



NO-SHOW HOME SHOW

Spotlight on Falls Church

Landscaping & Gardening Tips The Best Spots for Dining Al Fresco

PRSRT STD US POSTAGE PAID PERMIT 38 FULTON, MO



Casey Margenau Re/Max Distinctive Re/Max Distinctive

WE SELL MORE BECAUSE WE DO MORE

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

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





GREAT FALLS \$1,329,873 Beautifully landscaped 2 ac lot, Langley HS, updated kit & BA's, FR w/wet bar & MBR w/to die for WIC. Outdoor living w/covered porches.



GREAT FALLS \$1,285,522 Langley HS, 3 car gar, flat lot. \$250k in recent improvements. State of the art kit., wine fridge, Sunroom off of FR & MBR. LL w/5th BR & FB.



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 gar.



MCLEAN \$2,995,953 One of Washington's prominent neighborhoods. Great for entertainment, paver circ. drive, pool/ spa. 3 car gar, LL w/bar, wine cellar & billiards.



MCLEAN \$1,698,786 Cul-de-sac of newer homes, Langley HS. ML BR/ BA. 2 story FR, gourmet kit. All BR with en-suite BA. LL with bed/den, BA, 2nd kit & 2nd laundry.



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



VIENNA \$ 1,099,900 Completely renovated Southwestern style home. Beautiful outdoor living w/pool & hot tub. Open layout w/ample light, updated kitchen & baths.



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 and bath.



VIENNA 1,499,873 Renovated col. Designer BA's. Over 1.5 ac. 3 car gar, gourmet kit w/cherry cab & granite. 2 story FR, estate size BR's. LL w/BR & BA.









THIS WHOLE HOUSE RENOVATION TRANSFORMED A DARK AND CONSTRAINED FLOORPLAN TO AN OPEN, FUNCTIONAL, AND LUXURIOUS SPACE.





Now Serving Maryland Inside the Beltway!

design/build | additions | kitchens and baths | basements | outdoor spaces 703.425.5588 | SunDesignInc.com | Serving Northern Virginia for 24 years

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



FEATURES

58 DINING AL FRESCO

A list of our local restaurants where you can enjoy the experience of dining outside.

70 COMMUNITY BANKS & FINANCIAL PROFESSIONALS

See our area's celebrated community banks and financial professionals who are here to help you.

77 LANDSCAPING & GARDENING TIPS

Helpful tips and suggestions to help you create a one-of-a-kind yard.

106 SPOTLIGHT ON FALLS CHURCH

A spotlight on what's hiding in Falls Church.



48



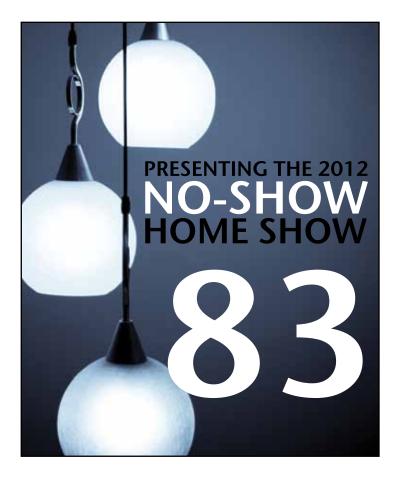
68



112



140



DEPARTMENTS

- 8 Selected Events
- 14 Arts & Theatre
- 23 Around Town
- 36 Health & Fitness
- 48 Taste of Tysons
- 96 In Style
- 115 Home Improvement
- 123 Real Estate
- 140 Tysons Update
- 146 Technology
- 154 Money
- **156** Pets
- 164 Talk of Tysons
- 166 Fun & Games
- 168 Quick Corner
- 169 Horoscopes

Lilian Jorgenson www.Lilian.com





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



MCLEAN \$4,500,000 FX7796342 Spring Hill Road



MCLEAN \$4,500,000 Call for Info **Brook Road**



MCLEAN \$1,299,000 FX7633521 Cedrus Lane



GREAT FALLS \$1,899,000 FX7745959 Mill Run Drive



MCLEAN \$2,450,000 FX7770417 Call for information



ALEXANDRIA \$4,550,000 FX7765621 Neptune Drive



MCLEAN \$1,995,000 FX7704861 Great Cumberland Road



VIENNA \$1,299,000 FX7806295 Coral Crest Lane



MCLEAN \$2,400,000 FX7770457 MacArthur Drive



CLIFTON \$3,900,000 FX7484902 Wyckland Drive



OAKTON \$1,295,000 FX7774081 Miller Heights Road



Leesburg - River Creek \$1,325,000 LO7762106 Cloister Place



PAEONIAN SPRINGS \$1,250,000 LO7612624 Doe Run Lane



FAIRFAX \$1,649,000 FX7764781 Summit Drive



MCLEAN Upper Bracket Call for information



VIENNA \$1,025,000 FX7721413 Courthouse Road



DUNN LORING \$939,900 FX7795829 Blitz Court



VIENNA \$899,000 Call for Info Cricklewood Court



MCLEAN \$749,000 FX7792506 Hitt Avenue



ARLINGTON \$675,000 AR7790350 **Emerson Street**



STERLING \$349,900 LO7799334 **Graham Cove Square**



STERLING \$349,900 LO7812306 Stanmoor Terrace



MCLEAN - FOR RENT \$9,900 FX7704923 Crest Ln (On the Potomac)



















AND MORE...

- 16 Sculpting History
- 18 Donna Byrne
- 22 Tenor Anthony Kearns
- 23 CharityWorks
- 28 Falls Church 2012 Gala
- 32 America's Historic Triangle
- 36 McLean Pharmacy
- 37 Whole Grain Stamp
- 38 Summertime Healthy
- 40 Refresh Your Skin
- **44** Strengthening Your Core
- 46 Ask The Doctor: Alternative To Help Insomnia
- 48 Soup Lady: 100 Bowls of Soup
- 50 Worth The Schlep
- 54 Dining Guide
- 62 Restaurant Review: Mediterranee
- 68 Every Chef's Dream
- 92 Mother's Day
- 93 Father's Day
- 94 Missing Mother's Day
- 98 MCCP
- 100 Tick, Tick, Fix
- 102 Senior Spotlight
- 110 Spotting Fake Online Book Reviews
- 112 Wounded Warriors
- 120 Decor by Denise
- 122 Devotion to Children
- 123 Dreaming of a Second Home
- 124 Obama Extends HAMP
- 129 Tysons Premier Real Estate Listings
- 134 Green Sprouts in Economy
- 136 Today's Market Snapshot
- 138 Residence Inn: Marriott Tysons Corner
- 148 Fallin' For Colbie
- 150 Obstacles into Opportunities
- 153 Coach Amy: Work Romance
- 156 Pets: Housetraining Your Pet
- 160 Tick Prevention for Your Pet
- 162 Pet Expo
- 168 Public Golf Courses

A LETTER FROM THE PUBLISHER

It's too exciting....

People are always asking me why I'm not spending more time on the golf course or at the shore, "Why don't you take it easy?" It's a great question, and a good one too. But I have a great answer-are you kidding me?

Just look around - the new opportunities, businesses moving into our area, infrastructures, and changing scenery, it's loaded with energy.

We meet so many interesting people from so many walks of life. Rosemary Tran Lauer with Long and Foster in Vienna, Ashwani Ahluwalia, the proprietor at BRX in Great Falls, and the dozens of businessmen and women we meet during the course of our business. And the new restaurants and great retailers with so many new treats, and interesting and exciting technologies.

Colleen Sheehy Orme shares a story about Mom, and with a population rich with seniors, we plan to spotlight a few of our area's heroes in each publication. We need to hear their stories and celebrate their lives.

If you want a real treat, try to catch Irish tenor Anthony Kearns in song. What a voice! We caught him at a CharityWorks Foundation function, and what a foundation! Lucky us!

Spring is usually the time we look to renew our surroundings, we thought we would share some names of folks eager and qualified to help. From planting to roofing, please check it out.

Our community bankers are winning the bank wars, their value equation seems to be realized more and more every day. Visit a community bank today and find out why.

The Silver Line is shaping up, as are the hot lanes, and Marcia McAllister and Mike Salmon have the progress report.

A special kudos to the team here at Viva ... Carly, Keryn, Kenny, Gaby, Dave, Rick, Lauren and all our contributing authors, your efforts to illuminate our mission are without equal. Thank you.

And to our new subscribers and advertisers, from Arlington to Fairfax, thanks for your continued support. We promise to work even harder to bring you the results and information you deserve.

See you this summer ... cheers!

Ja Ham



VivaTysons

2012 MAY-JUNE

Publisher

Johnny Hanna johnny@vivatysons.com

Art Director/Production Manager

Carly Rebeiz carly@vivatysons.com

Design Support

Keryn Dohanich

Graphic Designer/Client Liaison keryn@vivatysons.com

Website Design & Videographer

Kari Cannistraro kari@vivatysons.com

Circulation Manager
Dave Newhouse
dave@vivatysons.com

Publishing Associate

Gabriella Oser gaby@vivatysons.com

Advertising-Client Advocates

Lauren Simmons
Vice President of Marketing
lauren@vivatysons.com

Rick Mundy Writer/Client Advocate rick@vivatysons.com

Kenneth Abdo
Account Executive/Client Advocate kenny@vivatysons.com

General inquiries and comments about this publica can be sent to comments@vivatysons.com. www.vivatysons.com www.facebook.com/vivatysons www.twitter.com/viva_tysons www.tasteoftysons.com www.tysonstoday.com www.tysonshealthandbeauty.com

Subscriptions for VivaTysons Magazine are available for \$12 per year or \$20 for two years. Please address requests to Calamity Media, P.O. Box 506, Dunn Loring, VA 22027 or you can subscribe online

Volume 4, issue 4. Copyright © 2012 by VivaTysons Magazine Inc. VivaTysons Magazine is published bi-monthly by Calamity Media, P.O. Box 506, Dunn Loring, VA 22027. All rights reserved. All editor material is fully protected and should not be reproduced in any mat without written permission. Calamity Media makes every effort to ensure the accuracy of the information we publish, but we cannot be held responsible for any consequences or claims due to errors or omissions. Retailers wishing to carry VivaTysons at their locations and readers wishing to correspond with us are asked to write us at comments@Wiyatysons.com.

SELECTED EVENTS

LOCATIONS

(referred to in the selected events)

FALLS CHURCH

Cherry Hill Farmhouse

312 Park Ave 703.248.5171

ww.CherryHillFallsChurch.org

Red, White and Bleu

127 S. Washington St 703.533.9463 www.redwhiteandbleu.com

Cherry Hill Park

312 Park Ave

Falls Church City Hall

300 Park Ave 703.248.5001 www.fallschurchva.gov

VIENNA

The Barns at Wolf Trap

1635 Trap Rd 703.255.1900 www.wolftrap.org

Jammin' Java

227 Maple Ave E 703.255.566 www.jamminjava.com

Maplewood Grill

132 Branch Rd SE 703.281.0070 www.maplewoodgrill.com

GREAT FALLS

Colvin Run Community Hall

10201 Colvin Run Rd 703.435.5620 www.colvinrun.org

Great Falls Park

Old Dominion Dr

MAY 4 & 5

25TH ANNUAL EVENING OF COMEDY The Barns at Wolf Trap

Vienna | \$25

Friday at 8pm, Saturday, 7pm and 9:30pm. Nationally recognized comedians keep audiences in a state of nonstop laughter with their standup comedy routines.

MAY 5

SOCIAL BALLROOM

Colvin Run Community Hall Great Falls | 9pm | \$15-\$20

From 9pm to 11:30pm.
Dance lesson 8pm to 9pm.
Dance lesson - Rhumba.
Admission fees: dance \$15 per person; optional dance lesson
\$5 per person.

MAY 10

CANDYRAT GUITAR NIGHT FEAT. TREVOR GORDON HALL + SERGIO ALTAMURA + OWEN VAN LARKINS + PINO FORASTIERE

Jammin' Java

McLean | 7:30pm | \$15

An evening of jaw-dropping guitarists from the boundary-expanding label *Candyrat Records*.

MAY 11

TANGO MILONGA

Colvin Run Community Hall Great Falls | 9pm | \$12

MAY 12

COLVIN'S WEST COAST PARTY

Colvin Run Community HallGreat Falls | 6:30pm | \$12

Beginner West Coast lesson 6:30pm to 7pm. Intermediate Lesson 7pm to 8pm.

MAY 15 & 16

NEVER SHOUT NEVER + KOJI + KURT

TRAVIS + BEARCAT

Jammin' Java

McLean | 6:30pm | \$22

Never Shout Never has been reborn. While the moniker has long referred to 20-yearold Christofer Drew, it is now the name of a full band with the messy-haired singersongwriter at its helm - and the change couldn't have come at a better time. With six EPs and two albums under his belt, over 2.5 million Facebook fans, nearly 50 million MySpace profile views and over 157 million song plays, it's clear that Drew has achieved breakthrough success since his first upload.

MAY 17

AN EVENING WITH CHARLIE HUNTER

Jammin' Java

McLean | 8pm | \$15

Never to be satisfied with a ravishingly successful recording career spanning 17 albums, he has continued to explore his own musical tastes, following the currents of his musical self. Continuing the evolution of his style and sound, Public Domain is Charlie Hunter's solo take on 11 bona fide classic tunes that have been around long enough for their copyrights, but not their charms, to have expired. His first solo album in 10 years, the material chosen for Public Domain, all of it close to Hunter's heart, is woven into the fabric of our collective cultural history.

MAY 18-JUNE 17

FLORA THE RED MENACE

1st Stage Theatre
McLean | \$15-\$30
Check website for times.

Not even the Great Depression is enough to dampen Flora's determination to land a fashion job, that is, until she meets Harry, the stammering handsome face of the local workers' party. Suddenly life is full of choices; love, ideology, or a paycheck? It will take more than a picket line to stop this sparkling story of hope and determination. Music by John Kander, lyrics by Fred Ebb, book by David Thompson, directed by Susan Devine, and musical direction by Paul Nasto.

MAY 19

CIVIL WAR DAY Cherry Hill Farmhouse

Falls Church | 10am-3pm

Civil War Day is held each year on a Saturday in May at Cherry Hill Park. This living-history event depicts the Falls Church homefront during the Civil War. Activities include; drilling and firing demonstrations, living history presentations, a Civil War music concert, box lunches, free admission to the Civil War era Cherry Hill Farmhouse, and more.

