. Befittingly, so do the old guitars they play and old clothing they wear. But to be sure, *The Milk Carton Kids* have something new to present: harmonies & minimalist instrumentation which are a clear reference to times passed. To present it, they use two guitars and two voices, they labor over the arrangements, they record themselves live, and they release their music on their own label, and for free. A performance by *The Milk Carton Kids* is a quiet and intricate affair.

MARCH 6

A GREAT BIG PILE OF LEAVES + YOUNG STATUES

Jammin' Java

McLean | 7:30PM | \$10

Brooklyn-based trio, *A Great Big Pile of Leaves* got their

start in 2007 when guitarist/singer Peter Weiland and drummer Tyler Soucy took time from their prior projects to start writing material of their own. Full of swelling guitars, intricate vocal melodies and introspective lyrics, *Young Statues* is evidence of a group of musicians who have honed their skills and made a record to be revered for its beauty, tact, and honesty.

MARCH 7

2012 RUN THE SHOW TOUR: TRIBAL SEEDS + FORTUNATE YOUTH

Jammin' Java

McLean | 8PM | \$13

From San Diego, California, award-winning reggae group *Tribal Seeds* have become known for their spiritually driven, refreshing rock vibe infused with the roots style of reggae music. *Tribal Seeds* unmatched musical talent and authentic sound has brought them to the forefront of the reggae rock genre, as their art form has reached people of all ages across the United States, and worldwide.

MARCH 8

DANGERMUFFIN + CRIS JACOBS BAND

Jammin' Java

McLean | 8PM | \$10

With the release of *Moonscapes* in 2010, *Dangermuffin* has exploded onto the national scene. They are becoming a cornerstone on festival billings, including Virginia's FloydFest, SummerCamp Festival in Illinois, Yonder Mountain's Harvest Fest in Arkansas, Jazz Aspen in Colorado and dozens more to come in 2012. *Dangermuffin's* rhythmic anchor lies in the creative

beats of Steven Sandifer (Drew Emmitt Band, Adrienne Young), embellished by the thrilling, twangy guitar stylings of Mike Sivilli. The result of their pooled talents is an inventive, fresh sound that retains an organic Americana truthfulness.

MARCH 8

KARL SCULLY

The Barns at Wolf Trap

Vienna | 8PM | \$25

Revered for his uniquely soulful and expressive voice, this former Irish Tenor is a favorite among classical and Irish music fans alike.

MARCH 9

SING ME INSOMNIA+ FOREVERISFOREVER (ACOUSTIC)

Jammin' Java

McLean | 7PM | \$12

Brothers Jared and Marshall Cunningham spent the majority of their young teenage years playing music separately. Each with a slightly different vision and direction for their music, they never gave collaborating with each other a fair shot. As they ventured through more and more failed and directionless music projects, they knew something was missing. They found that "something" when they eventually decided to join forces and create a band together. With Marshall's passion for pop anthems, and Jared's strong compositional skills, *Sing Me Insomnia* (SMI) began. The band was completed with their friends - Wes Beale and Jordan DePriest.

MARCH 9

SNRG

Jammin' Java

McLean | 10PM | \$13

From video rotation on MTV in Asia to guest appearances on MYX North America---SNRG continues to make it's presence felt all over the world. Performing LIVE in numerous cities, [DC, Toronto, Manila, LA and NY, just to name a few] they have taken their moxie on the road to share their message at a venue near you.

MARCH 10 UNITY - A 311 DAY TRIBUTE!

Jammin' Java

McLean | 10PM | \$10

DC's premier 311 tribute band, *Unity*, is bringing you a special 311 Day performance this March at Jammin' Java! They will be rocking two full sets of 311 classics with enough energy to fill two stages. Because 311 Day falls on a Sunday this year, *Unity* will be hosting the celebration on Saturday, March 10th (worry not, for at the stroke of midnight it will officially be 311 Day!).

MARCH 10 PAULA COLE

The Barns at Wolf Trap

Vienna | 7:30PM | \$25

GRAMMY-winning songwriter sings contemporary rock songs including "Where Have All the Cowboys Gone?", "I Don't Want to Wait," and "Me."

MARCH 10 WEST COAST PARTY

Colvin Run Community Hall

Great Falls | 7-11:30 PM

\$12 fee covers lesson, dancing and refreshments.

MARCH 11 & 12 AN EVENING WITH PAUL KELLY

Jammin' Java

McLean | 7:30PM

\$15 GA (Two-day Pass: \$25)

In North America, Paul Kelly is loved by a fervent following of devoted, discerning listeners. However, in his native Australia, where his songs are lodged deeply in the country's soundtrack, Kelly is virtually a national hero. In a career that spans more than 30 years, Kelly has released a steady stream of albums that showcase his emotionally vivid, musically expansive songwriting, capturing the essence of the Australian landscape while demonstrating Kelly's uncanny ability to distill a novel's worth of narrative and character detail into a straightforward, effortlessly accessible melodic pop tune.

MARCH 14 DREW HOLCOMB AND THE NEIGHBORS + NATHAN ANGELO

Jammin' Java

McLean | 8PM | \$12

When audiences hear Holcomb's songs, there is an emotional attachment and reaction, proven by the epic "Live Forever" which was recently used during an episode of NBC's *Parenthood* and sparked a downloading frenzy online. On *Chasing Someday*, Holcomb and his *Neighbors* have found a unique voice, one that definitely has the potential to add to the conversation in a profound and substantial way.

MARCH 15 DARRELL SCOTT

Jammin' Java

McLean | 7:30PM | \$18

Much of the commentary about Darrell Scott's career has focused on the songs he's written that have been recorded by famous names and voices - those known in music industry parlance as "artists." But then there's

the actual word artist, whose definition has nothing to do with radio hits and red carpets. We refer of course to those who create artifacts of aesthetic and intellectual contemplation and wonder, built from experience, skill, reflection, and emotional intent. That's an artist. And that, at the end of the day, is Darrell Scott.

MARCH 15 TOM PAXTON

The Barns at Wolf Trap

Vienna | 8PM | \$24

With an exceptional flair for songwriting, this folk guitarist addresses real-world events through songs that vary from heartfelt and insightful, to light and humorous.

MARCH 16 CELTIC MUSIC CONCERT

Cherry Hill Farmhouse

Falls Church | 8PM | \$15

Enjoy a lively evening of traditional Irish music in the intimate atmosphere of the farmhouse parlor. Musicians will play banjo, guitar, flute, fiddle, mandolin, and concertina.

MARCH 16 GROOVELILY- SLEEPING BEAUTY WAKES

The Barns at Wolf Trap

Vienna | 8PM | \$35

What if Sleeping Beauty woke up in modern times? This performance goes further than the usual fairy tale by transforming the story into something audiences can relate to.

MARCH 17 JOHN EATON

The Barns at Wolf Trap

Vienna | 7:30 PM | \$25

From Gershwin to Porter, this

long-time Wolf Trap favorite and local jazz pianist presents popular American songs with entertaining observations and interpretations. John Eaton is joined by bassist Tommy Cecil for an evening of their own unique jazz improvisations.

MARCH 17 & 18 SPRING CLEAN UP

Claude Moore Colonial Farm

McLean | 10AM-3PM

Help get the Farm ready for the new season! On the 18th century farm, fields and trails need to be cleared, fences rebuilt, and wood moved and stacked. Behind the scenes, there is greenhouse work, wood splitting, cleaning animal pens and even some indoor jobs. Bring work-gloves and dress for the weather. The Farm will provide a picnic hot dog lunch. Families and groups are welcome. RSVP to jengle@1771.org.

MARCH 18 ACCIDENTS + DEREK EVRY + MADRONE + TODAY'S TOMORROW

Jammin' Java

McLean | 1PM | \$10

This show is to raise money for City Year, a non-profit organization to help keep children interested in school. From after school programs to tutoring, City Year focuses on making school fun, interesting, and having all the right tools to keep kids on the right track. *Accidents* are known for their energetic live shows and their hook-filled songs. With only one EP under their belt, they have loads more ground to cover and have no intentions of stopping any time soon.

MARCH 20 & 21 CELTIC CROSSROADS

The Barns at Wolf Trap

Vienna | 8PM | \$27

continued on p. 10

Seven dazzling musicians jumpstart traditional Celtic songs with youthful energy and rhythms.

MARCH 21
DIGITOUR + DAVE
DAYS + DESTORM
+ RICKY FICARELLI
+ ALEX GOOT +
ASHER MONROE +
NICE PETER + THE
KEY OF AWESOME +
WHATADAYDEREK

Jammin' Java

McLean | 8PM | \$15

MARCH 22
DAVID CHOI

Jammin' Java

McLean | 8PM | \$16

Choi was born and raised in Orange County, CA. He is a singer-songwriter and producer formerly signed to Warner Chappell where he wrote 100 songs. His original recordings have aired on NBC, VH1, MTV, E!, Travel Channel, PBS, FOX, Food Network and in television commercials in the U.S. and overseas. Choi has starred in and produced original music for several major online campaigns including Starburst Candies and the Addy Award-winning "Get That Look" campaign for JCPenney.

MARCH 28 & 29
HAPA

The Barns at Wolf Trap

Vienna | 8PM | \$25

Called "Hawaii's hottest group" by Billboard Magazine, HAPA combines traditional Polynesian beats with both European and American folk influences to create a truly inimitable sound.

MARCH 29
NNEKA

Jammin' Java

McLean | 8PM | \$10

Nneka's raw yet distinctive style of songwriting and harmonies soon brought her to the attention of top acts touring the continent across a wide range of styles. Her audience now numbers hundreds of thousands across

two continents. She opened massive shows for Jamaican dancehall bad-boy *Sean Paul*; then she did it again, this time for even bigger crowds with global hip-hop crossover stars *Gnarls Barkley*. Add Lenny and Lauryn to that list and you get an idea of the sheer reach of the Nneka sound. It's a sound that places her right at the center of the new revolution in African contemporary music today.

MARCH 30
CHICAGO SYMPHONY
ORCHESTRA BRASS
QUINTET
THE DISCOVERY
SERIES

The Barns at Wolf Trap

Vienna | 8PM | \$35

The CSO brass contributes its rich sonorities to the distinctive sound and spectacular power of the Chicago Symphony Orchestra.

MARCH 30-APRIL 22
SIDE MAN

1st Stage Theatre

McLean | 8PM

Journey through three decades of the jazz era in the Tony award winning play, *Side Man*. Clifford narrates a tender but difficult tale of his parents' tortured relationship with each other and with the music that defined a generation. Experience a time before *Elvis*, when one trumpet solo could change a life and when sidemen were celebrities. This semi-autobiographical play is an inspired look at the joy of jazz, the despair of broken families, and the determination of love.

MARCH 31
HOT CLUB OF SAN
FRANCISCO

The Barns at Wolf Trap

Vienna | 7:30PM | \$30

This critically acclaimed ensemble grounds their music in gypsy swing, creating unique originals and converting pop favorites with a refreshing energy that will have you tapping along to the beat.

APRIL 1
AN EVENING WITH
WILLY PORTER

Jammin' Java

McLean | 7:30PM | \$20

"How To Rob A Bank," the latest release from esteemed guitarist/singer-songwriter Willy Porter, showcases his continued growth as a songwriter and recording artist. Porter offers a rich blend of salt and sugar with tracks that move easily from rough-hewn electric edges into soulful irony with equal aplomb. Jeff Giles of Popdose.com says, "It's another solid entry in a discography full of them, and one of the smarter, more durable albums of grown-up music we're likely to get this year."

APRIL 4-6
GEORGE WINSTON

The Barns at Wolf Trap

Vienna | 8PM | \$35

This GRAMMY-winning new-age musician draws inspiration from R&B, jazz, blues, and rock with soulful and endearing piano solos.

APRIL 11
DAN NAVARRO &
TRACY GRAMMER

The Barns at Wolf Trap

Vienna | 8PM | \$20

Dan Navarro, singer/songwriter behind the hit "We Belong," and Tracy Grammer, "one of the finest pure musicians anywhere in folkdom" (*The Boston Globe*), team up for a double dose of acoustic melodies.

APRIL 12
ROBBIE SCHAEFER
& ELLIS PAUL

The Barns at Wolf Trap

Vienna | 8PM | \$18

These two famed guitarists "strike all the right chords" (*The Washington Post*) as they team up for a night of contemporary folk music.

APRIL 13
RACHEL BARTON
PINE, VIOLIN
THE DISCOVERY
SERIES

The Barns at Wolf Trap

Vienna | 8PM | \$35

A child prodigy who made her solo debut at age seven, Pine has grown into "the most charismatic, the most virtuosic, and the most compelling American violinist of her generation" (AllMusic). She has received worldwide acclaim for her technical mastery and lustrous tone.

APRIL 18 - 20
JIM BRICKMAN

The Barns at Wolf Trap

Vienna | 8PM | \$35

The platinum-selling pop pianist returns to Wolf Trap with his signature romantic style that largely influenced the adult contemporary music genre.

APRIL 21
JERI SAGER

The Barns at Wolf Trap

Vienna | 7:30PM | \$25

This sensational Broadway star returns with the same captivating voice and charming wit that landed her noteworthy roles such as Grizabella in *Cats* and Fantine in *Les Misérables*.

APRIL 26
JOHN MCCUTCHEON

The Barns at Wolf Trap

Vienna | 8PM | \$22

This six-time GRAMMY-nominated folk singer's 31-album career is credited to his unforgettable vocals and talented instrumental diversity.

APRIL 27
EVENING OF MUSIC
WITH ALLIE &
FRIENDS

Epicure Café

Fairfax | 7PM

Join Allie & Friends, including talented Songwriters' Association of Washington members Laurie Jones, Jennifer Elcano, Pat Barron Quinn, Jean Bayou, Ron Goad, Dan Grove, Ann Granger, Isabella Perelman, Ken Hess, Marcy Cochran, Kitty Moomjian, and Wendy Callarman Hunt for an

evening of music at Epicure Café, 11213-A Lee Highway, Fairfax, VA 22030, 703-352-9193. For more info, check out www.allivoice.com or www.epicurecafe.org.

APRIL 27 JOYCE YANG, PIANO THE DISCOVERY SERIES

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

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APRIL 28 THE NIELDS **The Barns at Wolf Trap** Vienna | 7:30PM | \$18

The Nields sisters have mastered their timeless folk melodies so that “their harmonies are tight and soulful, their spirits unflagging.”
-*The Washington Post*.

RECURRING EVENTS

WED-SUN CLAUDE MOORE COLONIAL FARM

Farm Opens April 1st
10AM – 4:30PM

The Farm ends its winter hibernation and welcomes the public for the 2012 season. The Farm is open Wednesday through Sunday, from 10am to 4:30pm, April 1 through December 9. The Farm is closed Mondays and Tuesdays, Independence Day, Thanksgiving Day and during inclement weather.

TUESDAYS SALSA LESSON

Iris Lounge
McLean | 7:30PM

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

WEDNESDAYS LIVE JAZZ NIGHT

Iris Lounge
McLean | 7PM

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

THURSDAYS THIRSTY THURSDAY BEER TASTINGS

Red, White and Bleu
Falls Church | 6-8PM

Tasting room open every other Thursday.

FRIDAYS & SATURDAYS DEATHTRAP

Alden Theatre
McLean | 8PM

Beginning April 20th-May 5th. *Deathtrap* is a play by Ira Levin in 1978 which encompasses many plot twists and is essentially a play within a play. It is a play in two acts with one set and five characters. It holds the record for the longest running comedy-thriller on Broadway

and was also nominated for the Tony Award for “Best Play”. *Deathtrap* was well received by many and can still be seen in theatres thirty years after its release. The play was later adapted into a film starring Christopher Reeve, Michael Caine, and Dyan Cannon.

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ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER

March 30 - April 22 • Check website for times
Side Man

Take a journey through the jazz era in this Tony award-winning play. Clifford narrates a heart-warming yet difficult story of his parents' tough relationship with music that defined an entire generation. Come experience "the joy of jazz, the despair of broken families and the determination of love."

THE ALDEN THEATER

Friday, March 2 • 8pm
The Marx Brothers in Duck Soup
introduced by Frank Ferrante

Preposterous political disregard, buffoonery and cynicism at a time of economic and political crisis. No, it's not a current newspaper headline; it's a description of the great Marx Brothers film *Duck Soup*. The classic political farce that was banned by Mussolini, makes the Capitol Steps look like pale imitators, and you will enjoy it even more with Groucho historian Frank Ferrante's introduction.

Saturday, March 3 • 8pm
Frank Ferrante in An Evening with Groucho

Frank Ferrante's outrageous, hilarious, and uncanny portrayal of legendary comedian Groucho Marx is loaded with the best Groucho one-liners, anecdotes and songs, including "Hooray for Captain Spaulding", and "Lydia the Tatooed Lady." You'll literally become part of the show as Ferrante ad-libs his way throughout the performance in grand Groucho style.

March 30 & 31 • 8pm
Christopher K. Morgan & Artists/CityDance
Limited Visibility

Continuing to investigate work that brings intimacy to the stage, *Limited Visibility* will expose what one usually hides from public view. Inviting the dancers to reveal things they might only do in private, the piece will be a suite of dances connected in theme and design. The work will incorporate a sinuous, athletic movement style with unconventional lighting sources.

Saturday, April 7 • 2pm
Tour The Winter's Tale

Shakespeare's magnificent late play is a roller-coaster ride from romance to tragedy to comedy and finally, to a place of transcendent beauty.

Saturday, April 7 • 8pm
Tour A Midsummer Night's Dream

Midsummer's theatrical spell is powerful enough to make audiences of all ages believe in anything. Shakespeare's mischievous comedy of lovers, heroes, fairies, and rude mechanicals is his tribute to the power of imagination.

MCLEAN COMMUNITY PLAYERS

April 20 - May 5
(Fridays & Saturdays at 8pm, Sunday Matinées at 2pm)
Deathtrap

Deathtrap, a play by Ira Levin, is a unique and intriguing play within a play. It is the longest running comedy-thriller on Broadway and was nominated for the Tony Award for "Best Play."

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.

GREAT FALLS FOUNDATION FOR THE ARTS

"Atelier"
Revolving Art Exhibition

Constantly changing art exhibition by fourteen painters in a loft studio. Includes portraits, still lifes, landscapes, and abstract pieces. Open daily whenever an artist is at work. 1144 Walker Road, Suite G at the Leigh Corners Shopping Center (near Dante Restaurant). Same entrance as Magic Scissors, *Atelier* is at the top of the stairway.

ARTS & THEATRE CALENDAR

FALLS CHURCH

CREATIVE CAULDRON

March 9 - 25

Fridays 7:30pm

Saturdays 2:00pm & 7:30pm

Sundays 2:00pm

Madeline

Enjoy the stage adaptation of the classic children's story, the incorrigible Madeline and her friend Pepito find themselves stranded at the circus. They find themselves falling under the care of the kind and share several days of adventure until they are finally re-united with a much relieved Miss Clavel.

Wednesdays in March & April • 7pm - 9pm

Joyful Splash

Create unique works of art using paints, brushes, pencils, and all sorts of tools! We encourage anyone, beginners and experts, to come and explore the works and methods of Renoir, Cezanne, and Modigliani in these classes that will surely inspire you and bring out the true artist in you.

Saturday, March 3rd • 2pm

The Dirty Pints

This Falls Church-based Irish music trio sports three traditional instruments--fiddle, whistle, and guitar--and plays a mixture of traditional Irish tunes and songs, with the occasional American classic.

Saturday, March 3rd • 7:30pm

Moch Pryderi

Moch Pryderi (Welsh for "Pryderi's Pigs") is a six piece Welsh-American band from Fredericksburg, VA. Their music is firmly rooted in the traditional Brythonic-Celtic music of Wales and Brittany, occasionally interwoven with traditional music from Ireland, Scotland, Turkey, and the American-Appalachians.

Monday, March 4th • 7:30pm

Emerald Glen Trio

From Rousing Celtic reels to exquisite classical themes, to ancient Renaissance dances, the music of *Emerald Glen* adds charm and elegance to any celebration! Flute, hammered dulcimer and violin combine in a sparking mosaic of sound that is both contemporary and timeless--an enchanting collage of musical textures and colors.

April 2-6 • 9am - 3:30pm

Spring Break One Week Arts Adventure

School's out and the fun begins as we celebrate spring as our story and art motif for the week.

VIENNA

VIENNA THEATER COMPANY

Friday April 20 - Saturday April 28 • 8pm

Sunday April 29 • 2pm

The Fantasticks

Come see this modern take on the classic performance. Two fathers scheme to have their son and daughter fall for each other by hiring El Gallo to arrange an attempted abduction of the girl and allowing the boy to save her.

MAVERICK MOSAICS

Saturday, March 10 • 10am - 5pm

Visiting Artist Yulia Hanansen The Flower

VIENNA ARTS SOCIETY

April 3 - April 29

ART IN BLOOM

A judged show featuring flowers and botanicals. Juror for the show is Catherine Hillis, who will also be presenting a two-day workshop entitled "Watercolor Bootcamp" on April 27 and 28. To register for the workshop, call the Art Center or check the VAS Website.

March 13 - April 14

CELEBRATING FIFTEEN YEARS!

Featuring artwork by Carol Milton and 20 other artists, in one view, marking this anniversary year at the VAS Art Gallery in the Village Green.



WHAT ABOUT BOB?

by Keith Loria

After the birth of his first daughter in 1968, Robert Heier's mother gave him a Canon Single Lens Reflex professional camera as a gift so he could take photos of her granddaughter. His response? "Take it back!"

Heier didn't want a fancy camera and had little interest in learning the tricks of the photo trade, but his mom convinced him to shoot one roll of film before it was returned.

"I did, and I was hooked," Heier says. "I was living in Virginia and I took pictures of sunsets and trees and at the time, I was a litigator and went into financial planning, so I didn't have a lot of time for it. But I developed a strong interest in photography."

As his interest intensified, Heier emphasized black-and-white photography as he studied under prominent Virginia photographer, Eliot Cohen.

"I started traveling to Europe and that's where most of my photographs come from," he says. "My travels led me to beautiful buildings and architecture that is very spiritual. Baroque architecture, colorful stucco, especially corroding or eroding, which provides a lot of texture."

He switched primarily to color work and studied under renowned west coast photographer, Michael Seewald, in 1994. This led to a body of romantic photography devoted to the unforgettable oblivion of what he calls the "Backstreets of Europe."

Back home, Heier started applying to art shows and the one constant in his life that he could rely on was that he was constantly rejected.

"I started looking for a protocol that would give me a transition to contemporary art," he says. "It took me a year but in 2001, I came up with it."

He began experimenting with what he dubbed, "fauxtography," a unique, proprietary process designed to transform his romantic photos of urban Europe and Latin America into abstract images. By doing so, his original photos were replaced entirely by more contemporary and edgy prints.

"The original subjects often became virtually unrecognizable, replaced by images perhaps even more thought provoking and timeless than the original photos," Heier says. "The resulting works, printed in pigmented ink on textured gallery paper, make the finished product more closely resemble highly saturated watercolors than photographs. These images—fauxtographs, are all limited edition, signed prints, which I continue to produce prodigiously."

When Heier sent that work to art shows, he found success after success.

Over the last decade, Heier has exhibited at a number of one-man shows and has been accepted to appear in some of the finest and prestigious juried exhibitions and shows throughout the country including the acclaimed Sausalito Art Festival and the Ann Arbor Art Fair.



"My work also has appeared in the Center for Fine Art Photography, Fort Collins, Colorado; I have exhibited as well in such venues as the McBride Gallery, Trowbridge-Lewis Gallery and the Lakeside Gallery," he says. "My work has been selected to be featured prominently in such diverse places as Embassy Suites Hotels, Ruth's Chris Steakhouse and Booz Allen Hamilton."

Although he has cut down on the number of outdoor shows he does each year, Heier promises that he will continue to do the Northern Virginia Arts Festival which takes place each year in Reston. "It's a favorite of mine," he says.

Heier and his wife recently took a second home in Florida and since arriving in the Sunshine State, he has developed another form of photo art and his latest endeavor.

"In Florida, I was walking around and looked at the clear, dark blue sky, and the sun started to go down and the white clouds looked pink, and I wondered if I could get the same affect from the clouds as I did with the stucco walls," he says. "I tried and now I'm doing a whole series. I have transformed the clouds and you would never know that they were clouds. It's as close to watercolor as you can possibly make them."

This new work will first be on display on April 21 at a one-man exhibit in the very prestigious and world famous Colorida Gallery in Lisbon, Portugal,

"I was contacted by the gallery and since I didn't want to do it without seeing the gallery, we went there in September and

spent the week and it was such a wonderful city. It was very engaging and a hopeful dynamic," Heier says. "We had a great time and I will go back for the opening."

The gallery sits near the historic city center adjacent to the Castle of Sao Jorge and is noted for its worldwide appeal and offers a wide range of works on paper and canvas, sculpture, ceramic art and photography.

Heier says that being a photographer is a labor of love, although it's not all fun and excitement. Sure, walking the streets of Milan for 10 hours a day is exhilarating, but it's also exhausting.

"I love to view the world through my lens and there's nothing like shooting out in the field," he says. "But when I come home, it's a lot of work. The enhancement is labor intensive and I need a lot of patience. Only 10 percent of the photos I take are susceptible to the process I use, so it's very draining."

When he gets it just right, Heier says he can feel it in his heart and in his soul.

"Whenever I travel abroad, I am simply captivated and in awe. I am truly in Wonderland," he says. "My photographic images, done in both traditional as well as vastly different contemporary modes, are merely an attempt to recall, recapture and reconstruct the joy I have had while traveling."

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.



MPA ArtReach in 1972

MCLEAN PROJECT FOR THE ARTS

Celebrating 50 Years of Connecting
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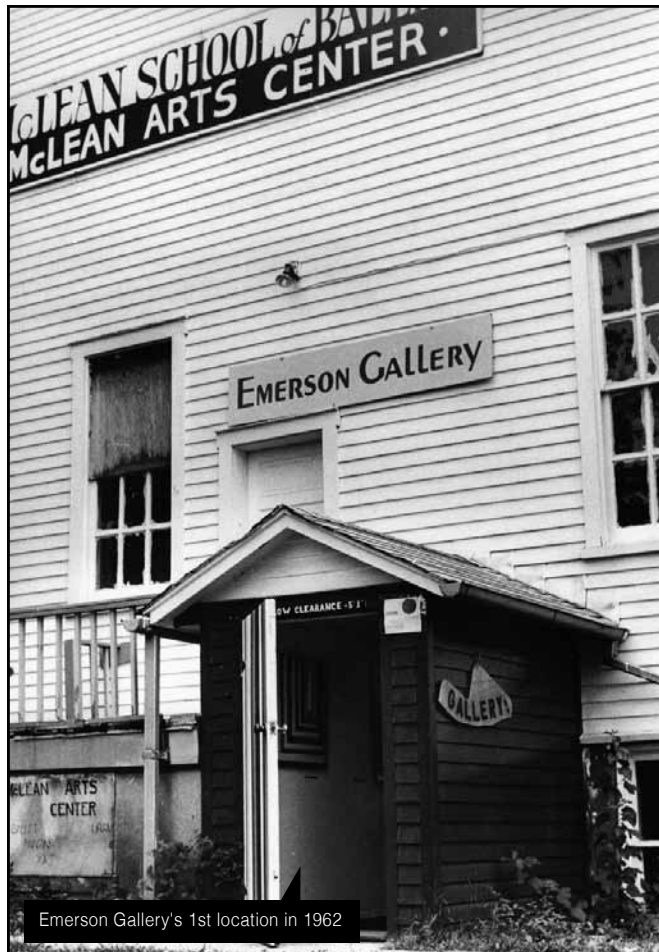
In 1962, when Tysons Corner was just farmland and McLean was a horse-country suburb, six women artists from McLean decided that area residents should be able to see fine art in their own community. They established the Emerson Gallery, which blossomed into McLean Project for the Arts (MPA) -- one of the most highly regarded art spaces in the Washington DC area.

Nancy Weyl Bradley is the remaining founding board member and still actively serves on the board of MPA. When asked about the driving force in creating the Emerson Gallery, Mrs. Bradley answered, "You would go all the way into DC and only see what dead artists had painted, but you couldn't see what living, working artists were currently creating. We wanted to bring fine, contemporary art to McLean to inspire our residents."

And inspire they did. In its 50 years, MPA has shown the works of more than 1500 artists. Many of these artists now have their works in major museums and private art collections around the world. More than 20,000 people visit MPA annually.

MPA has three galleries in the McLean Community Center and exhibits approximately 15 shows per year with exhibitions changing about every 6 weeks. The flexibility of the galleries allows MPA to show everything from painting and sculpture, to video and installation art.

Rounding out this critically acclaimed art center is the Susan B. DuVal Art Studio, where annually more than 180 studio



Emerson Gallery's 1st location in 1962

art classes and workshops are offered for all ages. Classes range from claymation and digital photography, to beginning watercolor and figure drawing.

For 50 years, art education has been a key component of MPA's mission and today MPA sets the standard for art gallery school programs with its innovative ArtReach program. MPA ArtReach features gallery tours and hands-on art activities for elementary school students. Tours demonstrate art principles and incorporates the concepts included in the Virginia Standards of Learning (SOL). Conducted by professional art educators, these tours benefit more than 1500 elementary school students annually -- many who are from "at-risk" schools and have had little exposure to the arts. The school tours are free and MPA underwrites bus transportation to the galleries for schools designated "at-risk" by Fairfax County.

Other ArtReach programs include after-school workshops, in-school slide lectures and classroom art projects, artist residencies in schools, teen programs, mini-courses and gallery tours for students with special needs, parent-child workshops and a variety of art programs for senior citizens.

Moving at least 10 times in the first 25 years, the Emerson Gallery founders never waived from their mission to exhibit, educate, and promote understanding of contemporary art. The gallery struggled mightily in the early years, but creative board members would take turns each month having dinner parties for 10 friends and charging them \$10 each in order to pay the rent on the gallery space.

Nancy Perry, Executive Director, said "The large majority of our funding comes from individual donations. MPA also receives small grants from the Virginia Commission for the Arts and the Arts Council of Fairfax County. MPA has always been fiscally conservative, and it has enabled us to weather many storms. Our founders and board of directors throughout the years built a solid foundation that grew slowly but surely."

In 1985, Emerson Gallery incorporated as a non-profit and became McLean Project for the Arts. MPA raised \$300,000 from McLean residents, businesses, and organizations to convert the upstairs meeting rooms in the McLean Community Center (MCC), into three art galleries, and to build a new meeting space for the MCC.

MPA is still going strong. It offers the Tysons/McLean community many ways to become involved in the arts including, free exhibition openings and gallery talks, events such as "Cocktails and Coloring", "Spring Benefit", and the fall arts festival, MPAartfest, which brings more than 5,000 art-lovers to McLean Central Park for an art-filled day each October.

Visit MPA, and see why it has been the destination to see contemporary art in Northern Virginia for 50 years and counting.

McLean Project for the Arts is located at 1234 Ingleside Avenue in the McLean Community Center. For more information visit www.mpaart.org.

All photos courtesy of McLean Project for the Arts.



The Emerson Gallery at McLean Project for the Arts in the McLean Community Center



MPA ArtReach today as ArtReach director, Sharon Fishel, shows elementary school students how art relates to their school studies



Gallery visitors at MPA





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by Allison Chase Sutherland



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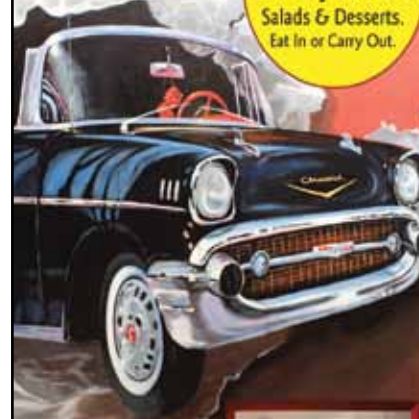
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PIANO MAN

...you've got us feelin' alright.

by Rick Mundy



Where can you go to unwind and find solid entertainment in the Tysons area? Your first guess might not normally be the mall--but serving up a wide variety of music, John Shack performs at the piano bar five nights a week at Seasons 52 in Tysons Corner Center.

There are numerous piano bar scenarios across the country, sometimes background music, sometimes performance, good or bad (think Bill Murray as Nick, the Lounge Singer on *Saturday Night Live*), sometimes participatory. Shack interacts with his patrons around the bar, encouraging them to offer up requests or sing, but always to have a good time. "People start clapping along or singing along - it's amazing," he exclaims.

John was struck by the bug to perform at an early age. He started playing the piano at age 5 and attended a Billy Joel concert at age 6.

And yet he can't read a note of music!

Playing entirely by ear, John has the ability to hear a new song and shortly be playing it without ever seeing any written music which he wouldn't be able to decipher anyway. "Maybe I'll hear something on satellite radio, then go to YouTube and find a video and lyrics. I'll study it a bit and can usually get it down after listening about five times."

Shack is not stuck in any single genre of music. The songs range from Sinatra to Gaga. He carries a large notebook of lyrics for 2000+ songs and is prepared to take requests from the last 50 years. The group of regulars - each night seems to have its own group of regulars - have come to know him as "the guy that does mash-ups" and they'll throw out song titles trying to trip him up. He is not easily tripped and loves the challenge. The most requested songs are Journey's *Don't Stop Believin'* and Joel's *Piano Man*. His own favorite song? Simon and Garfunkel's *The Boxer*.

John has not always been a performer. He started out by working with children and teaching, which he loved. But he had that "bug." And he also had fond memories of the first piano bar he ever

visited. At age 6, he and his family visited Jacob Wirth in Boston (where he grew up) and was mesmerized by the musical stylings of Mel Stiller, (who continues his sing-alongs there every Friday night).

So he answered an ad on Craigslist. At first he hated performing in front of people. The first night of the first gig he played for 12 people at an out-of-tune piano at the Emerald Hen in Sanford, Florida. However, he quickly discovered that people enjoyed his easy-going style and he landed a job with Seasons 52 in Miami, moved to a second Seasons 52 in Fort Lauderdale and then got the offer to open the piano bar at their newest location in Tysons. It's not your typical venue. The piano is inside the bar with the bartenders, and Shack keeps up a running dialogue with patrons and bartenders alike.

The challenge for any musical artist is keeping the performance fresh when they play night after night. Even with over five decades of music to work from, some standards are always requested. "I try to never repeat a song in an evening unless the crowd requests it. And if most of those listening are in their mid-20's to 40's, I choose mostly pieces from the 1980's, 90's and today. If the group is largely 40+, I'll go with more stuff from the 1960's and 70's," John admits.

"My job is easy," Shack says. "I have to play whether there is anyone to listen or not." (This is not an issue at Seasons 52. On a recent Saturday night, people were searching for an empty seat at the bar.) I could not, not do music. My dream is to create original music for a movie because I want my music to invoke some emotion in people."

For now John Shack is quite happy to be bringing some entertainment to folks at a popular spot here in Tysons. "I get to make people happy just by doing what I love to do," he says.

Stop in and see John Shack Wednesday through Sunday evenings at Seasons 52, Tysons Corner Center.



VIENNA GETS FUNNIER

Comedy Club Opens at Marco Polo
by Hubie Cram

"The two biggest websites right now are Wikipedia, where you go to learn about things you care about, and Facebook, where you go to learn about people you stopped caring about years ago." —Craig Ferguson

While Craig Ferguson has yet to show up at The Back Room in Vienna, many other talented comedians are delivering their best jokes there. The creation of Andy Sanderson, The Back Room is a new comedy club that recently opened at Marco Polo on Maple Avenue in Vienna.

Sanderson likes to keep busy. In addition to being a Fairfax County policeman, and a photographer, he also enjoys producing music and comedy shows. He started producing shows at First Stage Theater in the fall of 2010 on nights when there was no theatre performance, continuing until this past fall.

Operating a photo studio above Marco Polo, Andy had been approached by owner Alfredo Pestana about creating some attraction at the restaurant. Andy considered the great location, the free parking and his ability to maintain a flow of good comics and agreed.

With the perfect enclosed space at the back of a banquet hall, The Back Room was born on November 12, 2011. The first show was four talented comics who were sometimes clean, sometimes filthy. "Well, filthy isn't the right word," laughs Sanderson. "Let's just say they love the First Amendment and use it well."

Rather than featuring showcase acts at every show, The Back Room has Friday night open mic. "This allows bigger acts to try out new material while providing opportunities for rising talents to work on their acts," says Sanderson. It is open to everyone and there have been performers from age 16 or 17 on up to folks in their 70's. The average age range is 20-50 years old.

The venue seats up to 70 people and there is a minimal \$5 cover charge. Drink specials include \$3 beers and \$5 rails. Generally, the shows run from 8-10pm, occasionally scheduled until 11:00 if a large number of folks have signed up to perform. The evening goes by quickly with MC and comic Andy Belcher keeping the acts to their allotted times and moving quickly from one to another.

If you are searching for some laughs some Friday evening, check out the comedy scene at The Back Room. After all, there's free parking.



CHAMBER NEWS

Greater McLean Chamber of Commerce



The Greater McLean Chamber of Commerce welcomed the INOVA Heart and Vascular Institute to the Tower Club for its luncheon on February 8, 2012.

Speaking at The Greater McLean Chambers Monthly Breakfast at J. Gilberts; area physicians discussed the impact of technology in medicine today. Speaking at the Breakfast was Dr. Andrew Hinkle, DDS, Dr. Tony Knapp, DC, Dr. Roma Edoo-Sowah, MD, and Dr. Ana Anzola, AuD, FAAA, CC-A.



At the Annual Meeting and Holiday Mixer hosted by Chain Bridge Bank, December 14, 2011. Greater McLean Chamber of Commerce President Marcia Twomey shares some holiday cheers with members.



For more information please visit www.mcleanchamber.org

AROUNDTOWN

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



Panelist and Author Eleanor Clift Addresses the Woman's Club of McLean

On Tuesday, February 7th, political reporter, commentator and author Eleanor Clift spoke at length about her life and career, to the monthly meeting of the Woman's Club of McLean. She gave a chronological account, from her working-class background in Brooklyn, New York, to her successful career as a correspondent, columnist, television talk show panelist, and author. Important career milestones included her internship at *Newsweek* magazine, the opportunity to cover the Carter presidential campaign and the Reagan White House, and being invited as a panelist on nationally syndicated talk shows such as the "MacNeil/Lehrer News Hour," "Washington Week in Review" and "The McLaughlin Group," on which she still appears. Currently, Ms. Clift is also a contributing editor for *Newsweek*, writes a column for the *Newsweek* and MSNBC websites and is a contributor to the Fox News Channel.

In her presentation she noted that her career reflects the changing roles of women in U.S. society over

the last several decades, for example, the entrance of women into all the professions, and the changing formats of the news media, such as the decline of news magazines.

Concluding her talk, Ms. Clift spoke of her special interest in promoting hospice care, with which she has had personal experience. Her recent book, "Two Weeks of Life," which deals with this topic and related issues, was made available for purchase and signing. She has also written or co-written four other books about political issues and women in politics.

Ms. Clift's presentation was acknowledged enthusiastically by the women's group and the attending public, especially as she had graciously agreed on short notice to substitute for former White House correspondent Helen Thomas, who was recovering from an illness.

--Laura Sheridan

On January 26, 2012, a ribbon cutting ceremony was held at *The McLean Pharmacy* in McLean, VA. Committed to offering their customers the highest possible products and services, they specialize in custom compounding, vitamins, supplements, homeopathic remedies, and natural health and beauty products.



AROUNDTOWN



Body Elements of Vienna had a "Lovely Party" on Sunday afternoon featuring wine, chocolate, Flamenco dancers, beauty options and just plain fun. Don't miss the next one! Pictured here, left to right, are Jessica Cash of 93.3 WFLS (*Real Country Variety*), Eva Swersey of *Body Elements*, and Lauren Simmons of *VivaTysons Magazine*.

The *McLean New Comers Club* had their monthly luncheon at *Da Dominico's* on the 15th of February. John Hanna and Lauren Simmons of *VivaTysons Magazine* were on hand to talk about the "New Tysons." I had the Chicken Florentine ... delicious!



Belly Dancing Lessons, Mediterranean cuisine, and laughter. *Lofty Salon* of Vienna held a reception for special guests and dignitaries ... I'm still sore.



Gilda's Beauty and Bridal held their grand opening on Sunday, February 12th. Showcasing fashion forward couture bridal collection from some of Europe's top designers and a few of her own. *Gilda's Beauty and Bridal Collection* is located at 2304 Gallows Road, Vienna VA., 703.641.8444.





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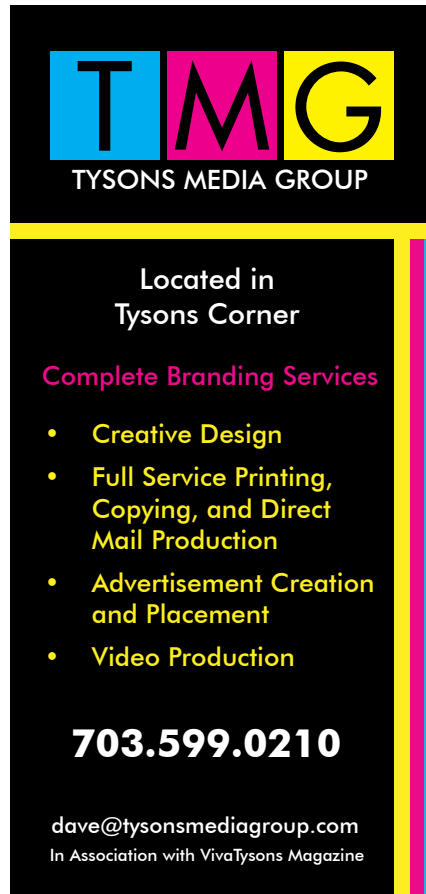


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SPRING TEA TASTING SEMINARS WITH GREAT FALLS TEA GARDEN

Saturday, March 17 Happy Saint Patrick's Day!

Here's a "tip o' the hat" to the Irish for being one of the top consumers of tea per capita in the world with this special tea tasting. We'll taste and discuss the teas used in Irish Breakfast Blends along with some special green teas in honor of the Emerald Isle. Accompanied by some tasty tea treats. Location: Historic Forestville Schoolhouse (next to the Grange), Georgetown Pike, Great Falls, VA 22066, Reserve at 703.759.2771, \$25.

Sunday, March 25 Intro to Tea Types from Around the Globe

Learn the difference between white, green, oolong, black, pu erh, scented and blended teas as you see, and taste teas from a variety of growing regions. We'll also discuss some tea history and tea trivia while tasting some tea treats. Location: Private teaching kitchen in Great Falls, VA. Reserve at 703.757.6209 or go to greatfallsteagarden.com, \$30.

Saturday, April 21 Oolong Teas

The most intricate style of tea to produce, an oolong can be lightly oxidized (leaning toward a green tea) heavily oxidized (close to a black tea), or any degree in between. You will see and taste oolongs from several countries to experience the diverse flavor profiles, and brewing techniques within this group. Accompanied by some tasty tea treats. Location: Private teaching kitchen in Great Falls, VA. Reserve at 703.757.6209 or go to greatfallsteagarden.com, \$30.

Saturday - April 28 Rare and Unusual Teas

Dark Tea, Brick Tea, Red Tea, Blue Tea. These are just a few of the hard to find teas that you will experience in this special class. Taste tea treats made with tea as an ingredient and learn more about those fanciful flowering teas. Location: Colvin Run Mill, 10017 Colvin Run Road, Great Falls, VA 22066, Reserve at 703.759.2771, \$25.

All seminars are from 1pm to 3pm • Advance reservations and payment required

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BIENVENUE À LA BRASSERIE

Jacques' Brasserie, That Is...

Culinary Impressions by Allison Sutherland



Jacques' Brasserie, a great little hideaway in the countryside of Great Falls, Virginia, will have you convinced you're in the heart of Alsace.

Paul manages the front of the house and oversees the wine cellar. Jacques enjoys reinterpreting classic and contemporary French and Alsatian fare for the American palate.

And now, while retaining all the wisdom that comes through the ages, there is also a new vision.

Jacques' Brasserie officially opened in its beautifully articulated new space downstairs, with its own convenient side entrance, complete with awning, vermillion shutters, and a picturesque outdoor slate patio set amid the towering trees, on May 1, 2011. Look for a 4-seat wine bar by spring. Jacques' vision was to recreate an authentic *winstub*, as such taverns are called in the family's native Alsace. He has done just that.

"The tables are from the old place downtown," recounts Jacques, referring fondly to the original Chez François on Connecticut Avenue from over fifty years ago. Wood inlay

As you meander down the winding Springvale Road, you realize you haven't really gone that far to feel this far away. When you come to the sharp bend in the serpentine road, across from a field of contentedly grazing horses – well, that's when you know you've arrived. You feel so far from the hustle and bustle. What hustle and bustle? You've already forgotten.

Surrounded by tall oaks and rolling meadows, the Alsatian-timbered L'Auberge Chez François, established back in 1976 by the legendary François Haeringer in the bucolic countryside of Great Falls, Virginia,

greets you – and transports you. With its hand-painted china, stained glass, crimson walls, wood-burning fireplaces, and grandfather clocks, it has reigned for decades as the elegant, go-to pick for those memory-making moments. Now, in addition to the grand *prix-fixe* menu for which it is known, L'Auberge guests can also order from an equally enticing *à la carte* menu.

The gracious and engaging Jacques Haeringer, son of François and highly respected culinary talent in his own right, has successfully taken over the reins and is now owner and executive chef at L'Auberge, while his brother

marquetry with Alsatian scenes by the artist Spindler, along with antique wine cask carvings and traditional hand-painted plates, adorn the walls. A bright red paisley-upholstered banquette adds a fun splash of color to the back wall. An impressive wine cellar commands the space. Off to the side is an antique painted cast iron stove brought over by François years ago, harkening back to a bygone era. This close attention to detail applies to every aspect of the place. The result is a cozy, quaint little nook with an authentic vintage feel, with just the right touches to bring you back to the Old World, combined with a freshness of design equally relevant, if not coveted, in the modern era.

The atmosphere of the Brasserie is decidedly casual. The menu is à la carte. “People pop in at the spur of the moment,” says Jacques. A myriad of flavor-forward beers are available, such as Starr Hill Wheat, a Virginia beer, Stella Artois and Leffe Blonde from Belgium on tap, and Amadeus Bière Blanche, a Belgian White (Witbier), and 3 Monts Golden Ale from the Flanders region of France, both in 25 oz. bottles. Elect from an extensive wine list, a savory selection of starters, an eclectic collection of hearty, stick-to-the-ribs, palate-pleasing plates, or anything on the upstairs menu, including one of my favorites – warm Roquefort cheese, caramelized apples, a touch of cinnamon, and Calvados on a puff pastry tart, with raspberries, strawberries, and grapes scattered about. This will hit all your flavor sensors!

Now to the menu. Ah, the menu. Usual suspects include a flavorful beef-broth-based French Onion Soup – the kind you’d escape the elements for – and a smooth and subtle Onion Quiche. A nice light way to start a meal, the Alaskan Salmon Trio, consists of smoked salmon, a house-cured, dill-marinated salmon, and rillettes, a type of salmon pâté made from smoked salmon cooked with butter and dill. The trio is accompanied by sliced limes, red onions, and capers, with julienned, mustard-mayo-vinegar-infused celeriac off to the side, lending a nice balance.

No Alsatian menu would be complete without Choucroute, with goose confit, mild Italian sausage, country ham, bacon, pork shoulder, and bratwurst over sauerkraut braised in white wine and juniper berries, accompanied by Dijon mustard and horseradish, with sautéed apples and a plum, lending a sweet counterpoint. The Charcuterie Plate offers an assortment of pâté, sausages, and ham. Mushrooms are respectfully represented in the Duxelle of Wild Mushroom Crêpe. And don’t forget the frites, or maybe some spaetzle, if you prefer. The fresh trout sautéed with toasted almonds, just golden, can be nicely paired with a Pinot Blanc d’Alsace, served in those ever so darling traditional green-stemmed glasses of the region.

Or try a Tarte Flambée, or Alsatian-style pizza, a thin, crisp layer topped with the house-made cottage cheese with garlic and chives, (snipped from the herb garden in warmer months), and aromatic applewood-smoked bacon, smoked salmon or trout, or a wild mushroom medley. And the aroma – let me tell you – you’ll know when it arrives at the table. The ample portion seems to somehow disappear quickly before your eyes.

The elegant Grand Marnier Soufflé adds the perfect finishing touch to an evening. Piping hot, straight out of the oven, with a crunchy exterior and delicate, airy interior, this soufflé is the real grande dame of desserts. Other options include chocolate, raspberry, or hazelnut. For added



A glimpse into Jacques' quaint and cozy Alsatian winstub, complete with wine cellar and Alsatian decorative touches. Sometimes I think great décor even improves conversation!

flair, and flavor, puncture the soft center with your spoon and pour in the Grand Marnier-scented crème anglaise. Fragrant and lusciously textured, this regal creation is worth the trip, especially for those dessert lovers in search of a new place to regale their sweetest of friends.

Stroll by fountains and statuary through lovely spring gardens, replete with tulips, dogwood, azalea, and rhododendron. You never know. You may even spot a whimsical gnome. Or, depending on the hour, continue ten delightful minutes down Beach Mill Road. One zig and one zag later, you will arrive at Riverbend Park, the majestic Great Falls Park's quieter sister, to bask in the sunshine on the modern deck overlooking the river, or merely to saunter along this sleepier stretch of the Potomac before dusk. Don't miss the bluebells that burst within the first gasps of spring and line the trail for as far as the eye can see. You very well might imagine you're on your way to Oz.

continued on p.32



Taste a traditional Tarte Flambée with applewood-smoked bacon. Then refresh with a Belgian Stella Artois, poured in its own special Stella glass. You don't see that everywhere!

Jacques also hosts cooking demonstrations, wine dinners, and wine tastings at the restaurant, such as the Saturday, March 24 Spring Fling at 11:00 am, featuring visiting winemaker Neill Bassford with his wines from Elk Run Vineyards, including one of my favorites, the Lord Baltimore Port. Elk Run Vineyards, about an hour's drive from Tysons Corner, finds itself nestled in the rolling hills of Frederick County, Maryland, surrounded by dairy and horse farms and fields of wheat and corn, and also beckons the visitor. My very favorite, their Vin de Jus Glacé ice wine is delicious drizzled over farmers' market-fresh peaches or apricots in the summertime.

2011 proved to be a year of continued culinary enjoyment and recognition, as Jacques showed Kathie Lee and Hoda how to make a French-inspired Eastern Shore crabcake on *The Today Show*.

And last but not least, diners can attempt to recreate the delicacies they have enjoyed with Jacques' *The Chez François Cookbook, Featuring the Cuisine of Alsace*, or *Two for Tonight*, the companion cookbook to Jacques' popular PBS cooking show. According to Jacques, "a natural and wondrous relationship exists between love and food; between the heart and the palate. No truly passionate life is complete without the pleasures that fine food provides. A beautiful day, great food, a nice bottle of wine, and maybe a little romance ... how much better can life get?" After all, as Jacques always says, "Love begins in the kitchen, don't you agree?"

Often when dining out with friends who are particularly enjoying a certain dish, I say, "I can make that for you," and I do. Not here. So try it at home if you would like – but if you have any trouble, just come on back – to Jacques', that is. Just remember that in French, *au revoir* doesn't mean goodbye, but instead, *until we meet again*.

Jacques has been kind enough to share the secrets of his ever so delectable French Onion Soup. Bon appétit!

Jacques' Brasserie

332 Springvale Rd, Great Falls, VA • 703.759.3800

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.

Onion Soup

Ingredients:

- 2 tablespoons butter
- 3 cups thinly sliced onions
- 2 tablespoons flour
- 2 quarts fonds blanc or beef stock
- $\frac{3}{4}$ tablespoon salt
- $\frac{1}{4}$ tablespoon freshly ground pepper
- 16 half-inch slices French bread
- 8 tablespoons of equal parts grated Gruyère and Parmesan cheese combined

Method:

- Melt the butter in a heavy saucepan or a Dutch oven.
- Add the prepared onions and cook slowly, 30 to 40 minutes, over low heat until golden brown, stirring often.
- When the onions are browned, stir in the flour and the fonds blanc or stock, blending it vigorously with a whisk.
- Bring the soup to a full boil.
- Reduce heat and simmer for about 30 minutes.
- Taste for seasoning and add salt and pepper as needed.
- Split a loaf of French bread in half, lengthwise, and cut $\frac{1}{2}$ -inch slices.
- Place the slices on a baking sheet and brown lightly in a 375°F oven for 5 to 8 minutes.
- Pour the soup into ovenproof bowls.
- Cover the surface with the prepared croutons and top with grated cheese.
- Use 1 heaping tablespoon per bowl.
- Place the filled bowls under the broiler or in a very hot oven to melt and brown the cheese.
- Serve immediately.



LIFEBLOOD OF THE COMMUNITY

INOVA Health System operates the largest hospital-based blood-collection operation in the nation.

A growing population is creating an increased demand for blood and blood products in our community and across the nation. At the same time, blood donations are decreasing. Since human blood cannot be manufactured or harvested, and modern science has yet to find a life-sustaining substitute, it is vital that each community have a consistent inventory. “We have to collect 200 units of blood every day of the year to meet the needs of our community,” says Terri Craddock, director, INOVA Blood Donor Services. “The need for blood consistently exceeds the supply, so we’re always looking for innovative ways to make donating easy, increase our efficiency and improve our processes.”

Making the Blood Supply Safer

Once a person donates blood with INOVA, it begins a fascinating journey. Its first stop is at INOVA Blood Donor Services’ testing center, near Dulles Town Center in Sterling, VA. (Unlike many other regional blood-collection agencies, INOVA tests and processes all the donations it receives.) This state-of-the-art, nucleic-acid testing lab — the only one of its kind in the mid-Atlantic region used for blood screening — isolates strands of viral RNA to test blood for early exposure to diseases, making the blood supply safer by removing infected units from the donor pool earlier. At the testing center, a centrifuge separates the blood into three components — red blood cells, plasma and platelets — that are then put into a quarantined storage environment. The next day, each donation undergoes thirteen separate tests for diseases, such as HIV, Hepatitis C and West Nile virus. If any compromising characteristic is found, the blood is destroyed and the donor is contacted.

Once a donation passes its tests, lab staff labels its components, and place them in storage environments separate from the quarantined (not-yet-tested) blood. There, they wait until an order comes from one of the fourteen hospitals and medical centers in the DC Metro area that INOVA Blood Donor Services supplies with blood products.

Helping in Many Ways

Red cells, which are used for patients who suffer from conditions such as anemia or excessive blood loss,

can be stored for up to 42 days in temperatures of 1 to 6 degrees Celsius. Plasma, which is 90 percent water and often used for burn patients, can be stored frozen at -35 degrees Celsius for up to one year. Platelets, which help blood clot, can be stored at room temperature, but are only good for five days. They are used for patients with leukemia and other cancers, as well as those undergoing certain surgeries and trauma. Platelets need to be continually in motion so they don’t clot in the bag before being transfused to a patient. “On average, the blood goes from donor to patient in fewer than ten days,” explains Craddock. Ask any recipient what a difference those ten days — and your donation — can make!

Blood Relations

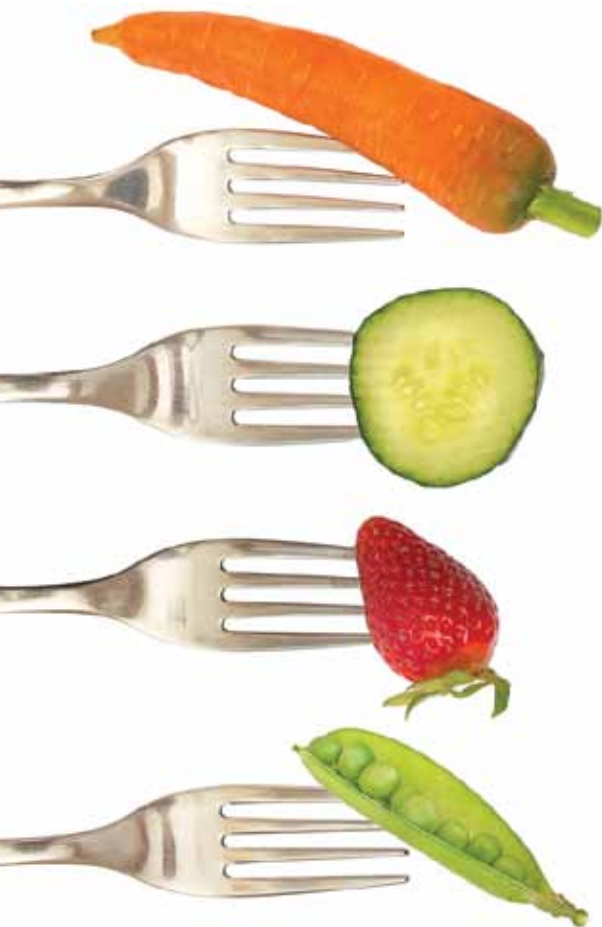
INOVA Blood Donor Services is the largest hospital-based blood-collection operation in the nation. Unlike blood collected by other organizations, the blood collected by INOVA stays local, so there is a ready supply when you or a loved one needs it. With highly skilled phlebotomists, a state-of-the-art testing facility and five collection sites, donating with INOVA Blood Donor Services is safe, convenient and vital to the community. Though almost 40 percent of the population is eligible to give blood, less than 5 percent actually do. Most people don’t donate because they are unaware of the growing daily need, they think it will take too long, or they don’t know where to donate. Anyone who is in good health, is at least 17 (16, with parental permission), and weighs at least 110 pounds may donate blood every 56 days. The entire blood-donation process, from sign-in to departure, takes less than one hour. In addition to its permanent donor centers throughout Northern Virginia, INOVA holds mobile blood drives throughout the DC Metro area every day. “Donors are truly the lifeblood of the community,” says Rebecca Hileman, assistant director, INOVA Blood Donor Services. “Donating is a fast and easy way to really make a difference in someone’s life.”

Blood Flow

Each unit of blood goes through extensive testing and processing before it is made available for use by the fourteen hospitals and medical centers served by INOVA Blood Donor Services.

The next blood drive at the Vienna Community Center sponsored by VTRCC will be on Friday, April 6, 2012, 10:30 am to 4:30 pm.

For an appointment, visit inova.org/donateblood, click Donate Blood, and use Sponsor Code 1058, or call 1-866-BLOODSAVES (1-866-256-6372).



Tired of your weight yo-yoing up and down? Can not face one more attempt at dieting? Have you thrown in the towel and decided to just accept those extra pounds because you've been told that losing and regaining weight, yo-yo dieting, is hurting your health?

Yo-yo dieting or weight cycling is defined as, intentionally losing ten or more pounds followed by a regain of that weight. In the past, studies have confirmed that yo-yo dieting might be more dangerous to your health than holding on to those extra pounds. Now a new study says that weight cycling does not increase your risk of mortality and that even though weight might be lost and regained, it is better to keep trying than not to try at all.

So, what is a yo-yo dieter or weight cyclist supposed to do? First of all, don't get discouraged. Second of all, seek out help. There are many registered dietitians (RDs) in the metro area that can help you achieve success. Registered dietitians can not only help people lose weight, but can also help clients identify emotional components that lead to weight fluctuations.

IS IT BETTER TO YO-YO DIET THAN NOT DIET AT ALL?

by Judy Caplan

Dieting is tricky. It is tricky because to most people, a diet means a short period of time where you adopt new habits to reach a specific weight goal. However, to be successful at permanent weight loss you have to lose weight the same way you plan to maintain your weight. That means "dieting" is a never ending task. While that may sound overwhelming, it does not have to be. There are many solid steps you can take to make your weight loss permanent and still enjoy the food you eat.

Here are a few suggestions:

CHANGE YOUR POINT OF VIEW:

Focus on health not weight loss. Instead of worrying about calories (though they are important), learn what foods build health: fresh fruits and veggies, beans and whole grains, lean proteins, and healthy oils. Seek out these foods and minimize foods that are loaded with fat, sugar, refined grains, and alcohol.

START EXERCISING: If you cannot force yourself to begin moving more, find a walking partner or "body buddy," join a gym, or hire a trainer. Yo-yo dieting slows down your basal metabolic rate and redistributes fat from peripheral to central locations both of which make future weight loss harder. Think of exercise as a necessity, like brushing your teeth.

AVOID FRIED FOOD: Fried food is high calorie food. Swear off greasy fast food, but if you must have it, indulge infrequently. If you are a heavy consumer of fast food, you may be surprised by your withdrawal symptoms when you cut back.

SEEK OUT RESTAURANTS THAT SERVE FRESH FOOD: Again, think fresh fruits and vegetables, grilled,

baked or broiled lean proteins, healthy oils, beans and whole grains. Take the time to eat at a sit down restaurant and avoid fast food. Or if you are in a hurry, here are some healthier fast food options: Chipotle, Baja Fresh, California Pizza Kitchen, Kabob Houses, Japanese, Asian, and Thai.

COOK AT HOME: Learn to cook five quick, healthy meals. When you get tired of eating the same thing, add five more. Most people eat the same ten recipes over and over again. Finding ten healthy ones is the key. Use a crock pot; cook and freeze on the weekends; cut up fresh veggies and fruit ahead of time; keep healthy snacks on hand.

RESTOCK THE PANTRY: Stock the pantry with more raw nuts, non hydrogenated nut butters, dried beans, whole grain pasta, low sodium, non cream soups, non hydrogenated popcorn, and get rid of the junk. Keep some dark chocolate on hand for "sweet emergencies."

YOU DON'T HAVE TO BE PERFECT: No one, not even the Dalai Lama, eats a healthy diet all the time. The key is to engage in enough of the right behaviors enough of the time to see results. If you give up, there is zero chance of success. Even a snail's pace is better than no pace at all.

REWARD YOUR SUCCESS: Reward yourself for all your efforts. Buy yourself something nice. Perhaps a new yo-yo or a new cycle would be a great place to start!

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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REJUVENATE WITH SPRING

Two Ways to Jump Start Your Health.

by Laurie Young

Each Spring, as we become more active after a long winter, our attention naturally turns to the softness of our bodies. How do we get ready for the activities of summer after a slow winter of hibernating and eating heavy, comforting foods?

Every year, my grandmother set a date for “Spring Cleaning.” She opened windows to invite fresh, cool air into her home and spent the day in a flutter of activity, taking down curtains, washing windows, and tending to corners of the house that had not received attention in months. By the end of the day, a beautiful new plant or a tray of seedlings rested by the kitchen windowsill, and the house was filled with the promise of Spring.

Much like a home, our bodies deserve renewed attention at this time of year. We can make use of our naturally increasing energy and optimism to strengthen personal goals for better eating, freer movement, and letting go of excess insulation that may have gathered in our bodies to keep us warm during the winter months.