MCLEAN DAY 2012 Lewinsville Park

McLean | 11am-5pm

McLean Day is the day when the whole town comes out to Lewinsville Park to celebrate our community! It's a day the kids can't wait for and anticipate for months. There is no admission fee to the festival itself and shuttle buses run all day long to get you there with minimal hassle. Spend the day outside with the McLean community (nonprofit groups. crafters, and local businesses) and enjoy carnival rides, live entertainment and delicious food. The Alden will provide live entertainment on the McLean Day Stage starting at 11am. The kids will love the carnival rides throughout the park, midway with games and



free pony rides for the little ones.

WINE AT WOLF TRAP The Barns at Wolf Trap

Vienna | 6pm | \$350+

Join us for an intimate evening of extraordinary wines, exceptional cuisine, and delightful company at the rustic Barns at Wolf Trap. The evening features a five-course dinner with perfect wine pairings. Live entertainment performs highlights of the 2012 Wolf Trap summer season, as well as familiar favorites from Wolf Trap artists.

MAY 19 & 20

SPRING COLONIAL MARKET FAIR

Claude Moore Colonial Farm

McLean | 11am-4pm

Dance and sing songs. Purchase herb and flower plants and shop for the latest fashions in clothing, jewelry, potions and lotions from the Seamstress, Millinery and Stillatory stands. Bob for apples, play Quoits and other games, or watch a children's puppet theatre. Order nails from the Blacksmith, or take a fencing lesson. Lunch might be fresh corn or asparagus, roasted chicken, sausage or bread. Enjoy sugar cakes from the Sweets stand and wine or ale from the Tavern.

MAY 25 & 26

A PRAIRIE HOME COMPANION WITH GARRISON KEILLOR IN ASSOCIATION WITH MINNESOTA PUBLIC RADIO & WAMU 88.5 FM

The Barns at Wolf Trap

Vienna | \$25-\$55

Friday, May 25 at 8pm and Saturday, May 26 at 5:45pm.

Be part of the audience as Garrison Keillor leads an ensemble cast through his entertaining live radio show, filled with special guest performances, comedy sketches, musical interludes, and Keillor's signature monologue, "The News from Lake Wobegon."

MAY 25

STEVE FORBERT

Jammin' Java

McLean | 7pm | \$20

Singer-songwriter Steve Forbert had his first major hit in 1979 when he was only 25 years old, shortly after moving to New York City from his hometown of Meridian, Mississippi where he had been working as a truck driver. Thirty-plus years later, he's still writing acclaimed songs and has released 14 studio albums, including a Grammynominated tribute to another Mississippi legend, Jimmie Rodgers.

MAY 26

WEST COAST SWING Colvin Run Community Hall

Great Falls | 8:30pm* | \$12

*7:45 Workshop, \$12 includes pre-dance workshop.

MAY 28

MEMORIAL DAY FESTIVAL AND PARADE

Falls Church City Hall Grounds
Falls Church | 9am

For 30 years, the city has hosted an annual Memorial Day Festival and Parade on Memorial Day. Festivities include a Veterans ceremony at the Falls Church Veterans Memorial, a Don Beyer 3K Fun Run, live entertainment, contests, food and craft vendors, and a lively parade down Park Avenue.

MAY 31-JUNE 3

RODGERS & HAMMERSTEIN'S SOUTH PACIFIC

The Barns at Wolf Trap

Vienna | \$20-\$80 Check website for times.

Thursday - Sunday, May 31 - June 3 at the Filene Center. Rodgers & Hammerstein's moving wartime love story comes to life featuring timeless classics, "Some Enchanted Evening," "There is Nothin' Like a Dame," "Younger than Springtime," "I'm Gonna Wash That Man Right Outta My Hair," "Bali Hai," and more.

JUNE 2

SOCIAL BALLROOM

Colvin Run Community Hall Great Falls | 9pm | \$15-\$20

9pm to 11:30pm.
Dance lesson 8pm to 9pm.
Dance lesson - Merengue.
Admission fees: dance \$15 per
person; optional dance lesson
\$5 per person.

CARTOON JOHNNY

Jammin' Java

McLean | 2pm | \$10

Drawing on influences from classic soul to modern alternative, Cartoon Johnny performs a variety of audience favorites and original music. They've taken traditional a cappella and turned it inside out, blending unusual vocal techniques and special effects to produce a sound many mistake for a full instrumental rock band, but it's all vocal.

JUNE 8

AN EVENING WITH YANNI UNDER THE STARS

The Barns at Wolf Trap Vienna | 8pm | \$30+

Filene Center. World-renowned contemporary instrumentalist known for delivering

electrifying live concerts. After an extensive world tour, Yanni returns to the U.S. and Canada with an all-new show that will deliver old and new fans the very best of his music. Yanni and his world class musicians will perform instrumental hits made famous in his shows from The Acropolis in Greece, The Taj Mahal in India, The Forbidden City in China, and The Royal Albert Hall in England, including some music from his new album, Truth Of Touch.

TANGO MILONGA

Crost Folia | Opm | \$10

Great Falls | 9pm | \$12

JUNE 9

TINNER HILL BLUES FESTIVAL

Cherry Hill Park

Falls Church | 10am-7:30pm

The Tinner Hill Heritage Foundation and the City of Falls Church host the annual Tinner Hill John Jackson Blues Festival each June. The festival celebrates the hill where the first rural branch of the National Association for the Advancement of Colored People (NAACP) was founded and features a variety of music from the Afro-Brazilian. urban, gospel, and blues genres; traditional African-American cuisine and craft vendors; and the annual E.B. Henderson "Dear Editor" awards. For more information. call 703.241.4109 or contact The Tinner Hill Foundation. www.tinnerhill.org/blues

COLVIN'S WEST COAST PARTY

Colvin Run Community Hall Great Falls | 6:30pm | \$12

Beginner West Coast lesson 6:30pm to 7pm. Intermediate lesson 7pm to 8pm.

MCLEAN

1st Stage Theater

1524 Spring Hill Rd 703.854.1856

www.1ststagespringhill.org

Claude Moore Colonial Farm

6310 Georgetown Pike 703.442.7557 www.1771.org

Iris Lounge

1524 Spring Hill Rd 703.760.9000 www.irisloungeva.com

Alden Theatre

1234 Ingleside Ave 703.790.0123 www.mcleancenter.org

Lewinsville Park

Chain Bridge Rd

Ritz Carlton Tysons Corner

1700 Tysons Blvd 703.506.4300 www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd 703.847.7300 www.shoptysons.com

10

JUNE 10

23RD ANNUAL LOUISIANA SWAMP ROMP

The Barns at Wolf Trap Vienna | 2pm | \$25+

Filene Center. Experience the thrill of Louisiana at this year's red-hot New Orleansstyle party!

JUNE 15-17

RIVERDANCE PLAYING WOLF TRAP FOR THE LAST TIME!

The Barns at Wolf Trap

Vienna | \$20-\$80 Check website for times.

A dazzling display of Irish music and dance, this popular performance is "unmatched, unrivalled, and beautiful to experience," -Anchorage Daily News.

JUNE 16

WHEAT HARVEST Claude Moore Colonial Farm

McLean | 1-4pm

Planted in early fall, the wheat and rye are finally ready for harvest. Watch the farmer and his neighbors cut the grain, then join them to bind and stack the crop. Find out why more and more of the farmer's neighbors are growing wheat as a cash crop in addition to tobacco. At the farm house, lend a hand churning butter, and learn how the farm wife bakes wheat bread.

JUNE 22 & 23

STEPHEN KELLOGG AND THE SIXERS

Jammin' Java

McLean | 8pm \$125 Weekend Pass

Tickets include entry to the Jammin' Java shows on Friday and Saturday evenings, and to the field day/BBQ on Saturday afternoon. Your weekend pass comes complete with two concerts at Jammin' Java, a day of field games and BBQ with the Sixers, access to our unbelievably low hotel group rate at the wonderful Westin Tysons Corner and shuttles from The Westin to the weekend's events!

RAIN – A TRIBUTE TO THE BEATLES

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

From Ed Sullivan to Abbey Road, travel back in time with this acclaimed multimedia spectacle to relive your favorite Beatles moments. This show has been entertaining audiences on tour for years and recently debuted on Broadway, winning a 2011 Drama Desk Award for Outstanding Revue.

JUNE 23

WEST COAST SWING

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

*7:45 Workshop, \$12 includes pre-dance workshop.

JUNE 25 AN EVENING

WITH IONA
Jammin' Java

McLean | 7:30pm | \$25

Formed in 1989, IONA take their name from the small island off the west coast of Scotland. From the beginning, their aim has been to write spiritual, atmospheric, vet uplifting music that would stir the emotions, weaving complex patterns that echo the intricate knot work of the great Celtic artists. They have released 6 acclaimed studio albums, three live albums (two doubles, one with The All Souls Orchestra), a beautifully illustrated 4 CD box set, and two DVDs. Their seventh studio album. Another Realm. was released in June 2011. Uniquely combining rock/ folk/progressive/ethnic and ambient elements, with the crystalline voice of Joanne Hogg as their focus, IONA creates "a blaze of colours and textures ... all the sounds fusing into a single, yearning, heartfelt, beautiful cry."

JUNE 26

BALLET HISPANICO The Barns at Wolf Trap

Vienna | 7:30pm | \$4-\$40

Explore contemporary Latino culture through a one-of-a-kind blend of Latin and

classical ballet dancing. Program to include *Puntos Suspensivos*, *Danzón*, and *Club Havana*, a blend of rhythms of the Conga, Rumba, Mambo, and Cha Cha brought to life by Cuban choreographer, Pedro Ruiz.

JUNE 29 & 30

THE PIRATES OF PENZANCE NEW YORK GILBERT & SULLIVAN PLAYERS

The Barns at Wolf Trap Vienna | 8pm | \$12-\$50

Head to the swashbuckling high seas as Gilbert & Sullivan's most popular comic opera comes to Wolf Trap, featuring hit songs that include "Poor Wandering One" and "I Am the Very Model of a Modern Major-General."

RECURRING

REINHARDT LIEBIG, CONSUMMATE PIANIST Maplewood Grill

Vienna

Performing on Wednesdays, Fridays, and Saturdays. His repertoire includes a variety of popular, blues, jazz, and classical standards. Reinhardt is equally at home, playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances.

MONDAYS

JAZZ JAM MONDAY Maplewood Grill

Vienna | 8pm

Monday is jazz night at 8pm. Great, straight ahead jazz hosted by drummer Karl Anthony with guest musicians. If you play, bring your sax.

TUESDAYS

DANCE FOR EVERYONE

Colvin Run Community Hall Great Falls | 6:30PM | \$10

Beginner dance lesson from 6:30pm to 7:15pm, West Coast Swing Lesson from 7:15pm

to 8pm, dancing from 8pm to 10:30pm, admission includes dance lesson.

SALSA NIGHT

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.

LIVE JAZZ NIGHT Iris Lounge

McLean | 7pm

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

LOU NEELEY

Maplewood Grill

Vienna | 8pm

Lou is a vocalist who does jazz, blues, and ballads, with a touch of soul. He plays the piano, keyboard, and a great guitar.

WEDNESDAYS

WINE'D DOWN WEDNESDAYS

Ritz Carlton Tysons Corner

McLean | 5:30pm-8:30pm

Every Wednesday at Entyse, Wine Bar & Lounge.
Sample Sommelier Vincent Feraud's hand selected wines by the glass, or step up to the Fresh Market Seafood Station where you can create your own tasting of jumbo shrimp, crab claws, and fresh Louisiana Oysters prepared right in front of you by our chefs.

THURSDAYS

CONCERTS IN THE PARK Cherry Hill Park

Falls Church | 7pm

The Recreation & Parks Division and the Village Preservation and Improvement Society will host an annual Summer Concerts in the Park series held in Cherry Hill Park (312 Park Ave) beginning the third week in June and continuing through the first week of August. The series features local musicians of various genres every Thursday evening. All concerts begin at 7pm and are free to the public. In the event of rain, concerts will be held in the Falls Church Community Center at 223 Little Falls St.

SUSHI THURSDAYS

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

Every Thursday at Entyse, Wine Bar & Lounge. Watch as our expert guest Sushi Chef creates savory maki, sashimi and specialty rolls for guest's delight. Enjoy drink specials and the luxury of creating your own sushi experience that will leave guests asking for more!

THIRSTY THURSDAY BEER TASTINGS

Red, White and Bleu Falls Church | 6pm

Every other Thursday. Come and join us in our tasting room for our Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every other Thursday.

TERRY LEE RYAN Maplewood Grill

Vienna | 7pm

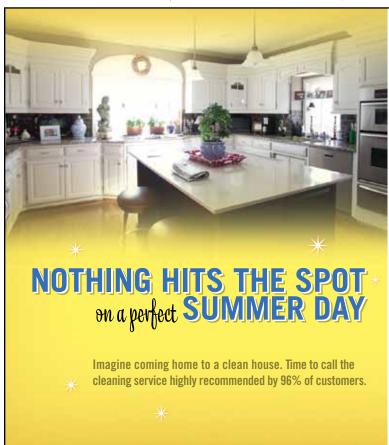
Pianist and vocalist, he plays blues, popular standards, and especially N'awlings-style funky piano music. Our piano bar is an "institution" in the area - don't miss it! If you can't go to the cresent city, then come to the Maplewood Grill on Thursdays.

FRIDAYS

JAZZ FRIDAYS Ritz Carlton Tysons Corner

McLean | 8pm-Midnight

Join Entyse, Wine Bar & Lounge for live Jazz Entertainment, *The* Christopher Linman Jazz Ensemble. As the jazz trio plays for your musical entertainment, enjoy an upscale food and wine experience in a warm and relaxed environment.





11

SATURDAYS

FARMERS MARKET Falls Church City Hall Parking Lot

Falls Church | 8am-12pm

Open year-round, the market hosts more than 15 local farmers and producers in the winter, and more than 40 the rest of the year. Vendors offer fresh, locally grown fruits and vegetables, cheeses, meats, baked goods, plants, and wine. The Fairfax County Master Gardeners also staff a booth at the market to answer gardening questions.

FALLS WALK Great Falls Park

Great Falls 11am-11:30am 12:30pm-1pm Visitor Center

Take a half hour walk to the overlooks with a park ranger, and learn about Great Falls Park, the Potomac River, and the Patowmack Canal.

KIDS' EVENTS

MAY 12 DIRTY SOCK FUNTIME BAND

Jammin' Java

McLean | 10:30am | \$10

Voted the "BEST KIDS BAND" by the readers of TIME OUT NY KIDS, they're "infectious", they're "irresistible," they're the DIRTY SOCK FUNTIME BAND, the highest energy kids' rock band ever to break out of NYC! Featured on NOGGIN's JACK'S BIG MUSIC SHOW with the hit songs 'Dino-Soaring' and 'Music Everywhere', "the Dirty Socks rock in all kinds of musical styles and play some of the most innovative and exciting children's music ever!" (MTV). "Find out why kids, parents and critics alike are falling in love with the first real rock band for Kids" (Fox News).

MAY 26

12

THE SMITHSONIAN + JAMMIN' JAVA PRESENT SHINE &

THE MOONBEAMS

Jammin' Java

McLean | 10:30am | \$10

Shine and the Moonbeams are singer-songwriter
Shawana Kemp and guitarist John Heagle, two New
York musicians, who have collectively been in every musical genre from musical theatre to the circus. They have combined their unique perspectives to create a soulful musical extravaganza that captures the sweetness, uncertainty, and simplicity of youth.

JUNE 30

THE SMITHSONIAN + JAMMIN' JAVA PRESENT BILLY JONAS

Jammin' Java

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

Throw out the rules when Billy Jonas hits the stage! It's a musical conversation, a sonic celebration, a splendiferous gathering of old and young, because at a Billy Jonas show. the ensemble is ... everyone. Billy Jonas is one of those rare performers who can engage and delight both young and adult audiences. He helps audiences discover the music within common items ... and within themselves. Billy Jonas' recordings and live concerts across the US and Canada have generated an enthusiastic following.

WEEKLY KIDS' EVENTS

MONDAYS

THE GREAT ZUCCHINI

Jammin' Java

McLean | 10:30am | \$5

Tickets available at the door only. The Great Zucchini, Washington's funniest and most magical Preschool & Kindergarten entertainer, performs a colorful magic show where every child is a star and guaranteed to laugh! Experience the excitement of the children when they get to learn a magic trick at the end of show!

TUESDAYS

RYAN BUCKLE & FRIENDS - "SCIENCE YOU CAN SING TO!"

Jammin' Java

McLean | 10:30am | \$5

Tickets available at the door only. Ryan Buckle & Friends is the best new kids' show in D.C.! Launched May 2010 in back-to-back concerts at the Smithsonian Air & Space Museum in D.C. and Jammin' Java in Vienna, VA, the show combines great music with amazing science experiments to inspire curious kids.

WEDNESDAYS

ROCKNOCEROS

Jammin' Java

McLean | 10:30am | \$5

Tickets available at the door only. Rocknoceros is a three-man children's show hosted by Coach Cotton and Willibob, that features original children's songs as well as some universally recognizable standards. The show caters to children from ages one to nine years, but is designed to entertain and amuse the parents in attendance as well.

KID KRUSADERS KIDS CLUB PRESENTS MR. KNICK KNACK!

Tysons Corner Center

McLean | 11am

Join Mr. Knick Knack every Wednesday for family fun presented by Tysons Corner Center's Kid Krusaders Kids Club!

AMERICAN GIRL -MCKENNA "TAKE THE CHALLENGE" SCAVENGER HUNT

Tysons Corner Center

McLean | 5-7pm (through May 30th)

Your little girl will go on a scavenger hunt throughout

the store, taking fast and fun challenges to stretch her skills along the way. Plus, she'll get a free American Girl poster at the end!

THURSDAYS

OH SUSANNAH

Jammin' Java

McLean | 10:30am | \$5

Tickets available at the door only. A familiar story: lead singer grows up/has a child. Life's changed ... but Mommy can still rock, and now families can roll together at her parent-friendly interactive show. Rhythm instruments, dancing, puppets ... get on your feet and feel the beat with Oh Susannah! Voted "Best for Families" by readers of Family Magazine.

FRIDAYS

THE BANJO MAN

Jammin' Java

McLean | 10:30am | \$5

The Banjo Man performs folk and bluegrass-inspired children's songs accompanied by his 5-string banjo. An entertaining show for young children. Tickets available at the door only.

If you would like to submit an event for our calendar please send an email to:

events@ vivatysons.com

DEBERANK.com HOMES

ALL HOMES SHOWN HAVE EXTENSIVE VIRTUAL TOURS AVAILABLE WITH FLOOR PLANS & MORE @ www.DEBFRANK.com



Stunning... Stunning... Stunning...

Welcome to Fawn Wood Lane



3435 FAWN WOOD LANE - Listed @ \$1,399,999 Four Sides Brick is Just the Beginning, This Like-New Home Features an Open Floor Plan & More, See the Tour.

OAKTON HE PYRAMID

"My State-of-the-Art Home Marketing Sells Homes..."

Deb Frank ABR, GRI, CRS

www.DebFrank.com (703) 758-1089

RE/MAX Distinctive

Each Office Independently Owned & Operated 1307 Dolley Madison Blvd McLean, VA 22101





#1 Agent in Fairfax County









CALL DEB TO GET HOUSE SOLD!



From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER

May 18 - June 17 · Check website for times Flora the Red Menace

Not even the Great Depression is enough to dampen Flora's determination to land a fashion job -- that is, until she meets Harry, the stammering handsome face of the local workers' party. Suddenly life is full of choices ... love, ideology, or a paycheck? It will take more than a picket line to stop this sparkling story of hope and determination. Music by John Kander, Lyrics by Fred Ebb, Book by David Thompson, Directed by Susan Devine, Musical Direction by Paul Nasto.

THE ALDEN THEATER

May 11 & 12 at 8pm Make 'em Laugh

Ages 12+. A crazy array of comedy pieces that will have you rolling in the aisles.

Wednesday, May 16 at 8pm The Thief of Bagdad

Before CGI and Johnny Depp, there was Douglas Fairbanks: the original swashbuckler. Experience this legendary film on the big screen with its innovative special effects and gorgeous art direction.

Saturday, June 9 at 8pm *The Frog Bride*

Ages 12+. Boy marries frog. Boy loses frog. Boy finds true love. And a human bride! This Russian fairy tale engages the imagination and opens the heart, incorporating great music (Prokofiev), great art (Kandinsky) and hip storytelling (David Gonzales).

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, mounted in cooperation with Katie's Coffee House. The coffee house is located at 760 Walker Rd. Call 703,759,3309 for more information.

Seneca Hill Animal Hospital Revolving Art Exhibition

Exhibition of art by one or more members of Great Falls Studios, changes periodically. Mounted in cooperation with the Seneca Hill Animal Hospital, Resort & Spa. Ongoing, with new displays every three months. Seneca Hill Animal Hospital, Resort & Spa, 11415 Georgetown Pike. Call 703.450.6760 for more information.

The Tavern at Great Falls Revolving Art Exhibition

Exhibition of art by one or more members of Great Falls Studios, changes periodically. Ongoing, with new displays every two months. 9835 Georgetown Pike. Call 703.757.4770 for more information.

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 Rd, Ste G at the Leigh Corners Shopping Center (near Dante Restaurant). Same entrance as Magic Scissors, "Atelier" is at the top of the stairway.



FALLS CHURCH

CREATIVE CAULDRON

May 3 - 20 · Check website for times Women of the Blues

Creative Cauldron joins forces with The Tinner Hill Heritage Foundation to present an original blues music review, featuring the lives and music of some of the greatest blues divas of the 20th century. Told through the viewpoint of ordinary work-aday women (an executive, a single mom, a healthcare worker, a teacher) who channel their inner divas to get through daily challenges at work and their conflicts with ... who else? The men in their lives. This production promises to be a real show stopper!

Friday, June 1st · 7:30pm *Veronneau*

Veronneau is an acoustic, Latin jazz and Gypsy swing group. The group is led by Québecoise vocalist, Lynn Veronneau and accompanied by the twin acoustic guitars of Ken Avis (UK), David Rosenblatt (US/Brazil), and Pete Walby (US) on percussion. Equally at home as in an intimate jazz club, or

performing at the WAMMIES or Jazz festivals, Veronneau is an audience favorite performing in English, French, Portuguese, and Spanish. Lynn Veronneau lights up the stage, engaging the audience with her vocal interpretations. The acoustic guitars of Ken Avis and David Rosenblatt, and the percussion of Pete Walby, provide the rhythm, harmony, and energy to propel the music from Brazillian Bossa Nova and Samba, to French Chanson, and standards of the American song book.

Saturday, June 16 • 10pm Shenandoah Run

Join us for a delightful evening in concert with Shenandoah Run. This group was formed to rekindle its members' love for the classic American folk sound and revive that musical style. Each member was hand-picked and has performed for years with other groups and at various venues. They are delighted to merge their talents to bring their audiences songs that evoke the joy of that special "folk" sound. Their music includes classic folk songs, as well as more contemporary tunes, given their special Shenandoah Run treatment.

VIENNA

VIENNA THEATER COMPANY

Friday, May 4 & Saturday, May 5 · 8pm Sunday May 6 · 2pm The Fantasticks

Two fathers scheme to trick their son and daughter into falling in love by hiring El Gallo to arrange an attempted abduction of the girl, Louisa, and allowing the boy, Matt, to save her. All goes as planned until Matt feels limited by his life and leaves to explore the world. After experiencing the dangers and risks of the world, Matt returns to Louisa. A simple story told simply. Usually set in pastoral area with a visiting carnival, we are reinterpreting the show by moving it to an urban setting.

MAVERICK MOSAICS

Monday, May 7 • 10am - 4pm
"Liquidity" Art Show Begins
Reception: Sunday, May 27 • 4:30-5:30pm

Tuesday, June 5 • 10am - 4pm Annual Photography Show Begins Reception: Sunday, June 24 • 4:30-6:30pm

VIENNA ARTS SOCIETY

Saturday, May 5 & 6 · 10am - 4pm CERAMIC DESIGN Deb Aldo Visiting Artist

Saturday, May 19 & 20 · 10am - 5pm *Pique Assiette*

SCULPTING HISTORY

by Keith Loria







walk through the McLean home of Jose Crespo elicits plenty of *oohs* and *ahs*, as each room is decorated with hand-made sculptures that Crespo designed and made himself.

There's the Spanish Musketeer in his dining room, the Bullfighter and the Bull in the living room and the busts of his children's (Carlota and Rodrigo) faces in the family room.

"I do everything out of 'lost-wax' casting, which is a very old way to do sculpture. It was used by the Egyptians 5,000 years ago and Renaissance artists like Michelangelo," he explains. "I use basically one tool. I have a big piece of wax and I cut it into pieces and I create the shape and face."

Most of his sculptures in bronze depict figures from former military times, as well as characters in traditional dress or dealing with bullfighting.

Crespo says he finds inspiration for his sculptures by attending reenactments of historic battles. He's been to Waterloo, Mons in Belgium, Gettysburg, Fredericksburg, Saint Augustine, and Williamsburg.

"I go to places like Colonial Williamsburg, I take pictures and then I start creating from what I took," the 47-year-old says. "I am a lieutenant colonel in the Spanish Army and have always been interested in military things. Whenever I go anywhere, I go to these re-enactments to get a sense of the history." His process involves producing a mold, pouring wax in a mold and then making the figures. When he's finished, Crespo takes the figure to the Foundry where they make a silicone mold that he can use to replicate the original. It costs about \$300 for each mold. The Foundry then builds a shield, pours bronze in, and a figure is born.

"Every one of my figures has a number. I make 49 of each because I like making the figure exclusive," he says. "Whenever I finish making 49, I break the mold."

Originally from the Mediterranean city of Castellon de la Plana, Crespo has been something of a world traveller thanks to a military career in the Spanish army that has assigned him to posts in Spain, Belgium and now, Washington, D.C.

Crespo learned art from his father, a Spanish infantry colonel, who taught him how to draw with both pencil and ink.

"My father used to draw and make paintings and put them in the barracks. When I was very small, he took me to the nearby park and he gave me a pencil and a booklet and told me to try and draw the tree. I did, he corrected me and then did it again," he says. "After that, I liked drawing a lot and started drawing all the time."

Inspired by artists such as Mariano Benlliure, Norman Rockwell, Harold Foster, and Frederick Remington, Crespo has always loved all kinds of art. Since coming to the U.S., Crespo

has taken up watercolor painting, going to a class in Alexandria each weekend to foster that interest.

It was back in 1997 when Crespo observed a friend in Spain doing a sculpture, and his artistic eye pushed his desire to try it himself. He chose to do a lost wax figure of a general staff officer in the Melilla Campaign—1893.

"At that time I had no previous experience in modeling or casting figures, but one day, I managed to get to a piece of wax for sculpture in order to try. I was pretty sure that I could get something interesting out of it," he says. "The figure is an expression of one of the characters that can be found in the painting titled 'Military Camp' from the 19th century Spanish painter and officer Jose Cusachs y Cusachs."

It took Crespo five years to complete his first project and he made the figure limited to just 49 pieces, something he has continued with all his work.

Although most of his figures are between 12-16 inches, Crespo has done large pieces that were privately commissioned clay busts sculpted from real life models.

"The city hall of my home town has some of my figures," he says. "Another was a trophy for an emergency unit in Spain, so I made some firefighters."

Currently he is working on a George Washington figure, based on a famous painting of the first president riding a horse into battle. To get a better 3-D feel for the sculpture, Crespo will seek out other paintings from the time period to get a better handle on what the horses and uniforms looked like.

Because he works and has family obligations, a figure like this will take him up to a year to finish, as each one requires at least 80 hours of work.

"In the end, I do what I like," he says. "If anyone makes a commission to me, I will do it, but if I go to a reenactment and see a guy with a drum, and I like it, I will create it."

While he's working, Crespo listens to a diverse array of music to enlighten his creativity. At any given time, the radio could be playing John Denver, Bob Dylan, Michael Jackson or the B-52s.

Crespo and his family moved to the U.S. two years ago and he currently works in the Pentagon on a multi-national task force and will be here for one more year. He and his family love being in the States, which is why he is very interested in sculpting pieces from U.S. history.

"In addition to the Washington piece, I am working on a sculpture of Colonel John S. Mosby, a Confederate who was around Fairfax in the Civil War, so he is famous around this area," he says. "I have been reading about him, and looking at pictures, and working on that when I have time."

Someday, when his military career ends, Crespo will spend a great deal of time during his retirement working on his sculptures.