I ask clients who come to me for nutritional health counseling to begin by “adding in” healthful foods and practices. This is a different approach than the restrictive narrowing down of options in many diet and exercise routines. By focusing on “adding in,” you are free to be curious and creative about finding new foods to love, and you will easily crowd out less desirable choices. It works with exercise too. As you add in enjoyable movement activities, you get to explore health as play rather than work.

Following are two practices to add into your health routine that will rejuvenate you in the spirit of Spring:

Lighten your meals by increasing leafy greens.

By nature, we associate green leaves with spring. The first buds poke out of stark tree branches and soon a gentle

watercolor palette of new green appears. Bulbs emerge and seedlings have started indoors. Notice the green all around you and think of this as nature’s invitation to eat more greens. The fiber will cleanse your body from the accumulations of winter. The nutrients will oxygenate

Orange & Greens Smoothie

Be mindful that freshness of vegetables and ripeness of fruit will affect sweetness of the smoothie.

Ingredients:

- ½ cup water
- 1 very ripe D’Anjou pear OR 1 cup frozen pineapple chunks
- 1 orange, peeled (sweetness matters!)
- ½ to 1 cup spinach, washed
- 1 cup ice cubes

Directions:

1. Wash the fruit and vegetables.
2. Place all ingredients into your blender in the order listed and secure lid.
3. Slowly increase speed of blender, until it is at full speed.
4. Check to see if you need to stop the blender at any time to help contents further down into it.
5. Blend for 45 seconds or until desired consistency is reached.
6. If you’d prefer a lighter taste, you can always add more ice and blend again!

your blood and provide nourishment to your cells, and your body will respond in kind with a feeling of lightness.

When my clients add in green smoothies (see sidebar) and increase salads, very soon they appear in my office smiling with more youthful energy. Try eating more greens daily, and you will also notice the direct connection between these foods and improved energy. As you become excited by the benefits, you will naturally want to continue and will start to crave them. By harmonizing with the season, you are doing a little spring cleaning within your own body and effortlessly taking an important step towards the goal of eating more fruits and vegetables—a constant refrain in every health-oriented recommendation.

Breathe—deeply, naturally and mindfully.

We literally receive breaths of fresh air in the Spring, and we should drink it in deeply, much as my grandmother would do by opening windows to allow new air into the home. Learning to appreciate the simple act of breathing serves as a foundation for improved digestion, calming of the nervous system, and enjoyment of all that surrounds us in the present moment. What better time to begin practicing this art than in the gentle newness of Spring?

My clients are often surprised when I incorporate such a practice into my nutritional health counseling. They've come to me for coaching on food, and yet find themselves also being encouraged to remember the naturalness with which they easily breathed as a child. What do the two have to do with one another? Everything.

The digestive process, which is the breaking down and conversion of food into energy, begins when we see

appealing food and salivate in response to it. Taking just a few deep, slow breaths at the beginning of a meal sets a tone and pace for how quickly and thoroughly your food becomes nourishment. It re-sets your nervous system and affects how well you chew. It determines whether you give your body time to initiate the sequence of digestive processes that result in energy, and how quickly your body sends back cues that it is satiated so that you stop eating.

Mindful breathing applied at the table supports mindful eating and conscious food choices. You will taste your food better and enjoy it more as you become alert to which choices increase energy rather than weigh you down. Together, these practices result in improved digestion, better nutrient absorption, increased calorie burn, and reduced calorie consumption.

Food is more than just fuel. It is nourishment. Similarly, breathing is more than just taking in oxygen to satisfy the requirement of being alive. It is, quite literally, inspiration. So, slow down, breathe deeply, be inspired by the feeling of Spring and commit to a steady practice of adding in healthy choices one step at a time as the weeks and months unfold. Begin with leafy greens and mindful breathing before and during meals. And make time to notice the rejuvenating effect of adding in these two simple practices.

author: Laurie Young is a Certified Health Counselor and owner of NutriCurious. She supports clients in developing individualized eating and health plans using practical tools and personalized coaching. She offers private sessions, and teams with other health practitioners to help clients Jump Start their Health through 6-week small group programs incorporating nutrition and movement. Learn more about her services at www.nutricurious.com or contact her directly at laurie@nutricurious.com.

Get control of your 'inspiration' by practicing mindful breathing, at least once a day.

This breathing pattern will initiate the relaxation response in your body, eliminating stress and tension. The "Full Complete Breath" is nature's way of cueing the body to let go and savor life's simple pleasures, such as eating.

1) Explore your Natural Breath

Sit in a comfortable position, either cross-legged on the floor or forward on the edge of your chair making sure your feet are flat on the floor. Place your right hand over your heart and your left hand over your abdomen. Straighten the spine, sit up tall, then close your eyes and take note of your natural breathing pattern. Notice whether your natural inhalation begins in the abdomen or in the chest.

Exhale fully, then begin drawing a slow evenly paced breath into the opposite location of your natural inhalation. If you noted that your breath naturally begins in the abdomen, draw into the upper chest first. If you naturally begin in the upper chest, begin in the abdomen first. Exhale fully. You are ready to begin.

2) Three-Part-Breath (with mouth closed)

Draw the first third of your inhale into your abdomen or upper chest (opposite your natural pattern), pause for a beat. Draw the next third of your inhale into the middle of the chest, pause for a beat. Then, draw in the last third to complete the breath, filling the entire chest cavity with air. Pause for a beat.

Exhale the entire breath out at once with the same slow, even pace you used on the inhale. Continue this practice for 10-15 breaths keeping your hands on the chest and abdomen for guidance. Pacing of the inhalation and exhalation should not leave you gasping for air or feeling overly full of breath.

3) Link the three parts of the breath together to achieve "Full Complete Breath"

Take in a Full Complete Breath using a slow, even pace eliminating the pauses so that each segment of the breath seamlessly flows into the next.

Be mindful of where you begin and end the breath. It is important to place the beginning of the breath in the opposite location of the natural breathing pattern you noticed in Step 1. A Full Complete Breath should consist of an evenly controlled inhalation. The abdomen extends and the chest rises. On the exhalation, the belly draws back in and the chest collapses.

Practice Full Complete Breath at least once a day, and you will soon discover the key to mindful breathing.

Courtesy of: Matthew Corrigan, CMT, RYT - Certified Massage Therapist & Register Yoga Teacher www.pranahhealthworks.com



HOW TO DETOX YOUR BODY

And Cleanse Your Spirit. by Chef Bonita Woods

My friend Eve told me she had tried one of those cleansing diets that are so popular in Hollywood. “Bonita, after 2 weeks, the only thing I lost was my sense of humor!” Our conversation revealed some interesting details: Eve stayed on this extreme program because she did lose some weight and was so consistently hungry that she “felt skinny”. She also felt weak and tired, and stopped exercising. Once off the diet, Eve had to regain her strength and stamina. Then she gained all the weight back. (Most of Eve’s comments about this cleanse were funny but unprintable. Feel welcome to contact me if you want the gritty details.) Together, we worked out a better detox program that helped my friend achieve her goals.

A common mistake with detoxing is to starve oneself. Just because some celebrities do it, doesn’t mean that this is a glamorously good idea. No amount of cayenne lemon water will provide the energy you need to get through the day! Please ALWAYS remember that if you feel dehydrated, headachy and have shaky hands, you should refuel your body ASAP. Any cleansing program that makes you feel too weak to exercise is not a good idea. The temptation of extreme fasting is understandable. The rules are simple and we all crave the occasional “do over”; but there is a significant difference between detoxing, and depleting your system.

When you detox, start with making a list of the primary toxins in your life. A good cleanse should include relaxation and rest. No matter how stringent your program, if you remain stressed your body will remain toxic. People who relax and exercise process up to three times the amount of nutrients and oxygen per ingested calorie as those who are sedentary and tense. Be sure to include

lots of water! That will help you stay hydrated while you wash those nasty toxins away!

Oxygen is also important. Think about it – when we tense up, we stop breathing. If you take a moment to relax and breathe deeply, you will literally blow toxins out of your system. Foods that are rich in vitamins B & C (orange, yellow and red colored fruits & veggies) support oxygen assimilation into your system. That’s right – every cell in your body needs to breathe. Oxygenation starts with the lungs but key nutrients get that air to your blood flow, molecules and neurons. When you eat well, you help your body breathe. For helpful tips on relaxation and breathing, read Laurie Young’s article “Rejuvenate with Spring” in this same issue.

When you detox, start with making a list of the primary toxins in your life. A good cleanse should include relaxation and rest.

Finally, eat fiber rich food. That means whole grains and frondy produce like kale, broccoli, asparagus and celery. Fiber rich food will act like a scouring sponge on your innards. Soluble fiber absorbs liquid. It also adheres to the rest of the food you eat and coats that mass with a mucus gel. (Think of this as a soapy sponge.) Insoluble fiber gently scrapes your intestinal tract, keeping it clean and healthy. (That is the scrubby side of a sponge.) Fiber allows your system to remain clean so your body can do its best job of absorbing the nutrients through the intestinal walls. A cleanly scrubbed digestive tract is a well-functioning nutrition processing machine.

A peculiar side story: Just out of college, my friend Ray did not like to clean his

home. The pizza boxes and dirty laundry would mound up, decorated with dust and dirty dishes. Every year he would move to a new apartment. Seriously, that was the only time he would clean! Ray loved that cathartic feeling of packing everything up and starting fresh. He also maintained a terrible diet. Twice a year, when Ray started to look and feel really bad, he would go to a vegan detox resort. Eventually, Ray learned that a weekly cleaning company was a wiser option to moving. He also started to maintain a healthful diet so he could always feel as good as he did at the detox camps.

Many of us apply Ray’s youthful psychology to our diets. We “binge then fast” and “diet then reward”. Detoxing is a cleaning process, not a purge. It is not possible to completely empty your digestive tract. If you try, you will develop an unhealthy microbial population that will rise in revolution against your good bacteria. Then you will probably have to drink a lot of probiotic smoothies to reclaim a healthful bacterial community. So much effort for such a circular situation! Like a dog chasing his tail, you will never win that game.

So remember: eat lots of fruits, veggies and whole grains. They are low in calories, high in nutrients, micronutrients and sustaining energy. Hydrate, breathe and stretch. Cut out the stuff that you know is really bad for you. Healthfully balance the stuff that is somewhat bad for you ... but you do it anyway. Be kind to yourself. Think about the words “detox” and “cleanse”, then define what they really mean 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

Mashed Cauliflower in a Tomato Cup

Ingredients:

- 1 to 1½ pounds cauliflower
- 4 cloves garlic, minced
- Salt and pepper, to taste
- 1 Tbsp extra virgin olive oil
- 2 Tbsp pine nuts
- ¼ tsp paprika
- 1 tsp parsley leaves, chopped
- 5 vine ripened tomatoes

Method:

- Cut the cauliflower into florets.
- Steam the cauliflower and garlic together until both are tender and fully cooked.
- Meanwhile, in a toaster oven or a dry skillet, toast the pine nuts so they become golden colored. Remove to a plate to cool off.
- Mash the cauliflower and garlic together with a hand masher, slowly incorporating the olive oil. Add salt and pepper to taste. When done mashing, stir in pine nuts.
- Cut the top one-third off each tomato and hollow the tomatoes out. Rub a little olive oil on the outside of the tomatoes.
- Fill each tomato with the mashed cauliflower. Sprinkle paprika on top.
- Bake in 400°F oven until hot and steamy. Serve with Forbidden Black Rice Risotto.

Forbidden Black Rice Risotto

Ingredients:

- 1 cup Forbidden Black Rice (or any whole grain)
- 3 cups chicken or vegetable stock (approximately)
- 4 oz broccoli broccolini or asparagus, cut into bite sized pieces
- 4 oz firm tofu, cut into bite sized cubes
(substitute pumpkin or butternut squash)
- 1 small onion
- 2 cloves garlic, minced
- 1 Tbsp extra virgin olive oil
- ¼ tsp dried pepper flakes
- ½ cup white wine
- Salt and pepper, to taste

Method:

- In a small stockpot over medium heat, sauté the onion and garlic in olive oil until the rawness is cooked out. Add the tofu and broccolini. Sauté for another minute. Add the black rice and sauté until each grain is warm and coated with oil.
- Add wine and reduce to one quarter of its original volume.
- Add the broth; cover and bring to a boil then lower the heat to very low simmer. Cover and cook for about 30 minutes, or until broth is absorbed by the black rice.

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ADVANCEMENTS IN FERTILITY

by Charles Donnavan

In 1978, Louise Brown was the first human born from In Vitro Fertilization and over the last 35 years, babies conceived with IVF now account for nearly 1.5 percent of all births in the United States.

Throughout this time there have been many advances across all aspects of fertility treatments, as scientific advances have changed the treatment of infertility dramatically.

According to Dr. Christopher Sipe of the Fertility Center of Illinois, IVF studies are now larger and able to look at pregnancy outcomes instead of intermediate outcomes.

The study of genetics and genetic predisposition can be found in every clinical specialty in medicine today, he says.

“Although preimplantation genetic screening (PGS) for chromosomal Aneuploidy has been around for more than 10 years, fluorescent in situ hybridization (FISH) was the mainstay for diagnostic technique,” Sipe says. “Because of the limitations of FISH, only 9-15 of the 24 chromosomes could be safely identified. Numerous studies have suggested there are limited benefits to doing PGS-FISH, as the miscarriage rates were only slightly lower than IVF performed without PGS.”

The other area of technologic advancement is in egg vitrification. Historically sperm have been the only gametes that have high pregnancy success after freezing, due to the large number of sperm available. Eggs have proven difficult to freeze using conventional slow-freeze techniques because the chromosomes are highly sensitive to ice crystals prior to fertilization.

The latest advances in computer technology has enabled choosing the best sperm for doing intracytoplasmic sperm injection by a method called Keiss Method, where the computer chooses the best sperm for use avoiding the human error factor thereby improving the success rates.

Improving the culture media used for growing the embryos in the IVF laboratory to reach the blastocyst stage (5 days after fertilization) where the best embryos are selected, one or two embryos transferred to the uterus, consequently chances of pregnancy and success rates are increased without the need for transferring many embryos with risks of multiple pregnancy.

Gonadotropins are now readily available and safe for use. Transvaginal Ultrasound has replaced laparoscopic retrievals and Fallopian Tube transfers. Meanwhile, Intracytoplasmic

sperm injection has helped thousands of would-be infertile males become fathers.

Another idea involves the use of an artificial uterus, where special plastic incubators are used to provide the suitable atmosphere for the growth and development of the fetus until maturity. The fetus is then supplied with what she or he needs whether for nourishment or oxygen and completely grown in the artificial uterus. This could help fetuses delivered prematurely or for those women where pregnancy endangers the woman's life or in those who congenitally the uterus is absent.

The intra uterine culture of embryos method is still under research where the gametes (eggs and sperm) are put in a special container made from a dissolvable material and then transferred inside the uterus for the material to dissolve in one week to release the embryo inside the uterus at the same time that it takes to naturally reach the uterus. The difficulty is in finding the proper material for the purpose without being rejected by the uterus.

Another method under research concerns splitting cells. The idea is that the human cell contains 46 chromosomes, two of which are sex chromosomes. In the women two XX chromosomes and in the man XY chromosomes. Fertilization occurs when the egg from the woman (containing 22 +X chromosome) fuses with the sperm from the man containing either 22 +X or 22 +Y chromosome, so it could be possible to use any cell from the man's body, such as skin cell for example, divide it in the lab and each half could be used (which contain half the chromosome number) to inject inside the egg's cytoplasm using intracytoplasmic sperm injection method, this method will solve the infertility problem for men with no sperm in their seminal fluid or testes.

According to a study recently published in the journal, “Cell,” Researcher Dr. Mitinori Saitou, of Kyoto University in Japan, and his research team transformed mouse embryonic stem cells into cells that originate sperm or egg cells, called germ cells. Then, those germ cells were transferred into the testes of sterile mice, which produced normal-looking sperm from those germ cells, that were also functional.

The research, while still early, could be promising for men who struggle with infertility.

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.

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

~Author Unknown

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INTERVAL TRAINING FOR BEGINNERS

Cardiovascular Conditioning At Its Best!

by Cindy Pavell



Interval training used to apply only to elite athletes; this is no longer the case. Novice exercisers, regardless of age, can apply interval training to their exercise regimen!

Interval Training Guidelines:

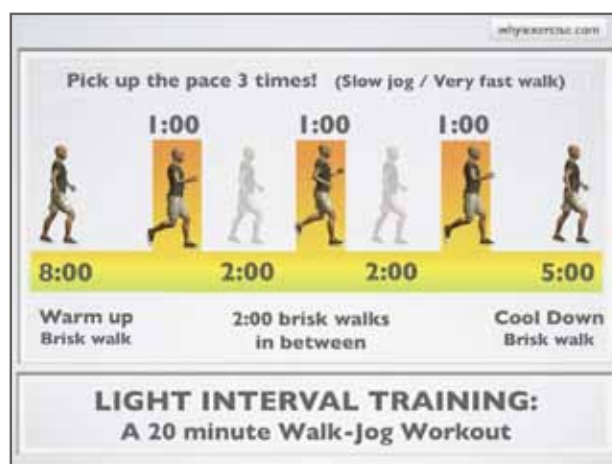
- Perform only 1-2x per week (to minimize your risk of injury) for weight bearing activities; up to 3x per week for non-weight bearing (biking, rowing, and swimming).
- Following a warm up of 5-10 minutes.
- Short bursts of high intensity work with rest intervals.
- Begin with a ratio (rest to work) of 3:1.
 - » Example: Walk for 2 minutes, jog for 40 seconds.
 - » Depending on your conditioning level, start with 3-5 intervals.
- Exertion scale of 1-10 (10 being the hardest), the intervals are 7-9 in intensity.
 - » During a moderate steady-pace workout, the exertion level is 5-6.
- Variables to manipulate:
 - » Ratio of rest to work.
 - » Interval time (generally no longer than 3 minutes of work, can be as short as 10 seconds).
 - » Number of intervals (work up to about 8-10 intervals).
- Cool down 5 minutes.

Interval Training Can Be Used In:

- Biking
- Jogging
- Walking – if using a treadmill you can increase the grade/incline as well as speed to increase your intensity; IF YOU HAVE TO HOLD ON, YOUR INCLINE IS TOO STEEP OR YOU ARE MOVING TOO FAST!
- Jump rope (high intensity activity)
- Elliptical
- Step Mill
- Swimming
- Circuit weight training
- Rowing

Advantages of Interval Training:

- Less time with greater effects.
- Burns more calories; for fat loss – intervals for up to 3 minutes, as hard as you can, with total time for as long as you can.
- Increases cardiovascular conditioning faster than steady pace.
- Does not require special equipment.
- Alleviates boredom.
- Increases post-exercise calorie burn; at least 2 hours.



More and more research is being conducted to understand why interval training is so effective. For more information search: American College of Sports Medicine (ACSM) or American Council on Exercise (ACE).

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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March 25th: 55+ Communities & Downsizing

- What 55+ Communities are in the area?
- Do I move to my new home before I sell my existing home?
- What alterations can I make to my existing home to enable me to stay longer?
- Senior transitions companies and the services they offer

April 29th : New Homes & Custom Building

- Do I need a Realtor to buy a new construction?
- What options should I choose to help with resale later?
- Finding a lot and choosing a custom builder?
- How do I finance a custom built home?



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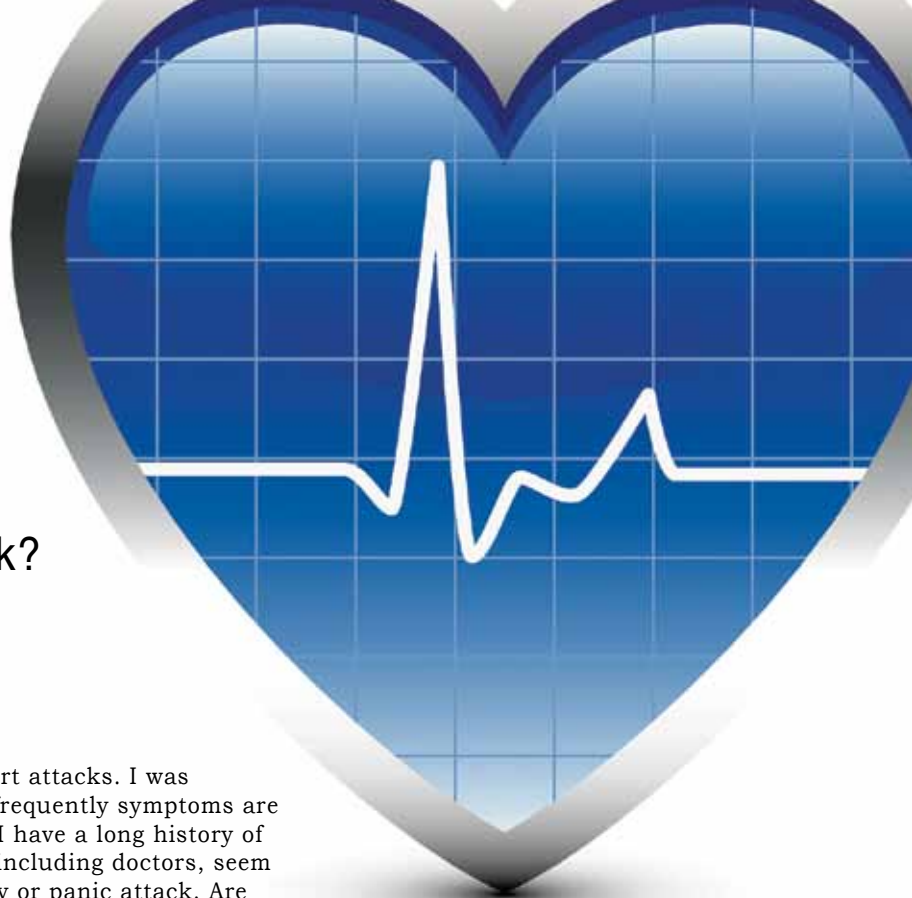


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ASK THE DOCTOR

by David Jones M.D.



Heart Attack or Anxiety Attack?

DEAR DR. JONES,

I recently read an article about undiagnosed heart attacks. I was shocked to hear how often this occurs and how frequently symptoms are dismissed. Heart disease runs in my family and I have a long history of panic attacks. I'm concerned that many people, including doctors, seem to confuse an actual heart attack with an anxiety or panic attack. Are there specific symptoms or signs I should pay attention to during an episode, and how can I be sure to understand the difference between a panic attack and a heart attack?

Thank you,
Maureen S. - Vienna

DEAR MAUREEN,

I often discuss this topic and address similar questions on a regular basis with my patients. It is not uncommon for people to express concern that a heart attack may go undiagnosed or be misdiagnosed. The Mayo Clinic reports that even doctors may have a difficult time deciding if chest pain is a sign of a heart attack or something less serious.

Despite the vast difference in severity between a panic attack and a heart attack, the similar symptoms are often confused. Patients who experience shortness of breath, palpitations, sweating, fatigue, and indigestion frequently dismiss their episode and often avoid visiting an emergency room, which is not my recommended course of action. I advise you to exercise extreme caution with self diagnosis and instead see your doctor immediately. Even if you do not experience significant chest pain, it is extremely important that you take these symptoms seriously and not dismiss the possibility of a heart attack.

To help your doctor identify why you've experienced such symptoms, here is my advice:

- Point out all the symptoms you have experienced or are currently experiencing.
- Tell your doctor when the onset of each symptom occurred and how long each symptom has persisted.

If you are concerned that you may have experienced a heart attack, I recommend you visit your doctor as soon as possible. Tests such as an EKG (electrocardiogram), stress test, echocardiogram and review of the cardiac enzymes found in a blood test will help your doctor determine the cause of your symptoms.

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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LEMON POPPY SEED WHIPPED CREAM CAKE

Ingredients:

- 1½ cups heavy cream
- 3 eggs
- 1 cup + 2 Tbsps superfine sugar
- 1 tsp vanilla extract
- 2 cups All purpose flour
- 2 tps baking powder
- ¾ tsp salt
- 2 Tbsps poppy seeds
- 1 Tbsp lemon zest
- 1½ Tbsp oil
- 2 tps lemon juice

Method:

Pre-heat the oven at 375° F
(350° F if using a dark pan).

Grease and dust a bundt pan.

Whisk together the eggs and the vanilla extract until combined, set aside.

Sift together the flour, baking powder and salt. Mix the poppy seeds and the lemon zest into the sifted flour, set aside.

Whip the cream until it thickens and forms stiff peaks.

With the beaters still running, pour the egg mixture into the cream. The mixture will emulsify into a mayonnaise-like consistency.

Next, beat the sugar into the mixture.

Fold the flour in 2 batches. Mix well until no streaks of flour are visible.

Finally, mix the oil and lemon juice.

Bake for about 25-30 minutes or until a skewer inserted comes out clean.

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Vendors
10am - 6pm

MONDAY, May 28
(Memorial Day Ceremony at 3pm)
Food, Rides, Entertainment & Vendors
10am - 6pm

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www.eltiogrill.com

GLAZED BERRIES

Courtesy of Maple Avenue Restaurant

Glazed Berries:

- 1 cup fresh raspberries
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- 1 cup fresh strawberries, cleaned and quartered
- ½ cup Demerara (raw sugar)
- ½ cup Crème Fraîche
- Cookie of your choice (shortbread cookie recipe below)

In a large bowl, toss berries while continually sprinkling Demerara over them until coated.

Let rest in bowl until sugar slowly melts and fruit becomes glossy.

Spread Crème Fraîche over bottom of plate, carefully stack berries on plate.

Garnish with cookie of your choice.



Shortbread Cookies:

- 1 cup all purpose flour
- ¼ cup sugar
- ¼ tsp salt
- 1 tsp vanilla extract
- ½ cup (1 stick) chilled unsalted butter, cut into ½-inch cubes

Preheat oven to 300° F.

Whisk flour sugar, and salt in medium bowl to blend.

Add butter, vanilla extract and rub in with fingertips until mixture resembles coarse meal.

Gather dough together and form into ball; flatten into disk, then chill for 30 minutes

Roll out dough on lightly floured surface to ½-inch-thick round.

Using fingers, press dough evenly over bottom to edges of pan.

Using tip of small sharp knife, score dough, then pierce all over with fork.

Bake until shortbread is cooked through and pale golden, about 45 minutes.

Using tip of sharp knife cut warm shortbread.

EMERALD ISLE COCKTAIL

Ingredients:

1 oz Gin
1 tsp Green Crème de Menthe
2 dashes of Bitters

Preparation:

Pour the ingredients into a cocktail shaker filled with ice cubes, shake well, strain into a chilled cocktail glass - enjoy!

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LITTLE SAIGON

Dining with Jeannine • by Jeannine Bottorff

One Sunday afternoon about seven years ago, my husband and I were craving Vietnamese, so we headed to the Eden Center – Northern Virginia’s Vietnamese food mecca. The problem was that everyone else in DC had the same idea that day! When we couldn’t get a parking place, we turned onto Wilson Boulevard and started to drive away and saw a quiet little strip mall with a Vietnamese restaurant. We were starving so we decided to give it a try.

Once we were seated, one of the waiters came over and asked us if we were familiar with Vietnamese food. When we said we would love to hear his suggestions, he actually sat down and went through the menu with us. How often does that happen?

We are familiar with Vietnamese cuisine but had never tried what the waiter told us was a must – the *Vietnamese Garlic Butter Chicken Wings*. He also suggested a dish of meatballs served with vermicelli, fresh herbs, pickled carrot and radish – all rolled in rice paper. You soften the rice paper with water and wrap your fillings – a Vietnamese taco! We ordered both these dishes and found that they exploded with flavor!

The chicken wings, which have become our “go to” starter, are dusted with some sort of flour – either tempura or rice – and deep fried to crisp skinned perfection. They are then tossed with caramelized garlic and butter. These are the best chicken wings I have ever had – of any kind, anywhere!!! But, beware, they are so garlicky that they are not first (or even second) date food!

Other appetizers include both fresh and fried spring rolls that are excellent, papaya salads, clams with black bean sauce and dozens of others. For entrees, we’ve ordered *Bo Luc Lac*, smoky pan-seared sirloin steak cubes served on a bed of fresh watercress, crispy *Ga Xao Gung*, fried chicken pieces coated with a gingery sweet sauce and my favorite, the *Pho*.

Often, we head to Little Saigon for what I think is the best *Pho* in Northern Virginia. Steaming bowls of broth filled with noodles and paper-thin slices of eye of round beef are served with platters of bean sprouts, basil, limes and spicy Sriracha sauce to help season the soup to your taste. In my opinion, it’s the new American comfort food!

One night we brought my sister and her husband (New York foodies) and my parents for dinner. Once again, a gentleman who I believe was the owner, came over and helped us select a variety of appetizers and entrees. As dish after dish came out I worried that the bill was going to be astronomical. But, even with wine and cocktails the bill ran around \$125. That was about 5 years ago. The food is still excellent and still quite reasonable.

So, whether you are already an aficionado or would like to give Vietnamese cuisine a try, go to one of my favorites, Little Saigon. You will not be disappointed.

Little Saigon
6218 Wilson Boulevard
Falls Church, VA 22044
703.536.2633

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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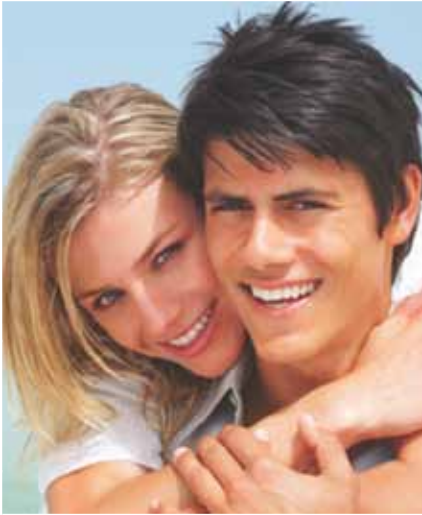
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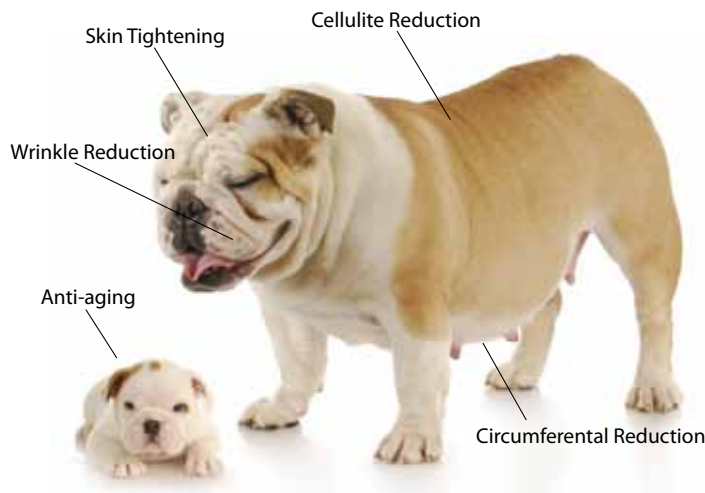
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CHOCOLATE STOUT CAKE

Cake:

- 2 cups stout (such as Guinness)
- 2 cups (4 sticks) unsalted butter
- 1½ cups unsweetened cocoa powder (preferably Dutch-process)
- 4 cups all purpose flour
- 4 cups sugar
- 1 Tbsp baking soda
- 1½ tsp salt
- 4 large eggs
- 1 1/3 cups sour cream

Icing:

- 2 cups whipping cream
- 1 pound bittersweet or semisweet chocolate, chopped

For cake:

Preheat oven to 350°F. Butter three 8-inch round cake pans with 2-inch-high sides. Line with parchment paper. Butter paper. Bring 2 cups stout and 2 cups butter to simmer in heavy large saucepan over medium heat. Add cocoa powder and whisk until mixture is smooth. Cool slightly.

Whisk flour, sugar, baking soda, and 1½ teaspoons salt in large bowl to blend. Using an electric mixer, beat eggs and sour cream in another large bowl to blend. Add stout-chocolate mixture to egg mixture and beat just to combine. Add flour mixture and beat briefly on slow speed. Using a rubber spatula, fold batter until completely combined. Divide batter equally among prepared pans. Bake cakes until tester inserted into center of cakes comes out clean, about 35 minutes. Transfer cakes to rack; cool 10 minutes. Turn cakes out onto rack and cool completely.

For icing:

Bring cream to simmer in heavy medium saucepan. Remove from heat. Add chopped chocolate and whisk until melted and smooth. Refrigerate until icing is spreadable, stirring frequently, about 2 hours.

Place 1 cake layer on plate. Spread 2/3 cup icing over. Top with second cake layer. Spread 2/3 cup icing over. Top with third cake layer. Spread remaining icing over top and sides of cake.

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VivaTysons

MAGAZINE

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Monday, April 16 • 7:05 PM

Mad Fox presents its 2nd Annual Baseball Five Course Beer Dinner, "A World Series Dining Event" featuring cuisine from the 2007 to 2011 World Champions Parks and Stadiums paired with Mad Fox Beer. \$55 per person includes tax, tips, and Cracker Jacks!

Saturday, March 17 • 11AM

Mad Fox celebrates St. Patrick's with the tapping of our St. James Dry Irish Stout and Rock Star Irish Red Ale. We will feature food specials and live music from the band *Shag*.

**444 West Broad Street, Suite I, Falls Church, VA
703.942.6840**

Oakton Wine Shop

Monday, March 5th

Wine Dinner at Mediterranean featuring the wines of Kamen and LaRue from California with winemaker Katy Wilson. \$130 per person all-inclusive. Call 703.255.5425 for reservations.

March 8th, 9th, and 10th

Spring Fling Festival - three day event featuring beers on Thursday evening and on Friday & Saturday it is Single Wines of the Earth theme - Complimentary all three days. For more details contact 703.255.5425.

April 26th-28th

Silvia Puig winemaker and owner of Vinedos de Ithaca will be here showcasing her wines from Priorat Spain. Complimentary tasting on Saturday from 12 to 4pm. Wine dinner on Thursday evening at venue to be determined contact 703.255.5425 for more details.

**2952 Chain Bridge Road, Oakton, VA
703.255.5425**

Bazins on Church

Monday, March 12

We will be hosting a 5-course Prix Fixe wine dinner prepared by Chef Patrick Bazin. Proprietor and Winemaker Gerhard Reisacher from, Delectus Vineyard and Winery, will be available to answer questions. Sparkling wine and appetizers are served at 6:30 followed by dinner at 7:00. Cost is \$100 per person excluding tax and gratuity. Seating is limited and reservations are required. Reservations can be made by visiting www.bazinsonchurch.com or calling 703.255.7212. For more information regarding Delectus Wines visit www.delectuswinery.com.

Monday, April 16

The featured wines are from the Benziger Vineyards. The above details apply ... the exception being that the winemaker will not be present, and the website regarding Benziger wines is www.benziger.com.

**111 Church Street NW, Vienna, VA 22180
703.255.7212**

Open Kitchen

**Spring Fling Festival
Single Wines of the Earth**

First day we will be featuring 4 breweries, and over the next two days we will be tasting over 35 wonderful



wines from around the world as well as cheeses, breads and cupcakes.

Thursday, March 8th • 5-9PM

Lost Rhino (Ashburn VA), Port City Brewing (Alexandria VA), Lagunitas (Petuluma CA), and 21st Amendment (San Francisco CA).

Friday, March 9th • 4-7PM

Grey Mosby of Nice Legs (California Wines)

Robert Dalkins of J.W. Sieg (Wines from around the World)

Andrew Hess of Roanoke Valley Wine Co. (Oregon Wines)

Saturday, March 10th • 11-4PM

Jonas Gustafsson of Vin de Terra Imports (Spanish Wines)
Olivier Daubrasse of Vini France Imports (Burgundy & Rhone Wines).

Tuesday, March 27

Hungarian Wine Dinner
6:30 Reception • 7:00 Seating followed by a 4-course wine pairing dinner.

**7115 Leesburg Pike,
Falls Church, VA
703.942.8148**

**Cafe Renaissance
and Vienna Vitners**

Wednesday, March 28th • 6:30pm

March will be an International Tasting. Wines from six countries featuring cuisine to pair with each region. Sommelier Kirby Pope will host. \$75 per person excluding tax and gratuity.

Wednesday, April 25th • 6:30pm

Featuring an evening in Washington State. Fantastic wines and cuisine will honor this wonderful region. Sommelier Kirby Pope will host with a special guest. \$75 per person excluding tax and gratuity.

**163 Glyndon Street SE,
Vienna, VA 22180
703.938.3311**

Dogfish Head Alehouse

Wednesday March 28 • 7pm

Beers of Spring, Beer Dinner

**6220 Leesburg Pike,
Seven Corners Shopping Center,
Falls Church, VA, 22044
703-534-3342**

Maplewood Grill

Watch for dates and times for wine and beer dinners at Maplewood Grill.

Go to www.MaplewoodGrill.com for more information.



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WEDDING & EVENT PROFILES



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Dandelion Patch



The Dandelion Patch-Save the Date!

It starts with the invitation ... the notice that something special is about to happen. When it comes to making life more personal and special, no one does it better than Heidi and her Award-winning team at *The Dandelion Patch*. From start to finish the "Patchettes" are your best friends, making recommendations and helping patrons navigate their way through the maze of options looking for ways to say "you're special."

The warm and friendly advice and consultations from the trained etiquette experts are complimented by the largest selection of custom invitations in the DC area. With complete in-store printing services for fast turn-around time, custom, couture, and letterpress invitations and cards, as well as numerous locations to serve you, it's no wonder that *The Dandelion Patch* wins the hearts of customers and wedding planners again and again.

111 Church St. NW, Suite 101, Vienna, VA • 703.319.9099
www.TheDandelionPatch.com

The Hilton, McLean



Stylish Venues

The newly remodeled *McLean Hilton Tysons Corner* is the new home of modern luxury in Northern Virginia. Priding themselves on delivering an exceptional service experience, the professionals do this by first understanding the needs of their special customers and assisting them in creating memories that will last a lifetime. With stylish venues appointed with lush designs, farm to table locally sourced ingredients for the kitchen, and impeccable execution, the *McLean Hilton* has the ability to serve large and intimate celebrations.

From the distinctive menus of celebrated Chef Tom Elder, to the lush floor to ceiling draperies and glass windows of the Atrium, this is one location you'll want to include when considering your wedding plans.

7920 Jones Branch Dr., McLean, VA • 703.847.5000
www.1Hilton.com

Purple Onion



Catering

Now working from their newly opened Vienna location, owner-operated *Purple Onion Catering* continues their tradition of "Creating Memorable Events." With more than thirty years in the hospitality industry, Dave and Margot Jones, with a team of dedicated professionals, will orchestrate the event that will be the talk of the town for years to come.

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416 Maple Ave. W, Vienna, VA • 703.631.0050
www.PurpleOnionCatering.com

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For seated food service the *Grand Atrium* accommodates 190 guests with an experienced staff and custom menus that can be packaged to include an open bar and great party music.

2236 Gallows Rd., Dunn Loring, VA • 703.698.0228
www.GrandAtrium.com

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The family owned and operated *Princess Jewelers* has been the "Brilliant Choice" of Brides and Grooms for over two decades. Their professional work has resulted in their recognition as one of the Washington Metropolitan Area's most reputable full service jewelry stores. With an in-house staff of certified graduates of the Gemological Institute of America, these professionals can obtain any diamond or colored stone in any shape, size or quality you prefer.

Importing stones from some of the most well-established companies in Belgium, Israel, South Africa, and around the world, they provide the lowest prices possible, thus allowing *Princess* to guarantee the best price in the area. Maintaining one of the largest inventories of loose diamonds in the metro area, *Princess* has showcases that sparkle with gorgeous platinum and gold jewelry, gleaming diamonds and semiprecious stones set in precious metals.

529 Maple Ave. West, Vienna, VA • 703.255.5050
www.PrincessJeweler.com

DIYA



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This popular Indian restaurant offers banquet facilities for up to 260 people. The variety of Indian Cuisines and other offerings makes this a unique choice. Located at route 123 and Old Courthouse Road.

2070 Chain Bridge Rd., Vienna, VA
703.970.7500
www.DIYATyson.com

Bazin's on Church



Perfect Afternoon Reception

Located on historic Church Street in Vienna, Virginia, celebrated Chef Patrick Bazin can prepare an afternoon reception for up to 80 people. Delightful ambiance with an open kitchen and natural lighting, this delightful hot spot is always a winner. Talk to Sean.

111 Church St. NW, Vienna, VA
703.255.7212
www.BazinsOnChurch.com

L'Auberge Chez Francois



French Country Venue

Looking for a venue with a country ambiance? Jacques at *L'Auberge Chez Francois* invites you to consider this famous French Country Inn in Great Falls, Virginia. A delightful outdoor reception in the Garden Terrace, an intimate party in Jacques' Brasserie, or a private room in the celebrated Inn, it's always a pleasurable experience for the big day.

332 Springvale Rd., Great Falls, VA
703.759.3800
www.LaubergeChezFrancois.com

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Award winning Arthur Murray Dance Studios offers wedding instruction for the entire wedding party. What a great way for the entire wedding party to prepare for the event, especially dad. Learning to dance is a very special gift that the bride and groom to be can give to each other. *Arthur Murray Dance Studios* in Vienna offers classes to accommodate any hectic schedule for private and group lessons ... just walk in and dance out.

8603 Westwood Center Dr., Ste 205, Vienna, VA
703.556.0088
www.ArthurMurray.com

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132 Branch Rd. SE, Vienna, VA
703.281.0070
www.MaplewoodGrill.com

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1025-I Seneca Rd., Great Falls, VA
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2304 Gallows Rd., Dunn Loring, VA
703.641.8444
www.GildasBeauty.com

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When you're looking for some "pampering" before the big celebration, head to *Lofty Salon* in the heart of Vienna. From "updo's", massage, and signature facials, to packages for him and her ("The Pampered Bride" and "Bride & Groom Special"), wedding parties know they can count on *Lofty* to make that day special and truly memorable!

354 Maple Ave. W, Vienna, VA
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www.LoftySalon.com

WEDDING *Invitations*

So Many Choices...

by Lauren Simmons

With all the popular wedding invitations out there, one stands out as the design trend for 2012 – the pocket style invitation. The folds and pockets provide an organized spot for your accessory pieces, as well as an elegant presentation. Add some ribbon as an accent to tie everything together and you have a stunning invitation.

Additionally, here are more design elements that can make your invitation stand out:

Go Green

Eco-chic at its finest – there's an abundance of vendors that provide recycled paper, alternative inks, and paper made from cotton or bamboo. By choosing letterpress as opposed to flat printing or thermography, you're not only using a sustainable printing method, but you double the benefit with the use of cotton paper.

Bejeweled

What bride doesn't want "sparkle" of some kind? By adorning your invitation with tiny pearl beads, miniature crystals, or small rhinestones, you can make a simple invitation 'pop'.

Bold Colors

Bold colors have been a trend for years but we're now seeing white coming back in a surprising way ... as lettering. By using bright colored card stock and sleek white type, the invitation becomes more unique than ever.

Stripes

For a perfect blend of classic and contemporary use vertical, horizontal, or multicolored stripes. Try an elegant script with a playful pinstripe border.

Your wedding will be unique and special with the myriad of beautiful invitation selections.

Save *the* DATE!



Saturday, April 28, 2012, 11AM-8PM
Vienna Volunteer Fire Department,
400 Center St. South, Vienna VA

*The best restaurants in Vienna,
all in one place!*

VVFD will be hosting the 1st annual Taste of Vienna showcasing the many excellent restaurants located in our area. The VVFD parking lot will be lined with local favorites offering a chance to taste the delicious menu items they offer.

Admission is free

Guests will have the opportunity to purchase food and beverages from over 30 local restaurants.

Outdoor Event - Rain or Shine

For more details visit,
www.tasteofvienna.org



Proceeds from this event will benefit The Vienna Volunteer Fire Department. For over 100 years, VVFD members have been serving the Vienna Community. In addition to protecting and preserving the lives and property in and around the Town of Vienna, Vienna volunteers spend countless hours raising money to support and maintain its mission.

We'll see you there!

WEDDING

FOLKLORE & CELEBRATIONS

Marriage has been a part of our civilization even before any recorded claims were ever made, and has been in existence for centuries. The origins differ in each culture and have changed over the years, but the celebrations are still vibrant with tradition and folklore. Weddings are some of the most diverse celebrations that we have today, and there are an infinite number of ways to rejoice. From superstitions to symbolism, every iota in a wedding has a reason as to why it exists (and some have more than one reason). Here are some fun facts and figures about modern and historic weddings from around the world.



- ✂ The wedding ring has traditionally been worn on the third finger of the left hand because it was believed that a vein in this finger ran directly to the heart.
- ✂ Queen Victoria began the white wedding dress tradition in 1840. Before then, brides would wear their best “Sunday” dress.
- ✂ Ancient Greeks and Romans believed a veil would protect the bride from evil spirits.
- ✂ The modern white veil became popular during the Victorian era as a symbol of purity.
- ✂ A wedding cake is traditionally a symbol of good luck and fertility.
- ✂ In Ancient Roman times a small bun or cake, symbolizing fertility, was broken above the bride’s head at the end of the ceremony (the modern version of this is the wedding cake).
- ✂ Queen Victoria’s wedding cake was three yards wide and weighed 300 pounds.
- ✂ The cake that Queen Elizabeth II cut at her wedding was nine feet tall with four tiers and weighed 500 pounds.
- ✂ In the United States, June is the most popular month for weddings, followed by August.
- ✂ Nearly \$72 billion is spent on weddings every year in the United States.
- ✂ Approximately 70% of Americans agree that a bride should change her last name to her husband’s last name.
- ✂ This famous superstition of the Bride wearing something from each of these categories originated in Europe. Something Old: symbolizes the sense of continuity while making the transition from a single person a married couple. Something New: symbolizes that marriage represents a transition to adulthood. Something Borrowed: symbolizes that by borrowing an item from a happily married couple, good fortune would follow the newlyweds. Something Blue: In ancient Israel, blue was the color of purity, constancy and fidelity.
- ✂ Las Vegas is the top wedding destination, and Hawaii is a close second.
- ✂ Symbols of good luck when seen on the way to the ceremony include lambs, toads, spiders, black cats, and rainbows.
- ✂ The popular expression about a couple “tying the knot” when they get married, originated with the Ancient Babylonians who would take a thread from the clothes of each of the newlyweds, and tie them together, symbolizing their union.
- ✂ The position of the bride being on the left side of the groom in Christian marriages comes from the belief that the groom should have easy access to his sword to defend his bride from rival suitors.
- ✂ Cutting the wedding cake together symbolizes the couple’s shared future.
- ✂ In the symbolic language of jewels, a sapphire in a wedding ring is thought to bring marital happiness.

Love is not just looking at each other,
it's looking in the same direction.

~ *Antoine de Saint-Exupery*

You don't marry someone you can
live with - you marry the person
who you cannot live without.

~ *Author Unknown*

You know you're in love when you
can't fall asleep because reality is
finally better than your dreams.

~ *Dr. Seuss*



- ✧ Ancient Roman brides would carry a bunch of herbs, under their veils to symbolize fidelity and fertility, and to ward off evil spirits. These herbs were their version of the modern bridal bouquet.
- ✧ In Great Britain, it is considered good luck for the bride to kiss a chimney sweep on her wedding day. When he cleans the chimney, it is also thought that he sweeps away evil spirits.
- ✧ Greek brides believed that putting a lump of sugar into the wedding gown would bring harmony throughout married life.
- ✧ Oriental wedding dresses often display embroidered cranes, which are symbols of fidelity.
- ✧ In Egypt, women will pinch the bride to bring good luck to those who pinched her.
- ✧ In Ethiopia, women from certain tribes insert plates in their lower lip in order to entice a wealthy groom. The larger the plate, the more a groom will pay.
- ✧ In Mediterranean countries, Jordan almonds are given to guests at a wedding as a symbol of the bitter and the sweet sides of marriage.
- ✧ In England, before literacy rates were high, invitations to weddings were bellowed out by "bidders," who would announce the details of the wedding.
- ✧ In the Orient, eyebrows are considered intensely alluring, and historically, the bride's eyebrows were shaved entirely to render her powerless to attract another man.
- ✧ In Korea, a groom will ask a happily married friend to make him two small wooden ducks for his new household to symbolize fidelity, because ducks will mate for life.
- ✧ In Scottish weddings, green is usually not worn because it is considered an omen of revenge. It is also considered bad luck to even eat green vegetables at a wedding.
- ✧ In many tribes in Africa, young girls are trained to be good wives at an early age, and may also learn secret codes and languages that allow them to talk with other married women without their husbands being able to understand what is being said.
- ✧ In Indonesia, it is common for more than 1,000 guests to be invited to the wedding reception. It is also customary for the bride and the groom to welcome each guest in a long receiving line before the festivities can begin.
- ✧ In Finland, it is customary for the bride to wear a golden crown during the wedding ceremony and reception. She is then blindfolded and spun around while surrounded by all the unmarried girls. The one she places the crown on will be the next to be married.
- ✧ In Romania, marriage is so important that young girls start planning their wedding day at a very young age, when they begin collecting treasures to fill their wedding attire.
- ✧ In ancient Greece, diamonds were thought of as teardrops of the Gods, and it was believed that a diamond mirrored the flames of love.



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NATURAL EASTER EGG DYES

Dyeing Easter Eggs this year?
Here is a list of the natural foods you
can use to get those fun colors.

Red

Lots of Red Onion Skins
Canned Cherries with Juice
Pomegranate Juice

Brown

Strong Coffee
Instant Coffee
Black Tea

Orange

Yellow Onion Skins
Chili Powder
Paprika

Yellow

Orange or Lemon Peels
Ground Cumin
Ground Turmeric
Chamomile Tea
Green Tea

Green

Spinach Leaves

Blue

Canned Blueberries
Red Cabbage Leaves

Purple

Grape Juice

Pink

Beets
Cranberries or Cranberry Juice

**Here is the preferred method for
using natural dyes:**

- Place the eggs in a single layer in a pan. Add water until the eggs are covered.
- Add approximately one teaspoon of vinegar.
- Add the natural dye. Use more dye material for a more intense color.
- Bring water to a boil.
- Reduce heat and simmer for 15 minutes.
- Naturally-colored eggs will not be glossy, but if you want a shiny appearance you can rub a bit of cooking oil onto the eggs once they are dry.

www.chemistry.about.com



SPRING CLEANING FOR THE LAST TIME

While it's nice to clear out all the extra stuff that has accumulated over the last year, wouldn't it be even better to avoid needing an organizational overhaul every spring? These tips and ideas will help keep you organized all year long. Leave behind the days of figuring out where to put your collection of miscellaneous pens, or worrying about an avalanche every time you open up your closet and spend spring soaking up the sunshine.

Here is a collection of tips for the biggest culprits of disorganization.



KITCHEN

The key to kitchen organization is to create a “workable” space. Set up the kitchen how you use it, cooking, preparation, serving, food storage, and cleaning. Making stations in the kitchen according to task will help keep the kitchen organized and provide for an easy clean-up. Put all the equipment associated with each step in the corresponding station to create harmony. Put the serving dishes, glasses, flatware and all other necessities for serving together and you will know exactly where to go when you need serving tools. Do this for all of the “stations” and you will soon be able to keep your kitchen organized and allow for easy categorization of new items you accumulate. Keep in mind how you move from each of your main appliances; sink, refrigerator and stove. Use this as the basis for where you should set up the stations in your kitchen.

Below are a few more tips to keep your kitchen in working order.

- » Rectangular storage containers take up less space than round ones.
- » Limit yourself to one category of equipment per cabinet (ex. dishes and cups).
- » Organize your refrigerator by designating shelves for different categories.
- » Organize your pantry shelves as you would a library, with food items grouped by category.
- » Save your counters for items you use daily. Find places for the other items that take up valuable counterspace.
- » Fasten hooks on the inside of cabinet doors to hang measuring spoons or other items.

CLOSET

Closets have a tendency of becoming a black hole filled with stuff that doesn't have a place anywhere else. To avoid this common pitfall, take an inventory of what is in your closet and get rid of the items that clearly should not be in there. Once you have figured out what is going to stay in your closet, you can begin to figure out how to arrange the items so they are easily accessible and organized. Group similar items together, such as your shirts in one area of hanging storage, and your pants in another. It will be easy to pick a top and a pair of pants for an outfit rather than search for a matching set among the clutter of hanging storage. Utilizing all space in a closet is also key to staying organized. Use the back of the closet door to hang belts, scarves, ties or a few of your favorite purses. If you have a walk-in closet, mount a peg board on the wall to hold the miscellaneous accessories. Keep in mind the rule, if you can't see it you won't wear it!

Below are a few more tips to keep your closet away from the black hole status.

- » Put items you use frequently at eye level or below and items that are used less on high shelves above your other storage.
- » Mark your hangers and after you wear the item remove the marker. After four months you'll be able to tell what items you can live without.
- » Labeled boxes are good for seasonal items because you can easily rotate them as the seasons change; bathing suits, sweaters, etc.
- » Keep the shoes you wear most in your closet and put the rest or seasonal shoes in a container under the bed for hidden storage but easy access.
- » Use multi-tiered pant hangers to make more room for other items in hanging storage.
- » Toss mismatched hangers- the bulky shapes take up room and wire hangers are not good for clothing. Try a matching set of slim hangers.

BATHROOM

Except for those in celebrity homes, bathrooms tend to be small with limited storage, making them a major culprit of disorganization. To work with a small or limited storage space you must clear out all unnecessary items; empty shampoo bottles, excessive bath towels or other unnecessary items. Once you pare down to essential items, it will be much easier to arrange your bathroom. In small spaces it is crucial to utilize all of the space, including vertical space. Install over door racks and wall grids to hang extra towels, jewelry, hair accessories, or other items, this will avoid counter top clutter. Having the correct storage containers will make your life and organization much easier.

Below are some more tips to help your bathroom reach celebrity status.

- » A lazy susan in a cabinet or on a countertop will help organize the basics; deodorant, creams, etc.
- » To clear your counters use your medicine cabinet as a storage for everyday items. Move your medicine to a clear box in a cabinet.
- » If multiple family members share a bathroom, designate a specific box or shelf for their items.
- » Install magnetic strips on the inside of cabinet doors to put small hard to find items like tweezers, or nail clippers.
- » For easy access to your subcabinet storage, use slide out trays like the kind you would use in your kitchen.
- » Regain the space above your toilet. An over the toilet shelving system is great for towels or other items. No wasted space in a small area!

OFFICE

Hidden beneath those towers of paper is a clean desk, the only problem is getting to it. To sort through the mountains of paper, create a filing system using categories; to do, to file, and to read. You will know where to put incoming papers and what papers need to be addressed. To find specific papers fast and easy, use colorful folders to categorize documents by topic. File your papers immediately so those small sky scrapers don't pop up again. Make it a habit to straighten your desk at the end of each day or at least once a week. The more up-keep you do, the less you'll have to worry about finding yourself in the disaster zone that was once your desk.

Below are some more tips to keep your desk clear and organized.

- » Color code your cords at both ends to eliminate confusion at the power strip.
- » Categorize your files into active and inactive. Keep your active files easily accessible and the inactive files in storage.
- » Use kitchen utensil organizers to arrange office supplies neatly in your desk drawers.
- » It is helpful to have a corkboard next to your desk so important papers can be in sight while not obstructing your work space.
- » Conference giveaways, souvenirs and other useless items take up valuable desk top space. Stick to the essentials.
- » Do not over stuff your filing folders, throw out extra papers or create a second folder.

STEP-BY-STEP TO AN ORGANIZED GARAGE

The garage is notoriously one of the most difficult places to organize. It is a large open space and usually becomes a dropping ground for anything and everything. By organizing your garage, you can make it a functional part of your home rather than just another junk drawer. A place for everything and everything in its place will create a safe, clean and categorized garage. Follow this step-by-step guide and tips and you will free yourself from the restraints of clutter.

Step 1: The Clean Out

The first and most important step is to clean out your garage, empty the whole space entirely. You will be forced to go through every box and decide if something is really worth keeping. Categorize the contents of your garage into piles; save, sell, donate, and trash. Everything goes into a pile and soon you will know exactly what is going back into your garage. Having your garage empty will also allow you to envision an entirely new space, rather than “work” with what the old garage provided. Finally do a thorough clean-up of the garage, wash the floors, paint the walls and anything else that can be done to make your garage a nicer space.

Step 2: Organization

Once the garage is completely empty and you know what items are going back in, it is time to figure out how to organize the space. Pull in your car and mark where it will be parked, that way there will be no wrong measurements when you are buying storage cabinets or planning the layout. In your house, for the most part, every room has a specific purpose, to sleep, to eat, etc. Set up your garage the same way, into workstations; sports and recreation, auto supplies, lawn and garden, tools and home maintenance, garbage and recycling, etc. Take into consideration everyone in the family and what equipment they will need in the garage. Use a combination of shelving, drawers and hooks to organize all the areas. Think visibility and accessibility when categorizing; put items you use frequently at eye level, and seasonal or items used less frequently higher up. Since the garage is a space mostly taken up by your car, make sure to use all the space you can, this includes vertical wall space and even hanging things from the ceiling.

Step 3: Implementation

Now that you have decided how you are going to organize your garage, it's time to put those plans into action. Before buying any item, know how you are going to use it and what exactly will go inside it, you will save money and avoid bringing in too many objects into your newly clean garage. Use clear bins for high shelves, this will allow you to know what is in each bin without having to take them all down each time you are looking for a specific item. Make sure you label everything as well, although time consuming, you won't regret it later. Awkward items like wheelbarrows or lawn mowers can be hung on the wall to clear valuable floor space. Closed door shelving units are useful for your lower shelves because they hide unsightly tools or garden products. The closed doors also discourage the shelves from becoming a junk space. A peg board along one wall are perfect to implement vertical storage, hooks are easily inserted for custom hanging space.

TIPS FOR A SUCCESSFUL GARAGE SALE

Preparation:

- Start collecting items throughout the year. Collecting enough items will make throwing a garage sale worth your time and effort.
- As you collect items make sure they are in working order, clean, and marked with a price. All of this preparation will make your life easier as the garage sale date nears.
- What is your goal for the sale? To make money, or get rid of items? This information will help you when pricing, and negotiating.
- Put prices on your items! This will save you hassle when your sale is busy. Remember when pricing items people will want to negotiate.
- Price your items so they are easy to total, .50¢, \$1. It is also a good idea to keep a calculator handy, just in case.
- More people will come on a uneventful weekend, take a look at community events or holidays that could prevent customers from coming.
- Have lots of singles and change. Too many people show up with just twenties.

Advertising and Signage:

- It is important to let your community know that you are having a garage sale. The more customers you have the more items you will sell. Start by advertising in your local newspaper, they usually have a specific garage sale section.
- Ask your neighbors if they would like to do a community or multi-family garage sale. This will save on the newspaper ad and create a bigger draw for customers to come to your neighborhood.
- Free advertising is a good thing, place an ad on your local Craig's list page, position flyers around your community in grocery stores, community centers, and on bulletin boards.
- Make brightly colored, easy to read signs with clear, bold arrows pointing to your sale. Make all the signs the same so people know they are still on the right track.

Setup and Sale:

- To save time if you have a group of items that are priced the same make a sign, "All books .50¢, 5 for \$1".
- If you are selling books or CDs make sure the titles are easily seen. People will be more likely to take a look at a neat stack than a messy box full of items.
- Organize items by category or theme. Put all tools together, books, electronics, and so on.
- The more comfortable you make your shoppers, the more they will browse. Fans, cold drinks for sale, and music will make them feel more comfortable browsing your sale.
- Put some of your more "interesting" items toward the front of your sale so that people driving by will be interested to see what other items you have.
- As items sell, rearrange the tables to make the tables look full, not just leftovers from the early birds.

After:

- Donate all extra items to charity.
- Take down your signs. This can be done near the end of your garage sale so you won't have people knocking at your door after the sale is over.
- Enjoy your profits and a clutter free home!

MAKE ORGANIZING EASY

Products that will make spring cleaning a little easier.



NeatDesk: High-speed, Duplex Desktop Scanner and Digital Filing System

It has never been easier to clear off your desk of all those miscellaneous papers you “should hold on to.” *NeatDesk* makes it easy with state-of-the-art software. It not only scans and stores documents but also identifies, extracts and organizes key information from the document.

www.amazon.com \$399.99

The Tote Buddy

Being green isn’t always clutter free. Reusable bags piling up and causing havoc at the grocery store? You are in luck, *The Tote Buddy* will reign in up to ten of those unruly bags, keep them organized and easily carried until the checkout counter. Being green has never looked better!

www.sheinvented.com/the-tote-buddy-reusable-bag-organizer \$14.97



Pendaflex: Pilesmart Binder Label Clips

Dual function binder clips keep your documents in place and provide a re-writeable whiteboard style label for quick and easy identification.

www.amazon.com \$4.80

The Keyboard Organizer by MyKeyO

This fully functional multi-media keyboard opens to reveal a perfect place for those desktop items. Multiple storage compartments makes this organizer even more appealing.

www.keyboardorganizer.com \$24.95





Meadowsweet Take Out Menu Organizer

Piles of menus stacking up? This take out and delivery menu organizer is great for categorizing your menus. You'll be able to satisfy any craving with the flip of a page.

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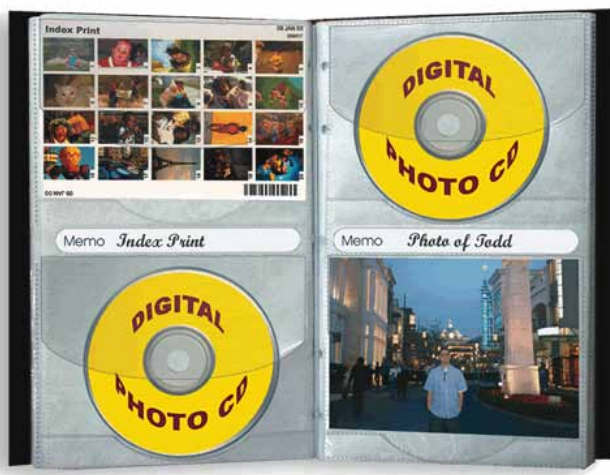
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www.whateverworks.com \$19.99



Pioneer CD Photo Album

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www.amazon.com \$12.60

SAINT PATRICK'S DAY

St. Patrick's Day is an enchanted time
- a day to begin transforming winter's
dreams into summer's magic.

~Adrienne Cook

Saint Patrick's Day is a religious and festive holiday celebrated internationally on March 17th of each year. This holiday commemorates Saint Patrick, a patron saint of Ireland, the anniversary of his death, and the arrival of Christianity in Ireland. It is believed that Saint Patrick was born in Roman-Britain in the 4th century, and was captured by Irish invaders at the age of sixteen. He was kept captive as a slave for six years and during this time he turned to his religion to help him cope with the isolation and loneliness. While imprisoned, he claimed to have heard God speak to him in a dream where he was told to escape and leave Ireland. Heeding the demand, Saint Patrick fled back to Britain where he had a

second dream of God telling him to return to Ireland as a missionary. After years of study and dedication, he was then ordained as a priest and was sent as a missionary to convert the Irish people to Christianity, which at the time, most Irish people held the beliefs of Paganism.