"My idea when I retire is to have a market and do commissions and exhibitions, that's my aim," he says. "When I start doing it, if I didn't have a family, I would be devoted to it and time would fly. I think the more time I put into it, the better, because I can put all my senses into it."

Crespo has exhibited in Madrid, Valencia y Castelló, and Mons, and he hopes to show his work in our area soon. He sells his work on his website and also sells for private collections. For more about Crespo and his sculptures, visit www.josecrespo.com.

author: **Keith Loria** is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton workat-home dad can be found playing with his daughters Jordan and Cassidy.





17







"Balloons In Central Park" "Into The Wild" "City Squared"

DONNA BYRNE



Creating Art for All.

By Rick Mundy

The scene is being repeated again which happens fairly often these days. Another painting by Donna Byrne has been purchased. When the buyer explained her interest in that particular piece, she remarked, "Looking at it makes me happy." This is not an uncommon reaction to Byrne's work, for indeed, she herself says, "That is my goal -- to make people smile."

At the same time, she also works for deeper meaning. Her current *Looking In* series is created in multiple layers, and the intent is to invite a viewer to look in — to the landscape portrayed, to one's life, to how we affect the world around us. Donna explains, "Everyone can benefit from looking inside themselves to their inner 'landscape'. We have the ability to send a space probe past our solar system, but we can't end war or poverty," issues that start with individual commitment and action.

Byrne's efforts are all about painting for the viewer, whether it be something as whimsical as "Lollipop Singalong," or "Into the Wild" for those desiring to establish a slightly more pensive mood. Donna has painted in several series, beginning with her *Retro-Geo* style, followed by *Floral Abstractions* to the most recent *Looking In* series. "I don't want to get stuck in one style," she admits. "If it doesn't interest me anymore, it's time to move on." That same freshness is evident in her showings. Whenever she is part of a show, she will always display new work. Of course that is fairly easy to accomplish in her current prolific

state, as she has produced about 25 paintings over the past two years.

Donna Byrne has always been an artist, recalling her passion starting as far back as kindergarten. "Art was always my favorite class and in high school I became very focused on it." She had her first gallery show at age 15 in Montana where she grew up and continued with her art classes at the University of Montana.

Arriving in Washington in the late 80's, Donna worked for NPR and the Associated Press. She did a stint as a news writer for commercial television and created radio documentaries including one on post-modern Native American art for Radio Smithsonian. She started showing her art in 2000 at the Museum of Contemporary Art in Washington and has been showing regularly ever since. While she was shy about showing her work initially, Clark Fox, director of MOCA, was a great supporter and fan.

She went on to further acclaim when, in 2006, she received an award from the mayor during the first art show in City Hall in Alexandria. Since her first show in 2000, Donna has been in 27 art exhibits. She is a member of MOCA-DC, Falls Church Arts and recently joined McLean Project for the Arts.

In 2006, she and her husband, Mark, moved into their townhouse in Falls Church and fate took hold. Someone had left an art table and visible signs of canvas painting in the

basement. An acquaintance mentioned that the Byrnes had moved into the former home of Eileen Hecht-Levy, another well-known Falls Church artist. A chance meeting established a bond between the two and in 2009, Donna started private lessons with Eileen who continues to be a source of encouragement and strong motivator.

Much of her inspiration comes from abstract expressionist artists, in particular the work of Wassily Kandinsky, Mark Rothko and Paul Klee, all contemporaries. Byrne further describes herself as being a colorist. "I like working with color and playing with color. For me the color combinations are as important as the subject. Sometimes I wake up with an idea having seen the color combinations in my sleep."

Byrne has more than her art to satisfy her creative side. She is also an actress, often for her husband. Mark Byrne is an independent filmmaker who literally does it all. He comes up with an idea, writes the script, casts the film, directs, shoots and edits. He has even acted in his own films, at which point, Donna may take over the camera. Some of his work includes *Taste of Desperation, Out There*, and *Forbidden Room*. Learn more about Mark's work at absurdproductionspictures.com.

When Donna is not creating or emoting on camera she also works part-time as a technical writer. She works her schedule around her painting which she considers her primary work. Byrne wants people to connect with her art for what it means to them. "What do you like? What thoughts does it create for you? I like art being inclusive, not exclusive," claims Donna.

Perhaps that is why she is also a big fan of Jean Dubuffet and his Art Brut (raw art, outsider art) movement. Art Brut is art created by amateurs working outside art norms, perhaps by prisoners, psychiatric patients, or young people. Dubuffet himself strove to create pieces as free from intellectual ideas as Art Brut, resulting in an often primitive look to his work.

While there is nothing amateurish about Byrne's paintings, her desire for people to appreciate art at any level is clear. "Art shouldn't be intimidating to anyone, but available to everyone to enjoy or create." With Donna Byrne's art, there is something for everyone to enjoy.

Donna Byrne's art can be seen on the first Friday of every month (June-October) starting June 1st at her booth at ArtALot, a Falls Church First Friday event at Art & Frame.

Also six pieces of her work are in an ongoing exhibit at The Local Market, 246 West Broad St.

For more information or to contact Donna about her art, email her at byrnedonna1@gmail.com.



"All Rise For Spring"



Entertaining the DC area for over 70 years. Rocking for the last 10!



Edwin McCain June 9



Maceo Parker June 29

5/9 - The Gourds

5/11 - John K Band

5/16 - Lee "Scratch" Perry

5/17 - Fishbone

6/2 - Marcia Ball

6/15 - Brave Combo

6/16 - Here Come The Mummies

6/30 - Roger Clyne and The Peacemakers

TheStateTheatre.com 703-237-0300

20

ST. LEONARD CREEK









Memorable views from this 300 ft. of frontage on St. Leonard Creek are like no other. Large 6BR/4BA, open plan coastal retreat residence with in-ground heated swimming pool. Private pier with two lifts. Two owner's suites, one with screened porch and one with balcony. Chef's kitchen with Wolf oven. Granite counters and cherry cabinets. Large deck to enjoy the magnificent sunsets on the creek. \$969,900.





Chris McNelis, Broker office 410.394.0990 | cell 410.610.4045chris@mcnelisgroup.com

Losing productivity to paperwork?

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







Spacious, all suites hotel near Washington D.C.

Newly Renovated!

Feel at home, even if you're far away.

1-800-331-3131 8616 Westwood Center Dr Vienna, VA 22182



Beth Anspach Vienna/Oakton Sales

Member NVAR Top Producer Club Member, LNF, Chairman's Club

(703) 606-9908 (Cell)

Beth.Anspach@lnf.com www.bethanspach.lnf.com



You're at HOME with me!

Buying? Selling? Investing?

Contact Beth, your "Home Grown Agent"

Born, raised and experienced in the Northern Virginia area.

I know your neighborhood!



Long and Foster Real Estate 309 Maple Avenue West Vienna, VA, 22180







21



MAY-JUNE 2012 | VivaTysons vivatysons.com



n Saturday, March 10, 2012, world-renowned tenor Anthony Kearns, original founding member of *The Irish Tenors*, delivered a stunning performance for 150 guests from the Tyson's Corner area at the beautiful home of Mr. Chris Simmons, managing partner, PwC. With the help of Marcia McArthur, the event supported CharityWorks, a non-profit group run by Leah Ganzler.

Mr. Kearns sang from a wide repertoire of Broadway, popular classics, Neapolitan and songs from his beloved homeland, including the traditional Irish folk song, "Red is the Rose"; the humorous Irish ditty, "Kitty Me Love"; the classical French love song, "Plaisir d'Amour"; "Empty Chairs" from *Les Miserables*; a crowd favorite, "Funiculi, Funicula"; and of course, the beloved "Danny Boy". The grand finale was "God Bless America" in which all guests joined in for a rousing rendition.

Mr. Kearns is currently embarking on a robust spring tour, with many events celebrating the Irish season, including a cameo appearance at Kansas City Union Station's Grand Opening Gala on March 3rd in remembrance of the 100th Anniversary of the iconic RMS Titanic, which has many ties to Ireland, and – closer to home – a special reception honoring Irish-American Governors Bob McDonnell (VA) and Martin O'Malley (MD), and a private function for high-level guests at the Hay Adams Hotel in Washington, D.C. Mr. Kearns sang at Gov. McDonnell's inaugural gala in January 2010 and at his bipartisan prayer breakfast in Richmond during the ceremonies.

Frequently in our area, Anthony Kearns has fast become one of Washington's premier tenors. He was the select performer for the 2010 National Moment of Remembrance during the National Memorial Day Parade (the nation's largest). Kearns also performed a choral tribute for military families at the John F. Kennedy Performing Arts Center. He has performed at Wolf Trap eight times with *The Irish Tenors*, and was recently featured as a solo artist in a video montage celebrating Wolf Trap's 40th Anniversary. Other celebrities included Tony Bennett, Lyle Lovett, and The Beach Boys. Mr. Kearns is also the only tenor to ever be featured on Larry Michael's "The Redskins Report".

This is Mr. Kearns' second performance in support of CharityWorks. Previously, he performed at the historic home of interior designer Barry Dixon. The evening included a wine tasting with ten rare wines rated 100 points by either *Wine Spectator* or *Wine Advocate*, paired with foods prepared by some of DC's most celebrated chefs. TV personality Montel Williams was the evening's emcee. Anthony Kearns' appearance was arranged by Northern Virginia's own Kirsten Fedewa, agent and publicist to Mr. Kearns.

For more information or to request a special engagement with tenor Anthony Kearns, visit: www.anthonykearnsmusic.com or contact Kirsten Fedewa at 202.365.6936 inquiry@fedewaconsulting.com.

CHARITYWORKS

Eleven Years and Thirteen Million Dollars.

ver the past decade, CharityWorks has become one of the most respected philanthropic organizations in the Washington Metropolitan area, and has distributed nearly \$13,000,000 in high impact grants. Real change happens street by street, one soul, one conscience at a time. It happens because concerned and caring individuals commit to make a difference.

Since 1999, CharityWorks has brought together corporate leaders, donors, and volunteers in a dynamic partnership with non-profit organizations doing the hard work of helping those in need. CharityWorks has helped wounded warriors, lifted struggling families out of poverty, sent foster youth to college, built homes and schools, and given thousands of children a chance for a brighter future.

Each year, CharityWorks selects two high-performing organizations to be the beneficiaries of a year-long effort to raise funds to support their mission. The process is intensely competitive and; after extensive due diligence, the Advisory Board selects the two partners. **USO Family and Warrior Center** and **See Forever's Young Adult Learning Center** are CharityWorks' 2012 Partners. Both organizations are transforming lives in our own backyard. The USO believes that it is our duty and responsibility to support our military heroes and their families. See Forever believes that education is empowering and transformative, for the individual as well as the community as a whole.

Annual Events:
100 Point Vintage Wine Tasting
Washington Luxury Tour
Midnight at the Oasis/CharityWorks Dream Ball

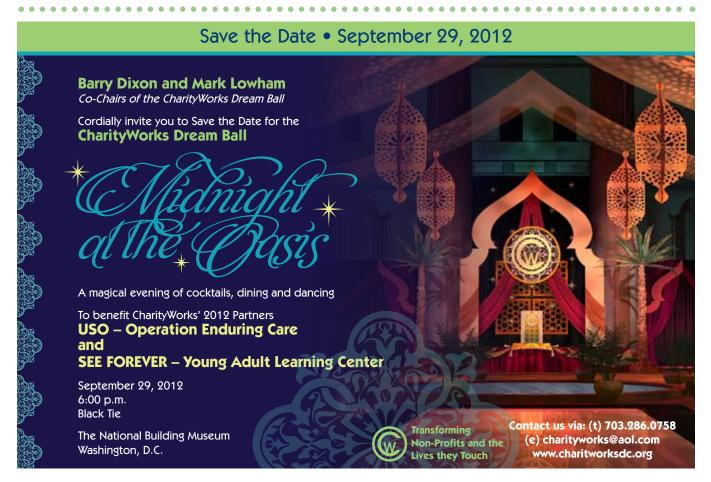
This year's 100 Point Vintage Wine Tasting Dinner will be held on June 2, 2012, in Potomac, Maryland. CharityWorks' winning formula makes this the most anticipated event of the social season - an amazing venue, ten perfect wines, a maximum of 200 guests, premier entertainment, and fabulous food. Jack Davies and Lisa Standiford, the event co-chairs, are working diligently to put together an unforgettable evening.

TTR Sotheby's International Realty will present the Washington Luxury Tour on Saturday, May 19th, 12:00 noon to 4:00 pm. Some of the finest homes in the Metropolitan Area will be open for this tour.

The Dream Ball will be held at the National Building Museum on September 29, 2012. This is an opportunity to rendezvous with CEOs, philanthropists, entrepreneurs and community leaders. Ball Chairs Barry Dixon and Mark Lowham promise a memorable evening of dining, dancing, and fellowship – an evening that even a sultan would covet.

Join CharityWorks' partners build long and lasting bridges between citizens and soldiers, and between young learners in impoverished communities and the world of opportunity that awaits them.

703.286.0758 • charityworks@aol.com • charityworksdc.org



CHAMBER NEWS

Greater McLean Chamber of Commerce.

Business Alliance Golf Classic

The Greater McLean Chamber of Commerce and Giant of McLean Invite You to join us for an afternoon on the Greens.

Monday, June 18, 2012 Country Club of Fairfax • 5110 Ox Road, Fairfax

11:00 am -- Registration & Putting Range 12:00 noon -- Shotgun Start 6:00 pm -- Dinner and Awards Entry fee \$200/golfer; \$800 per team. Foursomes and individual registrants encouraged.

ABOUT THE TOURNAMENT

The Business Alliance Classic is an upscale golf event that connects you with other businesses. One of the best opportunities for networking is on the golf course and at the awards dinner. The Chamber will facilitate introductions to companies in the industry that you want to connect with to support the growth of your business!

Call 703.356.5424 to register, hurry space is limited!





Left: Chamber President Marcia Twomey and Board Chairman Merritt J. Green share the stage.

Right: Marcia Twomey and Guest Speaker extraordinaire Mr. and Mrs. Willie Jolley.

Left: Meet the 2012 McLean Chamber Board of Directors.

Right: Success in the City President Cynthia de Lorenzi and Robin Walker at the McLean Chamber Board Gala.







For more information please visit www.mcleanchamber.org

RSVP

The CharityWorks' Advisory Board announced its 2012 partners-The USO Warrior and Family Center and See Forever's Young Adult Learning Center at the home of Chris Simmons in Mclean on March 10th. Headline entertainer Tenor Anthony Kearns added to the magic of the evening.