Irish folklore tells that one of Saint Patrick's teaching methods included using the shamrock to explain the Christian doctrine of the Holy Trinity: the Father, the Son, and the Holy Spirit. One interpretation also mentions that he used tools in his teachings such as a sun on the cross, which is now referred to as the Celtic cross, to help the people relate to the Christian teachings since the sun was a symbol for life in Paganism. Saint Patrick

continued to teach for nearly thirty years until his death. There is no clear record for the year that he died, it could have possibly been in the late 4th or early 5th century, but it is recorded that he died on March 17th.

Saint Patrick's Day was made an official feast day in the early 17th century, and has gradually become a celebration of Irish culture in general. During the celebration of that day, people attend church services, wear green attire including shamrocks, and they lift Lent restrictions on eating and drinking alcohol. Saint Patrick's Day is an international holiday celebrated by many across the globe from Ireland to Australia to the United States and many more.

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

~Irish Blessing



**May your pockets be heavy and your heart be light,
May good luck pursue you each morning and night.**

~Irish Blessing

- ❖ Corned beef and cabbage is a traditional Saint Patrick's Day meal. In 2009, roughly 26 billion pounds of beef and 2 billion pounds of cabbage were produced in the U.S.
- ❖ There are 37 million U.S. residents with Irish roots, which is more than eight times the population of Ireland itself (4.5 million).
- ❖ Irish is the U.S.'s second most reported ancestry, behind German.
- ❖ Irish is the most common ancestry in 54 U.S. counties, 44 of them are in the Northeast. Middlesex County in Massachusetts tops the list followed by Norfolk County, Massachusetts.
- ❖ The actual color of Saint Patrick is blue, but green became associated with Saint Patrick's Day during the 19th century.
- ❖ In Irish legends, green was worn by fairies and immortals, and also by people to encourage their crops to grow.
- ❖ The Irish flag is green, white and orange. The green symbolizes the people of the south, orange symbolizes the people of the north, and white represents the peace that brings them together as a nation.
- ❖ According to the *Guinness Book of World Records*, the most leaves ever found on a clover were 14.
- ❖ One estimate suggests that there are about 10,000 regular three-leaf clovers for every single four-leaf clover.
- ❖ Legend says that each leaf of the clover represents something: the first is for hope, the second for faith, the third for love and the fourth for luck.
- ❖ On Saint Patrick's Day, 13 million pints of Guinness (the famous Irish stout beer) are consumed around the world as opposed to 5.5 million pints on any other day.
- ❖ Saint Patrick was actually not Irish. His father was Italian, his mother was Scottish and he was born in Scotland.
- ❖ Saint Patrick's Day is considered the luckiest day of the year to get married.
- ❖ Until 1970, Irish bars closed on Saint Patrick's Day.



TREND

BOLD JEWELRY

What to wear and watch for in the coming season.

Dina Mackney Designs

www.DinaMackney.com

Local jewelry designer, Dina Mackney, creates jewelry on a dramatic scale - making them with all-natural, semi-precious stones set in sterling silver and 18k vermeil. Her items can be purchased at Neiman Marcus at Tysons Galleria.



Alexis Bittar

www.AlexisBittar.com

Launching his jewelry collection in the early 90s, Alexis Bittar's pieces have caught the eye of top fashion stores and major art museums. Crafted in Brooklyn, New York by trained artisans his business is among the 5% of the nation's fashion houses that produce their work in the US.



Multilana

www.Multilana.com

Multilana, founded in 1992 by Ilana Issacow, specializes in designing, recreating and manufacturing jewelry and gifts derived from works-of-art with historical or symbolic significance - highlighting the beauty of past civilizations.



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Vapur bottles are reusable, foldable, attachable, washable, and freezable. They stand when full and fold when empty – easily fitting into pockets, purses, or packs. Available at: Eddie Bauer in Tysons Corner Mall; The Artisans – Langley Shopping Center.

Graphite Writing Instruments by Agelio Batle

www.ABSworkshop.com

Intricately detailed, functional art objects formed in graphite – they write like a pencil but won't strain your hands. Beautiful decorative pieces that are also useful.



SAFE CYCLING AT NIGHT

by Tim Fricker

I'm amazed at how often I see or hear about folks riding along after dark with no lights at all. Time and time again, someone will tell me they nearly hit someone on the road, and I've been startled by unlighted riders along the W&OD trail many a time. For your own safety, and the safety and peace of mind of others, please take a little time and money and get yourself set up with at least a basic "safety" lighting system, and USE it!

To start us off, VDOT's website (www.virginiadot.org/programs/bk-laws.asp) has this to say about lights for bikes:

"Every bicycle ridden between sunset and sunrise must have at least one white headlamp with the light being visible at least 500 feet to the front. The bicycle must have a red reflector on the rear visible at least 600 feet to the rear. On roads posted with speed limit of 35 mph or greater, the bicyclist must additionally be equipped with at least one red taillight visible from 500 feet to the rear. Taillights may be steady or blinking, are allowed under all conditions, and may be attached to the cycle or rider."

So, at a minimum, you need a white headlight and red rear reflector, but I think it is safer to have both a

headlight and a taillight. How bright should they be? A lot depends on your specific habits, needs and of course, budget, as you might expect more light equals more dollars. At the bare minimum, you need something that allows other folks to see you.

If you seldom or "never" ride at night (we've all been caught unexpectedly out after dark), a good starting point is an inexpensive "blinkie set".

They won't light your way on a dark trail, but they may save your life, so they are worth the cost. They are small enough and light enough that you can have them with you all the time, just in case.

If you ride after dark with any regularity, you need to invest in a more powerful set of lights. These days, thanks to LED technology, today's \$60 headlight puts out about as much light as a \$150 light a few years ago. Look for a tail light that gives both a blinking and steady mode, and gives a wide angle of view. In a headlight, you want a nice, bright beam that shines far enough ahead to light your way. If you frequent dark trails at night, you need something quite a bit brighter than if you ride typical streets. Some riders like a blinking mode for headlights as well, but in some areas they are not legal, and honestly I'd rather have a steady light to show my way.

Commuters should seriously consider freeing themselves from disposable batteries and all that they entail. You have two choices here, rechargeable battery lights, or dynamo (generator) powered lights. You can find rechargeable units for under \$100, there are some really good, compact, "self-contained" units that put out an astonishing amount of light for around \$125-\$150. The newest trend is to have them charge through a USB port, which adds a level of convenience and makes for a more compact system. Just be aware that you need to make it a habit to keep them charged.

You can completely eliminate the battery issue by choosing a dynamo powered lighting system, which uses the motion of the wheel to power your lights. Today's dynamo systems are a huge improvement over the old ones you may remember, and provide a really bright light that can illuminate even the darkest path. Many modern dynamos are built into the front hub of the wheel, so there's no slippage, no wear on your tire, and no noise. Paired with a modern LED light set, you can even have features such as, a "standlight" which continues to shine when stopped, or a "sensor system" that turns your lights on as it gets dark. The one downside is price, you can expect to pay upwards of \$160 for a basic hub dynamo system today, and the higher end ones can be many times that cost. But think about it, light when you need it, and never left stranded with a dead battery.

One final note, I'm a big fan of redundancy when it comes to lights. Batteries fade, mounting brackets fail, and even an LED can unexpectedly give up the ghost. I like to ride with at least two headlights and tail lights if I'm going to be out for any length of time after dark. You might combine helmet mounted lights with those on your bike, or perhaps those inexpensive blinkies you bought "just in case" can become your secondary system as you move up to more powerful lights as you ride more. Whatever the case, with a little forethought, you can be safe out there, at night on your bike.

author: Tim Fricker has had a love of cycling that has taken him on many adventures. Previously assistant shop manager at the non-profit Community Cycling Center in Portland, OR, in late 2010 Tim assumed ownership of bikes@vienna, where he had been head mechanic for more than five years. A self-taught mechanic for many years, Tim has also begun developing the skills of bicycle frame construction and repair.

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Great Falls (22066)	\$ 1,084,031	Down -3.16%
Herndon (20171)	\$ 507,987	Up +25.53%
McLean (22102)	\$ 1,099,720	Up +41.74%
Oakton (22124)	\$ 582,286	Up +9.03%
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DIAMONDS ARE FOREVER

Your Love Is Real - Buy Jewelry with Real Value Also.

by Lee Nguonly

When buying jewelry each of us faces the same challenges of how much to spend and what criteria should be considered in staying within the desired budget. There is a wide variety of options available to today's consumer, some choices offering lasting or even increasing value. Other choices may offer a lower cost at purchase but will not hold their value over time. With jewelry purchases it is wise to trust traditional options.

First, consider the type of gem. Some suggest that there are many alternatives to the diamond engagement ring that are more affordable and are increasing in popularity. We maintain that, unless your intended specifically makes a non-diamond request, you would be well advised to honor her with the most valued gem in the world. More on diamond selection as we go on.

Real diamonds increase in value regardless of size. A diamond purchased fifty years ago for \$2,700 is worth about \$25,000 today.

There are newer metals that have been introduced to jewelry in recent years in an attempt to economize on price. Metals like palladium, titanium and tungsten are being passed off as acceptable when they simply will not add to the value of the jewelry piece over time. It is advisable to invest in gold or platinum bands which are classics and are known to provide both lasting beauty and value with the passage of time. The inferior metals are increasingly available and are often pushed by manufacturers to hold prices down. As the economy continues to improve they will ultimately go away since they will not be considered a keepsake. Women often like to pass on their jewelry to children or grandchildren and they want to give highly-prized pieces.

What about the gems themselves? Once again, your best investment is in natural diamonds, not Moissanite or other manmade diamonds. If there are tight budget constraints, it is better to buy a smaller size or cut back on quality somewhat, than to spend money on manmade gems. Real diamonds increase in value regardless of size. A diamond purchased fifty years ago for \$2,700 is worth about \$25,000

today. The same cannot be said for artificial diamonds. Then there is also the reality that that diamond ring will be on her finger to enjoy 24 hours a day so she should have the best you can afford.

What is the latest trend? Far and wide the most popular ring today is the halo design which has a larger diamond in the center surrounded by a halo of smaller diamonds. Every halo is custom designed to fit, after the center stone has been selected. We use our expertise to create the perfect ring for each client. It is important to establish the budget for the entire ring which will lead to the selection of center stones and settings. For example, if you want to spend \$10,000 for a ring, you would probably allow about \$7,000 to the center diamond and \$3,000 to the setting. A \$5,000 budget would suggest a \$3,500 center diamond and a \$1,500 setting. At \$20,000, figure \$16,000 for the center and \$4,000 for the setting.

The second most popular ring today is a three-stone arrangement, with a larger diamond in the center and a smaller stone on each side. It's a true classic in diamond rings. Following that, comes the solitaire which has always been an enduring style. If you don't know of any specific preferences from your mate, choose the solitaire and you won't go wrong.

New shapes are introduced by the industry from time to time. While popular for a while, some will go out of style and favor. When in doubt rely on the most traditional cuts, with the round cut being the most popular and also holding its value best. A word to the wise: only buy a fancy shape (as they are known) if she requests it.

The four C's of diamond buying (cut, carat, color and clarity) are still very much the way that diamonds are valued and we are prepared to discuss these important attributes with you when selecting a diamond. Now with the knowledge of appropriate criteria to make a quality diamond purchase, you can surely find the perfect gift for your loved one.

author: Lee Nguonly is owner of Princess Jewelers, a family-owned jeweler located at 529 Maple Ave. W in Vienna, VA and he is a GIA Graduate Gemologist. He and his staff stand ready to assist you in buying diamonds and other fine jewelry. Princess Jewelers was selected as best jewelry store by Washingtonian magazine in both 2007 and 2008.

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Photos by William Folsom



COMMUNING WITH NATURE

Have You Been to Meadowlark Lately?

by Rick Mundy

Celebrating its 25th anniversary this spring, Meadowlark is a familiar destination for thousands throughout the Tysons area. In fact, some 45-50,000 visitors take in the beauty and serenity of this natural treasure each year. However, even those who take a regular stroll along the paths of the 95-acre public garden may not be fully aware of the new features being added this year and the next which will only enhance the visitor experience in the future.

Celebrating Friendship

Most visible to the recent visitor has been the development of the large space on the northern side of Meadowlark that is the new Korean Bell Garden. Scheduled to officially open in May, this exquisite garden is intended to celebrate friendship, harmony and peace, honoring the close relationship between South Korea and the United States. All funds to create this magnificent space were donated by private citizens, corporations, and regional governments in South Korea.

The entire area will be landscaped with Korean plants, including unique plants to Korea that have plant relatives in Eastern North America, providing a great horticultural resource for education and conservation.

Other notable facts about the Korean Bell Garden include:

- The garden is the only structure of its type in a public garden in the Americas and Europe.
- The Korean letters on the bell say, "Bell of Peace and Harmony."
- The Korean characters on the entrance gate walls say, "Korea" on the right and "America" on the left.
- The bell will be rung mainly on special occasions such as, the Fourth of July, New Year's Day, summer solstice, winter equinox, etc.

New Picnic Facilities

A new picnic pavilion is being built near the Visitor Center and the existing picnic area. This will be available for family events, corporate picnics, and occasionally used for a daytime wedding.

Children's Garden

Regular visitors are familiar with the children's garden already in existence, but a new Children's Garden will be built by the existing log cabin. This space will be highly interactive, demonstrating the many uses of plants for food, shelter, medicine, and fiber. This area is also home to the Camp Grow!



summer programs, designed for campers entering grades 2 through 7 in the fall. Details of the camps are at www.nvrpa.org/park/meadowlark_botanical_gardens/content/campgrow.

Holiday Light Show

New for 2012, will be a pedestrian holiday light show which will include lighted trees and shrubs, as well as other lights depicting flowers, butterflies and animals. It will open around Thanksgiving and run until January each year.

New Features But Same Strong Mission

While many projects are underway to expand the enjoyment of Meadowlark Botanical Gardens, the mission of the park remains focused on aesthetics, education, conservation, and community service. According to Keith Tomlinson, manager at Meadowlark, it is recognized as a, "complex where the

conservation of plant diversity is taken very seriously." For example, the Potomac River established every land form in the entire area and Meadowlark continues its conservation efforts with the Potomac Valley Native Plant Collection. This conservation effort is consistent with the goal of the Northern Virginia Regional Park Authority (of which Meadowlark is part): of conserving open space while providing recreational opportunities.

With the relatively small 8-person staff, Meadowlark remains committed to public service as a public garden, providing open space with tranquility in an otherwise urban setting.

Most information was gathered from writings by and discussion with Mr. Keith Tomlinson, manager, Meadowlark Botanical Gardens. VivaTysons appreciates his assistance.

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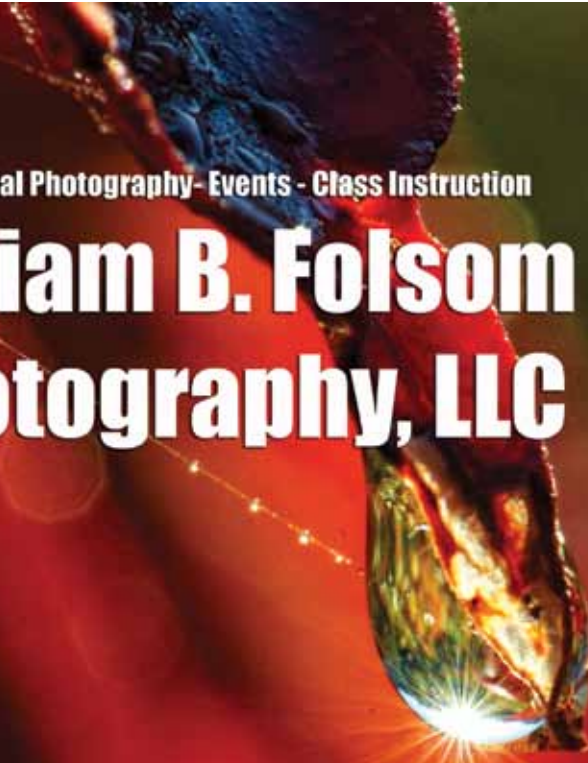
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GETTING INTO THE WHISKEY TRADE

by Keith Loria



Photo by: Emily Landsman, EHL Creations

It was back in 2009 when Scott Harris was a 20-year computer vet building software for telecommunication systems and government IT solutions, and his wife Becky was a chemical engineer specializing in industrial processes and production systems.

Oh what a difference three years can make. Feeling unfulfilled by their careers and wanting to do something they loved, the couple set out to find a new path for their lives.

“My wife and I enjoy dining, fancy spirits, and nice wines, and we would often find ourselves on family trips going to distilleries all the time,” Scott says. “Whether it was in Scotland, or Ireland, it was always neat to head to the breweries.”

After one particular trip to Ireland, where the Harrises spent time at the Bushmills—the oldest distillery where Irish whisky is made—Scott decided that he wanted to open a distillery near their Virginia home.

“It was a crazy idea and my wife really didn’t think I would do it,” the 41-year-old says. “I kept thinking back to the Bushmills and being on that factory floor with those massive copper kettles and stills and seeing the entire production, and I said to myself, ‘I want this.’”

After some pleading, begging and constant bugging, Becky finally told Scott to write up a business plan (probably just to shut him up), and then they could go from there.

“She didn’t think I would really do it, but I was pretty serious and I put a lot of effort into it,” Scott says. “I had friends critically review it and I came back to her with my plan.”

Since Becky would be the first investor he would have to convince, Scott did a great job of vetting all the contracts and price quotes, and coming up with a solid plan. After hearing his pitch, she was on board and the two were ready to begin their new adventure.

“We took the plan to the bank, and much to our surprise, they gave us a loan,” Scott says. “We had all of the money in hand and ordered equipment. It was like being on a roller coaster and not being able to get off.”

Over the course of the next year the couple was busy getting their plan from paper to reality. They secured a license, found the perfect 2,000 square-foot industrial space in Purcellville, and took care of all zoning, electric and equipment issues.

“On January 4th, of 2010, we had our federal license, and equipment, and legally started to distill our first spirits,” Scott says. “From that point on, we were the running business and getting into Virginia, DC and Maryland and shortly after, California, Tennessee, Kentucky and Washington state.”

Today, Purcellville, VA-based Catoctin Creek Distilling Company operates as the first legal distillery in Loudoun County since before Prohibition, joining over 20 vineyards and wineries in DC’s wine country.

The name “Catoctin” is a regional name. Pronounced Ka-TOCK-tin, the name derives from the Indian tribal name “Kittocton” which, legend has it, meant “place of many deer.” Catoctin describes a range of mountains and the creek, which flows picturesquely into the Potomac River and Chesapeake Watershed.

Over its first two years, Catoctin has been a rousing success, discovering it was a great environment to bring out a premium hand-crafted artisan product.

"We've been selling really well. In 2010, we produced 10,000 bottles. In 2011, we produced 20,000," he says. "This year we are hoping for 30,000 with an entrance into another major market, hopefully New York, in the next few months."

Scott and Becky share the responsibilities of the distillery and are hard at work making their dream come true. He takes care of marketing and distribution, while she oversees the distillery process.

"I love being my own business owner. I love the independence, the freedom, and the fact that I can touch every aspect of the business from bookkeeping to web design to making products and selling them," Scott says. "Becky loves the fact that it's a fun, cool application of her chemical engineering background, but also has an artistic side of it both culinary and the art of producing recipes and spirits and the way they are packaged and branded. It tweaks the left and right side of the brain for both of us. It's wonderful to be immersed in this. This is our baby."

Catoctin Creek Distilling also sources locally and organically, which was done as a means to differentiate their products.

"It certainly has a big aspect for flavor and smoothness of the product," Scott says. "Organic spirits just taste better."

In October, the company will be releasing its first brandy, named 1757 Virginia Brandy, in honor of the founding day of Loudon County. Other spirits are in the works.

Looking ahead, Scott hopes to become solid in New York with growing volume and perhaps make their way into some other east coast states.

"I don't necessarily want to be national brand that quickly," he says. "There are a large number of craft brewers that are successful with being a local brand and I don't want to get too greedy. I would like a solid east coast brand and I'll let my children make it national."

Catoctin Creek Distilling Company
37251C East Richardson Lane
Purcellville, Virginia

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.

Catoctin Creek produces three different spirits—all from the beloved rye grain, and a limited release pear brandy.

Mosby's Spirit: (\$38.90) Named after John S. Mosby, a Civil War colonel and leader of a local band of rangers called Mosby's Raiders. *Mosby's Spirit* has a delicious woody taste, with notes of caramel, rich butter toffee, and just a hint of lemon in the nose. It is incredibly versatile as a mixer, giving a new grainy sweetness to traditional vodka or rum cocktails. It can also be used in many recipes calling for whisky.

Roundstone Rye: (\$38.90) *Roundstone Rye* is one of the only organic whiskeys in the nation. It's a great mixer in Manhattans, or any recipe calling for Canadian or rye whisky.

Watershed Gin: (\$38.90) Paying respect to the Chesapeake Bay watershed, in which Catoctin Creek flows, this gin is distilled from organic rye grain, with a secret recipe of organic herbs and spices. Amazingly complex, with a rye base that shines through subtle citrus and cinnamon notes, essences of fresh cut hay, and of course a crisp juniper character.

Pearousia: (\$42.30) A limited release, *Pearousia* is a pear brandy that is a combination between Fabboli Cellars and Catoctin Creek. Doug Fabboli, owner and vintner at Fabboli Cellars, produced a lovely pear wine, and it's distilled into brandy. After being casked in oak for a time, this pear brandy has emerged as a truly lovely and unique offering, and its first fruit spirit.

Here is a look at some of the awards the distillery has won.

GOLD - Beverage Testing Institute (91 points, Exceptional) - Watershed Gin

SILVER - New York International Spirits Competition 2011 - Watershed Gin

SILVER - BEST IN CATEGORY - American Distilling Institute 2011 - Roundstone Rye

SILVER - New York International Spirits Competition 2010 - Mosby's Spirit

SILVER - New York International Spirits Competition 2010 - Roundstone Rye

SILVER - Beverage Testing Institute (87 points, Highly Recommended) - Roundstone Rye

SILVER - Beverage Testing Institute (85 points, Highly Recommended) - Mosby's Spirit

VERY GOOD - Ultimate Spirits Challenge by F. Paul Pacult (87 points, Strong Recommendation) - Mosby's Spirit

BRONZE - BEST IN CATEGORY - American Distilling Institute 2011 - Mosby's Spirit

BRONZE - American Distilling Institute Whiskey Competition 2010 - Mosby's Spirit

89 POINTS - Tasting Panel Magazine - Mosby's Spirit

80 POINTS - Whisky Advocate Magazine - Roundstone Rye

Photo by: Sarah Hauser, Virginia Tourism Corporation

TEAR DOWN

THE WALLS

by Richard Gazala

For authors it's always intriguing to study the current throes of the "traditional" book-publishing business model. Rules and practices are fluctuating rapidly in almost every aspect of the business, from the ways books are published to the ways they're acquired and read. This places authors in a landscape as rosy as it is daunting to maneuver, as they toil to capture the attention of potential readers.

In days gone by not so long ago, by far the best path for an author to gain notice and a shot at fame and fortune was steadfastly treading the "traditional" route of book publishing. Many argue that the traditional route remains the best choice, and to some extent (at least right now), that might be true.

The question is, why was it ever true at all?

The answer is in those recently bygone days, and for many decades preceding them, the traditional publishing houses largely and most efficiently controlled the means of production, distribution, and marketing of books released for mass commercial consumption. Once an author contracted with a publisher for a book's publication, the publisher arranged for the book's editing and polish, its cover art, and its pre- and post-release reviews. The publisher arranged the book's physical production. The publisher had the wherewithal to get the book stocked on national and international retail shelves. The publisher had the money and means to market the book domestically and abroad before, during and after its release.

In the Internet Age, the traditional publisher's control in those matters is no longer as weighty as it used to be.

Authors now have access to a robust and growing array of means to have their books professionally edited and produced.

Authors now have access to a robust and growing array of means to have their books professionally edited and produced. Many independent publishing houses can arrange for "fully-returnable" book distribution to retailers via the likes of Ingram, and Baker & Taylor. (And as Kindles, iPads and Nooks abound and gain popularity, the necessity of

producing physical books at all dwindles proportionately.) Any author reasonably familiar with social media, and possessing sufficient time and resources, can devise and implement a marketing campaign to support her work as vigorous as just about any rolled out by a traditional publisher.

So barring for the limited purposes of this article the undeniable benefits that accompany economies of scale, the traditional publishers don't enjoy any particular advantages in physical book publication and distribution, and only one (as we'll see below) in marketing. Yet at the moment, for sure, most independently published authors would be elated to move their books into the hands of traditional publishers.

Why?

Because not even the Internet Age has stripped traditional publishers of their one clearly invaluable power -- they have been around for many years, and remain today, the arbiters of popular reading taste in the mass commercial markets. Whether rightly or wrongly so isn't relevant. It simply is so.

The popular music business is the traditional publishing model's first cousin, so a brief stroll into the music arena is illustrative. When I was a teenager, my family moved between two continents in the mid-1970s. Whether I was in Massachusetts or England in 1976 and 1977, just about every kid I knew had a copy of Peter Frampton's live double album, "Frampton Comes Alive." Record stores on both sides of the Atlantic displayed reams of promotional collateral devoted to the record. American and western European radio stations kept cuts from the album in heavy rotation for nearly two years without interruption. The album became a phenomenon that fed on itself, until for my generation owning the record was a commonplace rite of teen passage.

Alternatively, had the record label not so aggressively stamped the record with its seal of approval, the odds were only a small fraction of us would have ever heard of it, much less bought it.

A&M/Polygram was the record label that made "Frampton Comes Alive" successful. The label, which operated much the same way a traditional book publisher does to this day, excelled at convincing record-buyers that Frampton's album was good, and worth purchasing.

Frampton wasn't unheard of before "Frampton Comes Alive" was released. He had previously been a member of the well-received band Humble Pie, and released four solo albums between departing the band, and "Frampton Comes Alive." Neither individually nor collectively did those four solo records remotely approach "Frampton Comes Alive" in sales. Was "Frampton Comes Alive" a great record, or one of the "best" ones released in the mid-1970s? Was it truly superior to hundreds of other contemporaneously-released albums in its and other genres, including Frampton's own previously released material?

Well, that's a matter of taste, isn't it?

Exactly.

In 1976 and 1977, A&M/Polygram was a formidable tastemaker in popular music. The average radio station, music store and record buyer had neither the time nor inclination to scour through hundreds upon hundreds of albums released around the time of "Frampton Comes Alive" to seek out lesser-publicized gems. The record label did this for them.

The major record labels were gatekeepers. Their imprimatur was perceived, to a significant extent and whether justifiably or not, as a pledge of product quality on which stations, stores and buyers were willing to rely. And this is only one example of labels' highly effective gatekeeping and tastemaking efforts before and since "Frampton Comes Alive." (I selected this specific example because it rekindles such fond memories of my youthful miscreancy in the 70s. You'll just have to indulge me.)

The only superpower that traditional book publishers still have today is that power of tastemaking.

Online retailers like the behemoth Amazon.com have millions of traditionally and independently published books for sale. As of this writing, independent e-book publisher/distributor Smashwords.com has "3,764,692,764 words published." Yet even a cursory glance at the current major bestseller lists will return almost exclusively the names of authors who are very well-known and widely read, and have been for years. The premier book review outlets (i.e., *The New York Times*, *The Washington Post*, *The Los Angeles Times*, *The Times of London*, major television programs and magazines, etc.), as well as book stores and book buyers, have neither the time nor inclination to scour through hundreds upon hundreds of books released every month to seek out lesser-publicized gems by lesser-known authors. As they have for decades, they rely on traditional publishers do the sifting for them.

Hence, at least originally and in considerable part, the remarkable success of Meyer's *Twilight*, or Larsson's *The Girl with the Dragon Tattoo*, or scads of other "phenomenon" books. The underlying business model that made world-beaters of *Twilight* and *The Girl with the Dragon Tattoo* was the same one that propelled "Frampton Comes Alive" to such lofty heights.

I know many authors, both traditionally and independently published. I don't know one who wouldn't crave his or her book to be reviewed by *The New York Times*. And *The New York Times*, like *The Washington Post*, *The Los Angeles Times* and other major newspapers, magazines, television stations, and radio programs, very rarely shine any light on independently published books. *The Washington Post*, for one, declines to review independently published books as a matter of stated policy, and it's far from alone in this regard.

My friend Marvin McIntyre recently released his debut novel, a great thriller titled *Insiders*. His book is professionally edited and produced, and it's distributed "fully returnable" via Ingram, and Baker & Taylor. It has earned great feedback from Internet review sites and online reader reviews. But his sales didn't take off until he was able, through his own professional connections, to get *Insiders* reviewed by Barron's.

I know it's the Internet Age. There are tens of thousands of web-based book review sites. Some are very good, some not so much. Some have lots of readers, but most have few. There are so many online book reviewer sites splintering readers' limited time and attention that none of those sites have aggregated sufficient gravitas to be a national tastemaker. None of them alone (and even some thousands of them put together) yet have the reach and prestige to launch a book's sales the way a single, brief mention in *The New York Times* can.

Relations between traditional publishers and the front-line prestigious book review outlets remain tight and cozy.

The way to *The New York Times*' book review pages and their precious ilk is still, and for all meaningful intents and purposes is exclusively, via the traditional publishers. Relations between traditional publishers and the front-line prestigious book review outlets remain tight and cozy. The publishers will battle to the end to keep it that way, as it's the last vestige of their old-world value proposition that continues to matter. For the near future it seems in the reviewers' interests to perpetuate this status quo too, since it obviates the need for them to invest limited resources in seeking and evaluating independently published books that are as good as, if not far better than, the ones shilled by the traditional publishers.

These are the last walls between very talented but independently published authors and the widespread attention they justifiably deserve. Those walls won't stand forever. The sooner they crumble, the better it will be for everyone who loves to read books.

author: Richard Gazala "Tear Down the Walls" 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 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.



Current Location c. 1942 Saw Mill

75 AND STILL GROWING STRONG

Sisler's Stone Is One of Falls Church's Oldest.

by Rick Mundy

Nearly 8 in 10 businesses fail within the first three years according to today's statistics. Not only did Sisler's Stone continue more than three years, but has succeeded, grown, adapted, and impacted the community for three full generations, now run by Steve Sisler, grandson of the founder.

Celebrating its 75th anniversary, Sisler's Stone is a fixture in Falls Church. Only two Falls Church businesses, Brown's Hardware and Hodges Windows, can claim to be older. The company bought the land it occupies on Washington Street in 1936 and opened in 1937, moving its operation from Harrisonburg.

Originally, the company created and sold headstones and monuments. That meant the entire process, including cutting the headstones from large slabs, and this operation continued till the early 40's when pre-cut headstones became more prevalent.

Sisler's has always been quick to address the changing needs of the times. In the 40's the company built a sawmill and started making tool handles and bed slats for Montgomery Ward.

Also, before World War II the company started in the quarry business, purchasing one in Haymarket, another in Gainesville, and a sand and gravel operation in Springfield. As the area grew, Sisler's Stone remained busy, installing stone walls for numerous municipalities as well as patios, retaining walls and more for homes across northern Virginia.

By the 1960's the company shifted its focus again to more of a retail operation, letting other companies and individuals handle the installations. As the retail operation grew, they moved from offering just natural stone to include man-made materials, plus lighting systems and drainage systems for outdoor landscaping.