Marcia Twomey and Marc Lowham at the CharityWorks evening with Kearns.



Denise and Joe Shehadeh.



Andy Luce, Anthony Kearns, Kirsten Fedewa, and Lauren Simmons at the CharityWorks evening.



Co-Host Chris Simmons introduces celebrated tenor Anthony Kearns.



Laura Simmons, Marcia MacArthur, Leah Gansler, Kirsten Fedewa.



Karen Gefuni, Bill DuBose, Robin Walker, and John Devine share a moment for the camera.



25

Anthony Kearns in song.

AROUND TOWN

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





McLean Hilton's \$25,000 Wedding Giveaway

The McLean Hilton asked "Do you love in Tysons" ... apparently lots of people did. On April 5th, they announced the winners of the "\$25,000 Wedding Giveaway," Erika Bergagel and John Leach (left).





Cystic Fibrosis Foundation Jokers' Wild Casino Night

Left: Cystic Fibrosis Foundation Media Supporters Gaby Oser, Keryn Dohanich, Carly Rebeiz and Dave Newhouse pose for the camera. Right: The lavishly appointed ballroom set the stage for the evening's Joker' Wild Casino Night.

AROUNDTOWN



Kathi Egbert and Dawn Booker enjoy some down time at the opening of Alegria on Church Street.

Mary, Roz, and Regina share a laugh at the Wounded Warrior reception at Rivers, Washington, D.C.





Matthew Estes, Brigette Polmar, Babak Hafezi, Peg McDermott, and Ian Altman at the ViennaTysons Regional Chamber of Commerce tradeshow Opportunity 2012. Steve Theiss of Arthur Murray Dance Studios in Tysons.



28

FALLS CHURCH EDUCATION FOUNDATION 2012 SPRING CJALLA

Set for May 12th with an "International Theme".

his year the venerable International Hall of Flags in The U.S. Chamber of Commerce will lend itself both as the ultimately elegant venue, and as inspiration behind the international theme of the Falls Church Education Foundation (FCEF) 2012 Spring Gala and Auction. The Gala, which will feature a "Black Tie" cocktail reception, dinner, and auction, will be held on the evening of Saturday, May 12. Tickets are on sale now.

The international theme of the Gala is a fitting tribute to the many international students and friends from overseas that chose Falls Church as their temporary "home away from home". We are pleased to welcome them to our schools while they are here and recognize that their presence adds a unique dimension to the educational experience of all our students.

The FCEF Gala is one of two major fundraising events initiated by the foundation each year. Its aim is to raise fiduciary and community support for the foundation and the four public schools that it benefits. Since it's inception in 2003 the foundation has worked to maintain the highest standard of excellence of education in our schools. Funds raised by last year's gala were instigatory in updating the teaching technology at all four schools including the purchase of Elmo document cameras at Mary Ellen Henderson Middle School, digital cameras and iPads at George Mason High school, and an interactive state of-the-art Smart Boards at Mt. Daniel School and Thomas Jefferson Elementary School. It also provided seed funding for the start up of the Pathway to International Baccalaureate Program at George Mason High School.

The Chairman of this year's gala is Ms. Gabi Enache who has recently moved to Falls Church herself. A veteran of event planning, she has brought an enthusiasm and energy to the host committee that promises to make this year's Gala one to remember. The event has been made possible thanks to lead sponsor Alarm.com and honorary chairs, Scott & Michelle Whitaker along with other sponsors including Acacia Federal Savings Bank, Arcadis, BB&T, David Chavern and Sarita Gopal, Cox Communications, Hess Construction, Cathy Kaye and Tom Clinton; Needham, Mitnick & Pollack, Pearson Square; Gabi & John Sandoz; Steve Sprague; SWH Group; Tori McKinney/Keller-Williams Realtor; Valic Financial Advisors, and Virginia Commerce Bank.

Opportunities are still available for additional sponsors and donations of items for auction are still being sought. Sponsors, benefactors and donors will be featured in the souvenir Gala program that will be published for the event and will be available online. The program will also offer advertising space for local businesses. For more information contact Donna Englender at 703.248.5627 or denglender@fcedf.org. Tickets for the Gala are \$125 per person and are on sale now at www.fcedf.org. A portion of the cost is tax deductible.



Here's What's Happening at MCC

Old Firehouse Teen Center
Open House
for Rising 7th Graders

Thursday, March 10, 7-8:30 p.m.

A Studio Rep Production **Make 'em Laugh!**

Fri & Sat, May 11-12, 8 p.m. \$10/\$5 MCC district residents

McLean Kids Series
Alex and the
Kaleidoscope Band

Saturday, May 12, 2 p.m. \$15/\$10 MCC district residents

Silent Film Series

Douglas Fairbanks in

The Thief of Baghdad

Wednesday, May 16, 8 p.m. \$10/\$6 MCC district residents

It's the Place to Be!

McLean Day 2012:
Celebrating Our Hometown

Saturday, May 19Festival: 11.a.m.-5 p.m.
Election: 10:30 a.m.-5 p.m.

Live @ The Alden **The Frog Bride**by David Gonzalez

Saturday, June 9, 8 p.m. \$20/\$15 MCC district residents

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

www.aldentheatre.org

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



The Gresh Group has an unparalleled "Client-First-Philosophy." We have:

- The highest levels of integrity and professionalism
- Community and market knowledge
- Cutting edge technology and marketing savvy
- High-quality professional network of service providers
- Stellar negotiating skills

Last, but not least, we pride ourselves in being accessible and responsive to your concerns.

Call The Gresh Group today to schedule a complimentary review of your real estate needs. Whether you have a \$200K condominium or a multi-million dollar estate, we have you covered.



LICENSED IN DC, MD, VA LUXURY HOME SPECIALISTS

703.636.3588 Sales@TheGreshGroup.com



Keller Williams Realty, Inc. 6820 Elm Street, Suite 100 McLean, VA 22101

Search for Homes and Valuations www.SimplyYourBestMove.com



McLean \$1,625,000



Fairfax \$749,000



Herndon \$998,500



Oakton \$410,000



McLean Sold in 4 Days



McLean \$1,580,000















29

30



Join us for McLean's biggest annual community party, and come spend some quality time with your family!

More fun! More food!

Come help us celebrate our day!

Please visit www.mcleancenter.org/special-events for more details, or call 703-790-0123 TTY: 711.

McLean Community Center





Located in **Tysons Corner**

Complete Branding Services

- **Creative Design**
- Full Service Printing, Copying, and Direct **Mail Production**
- **Advertisement Creation** and Placement
- **Video Production**

703.599.0210

dave@tysonsmediagroup.com In Association with VivaTysons Magazine



CONVENIENTLY LOCATED in McLean/Falls Church within a beautiful, wooded setting, Chesterbrook Residences offers luxurious amenities, the most lively social and cultural schedule, fabulous cuisine and a licensed nursing staff.

SOCIAL AND RECREATIONAL EXCURSIONS to area concerts, theatre, Kennedy Center and other DC attractions.

LARGE, ENCLOSED COURTYARD with resident garden.



Hurry! Limited number of apartments available.

703.531.0781

2030 Westmoreland Street · Falls Church, VA 22043 · www.chesterbrookres.org



SECOND ANNUAL WOMEN'S LEADERSHIP FORUM

Planning is in full swing for the Greater McLean Chamber of Commerce's upcoming Women's Leadership Forum, "The Next Chapter." Presented by Capital One Bank, the event will be held on Monday, May 21 at the Capital One Bank Headquarters from 8:45am until 3:00pm.

Best-selling author Caroline Adams Miller will kick off the day with her keynote speech. An internationally known personal coach and author, Ms. Miller will speak on topic of "Goals, Choices, Regrets ... Next Chapter."

Following the keynote speech the group will disperse to attend various workshops and panel discussions on

subjects such as "Women in Business", "Characteristics of Successful Women", and "Networking Skills".

After lunch, Gretchen Pisano--coach, author, speaker, corporate consultant, wife, mother-of-three, and the founder of Sounding Board Inc., LLC, will close out the day by discussing and examining "The Perfectly Imbalanced Life."

Cost to attend the event is \$85 for Chamber members and \$100 for future Chamber members. Seating is limited; reserve your space today. Sponsorships and scholarships are available. For more information, visit www.mcleanchamber.org or call (703) 356-5424.









Guaranteed to improve academic performance in less time and at a lower cost than other programs.

When children struggle in school, the frustration can seem overwhelming. You can blame your child, blame yourself or blame the system. Or you can call Tutoring Club. Tutoring Club knows all students have the potential to succeed. And more importantly, Tutoring Club guarantees to make it happen.

Individualized Instruction for Grades K-12 in:

- Math
- Sciences Reading Languages
- Study Skills SAT/ACT Prep
- Writing
- Homework Help
 And More

Make the call that makes the difference and find out how you can receive your first week of tutoring FREE!

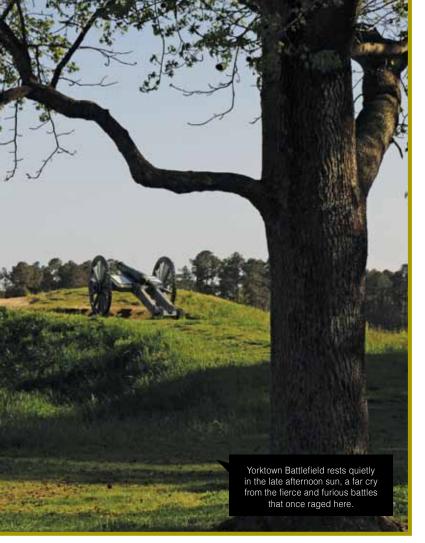
703.237.TUTOR (8886)

6228 Old Dominion Drive • McLean In the Chesterbrook Shopping Center McLeanVA@TutoringClub.com



31

MAY-JUNE 2012 | VivaTysons vivatvsons.com



AMERICA'S HISTORIC TRIANGLE

Colonial Williamsburg, Jamestown & Yorktown, A Revolutionary Getaway.

by Allison Sutherland

Williamsburg Manor - An American Inn

Return to a bygone era at the stately and graceful Williamsburg Manor, a six-bedroom brick Colonial home beside St. Bede Church, built during the reconstruction of Colonial Williamsburg, and opened as an inn by innkeepers Laura and Craig Reeves in 1992. Here you will find a warm, welcoming inn (people-friendly and dog-friendly) with top-notch hospitality at the very edge of the historic area. Bright, vivid colors and rich fabrics accent the guest rooms, which are adorned with fine furnishings, antiques, and oriental rugs partially covering the rustic original wood floors reminiscent of another time, yet which are appointed with modern touches such as restful ceiling fans and soothing rainforest showerheads. The Russell House Green Room features the nice touch of copper-colored glass tile in the bath. And speaking of green, the inn was designated a Virginia green tourism-related business in the city of Williamsburg in 2010 for their efforts to protect the environment.

To start off your day, breakfast delights include crunchy-sweet blueberry muffins, decadent blueberry cobbler, scrambled eggs, homemade breads, and authentic Southern corn grits. Sneak a quick treat from what I would be tempted to call "Ye Olde Sweet Shoppe." You might take a leisurely stroll through the cottage garden or down the lane to Merchant Square with its myriad of quaint shops, and of course – to the historical area, just blocks away. And upon your return, sink deep into comfy overstuffed chairs in cozy parlors with a nice cup of tea. Here's your chance to practice the art of fine living – at the Williamsburg Manor.

Colonial Houses, Williamsburg

As a whimsical welcome to the Colonial Houses of Williamsburg, a bellman on a bicycle will lead you to your historical lodgings. Passing a white picket fence laced with wisteria, you arrive at the Chiswell-Bucktrout Kitchen – smack dab in the historical area.

Right outside your door, the Colonial Williamsburg Fifes & Drums will lure you onto nearby Duke of Gloucester Street and down the green to the Governor's Palace, surrounded by its formal gardens. And for the adults, The Art and Mysteries of Brewing, a walk-in program at the Governor's Palace demonstrating the process of brewing beer as it was practiced in 18th-century cooking, will allow you to imagine how the hops and barley were boiled over the hearth fire to create ales akin to the Old Stitch Ale (the pirate Blackbeard's nickname) by Williamsburg AleWerks available in the authentic Revolutionary taverns, or learn more at www.williamsburgalewerks.com.

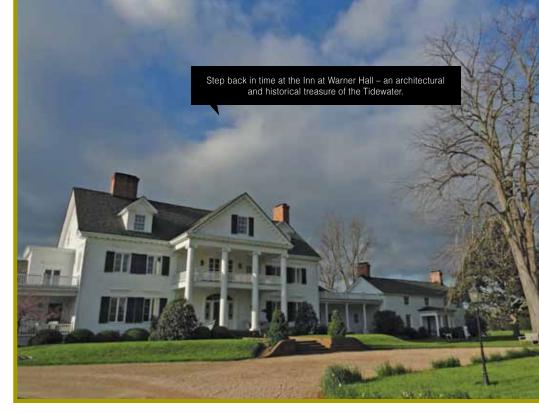
Tradesmen and artisans are at work at every turn, from milliners to shoemakers, coopers to blacksmiths. Not to be missed is the outdoor street play, "Revolutionary City," performed by talented thespians, culminating in the reading of the Declaration of Independence from the balcony of the Colonial capital, followed by musket fire and cannons, and the trailing away of the marching fifes and drums of yore.

When I taught fourth grade social studies in Fairfax County Public Schools years ago, we always delighted in acting out the textbook, which had the unforeseen, yet ever-so-

welcome, result of motivating the students to read ahead two chapters to snag a choice role. If that was bringing history to life – well, Colonial Williamsburg is the real deal. One can only imagine the powerful impression a visit to the Colonial Williamsburg of today will have on our young minds. I would encourage the families of every 4th grader in Fairfax County and beyond to visit Colonial Williamsburg. As Barbara Brown of the Colonial Williamsburg Foundation puts it, "This is not the Colonial Williamsburg people remember from their childhood." The Colonial Williamsburg Foundation operates "the world's largest living history museum in Williamsburg, Virginia—the restored 18th-century capital of Britain's largest, wealthiest. and most populous outpost of empire in the New World."