"Businesses have to adapt and change in order to stay competitive," says Steve, "We are always looking at new product lines and we have added an outside sales force." In fact the entire staff has grown from 10 or 12 when Steve was a boy, to about 30 full- and part-time employees when operating at full force in the summer.

About 85-90% of their business comes from contractors, with the remainder coming directly from homeowners. "We welcome homeowners who want to do their own work or to help educate them as they work with contractors so they understand the installation to be done on their homes. SislersStone.com provides instructional videos and information on seminars to assist in planning and installing patios, walls and more.

These days, Sisler's is expanding its reach beyond Fairfax County with new business in Loudoun and Montgomery Counties as well as Bethesda and Chevy Chase. These are largely untapped markets with significant demand.

"We are also trying to provide the complete package for the contractor, from soup to nuts, that includes everything for outdoor living spaces," Sisler proclaims, "People want to create that paradise in the backyard, so outdoor living space is a current focus."

Adviser to the President

As a businessman that understands what it takes to excel over many years, Steve had the opportunity a few years ago to meet with President Bush and 5 or 6 other businesspeople to discuss the needs of small businesses today. Later, he was on hand as Bush delivered his small business initiatives drawn from that meeting.

This is simply one indication of the public service orientation that Steve and his family have displayed over many years. His father and two uncles all served in the



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Photo by Vinh Le

military during World War II. In fact, he proudly displays a personal note to his grandfather from General Douglas MacArthur, thanking him for his correspondence and the service of his sons during the war.

Continuing the call to service, several members of the family were/are with the Falls Church Volunteer Fire Department, including Steve's grandmother, father, three uncles, cousins and Steve himself. Sisler's Stone also recognizes the vitality of the City of Falls Church through their sponsorship of Creative Cauldron and participation in Taste of Falls Church.

"We Look to Help People"

Sisler is one of the founders of a local Decorate-A-Vet program that has been in operation for two years now. This group works with the local American Legion at Christmastime in the Falls Church area, sprucing up the homes and yards of veterans that can use some help.

Five houses were targeted this past year, and including work at the Wounded Warriors at Fort Belvoir and a home for homeless women veterans in Fairfax. "The first year we managed to put it all together in three weeks," Steve recalls.

Along with co-founder, friend and business owner Jeff Jones of Classic Stonescaping and Gardens, Sisler is excited about

the results their efforts have accomplished. He is quick to acknowledge other businesses that have joined in the effort, like Long's Fence and Home that provided brand-new gutters for one home, or Clare and Don's Beach Shack that have generously donated food for the projects. "It is more that just fixing up the homes and yards," Sisler adds. "This year we also had a dinner at the American Legion for those involved, so it provides a chance for these veterans to network and develop friendships as well."

Paving a Path for the Future

The hard work expended in building the Sisler business and the good works of reaching out to others are indicators that Sisler's Stone is likely to continue for many more years. Both are meant to help people.

Steve's advice for those who want a long-lasting business? "You've got to grow your business or you're going to be stagnant and you'll lose your edge. Step it up every year to be competitive and adapt to the changing needs of the marketplace."

After 75 years, this approach seems to be working just fine for Sisler's Stone.



Monument Business in Harrisonburg c. 1920



Sisler Bros. transporting 8 ton monument through Harrisonburg c. 1925



Sisler's Stone owner Steve Sisler at the company's new outdoor living showroom



Sisler's storefront in Falls Church today



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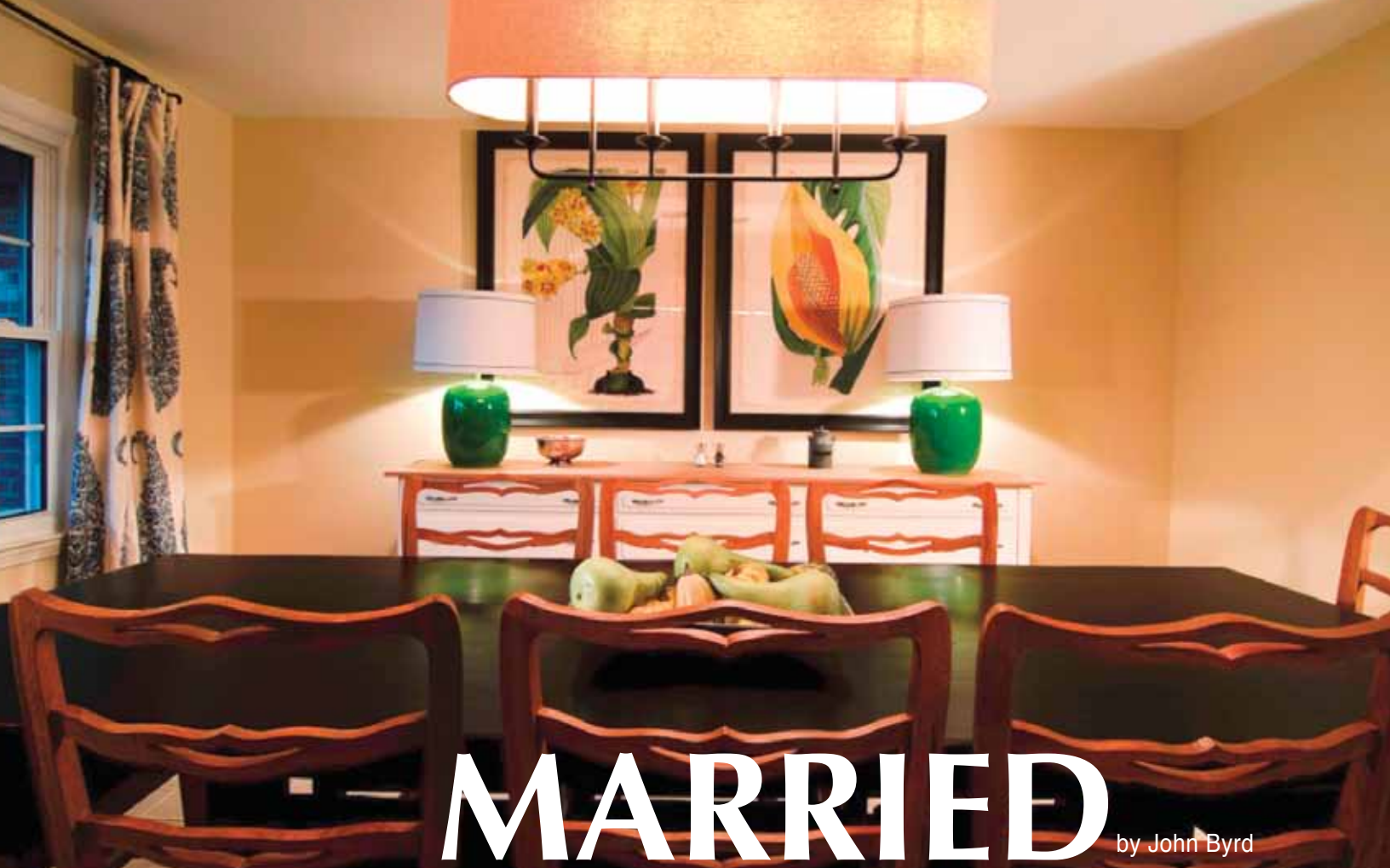
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MARRIED WITH CHILDREN

by John Byrd

Photos by: Bryan Burris

Sometimes it's not limited square footage that makes a house feel inadequate—it's how that square footage is configured.

Take, for example, a circa 1970's split level situated on a shady cul de sac in Vienna. With over 3,200 square feet of living space that included four bedrooms, three bathrooms and a large family room, most would consider the house sufficient—even enviable—as a home for a family of four.

True, the previous owners had been empty-nesters, which partly explained why there was a soaking tub instead of a shower in an upstairs bathroom, now allocated to two pre-teen boys.

Still, the home's two-level main block—with its second floor bedrooms and sunken family room below—seemed to have capacity to spare. There was a small downstairs office, bonus sleeping accommodations, and another full bathroom.

In the home's center section, the kitchen segued to a rear-facing dining room, which abutted a sitting room. You could even access the two-car garage from the kitchen.

In the last two decades, designers have learned a lot about how to customize a traditional production house floorplan to suit a real family's actual needs.

After four years of occupancy, it was clear to the whole family that this floorplan just didn't measure up. As the owner describes it, some of the rooms weren't apportioned appropriately: "There were redundant socializing areas, yet not enough room for the activities we value most."

As a result, leisure zones sprang up randomly, as if any room could serve any purpose—so long as it had four walls.

All of this sounded familiar to Mindy Mitchell, the consultant at Sun

Design Remodeling who recently guided the split-level's owners through a top-to-bottom makeover.

"In the last two decades, designers have learned a lot about how to customize a traditional production house floorplan to suit a real family's actual needs," Mitchell observes. "The size of a room is less important than its context. The goal is to create zones that logically support intended activities, allowing traffic to self-regulate—efficiently and without conflict."

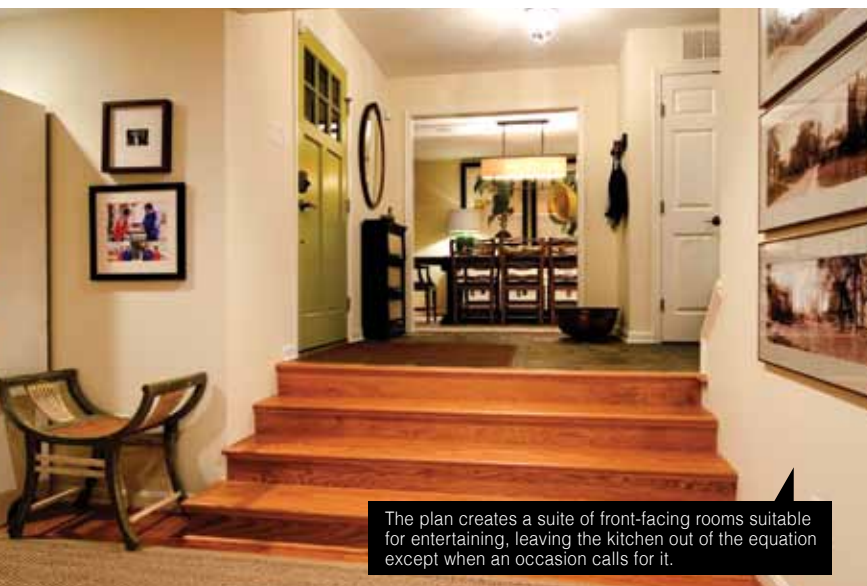
As discussions evolved, Mitchell's client unveiled an ambitious agenda: a more private, spacious master suite with a walk-in shower and a 50 sq. ft. walk-in closet; a gourmet kitchen with en suite dining; television-viewing that's not in the midst of other social use zones; a soundproof studio for the kids to practice their drums; a guest suite; an indoor-outdoor segue to the beautifully wooded backyard.

Still more importantly, the new plan needed to serve several different

continued on p.104



Designer Mindy Mitchell relocated the formal dining room to the front the house, flanking one side of the entry foyer.



The plan creates a suite of front-facing rooms suitable for entertaining, leaving the kitchen out of the equation except when an occasion calls for it.



Sun Design converted a cinder block foundation basement into a comfortable space for watching TV or playing games. The egress window replaces a transom that allowed almost no light.

“use” scenarios. There should be beautifully articulated front-facing rooms that would support the occasional dinner party. A family gathering area designed for daily meals, everyday interaction—even homework. A gourmet kitchen with a gas range, a wine refrigerator, and food preparation surfaces a celebrity chef would envy.

“Unfortunately, the existing plan defeated these goals at every turn,” Mitchell observes.

Specifically, the entryway foyer was flanked by an L-shaped galley kitchen to the left and a family room—with fireplace and TV—four steps down on the right.

There was a small breakfast table in the front-facing part of the kitchen, shouldered next to a door to the garage. The chef had to confine culinary exploration to an electric range. On the other hand, given limited surfaces, food preparation was pretty restricted anyway.

Walking forward from the foyer, you entered a sitting room straight ahead with the dining room tucked in the rear back corner. There was a pretty backyard, but—owing to undersized rear windows—the visual impact was degraded.

Compounding other challenges, party guests would typically circulate back to the family room after dinner creating traffic jams in the foyer.

These problems were equally apparent in other parts of the house. Upstairs, the front-facing master bedroom suite was large enough—but occupants could only enter the dedicated bath through a closet/changing area, and it didn’t provide two ingredients the owners most wanted: more privacy and a large walk-in shower.

The mostly unfinished basement was small and dark with the only natural light coming from a rear-facing transom. The kids used the room to practice their drums, but the large footprint implied bigger possibilities.

Interestingly, the starting point was a decision to re-zone TV watching away from the front facing family room.

“Overall, we saw this as a strategic remodeling assignment,” Mitchell explains. “Our goal was to help the owner re-think the space inside the envelope of the home.”

Interestingly, the starting point was a decision to re-zone TV watching away from the front-facing family room.

“We saw the rooms in the front of the house as the components of a suite that could be dedicated to entertaining guests,” Mitchell explains. “Relocating the TV to an upgraded basement level setting allowed us to convert the family room into living



The new gourmet kitchen features a textured interior—black granite surfaces, slate flooring; the backsplash is Arabescato polished marble in a diagonal herringbone pattern,



The new floorplan combines a family dining accommodation with all the amenities of a gourmet kitchen. The lighting fixtures are brushed nickel. The island/farm table (which includes a maple butcher block surface) was created to client specification.

room and eliminate the marginally functional sitting room in the back of the house.”

With the 17' x 8' sitting room out of the picture, Mitchell and team next proposed shifting the dining room to the front of the house (across the foyer from the new living room), allocating 170 sq ft for a gourmet kitchen and family dining area. A course of larger windows above the kitchen dramatically improved natural light availability and visual continuum. There's also a transitional “mudroom” (defined by knee walls) leading to the garage.

The centerpiece of the new kitchen is an L-shaped food preparation and dining counter. The custom built-in provides seating for four, but its also the chef's command post—optimally positioned for an easy stride to the butler's pantry en route the new dining room, and as a pivotal point in a work triangle that facilitates essential cooking and clean up tasks.

“The new plan makes it easy for me to both cook and tend to guests,” the homeowner acknowledges. “The dining room, foyer, and new living room are really well-unified aesthetically, so the kitchen can be completely out of the picture when needed.” Re-purposing bedrooms and bathrooms also figured prominently in the makeover. The owners wanted both a guest suite and a larger, more private master bedroom suite—all within the envelope of the existing home.

“We had to scrutinize the existing layout closely,” Mitchell says. “Fortunately, there were first level rooms adjacent

to the family room we could either delete or re-assign in our quest for an optimal first-level master suite.”

Eliminating the superfluous soaking tub gave Mitchell the footprint needed to relocate the laundry to the second floor. The former master bedroom suite now becomes spacious guest quarters. A rear corner bedroom is transformed into a bathroom for the two boys complete with a double sink vanity

With the laundry elsewhere, Mitchell and team re-deployed 300 square feet on the rear of the first level to create a spacious and very private master bedroom suite that includes a large master bath and generous walk-in closets. A home office behind glass-facing French doors opens directly into the redecorated living room. The first level bath has been re-fashioned as a handsomely-appointed guest powder room.

In all, a great setting for the family that plays together.

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

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

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SPRING INTO SKIN CARE

by Ann Wagner Boland of Lofty Salon

With spring right around the corner, how does your birthday suit look? Does it need a little dusting off? Maybe smoothing out some of its creases?

Your skin is your custom made designer suit and it needs special care and attention. For the most part, it is rather durable, but it shouldn't be taken for granted. With proper care, your skin can be glowing and radiant.

Your skin is your first line of defense. In order for it to protect you, it needs to be in good condition. It needs to be gently cleansed, exfoliated and moisturized. Often harsh soaps are used that strip the skin of its natural oils. Without those natural oils, the skin becomes dry, tight and easy to tear. These openings can then be a pathway for infection to enter the body.

Over drying of the skin can be the start of many problems. It can lead to fine lines and flaky, dull looking skin, making the skin appear older than it is. Blemishes may also result.

Spring is a time for renewal and a fresh start. It's the perfect time to make an appointment for a skin consultation with a master esthetician who will partner with you in

creating a customized skin care program that will include home care and professional services.

When developing a skin care program, your life style, environmental conditions, general health, nutrition and stress must also be taken into consideration. Beauty is more than skin deep.

Healthy skin is happy, gorgeous skin!

Interesting Skin Facts

- The skin is part of the integumentary system and is the largest organ of the body weighing between 7 and 9 pounds for an adult.
- As we age skin cell renewal slows down.
- The skin is the last to receive the nutrients that we ingest.

Lofty Salon offers appointments with master estheticians who will develop a skin care program customized to your specific needs. Call for more information.

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HOT COLOR TREND FOR 2012: TANGERINE TANGO!

Live Stylish • Decor by Denise

by Denise Willard

Tangerine Tango is not the latest dance craze to sweep the nation or a new popular mixed drink. No, my friends, it is the latest color to be named *2012 color of the year* by leading authority, Pantone. Tangerine Tango (Pantone 17-1463) is a deep red-orange hue that is sure to give us all the energy boost we need as we focus on renewal this coming year.

It is vibrant and energizing, transcending all seasons. Leatrice Eiseman, Executive Director of the Pantone Institute, tells us that this citrus-inspired hue is:

"Sophisticated but at the same time dramatic and seductive, Tangerine Tango is an orange with a lot of depth to it. Reminiscent of the radiant shadings of a sunset, Tangerine Tango marries the vivaciousness and adrenaline rush of red with the friendliness and warmth of yellow, to form a high-visibility, magnetic hue that emanates heat and energy."

RUNWAY TRENDS COME HOME

When you see major color trends start to pop up on fashion runways from Milan to New York City, you better believe that the home furnishings industry will follow close behind. From Oscar de la Renta to every other major designer fashion label, there will be plenty of clothing elements to choose from this year as each designer puts his or her own personal flair into his or her tangerine-inspired pieces. This is no different in the home furnishings space where orange-hued pieces are popping up everywhere. From rugs to vases and fabrics to furnishings, tangerine is everywhere you turn!



www.Washingtonian.com



HUES TO USE

< You may be intrigued by this punchy hue, but might just be intimidated by its bold impact. So, what can you do to infuse a little tangerine in your home décor without going over the top? The key is to pair this glorious hue with other colors to tone it down. My four favorite colors to pair with Tangerine Tango are navy blue, turquoise, gray and white.

NO NONSENSE NAVY

Orange and blue are an ideal color combination because they are opposites on the color wheel. The two colors match almost perfectly in any shade. Navy blue works well with home decor, but it requires a little help to prevent your home from looking too dark or drab. Orange presents the perfect contrast to the deep, dark blue, lightening the mood and the color scheme. No matter what room you're decorating with this pair, you can find a way to incorporate the shades into your interior design master plan. This young boy's room comes to life with the bold blue and white stripes, which are off-set by the bold orange headboards. As an alumna of the University of Virginia, I would love to sleep in this wahoo-inspired bedroom.



www.MassuccoWarnerMiller.com



www.KimberlyAyres.com



TANTALIZE WITH TURQUOISE

In thinking about colors to pair with this glorious tangerine hue, you probably would not immediately think of turquoise—but oh do the two make for a fabulous combination. This out-of-the-ordinary pairing is sure to impress your house guests, leaving them with a feeling that you must either be very talented with color or had a little help from a designer.

And, if wedding bells are in your future this spring or summer, why not use this dynamic duo to add a little extra pop of color to your celebration. Use turquoise as a foundational color—it will look great on your bridesmaids and is perfect for table linens as well. Accent the bold teal with an equally bold orange color in your flower arrangements and accessories. For a sophisticated wedding look, use white as your foundation color, and turquoise and orange for the accent colors. Your guests will delight in your vibrant color choice.



GO ALL OUT WITH GRAY

Neutrals are still popular in home interiors as a backdrop for all the color that has come on the design scene this year—as a symbol of hope for the future. While beige, taupe and similar colors are still popular, a new entrant that has come on strong is gray, especially in transitional and contemporary settings. While gray is quite stunning and can be very sophisticated, it can also come off as cold, impersonal and lacking expression. This is where pairings like Tangerine Tango come in. Putting these two colors together brings a rather dull space to life, balancing the colder gray hues with the warm, energetic orange hue that makes one take notice.



www.PassingOpenWindows.com



www.NordicRooms.net



WOW WITH WHITE

My last, but certainly not least, favorite color pairing with is white and tangerine. White works with every color and across every type of interior style. If you want to jazz up your space, but don't want to go crazy with colors on the walls, then add a few accessories in tangerine, while keeping the rest of the space neutral—the contrast will make your home come to life with color!

I hope I have inspired you to try something different this year when selecting new color palettes for your home or office—why not tango with tangerine?

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 and was selected to participate in the 2011 DC Design House show house. Her work has been showcased on local TV talk show, *Let's Talk Live*, and in *Home & Design*, *Washington Home & Garden*, *The Washingtonian*, *Elan* and *The Washington Post*. To learn more about Denise and her team, visit DecorbyDenise.com.



LESS PLANNING MORE PLAYING

Local Mompreneur Makes Activity-Scheduling Easy.

What will I do with the kids today? What mother hasn't asked that question on a weekend or random day off from school? Wouldn't it be great to have a magical schedule of activities for the kids, waiting for you first thing in the morning - a reserved spot for your child in a stimulating class with three friends, directions ready to be printed or texted, and calendar reminders for the next activity of the day all set? Imagine booking your child's birthday party, finding the best local specialized instructors or finalizing summer camp in one place with the click of a button. Play Today DC gives you all that and more.

Play Today DC is a new online solution to research, reserve and plan children's activities in the DC metro area, using one user-friendly internet resource. For founder and local Vienna mompreneur Elisa Kepner, Playtodaydc.com is the answer. The ultimate family planning solution developed from her own experience, Elisa envisioned and created a tool that could ease the frustration for moms and families who are seeking quality children's activities on a daily basis.

What initially led Kepner to reshape the local world of family planning was the decision to reprioritize her life as a working mom. With a career as a successful systems solutions engineer, Elisa wanted more quality time with her children. She also craved enriching activities where the kids could be independent, build social skills, and make friendships. However she could not find a flexible, quality drop-in playspace when she needed it, a frustrating dilemma she shared with many moms in the community.

Ever the problem solver, Kepner decided to address the need herself and began shopping for local real estate to create a drop-in play space with accommodations for parents. After months of research, she discovered that the real challenge

wasn't about creating more space or more classes, but creating an efficient system for local families to access, research and reserve local activities.

Such a system also would assist local businesses in filling classes, reaching a larger customer network and managing registrations more easily. A 'go to' website for families was a great solution for businesses that struggle with marketing costs or feel pressure to provide deep discounts via third party websites in order to fill vacancies.

Building system solutions was not a new endeavor for Elisa. She spent her career helping a variety of industries forecast and manage complex capacity problems. In 2001, she developed and patented a capacity management methodology currently in use in the military health system and at Play Today DC. Reaching this professional milestone was what allowed Elisa to pursue other opportunities and focus on raising her two boys, now 5 and 3.

So began Play Today DC, using the area's most untapped local professional talent: moms. Elisa has hired mothers from several local community networks and hopes that Play Today DC will allow moms to plan with ease and have more free time to begin pursuing their own individual goals.

Kepner's philosophy as a parent is to maximize the enjoyable time with your kids. Whatever time you have should be the best there is. Play Today DC allows families to spend more time playing and less time planning, juggling schedules, making unnecessary phone calls, and coordinating for hours. The laborious task of family planning is now streamlined using one useful resource. Play Today DC is a full circle project for Elisa. Her motivation to spend more quality time with her children and create efficiency will now help many families in our area do the same.



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TOP 12

MOST EXPENSIVE HOME SALES

IN NORTHERN VIRGINIA

IN 2011

Compliments of Brian Block, Esq. Realtor/Attorney
and Managing Broker RE/MAX Allegiance.

First, a few statistics about 2011 upper bracket home sales in Northern Virginia:

- 851 homes sold for \$1 million or more.
- The average list price for these homes was \$1,523,590. The average home sold in this price category had 5 bedrooms, and 4.5 bathrooms.

Of those:

- 776 sold between \$1 million and \$2 million.
- 52 sold between \$2 million and \$3 million.
- 14 sold between \$3 million and \$4 million.
- 9 sold for over \$4 million.
- 183 of the million-dollar-plus sales were in McLean, VA.
181 were in Arlington, VA.
97 were in Great Falls, VA.

9500 Ferry Landing Court, Alexandria, VA 22309:
Sold for \$8,260,000 on August 4, 2011

11.75 acre estate built in 1939 on the Potomac River. The home includes a poolhouse, pool, carriage house, green house, stables and pier. Sold for \$1.25M under the asking price.

903 Turkey Run Road, McLean, VA 22101:
Sold for \$7,501,310 on October 27, 2011

Newly constructed custom built home with 6 bedrooms and 7 full baths, 5 fireplaces on one acre in McLean. The home has 9,309 square feet of living space.

11201 Gunston Road, Mason Neck, VA 22079:
Sold for \$6,100,000 on September 1, 2011

This waterfront luxury home is situated on 5 acres in a gated community. There are wet and dry steam rooms, an exercise room, home theater, recreation room, and game room. There's also an infinity-style pool and built-in hot-tub and 8,509 square feet of living space, plus a guest house.

1012 Founders Ridge Lane, McLean, VA 22102:
Sold for \$5,975,000 on June 6, 2011

Located in The Reserve in McLean, this home was built in 2006 with walnut floors, Lutron lighting system, an elevator, custom theater, and much more.

7712 Georgetown Pike, McLean, VA 22102:
Sold for \$5,004,000 on June 1, 2011

Built in 2005, this custom stone manor is sited on 2.6 private wooded acres with 5 bedrooms, a billiards and exercise room and home theater, full bar and wine cellar. There's also a detached carriage house with second level studio apartment. Wait ... there's more. Tennis court, pool, and spa!

1043 Founders Ridge Lane, McLean, VA 22102:
Sold for \$4,950,000 on June 23, 2011

This Tuscan Villa on 1.08 acres features an 11,300 square foot interior with soaring ceilings, 6 bedrooms including a luxurious master suite. There's a climate controlled wine cellar, home theater and outdoor cabana.

7853 Langley Ridge Road, McLean, VA 22102:
Sold for \$4,250,000 on April 28, 2011

A 16,000+ square foot residence on 5.2 acres! There's an elevator, wine cellar and almost 3,000 square feet of outdoor entertaining space.

7826 Swinks Mill Court, McLean, VA 22102:
Sold for \$4,000,000 on December 7, 2011

Sold for almost \$1 million under the asking price, this estate on 1.13 acres features 7 bedrooms, 10 bathrooms and a 5 car garage. There's a courtyard with a fountain, patios and a salt water pool.

7017 Benjamin Street, McLean, VA 22101:
Sold for \$3,518,814 on January 12, 2011

In Langley Forest, this new home features about 8,000 finished square feet on 1.26 acres.

9600 Ferry Harbour Court, Alexandria, VA 22309:
Sold for \$3,500,000 on October 28, 2011

This Georgian Colonial on 5 acres features expansive views of the Potomac River, a 340 foot navigable waterfront dock, gated entry, 5 bedrooms, and elevator, high ceilings, a pool with cabana, and much more. It was built in 1942 and sold for just \$99K under the asking price.

311 S. Saint Asaph Street, Alexandria, VA 22314:
Sold for \$3,500,000 on July 29, 2011

Built in 1970, this detached home in Old Town Alexandria has 12 foot ceilings, 8 fireplaces, 5 bedrooms, 4.5 baths, 4,801 square feet of living space, off-street parking for two cars, and a swimming pool.

6807 Wemberly Way, McLean, VA 22101:
Sold for \$3,453,795 on September 22, 2011

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FOLDING SCREENS FROM THE 1920'S ARE BACK IN STYLE

Two-to-four panel folding screens were seen in many showrooms at the recent furniture market in High Point, N.C. Upholstered screens were especially popular.

Just like upholstered headboards, screens can make a bold visual statement in a room. You can button-tuft screens and outline them with nailhead trim.

They come in every price range, from the \$46,000 hand-lacquered Eileen Gray Brick Screen to attractive screens at Crate and Barrel and the Pottery Barn that sell for \$250 to \$500.

Or you can build a screen yourself!

Home-decor writer Sally Falk Nancrede says the revival is a big deal because screens provide color and pattern to those who don't want to commit to patterned furniture. Prints come in colors like raspberry, taupe, gray and pink prints, or fuschia and pink.

They can be used as room dividers or to create a mood. New screens come in vibrant patterns that dress up a room. A popular size is 76 inches wide by about 6 feet high and with four panels.

The \$4,485 two-panel screen from Barker Furniture features walnut parquet and leather. It's 4½ feet wide and 5 feet high.

MORTGAGE INTEREST DEDUCTIONS

It's that time again when Uncle Sam picks your pocket for taxes and, if you are writing out a check this year, you might want to ask yourself if a nice, fat, mortgage interest deduction would come in handy next year.

For many people it certainly will. Mortgage interest is tax deductible. This means it is one of the expenses that reduces the amount of income on which you pay taxes.

Many, if not most, people who do not own houses, also do not itemize their deductions. That makes sense because if they added up all their potential deductions, the deductions would not be greater than the standard deduction. In 2011, the standard deduction for single people is \$5,800. The standard deduction for married people is \$11,600.

The beauty of the mortgage interest deduction is that it allows you to deduct all the interest you pay on your home loan. During the first years you pay on a home loan, nearly everything you pay is interest -- up to 75 percent of your payment.

That nice deduction can reduce the taxes you owe, while allowing you to live in the house you want.

In this economy, owning a home also offers you some subtle protection from inflation. Inflation is an increase in the general level of prices for goods and services over time.

So you notice that your grocery bill is going up and your dollars buy less, that is inflation, according to investopedia.com

According to inflationdata.com, in 2011 inflation was trending well over 3 percent while mortgage interest rates were the lowest in history at about 4.3 percent (30-year fixed).

If you buy a home this year, and inflation continues to increase, you'll soon be paying off your home with cheaper dollars. Your food will cost more; your luxuries will cost more; rent will cost more, but your mortgage is going to stay the same.

Meanwhile, inflation will also have some effect on home prices, forcing prices up. Right now, in most parts of the country, home prices are low because there are a lot of houses on the market and fewer buyers than five years ago. That means, right now you can get a lot of house for fewer dollars. In coming years, however, as the supply of houses for sale decreases, the pressure of inflation plus a reduced supply of houses, will force home prices up. In 10 years, your home purchase today will be a bargain and you will be living in a home you love while paying prices locked in the past!

It's like being a financial time travel!



ASK THE EXPERT

Just ask the owner. Some real estate agents have bought several homes at bargain prices, usually homes that had been foreclosed. If this is the case with the home you are leasing, the real estate agent might be willing to sell.

Rent-to-own purchases, also known as lease-to-own or lease purchase are a lease combined with a option to buy the property within a specified period, usually three years or less, and at an agreed-upon price.

These agreements are used more than ever before for two reasons. First, many home buyers can't meet the higher qualification standards set by mortgage companies. Second, sellers may be able to get a satisfactory price using this plan. It's a win-win situation, because the buyer gets to live in the home and build equity and the seller gets a decent price.

This is how it usually works.

- The borrower pays an option fee, 1 percent to 5 percent of the price, which is credited to the purchase price,

Last year, we short sold our home. We are now renting a home owned by a realtor with a two-year lease. We would like to buy the home. How do I ask for a rent-to-buy option?

according to mtgprofessor.com. The borrower pays a market value rent plus an additional amount that is credited to the purchase price. The fee, option period, rent, rent premium, and purchase price are all negotiable.