Just steps from your cottage is Shield's Tavern, a candle-lit Colonial tayern boasting a fine bill of fare. Savor the tender Ale-Potted Beef. a fine stew of beef simmered with carrots, celery, pearl onions, and forest mushrooms with rosemarygarlic mashed potatoes. Barbara describes Colonial cuisine served in the historical venues as giving a "nod to the past with influences from 18th century but created for today's dining," procuring their fare from local purveyors, farmers, and the nearby Chesapeake Bay. After supper, ever so conveniently, the Tavern Ghost Walk leaves from right out the front door of the tavern. Follow the informative and animated gentleman with the lantern as he recounts the haunting tales and legends of yore. And upon your return to your cottage, on nights where the temperature drops below 55°, a quick call to the reception will send a gentleman to light a fire for you in your rustic fireplace, only enhancing the authenticity of the atmosphere.

In the morning, regale yourself to the clippety-clop of a horse-drawn carriage ride about town. Don't forget to wear your finest. Lots of little children in Colonial garb will be snapping photos of you. Your gentleman coachman will fill you in on all the happenings of the day. A peaceful, leisurely ride down Duke of Gloucester, then down the leafy back streets to the imposing Governor's Palace will no doubt transport you back to the 18th century, and finally return you to Bruton Parish Church, where it all began. According to the Colonial Williamsburg Foundation, "in 1926, the Reverend Dr. W.A.R. Goodwin,



rector of Bruton Parish Church, shared his dream of preserving the city's historic buildings with philanthropist John D. Rockefeller Jr., and the restoration began."

And sharing Rockefeller's passion for preservation, the Official Hotels of Colonial Williamsburg have also been awarded Virginia Green certification. Virginia Green, a state-sponsored program, is a program which recognizes members of the tourism industry who have taken steps to reduce their environmental impact.

By now you might be in need of some restoration yourself, so quench your thirst at Chowning's Tavern by quaffing a fine ale, in one of the rustic dining rooms or out in the garden on a fine day, and enjoy a repast of Brunswick stew and Welsh Rarebit with shaved Virginia ham.

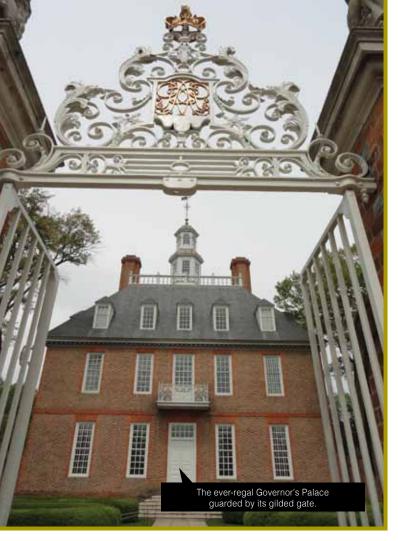
Full of sustenance and vigor, continue your journey out of Colonial Williamsburg to the Jamestown Island Visitor Center. After a brief yet informative historical video, go back in time once again over a footbridge leading over the marshy reeds of turtles and dragonflies (otherwise known as the pitch and tar swamp) to Historic Jamestown to set foot in the Memorial Church, and of course, set eyes upon the bronze statues of the legendary Pocahontas and Captain John Smith at river's edge. Archaeological exhibits shed new light on the origins of our country at the Archaearium. Next, a beautiful,

peaceful drive around Jamestown Island will really allow you to imagine what life was like for the early settlers on the very land upon which they struggled to survive. And lastly, visit Jamestown Settlement to admire the reconstructed English fort, Powhatan village, and full-size replicas of the three ships that originally brought the settlers to Jamestown.

Continue along the scenic Colonial Parkway to the site of Yorktown Battlefield. Cannons resting in the swaying grass beneath leafy trees at the edge of the York River belie the bloody battle of bayonets that proved to be the end of the Revolutionary War. A quick fifteen minutes from Yorktown and you will find yourself at the Inn at Warner Hall near Gloucester, Virginia.

The Inn at Warner Hall

The approach to the Inn at Warner Hall is most impressive. After passing miles of Virginia Tidewater maritime pine forest and open fields, the long tree-lined gravel driveway leads you, slowly but steadily, to this peaceful refuge, with nary a hint of its long and storied past. Located on the waterfront plantation created in 1642 by George Washington's great-greatgrandfather, Augustine Warner, the Inn at Warner Hall is listed by both the National Register of Historic Places and the Virginia Historic Landmarks Commission. It is said that George Washington himself learned to dance in the drawing room.



The owners, Theresa and Troy Stavens, a very friendly pair, have created quite a remarkable place to behold. As a result of their passion for hospitality and historic preservation, this elegant English country house opened as an inn in October 2000, after an extensive and meticulous renovation. Period antiques and art adorn the eleven guest rooms, drawing room, and parlor. The result is an unexpected combination of historical elegance and good home comfort.

"It's 3½ miles and 3½ centuries away from Route 17," says Theresa. As it is a dog-friendly place, the appropriately named pooches, George and Martha, naturally have the run of this 38-acre Chesapeake Bay waterfront haven. In fact, you may indeed find Martha snoozing contentedly on the edge of the couch upon your arrival.

You may enjoy tea service in the morning followed by a lovely breakfast on the sunlit glass-enclosed porch, starting with an artistic assortment of fruit and your choice of Belgian waffles with strawberry cream or Western omelettes. Then give those legs a stretch and head down to the boathouse and dock, just the spot to get back to nature and enjoy the soothing sounds of the water. Venture out on a canoe or kayak on the Severn River, which leads to Mobjack Bay, and then on to the Chesapeake. Or opt to lounge in a hammock and take in the bay breezes. This is also an unbeatable vantage point from which to enjoy the sunset over the river from the rustic comfort of an Adirondack chair.

The elegant culinary creations of chef Eric Garcia can be savored in the five-course Chef's Tasting Dinners, which

34

are available on Friday and Saturday evenings at 7:00 p.m., and chilled picnic supper baskets are available Sunday through Thursday.

The Washington Suite evokes the stately elegance of another era with its canopy bed, writing desk, and large brick fireplace, which you can click on and off with the touch of a button. The whirlpool tub integrates another welcome modern convenience. The suite even has its own separate entrance. Not to outdo George, but I can't imagine he ever slept in a bed so heavenly. The Comphy Sheets are so silken, they even have an order form for those who can't resist adorning their own home in such a grand manner.

The innkeepers at all these establishments have a respect not only for the riveting history we share as citizens of the Commonwealth of Virginia – originally established in 1607 as the Colony of Virginia, the first permanent English colony in the New World – but also for our fragile yet beautiful natural environment, striving to preserve both for generations to come. Little wonder. Oh, to hear the early morning birds chirping and twittering in the trees from the river porch's wicker rockers. Why not decelerate the hectic pace of modern city life and instead revel in the peace and pleasures of country life as experienced by the ladies and gents of yesteryear – and the nice thing about it is – you can do it today.

The Williamsburg Manor

600 Richmond Rd.
Williamsburg, VA 23185
757.220.8011
Toll-Free: 800.422.8011
williamsburgoccasions@gmail.com

Colonial Houses of Williamsburg

Call 1-800-HISTORY www.colonialwilliamsburg.com

Inn at Warner Hall

4750 Warner Hall Rd. Gloucester, Virginia 23061 804.695.9565 Toll-Free: 800.331.2720 info@warnerhall.com

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.





Turn your Rush Hour Into your Hour

Why spend time in bumper to bumper traffic when you can spend it getting pampered at Tysons Hair Design. Spend those wasted hours saving on beauty services everyone wants. You'll save time, money and arrive looking marvelous.

Men's Hair Cuts

\$22

Women's Haircuts

\$35

Hair Color

20% Off

Men's Gray Blending \$22

*Prices good Monday-Friday 4-7 pm with selected stylists. Open availability-Walk-in's Welcome.

Sons 8379 Leesburg Pike | Vienna, VA 22182 703.893.4334

35

HAIR DESIGN www.tysonshairdesign.com





MAY-JUNE 2012 | VivaTysons vivatysons.com

MCLEAN PHARMACY

A Community Treasure.

by Hubie Cram





Langley Shopping Center may conjure up thoughts of drug stores of yesteryear, and yet they have only been in McLean since October. It is a warm and welcoming place where the staff is friendly, and eager to help with any health questions or concerns you may have.

However, the true benefits are the services that abound. McLean Pharmacy offers free delivery of your prescriptions, compounding services, alternative medicines, and much more.

"We are thrilled to be a part of McLean and have been so blessed by the warm welcome from folks throughout the area. We look forward to many years of service to the local community," remarks owner and pharmacist, Janice Granmayeh.

In a hurry? No need to wait. The pharmacists will fill your prescriptions accurately and with care, usually in ten minutes or less. Time is taken to get to know patients, consult them, and give them the attention that their health deserves. New prescriptions can be called in, faxed, or sent electronically. To transfer an existing prescription simply requires a phone call to your previous pharmacy.

This place truly has it all. A substantial line of durable medical equipment such as wheelchairs, walkers and compression stockings are available. If there are any products that are out of stock, they can usually get them in that same day. For example; if your prescription calls for sterile compounding such as eye drops or injections, they will call upon their Kensington counterpart (the others are in Chevy Chase and Washington) to fill that prescription and deliver it right away. McLean Pharmacy is part of a small network of independent pharmacies with over 100 years of pharmaceutical experience who have stayed dedicated to providing superior pharmacy services.

36



Other offerings include natural beauty products such as Ahava skincare and luxury gift items like Roger & Gallet soaps, perfumes, and lotions. You can find greeting cards, organic snacks, health and beauty aids, puzzles and games, health books, gift wrap, and more. There are complete lines of liquid herbal extracts and homeopathic remedies as well.

Another unique feature of this establishment is a focus on nutrition and well-being. Steven Galloway, a Certified Nutritional Practitioner, stands ready to address your health concerns and questions. He encourages people to practice holistic nutrition and, during a consultation, uses symptomatology, health history, diet and lifestyle as he makes recommendations for dietary adjustments and possible supplements to enhance your health. Steven also uses iridology, the study of the eyes and iris to suggest what areas of the body may need more support and healing.

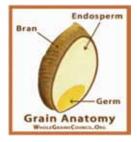
"We carry the finest nutritional supplements which are practitioner brands available only through certified nutritionists - brands such as Pure, Metagenics, and Xymogen," Granmayeh reports.

Steven quotes Dr. Bernard Jensen to support his work: "We don't "catch" disease, we create them by breaking down the natural defenses according to the way we eat, drink, think, and live."

Whatever your health needs, you will find care at McLean Pharmacy. "Your health is so important," says Granmayeh, "we invite you to spend some time discussing your concerns with our professionals." Truly unique, McLean Pharmacy is redefining the delivery of quality pharmaceutical services. It is refreshing to see the return of your small town pharmacy with modernized alternative medicine and traditional personal care.



By now most of us know that whole grains or unrefined grains are good for us. But do we really know what whole grains are? Take a look at this kernel of wheat:



A kernel of wheat or other whole grains like oats, rice, and corn contain three parts: The bran, the germ, and the endosperm. The bran or the rough outer hull contains most of the fiber that whole grains are known for. The bran also contains plant compounds called phytochemicals that contribute to health. The germ or the center of the grain contains healthy oils and minerals. Refining removes the bran and the germ. All that is left is the endosperm which contains mainly starch and some protein.

The bran and the germ contain many nutrients that play a role in preventing heart disease, stroke, colon cancer, and diabetes. When the bran is removed, so is the fiber. Fiber helps slow the digestion of the sugars in the grains and helps keep blood sugars stable.

Refined grains tend to be whiter and lighter. Without the bran and the germ, they break down quickly into sugar. Years ago, when grains were first refined, nutritionists discovered that people who ate refined grains came down with the three D's: dermatitis, diarrhea, and dementia. This led to fortification, meaning the government mandates millers to add back some of the missing nutrients. However, they do not add back all of the missing nutrients nor any of the fiber, enzymes, or phytochemicals.

Refined grains are in most boxed foods, baked goods, cereals, breads, hamburger buns, and snack foods. However, today more and more companies are making whole grain versions of some of your favorite products. How can you find these? Look for the Whole Grain Stamp.



There are two types of Whole Grain Stamps: the Basic Stamp and the 100% Stamp.

- If a product bears the 100% Stamp, then all its grain ingredients are whole grains. There is a minimum requirement of 16g (16 grams) a full serving of whole grain per labeled serving, for products using the 100% Stamp.
- If a product bears the Basic Stamp, it contains at least 8g (8 grams) a half serving of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc.), it will use the Basic Stamp if it also contains extra bran, germ, or refined flour.

With the Whole Grain Stamp, you don't need to study ingredients or count grams and ounces to meet the whole grain goals in the latest government guidelines. The Stamp makes it easy to get your recommended three servings or more of whole grains each day.

author: Judy Caplan is a registered dietitian in private practice in Vienna, VA. She specializes in wellness and medical nutrition. She also a spokesperson for the Academy of Nutrition and Dietetics. Her latest books, *The GoBeFull Juice Cleanse* and *GoBeFull – Eight Keys to a Healthy Life* are available on iTunes and Kindle.



by Laurie Young

o you feel your energy and excitement increasing? As sunny days grow longer and the colors of summer burst forth, we can't help but be drawn outdoors and into the world. The gifts of nature are emerging and abundant—plants blossom and bear fruit, bees hover, and zoom, the world around us buzzes with joyous activity.

This summer, take a cue from nature and cultivate fresh practices for radiant health. Work in harmony with your body and the seasons rather than struggling to enforce a rigid diet and exercise routine. As you harness the energy of nature, you will naturally crowd out old habits of eating, sedentary behaviors and negative choices you've been intending to shed for months or years. Make "more" your new mantra by adding an abundance of healthy foods and positive practices.

More Fresh Vegetables & Fruits

Recently, a study was published in the journal *PLoS ONE* that found eating lots of vegetables and fruits makes you more attractive. Why? One reason is that red and yellow plant pigments contain carotenoids that give your skin a warm glow. Carotenoids are made by plants as they ripen in the sun. Think of it this way: by choosing to eat a variety of fresh, colorful vegetables you are bringing the sun into your body and nourishing a healthy inner radiance.

Keep in mind that foods in their natural state offer more benefits than processed versions. For example, eating an orange mindfully, slice-by-slice, delivers nutrients and

Design Your Own Sunny Salad

Great salads include a mix of texture, colors, and flavors finished off with an exciting dressing. Be bold and creative!

A variety of leaves

Crunchy romaine and cabbage, soft spinach, butterhead lettuce, mesclun greens...

+

A rainbow of colors

Red tomatoes, orange carrots, yellow peppers, purple cabbage, blueberries, raspberries, oranges...

+

Creamy, crunchy, juicy, and herby accents

Nuts, seeds, eggs, olives, fruits, cheeses and herbs like basil or parsley and, of course, a great dressing!

=

YUM!

fiber more slowly than drinking orange juice. You'll enjoy the experience more if you slow down to savor the fruit, and the natural sugars will be delivered to your system in a more manageable way.

Eating more fruits and vegetables also means filling up on lower-calorie foods, leaving less room for processed, calorie-dense choices that can weigh you down. Add an abundance of whole, fresh foods on a daily basis. You'll feel a corresponding increase in energy and, as this study confirms, those around you will begin to notice your luminous skin tone and healthy glow.

More Movement

Summer brings momentum and a desire to get out in the world. You will naturally gravitate towards outdoor exercise, so change your routine to make space for it. Explore something new and choose activities that take advantage of all nature has to offer: hiking, gardening, biking, and outdoor games with children and friends. To balance all the outward energy, remember to also reserve some quiet time for yourself. It's easy to become so revved up by the energy of the season that we overexert ourselves and forget about our personal need to harmonize movement with stillness.

You can explore the balance between inner stillness and physical movement by harnessing the power of the sun each morning. Start your day with a few Sun Breaths (see below) or a full Sun Salutation yoga sequence, and in doing so, connect the season with your eating, exercise, and health goals in a personal and intimate way.

More Fun in the Sun

Aside from the obvious health benefits of fresh air and increased Vitamin D, exercising and playing in the sun is simply more fun than being indoors. And fun is as important to your health as anything else. More play means less stress. It helps put minor and even major annoyances in perspective, and reminds us of our connection to the rest of the world.

Many studies support what we already intuitively know; nature makes us nicer. Spend more time in nature, and you will improve your mood, increase energy and enthusiasm, make better health choices, and reap the benefits of all that summer has to offer.

Enjoyment is the key to sustaining healthy habits and, in the long run, will serve you much better than choosing a food because it's supposed to be good for you or an exercise routine because you're told it will offer a healthy pay-off. Approach creative movement activities and natural foods with a spirit of exploration and fun, and you will grow to love your new health practices. Such a difference in attitude makes all the difference. It adds radiance, joy, and excitement to your life—just like the summer sun.

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.

Sun Breath Salute

Here's a simple way to reconnect with Mother Nature that won't take a lot of time and doesn't require special clothes, or even one piece of equipment. Traditionally, Sun Breath is practiced in the morning, outside and facing the rising sun. The Sun Breath sequence opens the body's energy pathways in addition to stretching the back of the legs, warming up the spine, and energizing the entire body. When practiced with focus and intention it will leave you feeling a sense of peaceful calm, ready to start your day.

1. Stand in "Mountain" Pose

Begin in a standing posture (known in yoga as "Mountain Pose") with your arms at your sides, feet together and heels slightly apart. Take five full, complete breaths through the nose with the mouth closed. Continue nasal breathing throughout the entire sequence.

2. Reach Up Toward the Sun

Start the sequence on an inhale as you sweep your arms out to the sides and up overhead. Look up at your hands as you bring the palms together at the end of your inhalation.

3. Forward Bend

Begin to exhale as you dive into a forward bend, leading with the chest and letting your arms arc back down again

(think: swan dive). End the exhalation with your fingers pointed toward your toes and your back straight.

4. Halfway Lift, then Forward Bend

Inhale through the nose as you look forward with a straight back while bringing your palms to your shins or knees, depending on your flexibility. Release back into the forward bend on the exhale letting the arms point toward the feet.

5. Reach Up Toward the Sun

On the inhale, sweep the arms back out to the sides as you return to standing with your arms overhead. Again, end the inhalation looking up at your hands as the palms come together.

6. Return to "Mountain" Pose with Hands in Prayer Position

Exhale and lower the hands together in front of the heart in a prayer position. Repeat the sequence 4 more times. Sun Breath is the precursor to a full Sun Salutation sequence. To learn more about these and other yoga poses, please visit me on the web at www.pranahealthworks.com.

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

39

REFRESH YOUR SKIN



While you quench your thirst.

by Chef Bonita Woods

he warm season is here, along with that intense sun. Soon the grocery shelves will be lined with skin lotions and sun block. We will be inundated with pictures of people who have harmed their skin with too much tanning, featuring everything from the development of leather skin, to skin cancer, to premature wrinkles. Like many of you, I will be a constant user of SPF skin cream to protect both my skin and my vanity. This, however, is only part of my skin care routine. While it is important to put a protective layer between your skin and the hot sun, this is all external care. You are applying something on the outside that will minimally permeate into your body. What about skin care from the inside going outwards?

When looking at our external selves, it is easy to forget that the human body is approximately 75% to 80% water. As we age, this percentage can drop to as low as 60%. The human brain is about 85% water and our bones have 10% to 15% in them. When we get older and our water percentage drops; our skin dries up and wrinkles, our bones become brittle, and our brain can also take a toll. So, you can easily understand the importance of keeping hydrated. Just like any machine that needs proper liquid and lubricant for the gears to function and the pathways to flow, we need our water or we do not function... kind of like a car trying to drive without gas or oil.

So how do we use water as an internal skincare product? It's not just about drinking 8 glasses of pure water a day. That old myth has been debunked time and again! There is no set amount of water for every person in any occasion. You need to listen to your body and hydrate according to your personal and immediate needs. When I exercise, I drink a lot more water than when I sit at my desk. When I have a headache, I am amazed by how often a glass of water relieves it.

The big question is: Can you only hydrate with water? After all, water is good, but it is easy to get tired of it if you feel pressured to drink a lot of it every day. I am often asked about water alternatives. Does coffee have to be counter effected with extra water? What happens if you put a little juice in the water – does it still count for hydration?

There has been a lot of research on this subject and it all points the same direction: Get hydration from as many sources as possible. Water is excellent, but so is juice, soup, salads, fruit and herbal tea. Caffeinated beverages also provide hydration, but only 2/3 to the level of water. The trick with water alternatives is to count their calories and glycemic index along with the hydration.

When I worked in senior care food service, I used a variety of techniques to keep our residents hydrated. My culinary team would provide a daily spread of (low sodium) water equivalent treats like soup, salads, whole grains, smoothies, iced tea, juice spritzers, and lots of fruit. The effect was amazing! We would actually see multiple and measurable health gains just from proper nourishment and hydration.

The most important thing is to enjoy refreshing food. Think about it, if you drink a glass of water on an empty stomach, it will run through your system pretty quickly. You will absorb some but you will also have to visit the restroom within 20 minutes of drinking. If you have that same glass of water with a junk food type meal (think high starch, high sugar, high fat), the food will absorb the water and puff up in your tummy. This will slow down the digestive rate and allow your body plenty of time to pull out all those calories and slap them on your thighs and rear.

Here is the more pleasant part: If you drink that glass of water with a healthful meal, (like whole grains and a salad) your body will thank you very much! Again, the food will absorb the water, but not nearly to the puffy level of a pizza or burger meal. This healthier, fiber rich meal will also digest slowly, but in a very different way. The high fiber blob moving slowly through your tract will keep your intestinal walls clean and healthy. Your body will use the calories it pulls from this meal to provide the energy it needs to also pull out the nutrients and water. A low calorie, high fiber meal, with water-rich ingredients can hydrate you as well as a glass of water! Plus, many of the calories are "free" since your body will burn them while digesting.

Some of our best forms of hydrating foods are also our least appreciated produce such as; cucumber, celery, romaine and iceberg lettuce, pomegranate, avocado, plus any melon, citrus, berry or dark green vegetable. Team your produce with cooked whole grains and you will have a hydration feast!

We all know how we look when we are sickly vs. when we are well. One of the fabulous benefits of keeping healthfully hydrated is that skin will show it. Add this diet tip to your skincare regimen and you will moisturize your skin from both directions. This will give your skin lots of support to remain supple and sport a dewy fresh glow.

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

Fruit Salad with Mint Glaze

Ingredients:

- 1 papaya or mango
- · 1 cup strawberries
- 2 kiwis
- 1 banana
- 2 navel oranges
- 1 tablespoon honey
- 2 tablespoons orange juice, optional
- 3 to 5 sprigs fresh mint
- 1 cup raspberries or blueberries

Method:

- Peel and dice the mango or papaya, and put in a medium bowl. Trim the strawberries' stems and half or quarter, if large. Add to the bowl of fruit. Peel and dice the kiwi, add to bowl. Peel and slice the banana, add to bowl.
- Cut the top and bottom off the oranges just deep enough to expose the inner fruit. Following the curve of the fruit cut the skin and pith off the orange in panels. Holding the orange over the bowl cut between the membranes to free the citrus segments. Let them fall into the bowl as they are cut free. By hand, squeeze all the juice from the remaining membrane over the fruit, then discard. Repeat with the other orange.
- Alternative: Use fruit of your personal choice, or buy fruit already cut.
- Lightly stir the honey and juice, if using, into the fruit. Strip the mint leaves off the stem, tear, or chop into smaller pieces, and stir into the fruit salad. Add the berries and set aside for 10 minutes or up to 2 hours.

Cucumber Salad

Ingredients:

- 2 English cucumbers (2 pounds)
- 1 small red onion, sliced thin (optional)
- 1 cup cherry or grape tomatoes, sliced in half
- 1½ tablespoons salt
- 1 tablespoon, plus 1 teaspoon raw apple cider vinegar or sherry vinegar
- 1 teaspoon sugar
- 2 teaspoons dried or 2 tablespoons fresh dill or tarragon

Method:

- Slice the cucumber in half lengthwise. If you want, you can remove the seeds. Slice thinly.
- In a colander, toss the cucumber and onion with the salt and let it sit and drain for 20 minutes. Press the liquid out of the vegetables and rinse well with cold water. (If serving immediately, you can skip this step.)
- In a medium bowl, combine the vinegar, sugar and, herbs. Add the tomatoes and cucumber mixture and toss to coat.

SMILES GUARANTEED

ELITE INVISALIGN PROVIDER





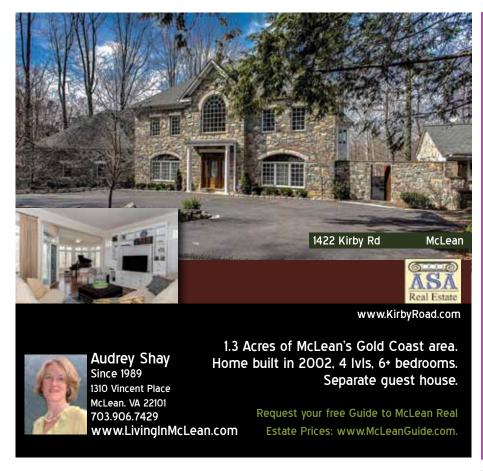
BERMAN & LEE ORTHODONTICS

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

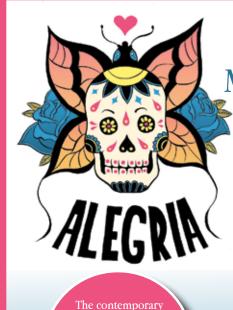
Dr. Berman and Dr. Lee have been serving families throughout Northern Virginia for 20 years. With our friendly approach and our caring staff, we make it easy every step of the way - from scheduling that fits your needs to handling your insurance claims. We guarantee to make you smile!

703.241.9191 311 Park Avenue · Falls Church, VA

703.481.3338 13350 Franklin Farm Rd. · Herndon, VA







Mexican concept brought to you by the owners of

Bazin's on Church.

Come in Today!

42

Contemporary Mexican Cuisine

> Monday - Saturday 4:00pm - 11:00pm

Using only the freshest of ingredients and seasonings Patrick Bazin and his staff have created a menu which retains the integrity of traditional Mexican but expands on the flavors to create a more contemporary cuisine.

111 Church Street North Vienna, VA 22180

on the wall... customized murals children's murals faux finishes

Mural Mural

703.261.6575

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

~Author Unknown

And the easiest way to that smile are the professionals at *The Dental Group of Tysons.*

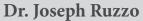
With beautiful offices located in the heart of Tysons Corner, Dr. Ruzzo and his group of professionals are at the forefront of the latest technology, training and practices in dentistry. Our goal is to make every patient feel both comfortable and confident that they are receiving the finest dental care possible.

We understand that our patients are busy, and we limit our schedule to insure that all patients are seen immediately at a time that is most convenient for them. The result is a level of personalized dentistry that sets our practice apart from all others.

We are presently accepting new patients, and we welcome your inquiries at 703.448.3312.









Dental Group of Tysons

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

STRENGTHENING YOUR CORE

The Importance of Training Your Core. by Cindy Pavell

Your core is in use with every activity. From standing up from a chair, to sweeping the kitchen floor, to putting boxes on a shelf, to playing golf – your core is in action ... or it should be. Your core muscles keep you upright and allow for your limbs to perform their vast variety of movements. The core maintains proper and functional posture. THIS IS HUGE! Poor posture over long periods of time, is the cause of most injuries and chronic inflammation of joints and muscles.

The muscles included in your core are the abdominal muscles (internal and external obliques, transverse abdominis, rectus

abdominis, serratus), muscles of the pelvic girdle (gluteals, abductors, adductors), and your erector spinae group. The core muscles need to work dynamically and isometrically - contraction of the muscles with and without movement, respectively.

How do you know if an exercise is a core exercise? If the position or exercise involves implementing several of the core muscle groups in a coordinated fashion, it is a core exercise.

The details of each movement need to be noted and followed; they make a huge difference in the effectiveness of each position or movement!



THE PLANK – Research has shown that the plank is superior to the standard "crunch" movement for the abdominals. More muscles

are recruited when performing the plank. It is important to hold a posterior tilt with your pelvis in order to more fully engaged abdomen. Legs are straight, and shoulder blades are abducted (moved toward outside of back). Elbows are in line with your shoulder joint and the further away your hips are from the ground, the easier it will be. The position in this picture is more advanced.



REACH AND EXTEND -

Doing this exercise on the ball is easier than doing this same movement with hands and knees on the floor because the ball is supporting some

of your weight. However, the ball does require more balance laterally. This exercise can be done dynamically, where you would constantly switch from one side to the other with only a minimal hold, or isometrically – holding each side for a period of time (15 seconds to 1 minute).



BACK EXTENSION – Your erectors, gluteals, and upper back muscles are working in the exercise. In order to contract the gluteals, keep legs straight. Lift and lower smoothly, and

keep neck straight. You can put arms down beside you, with palms up, to make this exercise easier.