- Some buyers use a real estate agent to negotiate the terms, which can be complicated, and the purchase price.
- If the purchase option is not used, the buyer loses both the option fee and the rent premiums that were paid.
- Buyers prefer a longer option period because it gives them more time to accumulate savings, repair their credit and qualify for a mortgage. This can backfire, if they are never able to buy the home, they lose their investment.
- Sellers usually prefer a short option period, but if it's too short, the house won't be sold.
- The contract can be nullified if the buyer fails to pay the rent or doesn't maintain the property.

ENVISIONING THE FUTURE OF MAPLE AVENUE

Mason Student and Local Architect
Collaborate to Create Ideas
and Images.

by Karen Cohen



All renderings are of Cohen's design concept for redevelopment of the Marco Polo restaurant site in Vienna. Cohen collaborated on the design with local architect, Bill Sutton, who also prepared the renderings.

As the Town of Vienna renews its decade-long effort to create a vision for redevelopment along its primary commercial corridor, Maple Avenue, Town resident and recent graduate of George Mason University's Master of Real Estate Development program, Karen Cohen, hopes her graduate work – a financial feasibility analysis and design concept for a mixed-use project on the site of the Marco Polo restaurant – will help the Town's effort. Cohen, who holds an undergraduate degree in architecture from the University of Virginia, has been a practicing attorney for the past 16 years and a Town resident for 15 years.

For over a decade, the Town of Vienna has been exploring whether and how to change its zoning ordinance to promote redevelopment of the Maple Avenue Corridor. After an initial visioning effort in 2001 and subsequent work with a consultant to explore regulatory options in 2006, the visioning effort stalled. Now, it appears to be back on track.

Prior to a Town Council Work Session in November, the Town Council reviewed photo renderings prepared by engineering firm Wiley Wilson depicting various Vienna intersections as they might look with building heights of 35 feet (the Town's current height limit), and 50 or 54 feet (the height limits under consideration), at alternative setbacks of 15 or 30 feet. At the Work Session, Council members generally agreed on a 15 foot setback from the Maple Avenue right of way and a maximum building height of 54 feet, but the work of creating a vision and drafting a revised zoning ordinance is just beginning.

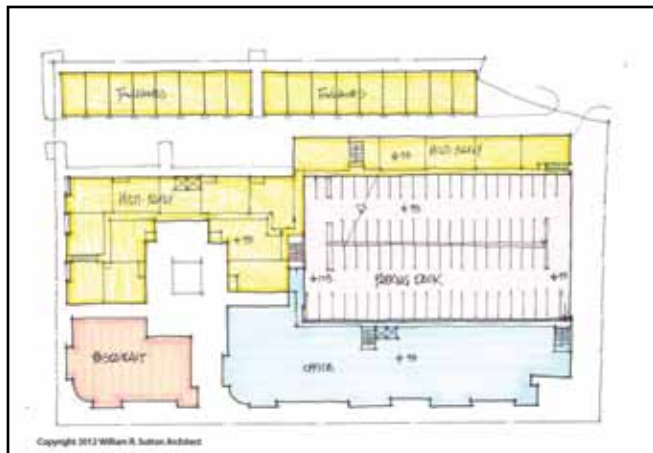
When Cohen saw the photo renderings, she decided to do a project that would present new images for the Town and its residents to consider. "Having a background in architecture, I understood that the Wiley Wilson photo renderings were meant to show simple building massing to give an idea of what various building heights would look like. I knew the pictures were not intended to convey any architectural elements or particular style. But, I was concerned that these images were the ones being presented to the public. I felt the images would generate a negative reaction."

Residents responding to the photo renderings in a recent online Vienna Patch report did indeed view the photo renderings as images of what their Town might become. Their comments reflected a concern that changes to the zoning would result in unimaginative, "boxy" buildings.

"I wanted to get a more meaningful conversation started about the vision for Maple Avenue by presenting a well-thought-out idea of what good development actually could look like," said Cohen. So, I selected a well-known site to create a Demonstration Project for the Town. Not only did I want to provide some new visuals, but I also wanted to give the Town an open assessment of how a developer would approach the development decision."

Developers presenting projects for regulatory approval typically do not share their financial analysis of the project, but, Cohen's report contains a detailed financial analysis of the Demonstration Project and several alternative concepts. "I wanted this to be an open book for everyone involved in the process," said Cohen. "I think the Town's visioning effort will be more productive if regulators and citizens understand the developer's analytical processes, and vice versa; developers need to understand regulator's concerns and constraints in order to work well within a particular jurisdiction and create places that benefit the community."

Cohen said that the primary goal of the Demonstration Project was to create a design that incorporated key concepts identified in past visioning efforts ...



Cohen said that the primary goal of the Demonstration Project was to create a design that incorporated key concepts identified in past visioning efforts and the November Town Council Work Session as areas of consensus, including making Maple Avenue more pedestrian-friendly, protecting the character of existing residential neighborhoods, having sufficient parking for commercial establishments, ensuring that development projects will be high quality, and preserving Vienna's "small town" character.

The design places buildings around an open plaza, which could be a gathering place for community activities.

The Demonstration Project is a 127,000 square foot mixed-use project with base level retail with office and 48 residential units above. No part of the project exceeds four stories. Some building components are three stories, and other parts are single story with high ceilings, such as the restaurant and the bank.

The design places buildings around an open plaza, which could be a gathering place for community activities. Seventeen traditional neighborhood style townhomes front Church Street, where the site transitions to residential neighborhoods. In addition to the variety and texture on the site created by the different building components, the building façades have staggered setbacks, openings, and promenade areas inviting pedestrians to stroll from Maple Avenue throughout the site.

The Demonstration Project provides 400 parking spaces, mostly within a parking structure. The buildings wrap around three sides of the parking garage (referred to as a partial "donut"), so that the garage is entirely screened from view, with the exception of the entry side, which faces the side-wall of the adjacent Rite-Aid.

Cohen credits local architect, Bill Sutton, with transforming her initial rough sketches into a realistic design. "Achieving good design that also provides sufficient parking is a huge challenge," Cohen said, "but, here, it was possible because I had the benefit of Bill's expertise."

Cohen said that working with an experienced architect ensured that the project was not just some "pie in the sky" idea. "Not only was Bill attuned to what was important in terms of scale and aesthetics in a town like Vienna, but he was rigorous in his attention to important details such as

circulation from the parking structure to the buildings, site ingress and egress, and design considerations involving the topography of the site," said Cohen.

Sutton, who teaches classes at Catholic University and will begin teaching a design management class in Mason's real estate program this spring, said that working on the project was "fun and enlightening for me. I urge other architects to give their time to work with real estate development students on projects such as this because it lets students experience how developers and architects collaborate in the real world."

Cohen and Sutton said that doing this particular project in an academic context without compensation for their work provided an opportunity to learn from each other and discover how well their skills complemented one another. Now that Cohen has completed the masters program, she and Sutton plan to collaborate on other feasibility and conceptual design projects for area developers.

Cohen says she hopes the Demonstration Project will help sharpen the focus of the Town's visioning process. On December 12, the Town's Department of Planning and Zoning obtained approval from the Mayor and Town Council to issue a Request for Proposal to hire a consultant to work with the Town to create a vision and update the zoning ordinance to provide a regulatory framework to support that vision.

Cohen's project lays some of the groundwork for the Town and their consultant. "The Town of Vienna is fortunate for Karen to have chosen this particular site for her project," said Mark Hassinger, President of WestDulles Properties Inc. and Chairman of Mason's Center for Real Estate Entrepreneurship (CREE) advisory board. "Karen was one of our top students in the real estate development program and now, Vienna is the recipient of an extremely thorough and professional report. Of course, this is one of the intended consequences of the program – interaction among the development community, local jurisdictions and students in the program illustrates a classic win/win situation."

Director of Mason's graduate real estate development program and interim CREE director, Dr. John Crockett, agreed. "Mason is part of the broader community and we want our students to solve problems and contribute their ideas to the community," said Crockett. "We are very proud of Karen's academic success and the way in which she brought Mason's real estate development program into her community."

author: Karen Cohen, a Vienna resident and attorney who just completed a Master of Science in Real Estate Development at George Mason University. Ms. Cohen also holds a Bachelor of Science in Architecture from the University of Virginia and a law degree from Georgetown. kcohen@gmu.com



CHANGING THE FACE OF TYSONS CORNER

Dulles Rail Construction Hits the 67 Percent Mark as Stations Take Shape.
Wiehle Station, Tysons East Station Are Furthest Along.

by Emily Shaw

Photos by Chuck Samuelson and Stephen Barna

While spring construction season is right around the corner, the mild winter was kind to the Dulles Corridor Metrorail Project, allowing crews to take the project beyond the 67 percent construction completion status. Construction of Phase 1 of the project began in spring of 2009. Since then, project crews have changed the shape of Tysons Corner and the roads through the Dulles Corridor.

The Silver Line, the official name of the 23 mile extension of Metro's existing Orange Line, branches off between the East and West Falls Church stations and follows Route 267 (Dulles Connector Road) to Tysons Corner where it then moves to the north side of Route 123, where two new stations are located, Tysons East and Tysons Central 123. The line then goes underground through 1,700 feet of tunnel to the median of Route 7. With two additional stations in the median of Route 7, Tysons Central 7 and Tysons West, the line extends back into the median of Route 267, to the final Phase 1 station at Wiehle Avenue.

The future metro line has changed dramatically over the past few months, as stations take shape and the guideway winds through Tysons Corner and the Dulles Corridor.

Project officials report that the aerial guideway work on the project is nearing completion. According to Deputy Director of Construction for the project, Kevin Volbrecht, the section of the aerial guideway that crosses the Capital Beltway

will be complete this spring, connecting the Tysons East guideway to the Tysons Central 123 guideway.

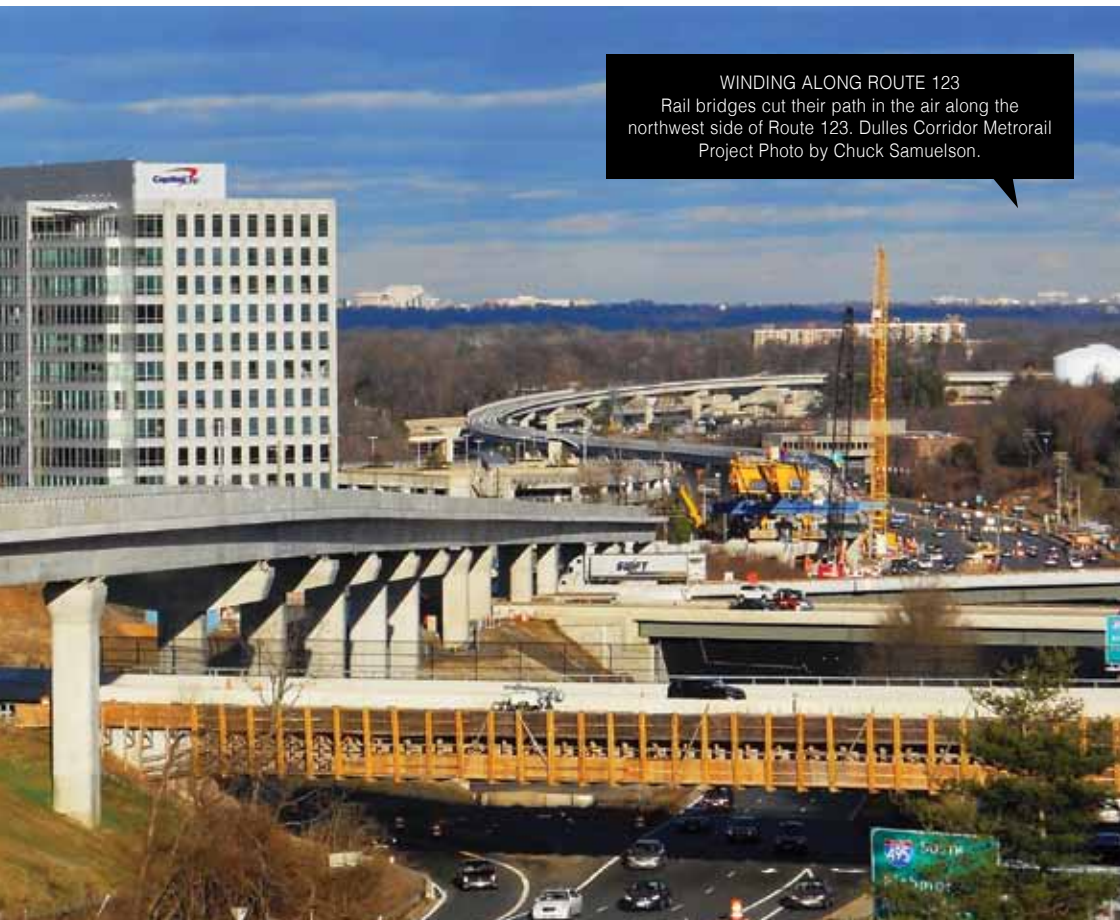
"This piece of work will mark the dramatic completion of the guideway over the region's busiest road, Interstate 495," states Volbrecht. "The project has had numerous lane closures of both the north and southbound lanes of 495 since spring of 2011 to complete the bridges that will carry the trains of the Silver Line."

This spring, the aerial guideway that is soaring through Tysons Corner, will also cross the eastbound lanes of Route 7 where the line makes its way to the median of Route 267.

The Phase 1 stations are also moving along at a steady pace, with every station in the alignment starting to take shape. The Tysons East station, located on the north side of Route 123 near Colshire Drive in McLean has the precast wall panels underway, as well as the elevator shafts, stairway stringers and escalator supports complete and awaiting the installation of their equipment.

Dulles Corridor Metrorail Project crews have started work on the foundation of the pedestrian pavilion at the Tysons East Station where the pedestrian bridge will connect to the south side of Route 123.

Crews at the Tysons Central 123 station and Tysons Central 7 have started the steel erection at the mezzanine



WINDING ALONG ROUTE 123
Rail bridges cut their path in the air along the northwest side of Route 123. Dulles Corridor Metrorail Project Photo by Chuck Samuelson.



Welder at work
by Shea Sullivan – Dulles Transit Partners



CHANGING THE FACE OF TYSONS CORNER:
Crews work to prepare bridges for tracks along the Route 7 corridor. Dulles Corridor Metrorail Project Photo by Stephen Barna.



level and setting the precast platforms. In the median of Route 7, in between the Marshall's Shopping Center and SAIC, project crews have started the steel work on the Tysons Central 7 station and the canopy has been placed topping off the station.

Inside the tunnels that connect Tysons Central 123 to Tysons Central 7, track installation has started, bringing another exciting step of work to the project and marking the end of tours through the tunnels.

West of Tysons Corner, on the east side of Reston, the Wiehle Avenue station is the farthest along in construction. Crews are putting the finishing touches on the floors and the walls, and have starting setting foundations for the pedestrian pavilions and bridge columns.

While the new extension construction is exciting to watch, some of the project's most important work is occurring on Metro's Orange Line. Project officials have also been working diligently on the connection to the Silver Line with Metro's existing Orange Line on Interstate 66. Orange Line outages and single-tracking have taken place throughout the past year, but as equipment installation comes to a close, full closures on the Orange Line should be minimal for the next few months. Equipment testing will start this spring before full systems testing, and then WMATA testing with trains will start in mid to late summer of this year.

Another piece of Phase 1 of the Dulles Corridor Metrorail Project is the expansion of the West Falls Church Rail Yard, which is also located off of Interstate 66, just west of the Dulles Connector Road connection. This current rail yard must be expanded and additional facilities must be constructed to house, inspect and service Metro's rail cars and the newly purchased rail cars for the Silver Line and the existing system.

The clearing and prep work is almost complete at the West Falls Church Yard. The construction of the new tracks, a new Service and Inspection (S and I) building and a sound coverbox will begin in this spring.

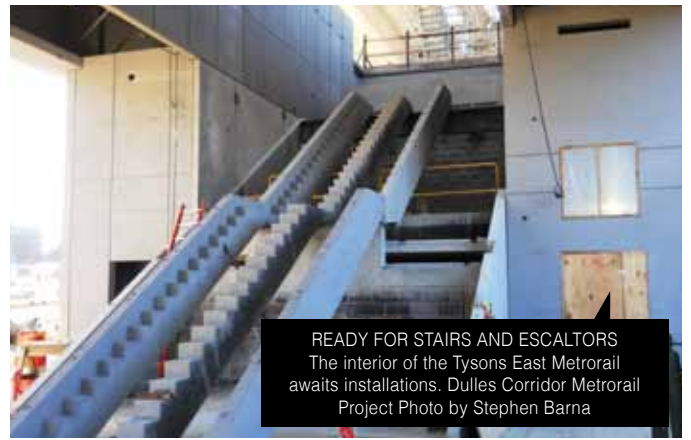
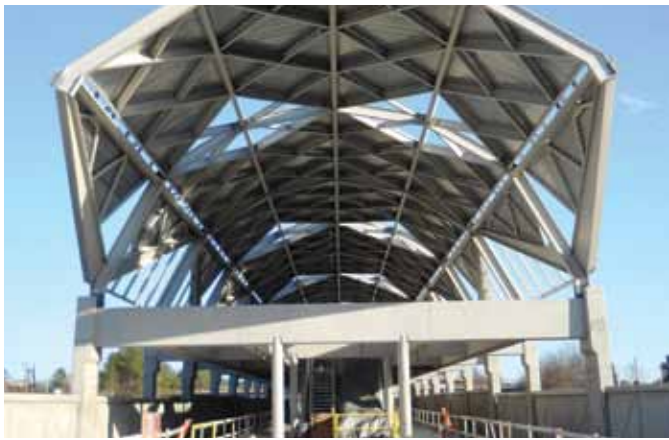
The sound coverbox will be a noise minimizing facility that will cover the existing loop ramps and help surrounding neighbors by lessening the sound of the trains on those tracks.

Whiting-Turner is completing the construction on the West Falls Church Yard, subcontractor to Dulles Transit Partners, the design-builder for the Phase 1 of the Dulles Corridor Metrorail Project.

Phase 2 of the project is steadily approaching. Preliminary engineering was completed in March and the procurement process has begun.

Phase 1 of the Dulles Corridor Metrorail Project is scheduled to complete construction in summer of 2013.

continued on p.126



READY FOR STAIRS AND ESCALATORS
The interior of the Tysons East Metrorail awaits installations. Dulles Corridor Metrorail Project Photo by Stephen Barna





FROM LOUDOUN TO TYSONS THE EASY WAY

Wi-Fi and bathrooms change commuting modes for many.

Leaving their cars in park-and-ride lots, each day hundreds of commuters now travel from Loudoun County to Tysons Corner enjoying the benefits of Wi-Fi and bathrooms aboard Loudoun Tysons Express buses.

Seven morning and seven afternoon buses run from to and from park-and-ride lots in Leesburg and Broadlands South to employment sites in the heart of Tysons Corner. A Tysons East shuttle is serving employment sites along Route 123, including Capital One, Northrop Grumman and MITRE.

The bus service was launched in June of 2010 by Loudoun Tysons Express and is funded as part of the Dulles Corridor Metrorail Project's transportation management plan to ease congestion during rail construction.

Today thousands of riders use the service monthly with January ridership hitting 6,247. Passenger trips for 2011 totaled 72,383, according to Steven Angulo, operations manager for Loudoun Tysons Express.



"The Loudoun Tysons Express service is having a huge impact in Tysons Corner, reducing the number of cars on the road, about 36,000 cars in 2011," Angulo said.

In addition, the express service has been well received. "Parking is free at the park-and-ride lots and a trip is only \$3 using a SmarTrip card. The Wi-Fi and restroom equipped buses travel the Dulles International Airport Access Highway to avoid the congestion and stop at most of the major employer sites and both shopping malls in Tysons Corner. With the price of gas and the wear and tear of a stressful commute in your car, many riders are saving big bucks," Angulo said.

The service, recognized as an outstanding program by the Virginia Transit Association, was also honored with the ACT Chesapeake Chapter Award for "Outstanding Rideshare Program" in 2011.

TECHNOLOGY NEWS



WORLD ECONOMIC FORUM PREDICTS THE FUTURE

Here's a list of the top ten emerging technologies likely to have the greatest impact on the world in 2012 as developed by the World Economic Forum's (WEF's) Global Agenda Council on Emerging Technologies. Such insights can allow businesses, schools and governments to plan and allocate resources to best take advantage of these developments. These are presented in order from lowest to highest in terms of the potential to provide solutions to global challenges.

1. Informatics for adding value to information

The rate of information generation continues to grow exponentially. Yet, the sheer volume of information is in danger of creating more noise than value. Innovations in how information is organized, mined and processed hold the key to filtering out the noise and using the growing wealth of global information to address emerging challenges.

2. Synthetic biology and metabolic engineering

Rapid advances in synthetic biology and metabolic engineering are allowing biologists and engineers to tap into this potential in unprecedented ways, enabling the development of new biological processes and organisms that are designed to serve specific purposes - whether converting biomass to chemicals, fuels and materials, producing new therapeutic drugs or protecting the body against harm.

3. Green Revolution 2.0 - technologies for increased food and biomass

The growing global demand for healthy and nutritious food is threatening to outstrip energy, water and land resources. By integrating advances across the biological and physical sciences, the new green revolution holds the promise of further increasing crop production yields, minimizing environmental impact, reducing energy and water dependence, and decreasing the carbon footprint.

4. Nanoscale design of materials

The increasing demand on natural resources requires unprecedented gains in efficiency. Nanostructured materials with tailored properties, designed and engineered at the molecular scale, are already showing novel and unique features that will usher in the next clean energy revolution, reduce our dependence on depleting natural resources, and increase atom-efficiency manufacturing and processing.

5. Systems biology and computational modeling/ simulation of chemical and biological systems

Systems biology and computational modeling and simulation are playing increasingly important roles in designing therapeutics, materials and processes that are highly efficient in achieving their design goals, while minimally impacting on human health and the environment.

6. Utilization of carbon dioxide as a resource

Carbon is at the heart of all life on earth. An emerging innovative approach to carbon dioxide management involves transforming it from a liability to a resource. Novel catalysts can potentially transform carbon dioxide to high value hydrocarbons and other carbon-containing molecules, which could be used as new building blocks for the chemical industry as cleaner and more sustainable alternatives to petrochemicals.

7. Wireless power

Society is deeply reliant on electrically powered devices. Emerging approaches to wireless power transmission will free electrical devices from having to be physically plugged in, and are poised to have as significant an impact on personal electronics as Wi-Fi had on Internet use.

8. High energy density power systems

A number of emerging technologies are coming together to lay the foundation for advanced electrical energy storage and use. These technologies will provide the energy density and power needed to supercharge the next generation of clean energy technologies.

9. Personalized medicine, nutrition and disease prevention

As the global population exceeds 7 billion people - all hoping for a long and healthy life. Advances in areas such as genomics, proteomics and metabolomics are now opening up the possibility of tailoring medicine, nutrition and disease prevention to the individual.

10. Enhanced education technology

New approaches are needed to meet the challenge of educating a growing young population and providing the skills that are essential to the knowledge economy. Personalized IT-based approaches to education are emerging that allow learner-centered education, critical thinking development and creativity. Rapid developments in social media, open courseware and ubiquitous access to the Internet are facilitating outside classroom and continuous education.

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READY FOR BANANA-POWERED CARS?

While we're still a long way from running our cars on table scraps, researchers at Fraunhofer in Germany have developed a pilot plant that ferments the waste from wholesale fruit and vegetable markets, cafeterias and canteens to make methane, which can be used to power vehicles.

One alternative to gasoline is natural gas and many owners have converted their automobiles. Of course like oil, natural gas is a fossil fuel with reserves that are ultimately limited and will experience price increases over the years. The produce-powered plant will start up in a few months, generating methane by using microorganisms that digest the food waste in a two-stage process that takes just days.

Obviously the waste may contain a high proportion of acidic fruits one day, while on other days it might have more bananas or cabbage - the plant can adjust the pH value through substrate management.

DON'T LIKE TO LEAVE YOUR DOG ALONE ALL DAY?

Now an alternative to doggie day care may be just around the corner. One dog-owning robotics developer, Jordan Correa, has built a dog-sitting robot which allows him to play and speak with his pet while he's away. Named the "DarwinBot," it can interact with the dog much as his owner would. The owner can speak to the dog over Skype and it will dispense treats using voice command. The device will play fetch, using a ball launcher and a robotic arm to retrieve the ball when the dog delivers the ball to the machine. Using an Xbox 360 controller, the owner can move the robot around and activate its various features. An alternative option is the "iPet Companion", which also controls pet toys remotely, while the user can watch their pet using a webcam.

REMOVE UNWANTED PEOPLE FROM YOUR PHOTOS

Now you don't have to wait for all the background pedestrians to move past before clicking that great shot of Grandpa and little Billy. A new "Remove App" can help create photos without people in the background. Taking a series of photos in quick succession, the app detects which people are moving in the photo and allows you to remove them while keeping the desired subjects intact. The end photo is a composite, with the offending humans taken out. Plans call for it to be demonstrated later this year in Barcelona.




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04/02



BETTER THAN BIRDIE

Nice Shoes • No Drama

by Leigh Macdonald

Ask any golfer. Birdies are big. When a friend shared his birdie “sacrifice” (my word, not his) story over dinner recently, it struck a chord with me. He left for work early that day and was at his desk before sunrise. Within a few hours, a perfect winter day had appeared. Indeed, the Northern Virginia sky was sunny and cloudless, and temperatures on that January day hovered at 70 degrees. When his wife called that morning and asked whether hooky and a golf cart ride were doable, the golfer jumped at the chance to make a little fun.

It wasn't long before the golfer, his wife, his father, and his five-year-old son were sporting around the course in a cart. Each of them understandably enjoyed the high that comes with wonderful weather and an au naturel serving of sun-provided vitamin D.

As luck and years of play would have it, the golfer's game was also pretty good that day. In fact, pars were plentiful. Early in the back nine, he took a perfect first shot that left his ball just a few yards away from the par 3 hole. As the golfer stepped up to claim his birdie, he felt gentle winds of confidence at his back.

Then it happened. His five-year-old shouted from the cart, “Daddy, I want to do it! Let me put this one in!” He rose from his stance with a smirk. As his birdie flew away on those winds of confidence, his little boy dashed over to take the putter. As the boy maneuvered the ball via multiple shots, the golfer stood back, crossed his arms, and witnessed golfing perfection.

Indeed, as the golfer's score steadily rose, so did his certainty that this was one of those moments. As he recited the story for me, he noted that he had watched his son and realized that this was “better than birdie.”

Of course that moment, like most such moments, only happened because the golfer had the wherewithal to let it happen. One thing is certain: that better-than-birdie moment is one that the golfer—and his son—will always remember.

Therefore, I challenge you to be steadfast and aware of your own moment opportunities. In most instances, those moments can slip away in a flash. Life at its core is really just a collection of moments, with each of them being better than birdie.

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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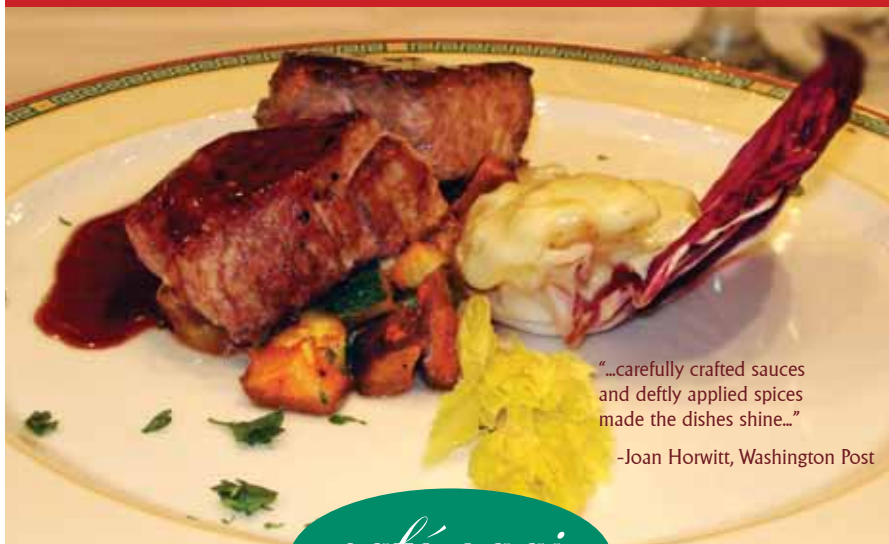
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DEAR COACH AMY,

I am a 42-year-old woman who has never been married and I truly want to be married and have a child. I don't have a lot of time to waste on someone who is not ready for a committed relationship and doesn't want what I do. Here is my dilemma: I just met a man I am attracted to online who is recently divorced with a grown daughter in college. We seem to be taking it slow on the affection side after a month of dating. I am not sure we are heading towards being "friends" instead of "lovers". What can I do at this point to find out?

- Perplexed in Purcellville

DEAR PERPLEXED IN PURCELLVILLE,

Dating is a chance to get to know someone and determine if there is a good fit for the long run. I am kind of old fashioned myself and this fellow may be so too! Remember, he most likely has not dated much for 20 years and he is figuring out the new landscape. If so, I commend him for taking his time and not jumping into a relationship too soon. I don't understand the unwritten 3-date rule where people expect to be intimate so quickly when dating. You must know (from experience?) that sleeping with someone changes the nature of a relationship and puts the woman in a vulnerable situation.

However, I am curious if any affection has been demonstrated at all, like putting his arm around you, or holding your hand. Again, perhaps he is evaluating before he jumps in wholeheartedly. Yes, you do want to watch out that you are not entering the "friend" zone!

I am not sure you have experience dating someone coming out of a divorce (and I am assuming he is truly divorced and not separated). Is he the person who initiated the leaving of the marriage or is he the one that was left? That really affects one's dating behaviors. If he left the marriage, then he has been mentally and emotionally out of his marriage for longer than the separation period. Therefore, he may be ready for a new relationship. I am also wondering how much dating he has done before meeting you - so he knows what he wants at this point.

However, if he was left, there may be deep wounds where his trust of

women may be shaken and he may be very careful now about getting involved in a new relationship. I also am curious if your date has sought any professional help with moving past his failed marriage of twenty plus years. I find it is a good sign if he has, to help him move forward.

Since your time is precious to you, I suggest you have a courageous conversation at this point before more time passes. That is what I did when I met my husband at 41 years of age. Tell him you really like spending time with him and that you are attracted to him. Share with him your life goals of marriage and having a family. Ask him what he sees himself doing at this point in his life and if there is a common path. You can also mention that you are an affectionate person and ask if he is attracted to you (this really takes courage!). This is not an easy conversation to have so early in a relationship, but a necessary one before you spend any more time with him. If this relationship is meant to move forward, it will all fall into place. If not, then you will know sooner than later that you are just friends and that you need to start searching for a life partner who wants the same things you do in the same timeframe.

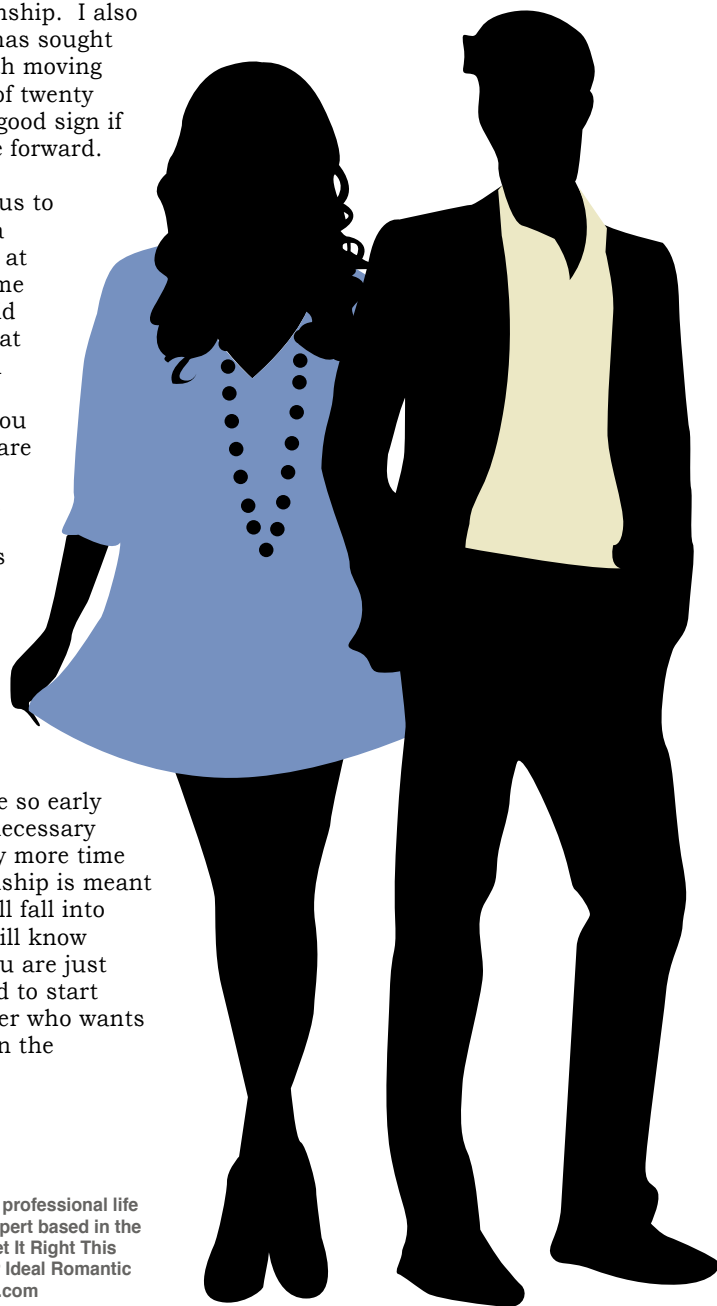
Intentionally yours,
Coach Amy

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

COACH AMY

Am I in the "Friend Zone?"

by Amy Schoen





FOR HIGH EARNERS MEDICARE CONTRIBUTION TAX BEGINS NEXT YEAR

Beginning January 1, 2013, the Medicare Contribution Tax on unearned income takes effect.

Section 1411 of the *Health Care and Reconciliation Act of 2010* (enacted shortly after the Affordable Care Act) imposes a 3.8 percent Medicare Contribution tax on unearned income.

Married couples with income over \$250,000 and singles with income over \$200,000 will pay, in addition to their regular income tax, a 3.8 percent tax on interest, dividends, and capital gains.

Municipal bond interest and the excluded gain from the sale of your home are not subject to the tax. Trusts and estates will be subject to the tax, but at different income levels.

BIG MONEY PROBLEMS COMING?

Here's how to borrow from your IRA without paying a penalty.

Whether you need a stack of cash to pay college tuition for two students this year, or to pay it for two or three years to come, you are among many people who have big expenses coming up.

Fortunately, you can take money from your IRA penalty-free at any age, and for any purpose, if you follow certain rules.

Early-out payments are known as 72(t) distributions, named for the section of the tax code that authorizes them. The provisions allow you to take "substantially equal" distributions for at least five years, or until age 59½, whichever is longer.

If you have more than one IRA, you can choose to take distributions from just one account. If you have only one account, you can split off a portion of it into a new IRA to

satisfy your early distribution requirements and let the remainder continue to grow tax-deferred.

Try the free calculator at www.72t.net to estimate how much you can withdraw under three different distribution methods.

The site also lets you calculate in reverse. Start with how much you would like to withdraw each year and you can see how much you need in an IRA to satisfy the withdrawal schedule.

You have to follow the plan once you're into it. There's a big penalty if you deviate from the distribution schedule once it's set up.

Advisors at *Kiplinger Personal Finance* remind you that if you do deviate from the schedule, you'll owe the 10 percent withdrawal penalty retroactively on all your plan withdrawals.



KEEPING CRITICAL DOCUMENTS SAFE AND ACCESSIBLE

In case of a fire or an immediate evacuation order, could you quickly find all of your important documents? If you're like most people, your birth certificate, marriage license, insurance papers, mortgage, and retirement fund information are in several different places.

Not only could this cause problems for you in an emergency, if they are needed by your family at a difficult time, their search could be difficult and frustrating. According to *New York Life Insurance*, the best way to store critical documents is to keep them in a fireproof cabinet or safe.

Divide them into categories and mark each one clearly in case your family has to locate them on your behalf. Include:

- **Key contacts:** phone numbers and addresses for family, banks, life, home, auto, and health insurance providers.
- **Identification documents:** birth certificate, adoption papers, a copy of your driver's license, Social Security card, marriage licenses or civil union certificates.

- **Emergency information:** whatever would be needed if you became seriously ill or injured, such as living wills, care proxies, beneficiary forms, IRAs, 401(k)s, last will and testament, burial instructions, cemetery plot and deeds or prepaid cremation documents, military discharge papers, funeral home preferences, and information for obituaries.
- **Insurance policies:** life insurance policies and documents, health and accident IDcards and claim records, mortgage insurance policies, annuity statements and documents, beneficiary forms, and long-term care policies.
- **Financial paperwork:** your checks, bank statements, mortgages, auto and other loan information, credit card statements, appraisals of valuable items, rental or lease agreements, investments, real estate deeds or titles of ownership, and last year's tax returns.

Review the information with those who would need access to it.

TERM LIFE INSURANCE POLICIES OFFER NEW CHOICES

First, the basics. Term life provides a death benefit for a set period of time, such as 10, 15 or 20 years. Permanent or whole life insurance is designed to protect you for your entire lifespan.

Twenty-year terms are the most common, because that period matches goals, such as providing financial security for children from birth until college.

Many term policies are renewable. When the term is up, they can be renewed without having to show you are in good health. The cost will rise because you will be older at the time of renewal.

Some term policies ensure for one year at a time, with the cost rising each year. Most buyers prefer the longer term with a level premium.

Another option is the decreasing term insurance policy. Each year, the premium and the death benefit are reduced. This type of policy works for people who want to cover a current mortgage balance or want a business loan.

Many term life policies are convertible. That means they can be converted to permanent life insurance over a certain period of time without having to prove the insured is in good health.

One new type of term life is designed to last until a person retires. It can be purchased at any age and lasts until the insured person reaches 65.

A recent addition to some term life policies is the return-of-premium feature. Some or all of the premiums are refunded if no death benefit has been paid during the term.

HOW TO PREVENT EAR INFECTIONS IN YOUR PET

by Sanford Christmus

My dog keeps scratching his ear, and if I touch it, he yelps. He shakes his head more often lately, too. What could be the problem?

Without examining your dog, I'd say it sounds like otitis externa (pronounced oh-tight-us ecks-turn-ah), the medical term for a common ear infection. Otitis is one of the most common medical problems veterinarians see. The term "otitis externa" means ear (oti-) inflammation (-itis) localized to the outer ear canal (externa). Veterinary insurance companies report that otitis is consistently the number-one claim for dogs and in the top 10 claims for cats for many years running. In the following article, I'll discuss otitis in dogs and cats and what we can do to prevent it.

When pets have an ear infection, they often shake their heads vigorously or scratch around their ears or cheeks with their back feet. An infection can occur in one ear, but often both ears are affected. Early in the process, the skin of the ear canal is often red; however, if left untreated, the skin grows darker and pigmented and often develops a pebbled appearance, rather than the smooth, glistening skin you see normally. Usually, but not always, there is some sort of discharge present in the ear canal. It can be either dark or tan and waxy or it can be thin and look like pus.

Otitis sufferers can display no discomfort, mild discomfort, or intense pain. If your dog has floppy ears, you'll have to lift the ear flap to see what's happening within the canal. The inflammation is easier to see in cats and in dogs with upright ears.

At the time your pet is seeing the veterinarian for the problem, the cause is usually an overgrowth of yeast, bacteria or both. Yeast and bacteria, typically Staph., are normal flora in the ear canal. They're supposed to be there. When the environment in the ear canal isn't healthy or normal, however, normal flora can overgrow and create otitis.

Most cases of ear infections are a symptom of another disease, the most common of which is allergies. Animals can be allergic to environmental things such as pollens, molds and house dust mites or to foods, such as chicken, beef, dairy, corn and wheat. Sometimes the cause is as simple as excess moisture in the ears from swimming or bathing. In some dogs with heavy, drooping ears, the excess moisture gets trapped, creating an unhealthy environment that allows



yeast and/or bacteria to overgrow. Ear mites can also cause otitis, although mite infestations more often show up in puppies and kittens and typically don't recur.

When veterinarians see dogs and cats with frequent ear infections, we usually discuss the underlying, primary problems with our clients. If the dog swims or gets baths often, then the owner can instill an acidifying ear-cleaning solution into the ear afterwards to help prevent infection.

If drooping ears are causing the infection, then regular ear cleanings help keep the ear canal healthy.

The most common cause for recurrent otitis in dogs and cats is allergies. Sometimes allergic pets have other signs of allergies, such as skin infections, skin rashes, or areas of hair loss. Some allergic pets will chew or lick their feet or scoot on or chew their anal area. In some cases, however, the only sign of an allergy is recurrent otitis externa. The most common allergens are those that we can't avoid, unfortunately. Pollens from trees, grasses and weeds are the most common allergens in the spring, summer and fall, respectively. Molds are also common allergens and are more prevalent in the fall, although they are present in many homes, too, so they can cause year-round problems. This past fall was one of

the worst for our allergic patients because of the warm, wet weather that persisted all the way until Christmas. Our odd weather pattern in late 2011 created a higher level of molds outside, especially in wet leaves, so we saw skin and ear problems much later into winter than normal.

Food allergies often cause skin problems in dogs and cats, too. They can also cause chronic vomiting and/or diarrhea, but that reaction is most often the result of diet sensitivity, rather than a true allergy.

Red, itchy ears without an underlying infection are the most classic signs of allergic otitis externa. Typically the bacterial or yeast overgrowth develops over time, and early in the process, the infection probably isn't there. We often see a yeast otitis that started as an allergic problem. We sometimes figure out the issue because medication eradicates the infection, but the problem recurs. In these cases, it's clear there's another, underlying cause for the otitis.

How can we prevent our pets from developing ear infections? Let's start with cats, because the feline solution is easy. If they don't have ear mites and they have recurrent otitis, they almost certainly have an underlying allergy. To fix their problem, first focus on ruling out a food allergy with a carefully controlled diet trial, assuming the

problem is non-seasonal. If eliminating possible allergens from the diet doesn't help, discuss allergen-testing options with your cat's veterinarian.

For dogs, the answer is only a little more complex. Floppy-eared dogs, such as Bassett Hounds, Cocker Spaniels and many retrievers, can benefit from maintenance ear cleanings with an acidifying solution available from your veterinarian or over the counter. Keeping the ear dry, acidic and clean can prevent an overgrowth of organisms that normally live in the ear. Preventing recurrent otitis in canines requires owners to look for the underlying allergy. If the problem is seasonal and infrequent, simply treating the occasional infection with medication can be a reasonable option. For pups with frequent or very painful problems, however, it's much healthier to work on the primary problem to help prevent the secondary otitis.

Please talk to your pet's veterinarian if your furry friend is having frequent ear problems. With persistence, patience and teamwork, recurrent otitis can be resolved. Thankfully, routine otitis is easy enough to fix with medication from your pet's doctor.

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 askthetvet@ovvhpets.com.



Homemade treats for your pup!

CHICKEN & GARLIC BITES

1 cup wheat flour
1 cup grated cheddar cheese
1 Tbsp garlic powder (not garlic salt!)
1 Tbsp soft butter or margarine
½ cup chicken broth

Mix flour and cheese together. Add garlic powder and softened butter. Slowly add broth until you form a stiff dough. You may not need all of the broth. Knead on a floured board for a few minutes.

Roll out dough to ¼ inch thickness. Cut into shapes and place on ungreased cookie sheet. Bake in a 350 degree oven for 15 minutes. Let cool in oven with the door slightly open till cold and firm. Refrigerate to keep fresh.



Is your pet ready for their close up? Send photos to articles@vivatyson.com



Paul Newman
Owner: Ann Brough



Coco
Owner: Amy Fischer



Little Ricky
Owner: Joe and Kat Abdo



Casey
Owner: Tara Miller



Buck
Owners: Cal, Ben and Claire Feidler



Dwight
Owner: Stephanie Katz



Hazel
Owner: Beth Naru



Friends of Homeless Animals

Serving the Northern Virginia
& Washington DC area



FOHA

FIDO'S TOY BOX



Is your pup tired of the same old bones?
Kitty wants something new? Look no further, here are
some great ideas to spice up your pet's toy box.

Fetch-a-Bubble Machine

With the option of bacon or chicken
flavored bubbles, your dog will go crazy
for the steady stream of delicious popable
delicacies. The colorful bubbles also
provide great exercise and the automatic
bubble maker gives you a rest before your
little guy is ready for his next belly rub.

www.activepettoys.com \$25.95



Critter Cruiser

A paw-powered Critter Cruiser allows
even the smallest pets the chance to
race around the house in style. Great
entertainment for your hamster, gerbil or
mouse, and anyone else who's watching!

www.petsmart.com \$19.99

Toyshoppe Cat Scratcher Wheel

Your cat will enjoy hours of fun and
scratching with this revolving cat
scratcher. Complete with colorful feather
and mouse accessories. So much fun he
won't have time to scratch anything else.

www.petsmart.com \$19.99



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In the heart of Vienna, across from
Outback Steakhouse, we provide a
complete list of services to include:

Thorough physical exams



The safest vaccines available

Parasite exams and prevention

Routine bloodwork for older pets



Client education

Meet the Doctors!



**Only Locally-Owned & Operated Veterinary Hospital
in Vienna/Tysons!**

For your convenience we are open
evenings and weekends.



MONDAY-FRIDAY

7:30am - 8pm

SATURDAY

9am - 2pm



SUNDAY

10am - 2pm



703.938.2800

www.ovvhpets.com

320 Maple Ave East

Vienna, VA 22180

TALK TYSONS

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatyson.com. Let us decide if it's too trivial, it rarely is.

The **MCCP Foundation** (Medical Care for Children Partnership) will hold a special gala, *Dress Up with Grownups*, on Saturday, April 21, at the McLean Hilton. Check their website, www.mccpfoundation.org, for more details. MCCP (Medical Care for Children Partnership) Foundation funds health care for the 9,000 children of low-income, uninsured working families in Fairfax County. These families do not have access to neither health insurance or Medicaid.

Bikenetic, a full-service bicycle shop opened in Falls Church in late 2011. They are located at 922 W. Broad Street and serve riders and commuters on the Washington and Old Dominion bike trail which is within steps of their location. **Bikenetic** is a full-service store selling Kona, Bianchi and Jamis brand bicycles catering to road, mountain, commuter and hybrid bikes. They also offer repairs.

The old **Chicken Out** restaurant in front of Falls Plaza/Giant Shopping Center was torn down in December 2011, to make way for a new **BB&T Bank**, that should get under construction soon.

24 Hour Fitness is under construction in the old Syms location at 1000 E. Broad, it will involve extensive improvements and include a pool and basketball court. It should take about a year to complete.

Everyone is looking forward to **Blackfinn American Grille** which will open in Halstead Square by Dunn Loring Metro this summer

Also coming soon to Falls Church on 410 South Maple Street in Falls Church, is a new **Body Dynamics**, a full service fitness center ... and **Space Bar** is on its way to the former Stacy's Coffee Parlor at 709 West Broad Street.



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 first ever "Taste of Vienna" on

Saturday, April 28, from 11am-8pm. Food, Music, and all for a good cause. Wanna help? Anthony@VVFD.org.

Like New, an auto detailing shop has a brand new location at 1121 West Broad Street. Call 703.536.2882 for information.

Heidi Kallett has opened an outlet center for **The Dandelion Patch**, located at 8455 Tyco Road, Suite L in Vienna, VA. The Center is open Tuesday through Saturday from 10am to 6pm. Look for some sensational savings from the our area's most popular stationary/gift operation.



Opening on February 21, 2012, Vienna now has a **Donatos Pizza**! Located in Danor Plaza, 126 B Branch Road Vienna, VA 22180 • 703.281.2800. **Donatos** is "America's Edge-to-Edge" pizza with a famous thin crispy crust found in 1963. Dine-in, carry-out and catering available!

Penn Camera is in reorganization. I hope they remain there. I enjoy that store and its people, super helpful.

Extreme Pizza is now open in Vienna at 155A Maple Avenue West- Phone 703.255.5510.

Another **Elevation Burger** is coming to Tysons Corner Shopping Center, watch for them.

Stalcups, our hometown hardware store, is moving to a new location, you'll find them on Church Street where the toy store used to be across from **Caffé Amouri**.

ELYSEE • 360
CONCIERGE MED • SPA

Dr. Tony Knapp, D.C., has joined the office at **Elysee 360 Concierge Med Spa** in McLean, whose new opening we mentioned in our last issue. Currently Dr. Knapp splits his time between his office at Med Spa and his original location in Sterling.

Nordstrom Rack is on the way to the location previously occupied by Border's on Leesburg Pike ... and **Morton's**, which planned to go to the same location, has decided to close its Tysons Corner location.

Dominion Jewelers will soon be demolishing the old "El Zunzal" Mexican/El Salvadoran restaurant at 917 W. Broad Street, to make way for their new jewelry store headquarters which is currently located at 107 Rowell Court. They hope to open their new headquarters including their retail sales operation in the fall/winter of 2012.

Celebrate
Tysons.com

Coming soon!
CelebrateTysons.com offers "unbelievable neighborhood offers" to residents of the Tysons Corner area

of Northern Virginia. In partnership with VivaTysons magazine, **CelebrateTysons.com** works to "illuminate and celebrate" local merchants and service providers by offering consumers introductory and special offers.

A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a "no left turn" sign and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car.

Still - he didn't break any traffic laws. Why not?

*He was walking

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Spring Day Sudoku

				2	8		7	
		1		3		2		6
			4			3	5	
	9	8				1		
1	5						3	7
		3				9	4	
	3	5			4			
8		6		9		7		
	1		8	7				



American Idle

Former President George W. Bush and Playboy founder Hugh Hefner are cousins!

I feel that *luck* is preparation meeting opportunity - Oprah Winfrey

Historical Happenings

Mar 10, 1876 - The First telephone call was made (Alexander Graham Bell to Thomas Watson).

Mar 16, 1881 - Barnum & Bailey Circus debuts.

Mar 27, 1790 - The modern shoestring (string and holes) was invented in England.

Apr 5, 1896 - The first modern Olympic Games officially opens in Athens.

Apr 16, 1929 - The NY Yankees become the first team to wear uniform numbers.

Apr 29, 1967 - Aretha Franklin releases "Respect".

Tax Time Crossword

Across

1. Holiday mo.
4. Grave marker
9. Formal vote
10. Coil
11. Antiquity, in antiquity
12. Poets' feet
13. Mrs. Butterworth's and maple
15. Peruvian terrorist group in the 60s, for short
16. Host
18. Part of 'to be'
20. Robin's partner
23. Gain knowledge
25. U.N. workers' grp.
26. TV, radio, etc.
27. Mary's boss on "The Mary Tyler Moore Show"
28. Cheers
29. Dusk, to Donne

Down

1. Salon supplies
2. Hard to grasp
3. Close-knit group
4. Suez, for one
5. Afternoon service

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

6. "A Nightmare on ___ Street"
7. Ad ___
8. Branch angle
14. Central Italian region
17. "South Pacific" hero
18. Charity
19. Docile
21. Balm ingredient
22. It may be proper
24. Big fuss

The title is a clue to the word in the shaded diagonal.

N	E	E	A	L	T	V	O	R	S
O	T	V	I	A	L	M	E	D	I
O	T	I	N	H	E	L	E	A	N
N	O	I	L	O					
A	M	B	A	T	M	A	N		
S	L	S	S	P	U	S	S		
I	B	I	A	M	B	I			
X	I	L	E	H					
A	E	L	A	S	T	E	C		

Trivia Teaser • Common Scents

1. In what movie does Robert Duvall declare "I love the smell of napalm in the morning?"
A. Full Metal Jacket B. The Great Santini C. Assassination Tango D. Apocalypse Now
2. Who starred as a powerful Hollywood gossip columnist named J.J. Hunsecker in the movie *Sweet Smell of Success*?
A. Kirk Douglas B. Burt Lancaster C. Robert Mitchum D. Walter Pidgeon
3. Which American city gets its name from the Sioux language as the "place of the smelly onions"?
A. Kalamazoo B. Chicago C. Sacramento D. Omaha
4. What actor won an Academy Award for his performance as blind man Frank Slade in the movie *Scent of a Woman*?
A. Al Pacino, B. Bruce Willis, C. Warren Beatty, D. Michael Caine
5. What singer issued "Scent of Mystery" as his first single on his own record label, Ramrod Records, in 1960?
A. Mick Jagger B. Tony Bennett C. Frank Sinatra D. Eddie Fisher
6. Which Shakespeare play contains the lines "What's in a name? That which we call a rose, by any other name, would smell as sweet?"
A. Romeo and Juliet B. Macbeth C. The Tempest D. The Merchant of Venice
7. "Smells Like Teen Spirit" was a big hit for what grunge band?
A. Bush B. Soundgarden C. Nirvana D. Pearl Jam
8. Ambergris, a waxy substance used to make perfumes, is created in the intestines of what animal?
A. Sperm whale B. Muskrat C. Cane toad D. Alpaca
9. Which actor provided the voice of Stinky Pete the prospector in *Toy Story 2*?
A. Tim Allen B. Robin Williams C. Kelsey Grammer D. Ryan Reynolds
10. On what sitcom might you hear a character singing Smelly Cat?
A. Mad About You B. The Big Bang Theory C. Friends D. My Name is Earl

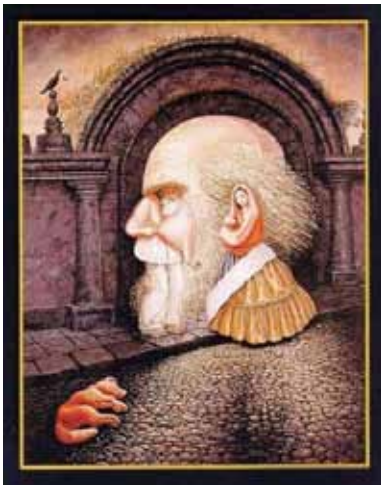
Nasty Person Word Search

Y D D U R C P A L T R Y D
H U R T I N G G R U B B Y
M A L E V O L E N T O J T
E E L U F I T I P H J F E
B N O X I O U S I K A S D
A Z S E T M S C K W U I I
C U T N C E I G F O C Q O
I Y L E H O N U L N C M U
P S E C U I L A A Y H Y S
S U G S X C D R E E E R C
E O R B C N H E A M A R A
D L O O A U R H O T P O B
J A S C D I R T Y U T S B
C M S Y L G U V M O S Y Y
X E T S C U M M Y V C E O

AWFUL	NOISOME
CHEAP	NOXIOUS
CRUDDY	OBSCENE
DESPICABLE	ODIOUS
DIRTY	PALTRY
EVIL	PITIFUL
FOUL	RANCID
GROSS	RATTY
GRUBBY	SCABBY
HIDEOUS	SCANDALOUS
HURTING	SCUMMY
LAME	SCURVY
LOATHSOME	SORRY
LOUSY	UGLY
MALEVOLENT	VICIOUS
MEAN	



"Your policy does cover wind damage, but not from huffing and puffing."



What number comes next in this sequence:

12 13 15 17 111 113 117 119 123 ... ?

Bizarre Holidays

March 11th	Check Your Batteries Day
March 18th	Awkward Moments Day
March 22nd	As Young as You Feel Day
April 5th	One Day Without Shoes Day
April 25th	Hug a Plumber Day

Apples are more efficient than caffeine in keeping people awake in the mornings!

Double Take

Take a look at the picture above ... What do you see?
An old man? A young mother on the street? Look closely!

Half of zero is still zero. What other number can be halved to make zero?

*Eight. When written as a digit, 8, the top half is 0, and the bottom half is also 0.



LOCAL SUSHI RESTAURANTS

Cafe Delicious

1577 Spring Hill Rd, Vienna, VA
(703) 827-4110

Charlie Chiang's Asian Bistro

7866E Tysons Corner Center, McLean, VA
(703) 883-8051

Ecitie Restaurant & Bar

8500 Tyco Rd, Vienna, VA
(703) 760-9000

Endo Sushi

6828 Old Dominion Dr, McLean, VA
(703) 883-2001

Genji Japanese Restaurant

2816 Graham Rd, Falls Church, VA
(703) 573-0112

Hoang's Grill & Sushi Bar

502 W. Broad St, Falls Church, VA
(703) 536-7777

Ichiban Sushi

6821 Old Dominion Dr, McLean, VA
(703) 448-9117

Iris Lounge

1524 Spring Hill Rd, McLean, VA
(703) 760-9000

Izumi Sushi

9861 Georgetown Pike, Great Falls, VA
(703) 759-7788

Jasmine Garden

8106 Arlington Blvd, Falls Church, VA
(703) 208-9989

Koi Asian Bistro

8413 Old Courthouse Rd, Vienna, VA
(703) 394-5205

Koi Koi

450 W. Broad St, Falls Church, VA
(703) 237-0101

Konami Restaurant

8221 Leesburg Pike, Vienna, VA
(703) 821-3400

Kotobuki

1315 Old Chain Bridge Rd, McLean, VA
(703) 356-6200

Kyoto Japanese Restaurant Inc

862 Forestville Meadows Dr, Great Falls, VA
(703) 379-8060

Maneki Neko Japanese

238 W. Broad St, Falls Church, VA
(703) 534-8666

Miyagi

6719 Curran St, McLean, VA
(703) 893-0116

Nahori Kabob

2816 Graham Rd, Falls Church, VA
(703) 573-0112

Narita Japanese Restaurant

8417 Old Courthouse Rd, Vienna, VA
(703) 893-8008

Sakura Japanese Steak & Seafood House & Sushi Bar

8369 Leesburg Pike, Vienna, VA
(703) 356-6444

Secret Garden

6678 Arlington Blvd, Falls Church, VA
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Sushi Yoshi

101 Church Street NW, Vienna, VA
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120 Branch Rd SE, Vienna, VA
(703) 319-3922

Tachibana Japanese Restaurant

6715 Lowell Ave, McLean, VA
(703) 847-1771

Taka Grille

1961 Chain Bridge Rd, Ste 7858E,
McLean, VA
(703) 356-9090

Washington Japanese Language

7005 Georgetown Pike, McLean, VA
(703) 448-3049

Woo Lae Oak

8240 Leesburg Pike, Vienna, VA
(703) 827-7300

Yirasai Sushi and Grill

128 Maple Ave W, Vienna, VA
(703) 319-1300

Yama Japanese Restaurant

328 Maple Ave W, Vienna, VA
(703) 242-7703

Yoko Japanese Restaurant

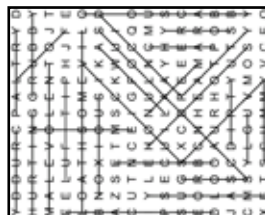
2946 Chain Bridge Rd #J, Oakton, VA
(703) 255-6644

Answer: 129.

These are the first 10
prime numbers (2, 3, 5,...)
prefixed with a 1.

Answers to 'Common Scents'

- 1-d, Apocalypse Now
- 2-b, Burt Lancaster
- 3-b, Chicago
- 4-a, Al Pacino
- 5-d, Eddie Fisher
- 6-a, Romeo and Juliet
- 7-c, Nirvana
- 8-a, Sperm whale
- 9-c, Kelsey Grammer
- 10-c, Friends



HOROSCOPES

MARCH

ARIES: You may dream of a time when your work and life will move at a slow, relaxed pace, but that's unlikely to happen. Instead, appreciate the interesting viability of what your life is now.

TAURUS: When dealing with a boss or co-worker, try to visualize what's going on behind the scenes. It will give you a better idea about what positions to take in discussions.

GEMINI: In your personal life, you know when to throw up your hands and say you give up. What this actually means is that you will not interfere with your partner's decisions at this point. You could be more of an influence later on.

CANCER: Consider your energy patterns. If energy is high in the a.m., schedule the most important projects on your list at that time. For a livelier afternoon, eat more vegetables and fruits at lunch.

LEO: At vacation planning time, the stars predict that you'll be making a shorter trip, one that will be more restful and satisfying. Forget the mountains and the seashore.

VIRGO: You have a big financial decision coming up. Brainstorm before signing on the dotted line. Avoid buyer's remorse by deciding whether it's what you really need.

LIBRA: Oh, Libra, you've got a pain! You've been ignoring or treating it with pain killers, but it's time to see your doctor and find out what you really should do.

SCORPIO: It could be time to set your personal priorities aside in favor of the greater good. Sometimes the wants and needs of your partner must come first, at least for now.

SAGITTARIUS: You are a generally flexible person who can handle new and different situations. The capability will see you far as changes continue to come your way.

CAPRICORN: As is usual with you, the advent of spring stirs your creativity. New ideas about a variety of situations will come to you. Examine each one according to its merits and take action on at least one idea.

AQUARIUS: It may seem as though there is too much routine in your life, but that's not all bad. Remember that "no news is good news" and be thankful for what you have.

PISCES: Your charming ways draw others to you, both at social and work-related events. Use this quality to encourage others to follow your lead in doing volunteer work.

APRIL

ARIES: Though you love being the center of attention, you will have to pass the limelight to someone else many times in your life, maybe right now. Deal with it.

TAURUS: A more positive outlook can move you toward your goals in ways you can't even see now. That doesn't just mean looking on the sunny side. More likely, it means dealing with clouds and rain in a capable and realistic way.

GEMINI: Boss, boss, boss, everyone has one and some are easier to get along with than others. However yours is, being supportive and cooperative will take you far.

CANCER: Be forthright and direct, but state your case calmly and in an even tone of voice. Sometimes it's best not to beat around the bush. Just come out and say it.

LEO: Hey, Leo, you are bursting with ideas, some good and some not-so-good. Test them on a trusted friend or mentor before laying them out for higher-ups and co-workers.

VIRGO: You want to hear the roar of jet engines, the whistle of a train or an ocean liner's horn, and sometime you will. Think and plan. It could be this year or next.

LIBRA: As an intelligent Libra, you have balance in your personality and work. But sometimes you have to strive for equality and harmony in your personal life. As always, analyze before making any important decision.

SCORPIO: It may seem as if the well is running dry, but take another look. If your usual income isn't covering your expenses, wishes and wants, it's time to take that closer look. Economize where you can and forego a big new purchase.

SAGITTARIUS: Take a laid-back stance in dealing with personal problems so you don't put yourself between a rock and a hard place. The situation is more likely to go your way if you give the other person a chance to reconsider.

CAPRICORN: Extremes dominate in April. With a little effort you can take them in stride, because you realize that such attitudes don't last. Placate your boss, co-workers or neighbors if you can. Or just hold back for a while until extreme attitudes fade.

AQUARIUS: Romance can give you a wonderful, light-as-air feeling. You either have it or remember what it feels like. If you made mistakes before while in the netherland, try to avoid them this time around.

PISCES: Oh, Fish, you love the water, so go to it, even if it's just for a day. Especially if you've been feeling drained or your creativity has tanked, swimming, canoeing or just gazing at the water for an afternoon will refresh you.

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