SIDE PLANK – This is an advanced and very tough position. It is a held position (isometric). You may start with 5 seconds and work

your way up to 1 minute. Your shoulder joint has to be stable enough to sustain this position. The internal and external obliques, and the transverse abdominis are being worked in this exercise.



BRIDGE WITH EXTENSION -

Your erector group, gluteals, and hamstrings are the prime workers of this exercise. Lift your hips up off the ground and then extend one leg at a time, at the same

height as the other knee. Hold for 2-15 seconds, then switch. Perform 1-2 sets of 15 repetitions. Be sure when one leg extends that the pelvis does not shift from side to side; it should remain fixed and parallel to the ground.



V-UPS ON BOSU - Advanced movement. Using the Bosu increases intensity due to having to maintain balance. Even on the floor, this is a challenging movement. Your abdominal muscles, erectors, and hip flexor muscles are working very hard in

this exercise. If your back is weak, this will be difficult for you to do. If you feel this in your lower back, you are doing this exercise incorrectly, or you are not yet strong enough. Holding a small ball between your knees will activate your adductors and keep your legs in alignment with you hip joint. Start with 1 set of 8-10 repetitions, and work your way up to 2 sets of 20 repetitions.

I have shown you only 6 core exercises. There are many, many more with various levels of difficulty. Although these exercises are crucial for your health, begin slowly. Performing them incorrectly can EASILY cause injury. Doing yoga and Pilates are great ways to introduce your body to core work. When in doubt, work with a professional!!

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, www.fitnesspluswellness.com.

Lyons & McGuire

EXCEEDING YOUR EXPECTATIONS

703-406-9009

VIVIAN LYONS • DEBBIE McGUIRE

WWW.TEAMGREATFALLS.COM



DOWNSIZING?

That's our Specialty.

Call Now For Your Personalized Downsizing
Plan Or Attend Our next Downsizing
Seminar September 30, 2012.



GREAT FALLS \$1,200,000 719 Forest Park Rd. Charming Expanded & Renovated Southern Colonial



GREAT FALLS \$1,445,000 395 Patowmack Ct. Light Filled 6 BR/5BA incl. Bedroom & Bath on Main Level



GREAT FALLS \$799,000 926 Holly Creek Dr. Main Level Home Office Sunroom w/ Built-in Hot Tub





GREAT FALLS \$1,500,000 9899 Windy Hollow Rd. Colonial with Contemporary Flair 6100 Finished Sq.Ft



GREAT FALLS \$750,000 900 Holly Creek Dr. Beautiful Renovated Kitchen & Baths



GREAT FALLS \$1,249,000 10818 Nicholsridge Road 5 Wooded Acres Overlooking Nichols Run



GREAT FALLS \$1,499,000 10712 Milkweed Dr. Gorgeous 5.55 Private Acres Enormous Pool



McLEAN \$ 799,000 7113 Enterprise Ave Incredible Expansion & Renovation



ANNE MARIE CHARAOUI BUYER AGENT 703-597-6350





GINA JONES TEAM ADMINISTRATOR 703-636-4983





by David Jones M.D.

Alternatives To Help Insomnia.

DEAR DIANE.

The use of prescription sleeping pills, such as zolpidem (Ambien®), eszopiclone (Lunesta®) and temazepam (Restoril®), are often effective methods to help mitigate insomnia in the short term. But, there are also many simple lifestyle changes you can make to supplement your prescription and help you have a restful night's sleep.

Often times people don't realize that small changes in daily routines can have a large impact on sleep patterns. If you're willing to compromise unhealthy habits that you've grown accustomed to, like bedtime television, and midnight snacks, then I recommend exploring some of the methods mentioned below.

- **Practice Bedtime Hygiene** Getting ready for bed is more than just brushing your teeth. The process should begin a couple hours before you plan to hit the hay. To instill good bedtime hygiene habits, be sure to avoid foods and fluids 2-3 hours before going to bed. This practice will help reduce disruptions in normal sleep patterns, such as unexpected nighttime bathroom trips.
- Set Your Circadian Clock Going to bed and waking up around the same time every day will help your body become accustomed to a regular sleep pattern. By implementing a routine sleep schedule, your body will be ready for rest around the same time every night and then ready for a fresh start again around a consistent time the next day.
- Substitute Napping with Other Activities Taking a daytime nap is almost a guarantee that you will have trouble sleeping at night. If you're feeling stressed or tired, try replacing daytime napping with relaxation activities like meditation, massage, or yoga. These activities help you avoid sleep troubles by reducing anxiety, and stress that play a large part in insomnia.

DEAR DR. JONES,

Since the recent passing of my husband, the stress and anxiety from my loss has led me to many sleepless nights. My doctor prescribed me the sleeping pill Ambien®, which has since helped me calm my anxiety and have more restful nights. In addition to my prescription, I've also heard that there are other lifestyle changes I can make to help with my sleep troubles. Other than prescription medication, what recommendations you would offer to help me to a get a good night's rest?

Thank you, Diane G. – Falls Church

- **Get Moving** The benefits of exercise are indisputable. Not only is exercise good for keeping your body fit, but also for stress and anxiety reduction. By instilling a weekly exercise routine, you can effectively reduce the stress and anxiety that is lending to your insomnia symptoms. To begin, I recommend working out for at least 20 minutes, three times per week. As your routine becomes easier, then increase the session length, and number of days you exercise per week.
- Treat Your Bed The Way It Was Meant To Be Treated Beds are for sleeping, not for surfing the Internet, reading, and television. Often times people don't realize that by switching on the television before going to sleep, your body becomes accustomed to engaging activities while in bed, instead of focusing on a restful night's sleep. By separating activities that require active attention like television, computers, and reading from your bedtime area, then your body will start to learn that being in bed means going to sleep.
- Address Chronic Medical Conditions It's important that any chronic medical condition is addressed promptly by your doctor, as the condition may be contributing to your sleep troubles. For example, people who have sleep apnea or chronic obstructive pulmonary disease (COPD) often have trouble sleeping because of ongoing breathing issues. If these issues are caught and treated, then sleep problems may be reduced.

Making some of these easy changes in your routines can have a great effect not only on your sleep patterns, but also your overall health. At my practice in McLean, we pay particular attention our patients' lifestyle habits – offering personalized nutrition and lifestyle counseling. For more information on Principal Medical Group's individualized method of healthcare, call 703-663-8824.

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.



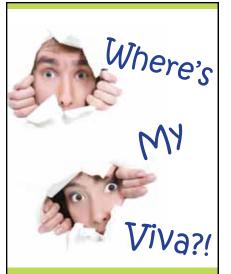
WE'RE MEMBERS

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

To become a member, visit:

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





Don't let this happen to you... Subscribe Online Today!

www.vivatysons.com

- □ \$20 for 2 YEARS (12 issues) *Save \$27.40*
- □ \$12 for 1 YEAR (6 issues) Save \$11.70

Save up to 58% off the cover price!

SEIZEISUMMERI



OFFERING YOU 2 FITNESS SOLUTIONS

Both programs utilize state-of-the-art techniques that combine strength training, cardio conditioning and nutritional guidance for the complete fitness solution - leaving you feeling better, looking better and performing better than you ever thought possible!



YOUR THERAPIST AND YOUR SECRET WEAPON READY TO TRANSFORM YOU INTO THE PERSON YOU WANT TO BE

I'LL GIVE YOU STRENGTH YOU DIDN'T KNOW YOU HAD

YOUR CHOICE

2 WEEKS OF TRAINING

Student, military personnel & teacher discounts available

***99** SMALL GROUP PERSONAL TRAINING* ***199** 1-ON-1 PRIVATE PERSONAL TRAINING

FYPIRES OR /30/2012 - NEW CLIENTS ONLY - CANNOT BE COMBINED WITH OTHER DEFERS - OTHER RESTRICTIONS MAY APPL

* Small group personal training not available at all locations

CO CALL TODAY 877-345-3838 | FTCUSTOMFITNESS.COM

SERVING 9 LOCATIONS IN THE DC METRO AREA | FAIRFAX LOCATION UNDER NEW MANAGEMENT



47



THE SOUP LADY

by Keith Loria



ne of the most infamous characters from the television hit series "Seinfeld" was the Soup Nazi and his bark, "No Soup for You!" became part of the pop culture vernacular of the time.

You won't hear local soup maker, Katharine Mardirosian, ever turn down a customer like that, but what you might hear her say is, "No unhealthy soup for you!" As ever since she started 100 Bowls of Soup in 2009, her philosophy has been to provide nourishing, wholesome, homemade soup to the community.

"Throughout it all, my goal has remained steadfast—to create the freshest, healthiest, most flavorful soup using the finest seasonal ingredients that I can find from local, organic, and sustainable farmers," she says.

An English major at Harvard University, after graduating, Mardirosian traveled and worked in Eastern Europe, where she met her husband. Having been born and raised in McLean, the two came back to the area and after attending business school at the University of Maryland, Mardirosian was thinking about what the next phase of her life should be.

"I spent some time in Romania and that is one of the things that inspired me to cook and go back to basics in what I cook," she says. "Now, in my mid-life, I was debating whether to start a business. I have always enjoyed cooking and cooking soup and so I decided to try and make a business out of this."

This led to the creation of Mardirosian's line of seasonal soups called 100 Bowls of Soup. She started by experimenting with family and friends on different recipes, sticking to her core belief of cooking everything from scratch, and cooking the healthiest, tastiest soup from the best ingredients she could find.

"While there is a plethora of prepared soups available in the market, they are laden with salt, fat and other unwanted ingredients. Our soups are low in salt and low in fat (less than 200 mg of salt and less than 4g of fat per 8 oz. serving)," she says. "Our chicken and beef stock (made from grass fed local animal bones) and our classic vegetable stock, have no added salt. To enhance flavor we reach for the spice jar or lemon or lime juice, before the salt shaker. We use only olive oil, less than one teaspoon per 8 oz. serving. When

the ingredients are fresh and flavorful, few are needed."

Mardirosian says she was influenced by the local food movement and learned as much as she could about local sources of fresh ingredients, developing relationships with farmers, experimenting with vegetables, adapting new recipes and gathering valuable feedback from soup enthusiasts near and far.

"One of the things I wanted to do was make soup on a seasonal calendar. Every year has been a big learning curve as to what's available," she says. "I used to shop at the local farmers markets but then I started establishing relationships with the local farmers, so that's evolving."

The business itself started out at a Farmers Market in Reston and then was being sold at The Organic Butcher in McLean. Since then, she has added stores each year and her soup is now available at places such as The New Mom's Organic Market in Herndon

"I had not wanted to get too big too quickly because we do make everything from scratch," she says. "We have evolved from making it in 10-quart pots to a 12-gallon kettle."

At first, she was using a church kitchen to make her soups, but these days she works out of the Maple Avenue Market with her assistant Meredith Haines. They cook on Tuesdays and Wednesdays, and deliver on Thursdays.

"We found this permanent home, which is a wonderful market run by husband and wife, Chris and Sara Guerre, who are completely committed to the local food movement," Mardirosian says. "Everything in their store, they can tell you where it came from. The meat is all grass-fed and it's such a neat store. They had a kitchen and let us set up shop there. The Guerres also have their own little farm, and some of their produce winds up in the soup."

Back when Mardirosian first came up with the idea, people were encouraging and loved her plan to make the soups as healthy as possible.

"I think the original reaction was that people thought it was great. There are a lot of soups out there—you can't walk into a food store without seeing prepared soups—but if you look at the ingredients, you'll see they are salty, high in fat content, and still not very

healthy," she says. "What people liked about my soups was the fact that they were tasty and incredibly healthy. It was like picking up a salad, but instead it was a cooked meal."

Customer interaction is very important to Mardirosian, and she believes that their opinions have helped her business grow. and her ability as a soup maker to prosper.

"That's what I really enjoy. The Reston Farmers Market was a great opportunity for me not just to sell the soup, but to interact. I would have taste testings all the time and that's where you get the real reactions," she says. "Customers also email me a lot and give me feedback and I find that incredibly valuable."

And of course, she'll hear "No Soup For You!" references almost daily.

Long term, Mardirosian wants to see her business grow but doesn't want to lose any of the personal touch that has been present since the beginning.

"One of the reasons I like the name '100 Bowls of Soup' is because I

thought that was a nice goal to make 100 meals to put on the table," she says. "Obviously, I think I can grow, and could probably make twice that amount of soup, but I really like to be hands-on—with the customers, farmers, suppliers—so what I am doing is trying to keep that going and see how far I can build that."

Expansion could mean opening up a small soup bar, getting into more Mom stores and building it bigger but staying true to her core.

"I want to give people a really healthy alternative," she says. "If more people cooked from scratch, we would all be a lot healthier, but since they don't all do that, this is the next best thing."

For more information, contact Katharine Mardirosian at the Saturday market in Reston, email 100bowlsofsoup@gmail.com, or visit www.100bowlsofsoup.com.

author: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.

COME SEE WHY WE'RE VIENNA'S FAVORITE SPORTS BAR!

- Serving Traditional American Classics •
- Watch all of your favorite sports on our WIDE SCREEN TV'S •
- "THE KABOB ZONE" with our area's most authentic Persian delights
 - HOOKAH in all your favorite blends •
 - PARTY ROOMS for up to 140 people
 - KARAOKE on weekends





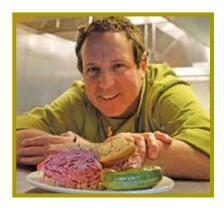


NEIGHBOR'S SPORTS BAR & GRILL

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



WORTH THE SCHLEP...



ou hear it all the time, "You can't get a decent NY-Style Deli Sandwich anywhere around here." Really? Maybe I can help you. When I find myself dreaming of a great deli sandwich, instead of heading to the Big Apple, I take a short drive to Potomac, MD. I go to visit my friend Guy Brandt, and his gang at Brooklyn's Deli and Catering on Seven Locks Road. Less than 11 miles from Tysons Corner, this powerhouse of kosher-style delights has everything I need to feel like I'm on Second Avenue.

For breakfast, it's always his omelets filled with tangy pastrami and first-cut corned beef brisket. Served with a bagel and hash browns, this meal is to die for.

The deli sandwiches, stuffed with genuine, kosher-style meats (the kind you expect in this neighborhood) sliced thin and piled high on fresh rye, with a Dr. Brown's Cream Soda, and bowl of "well done and half sour" pickles, it takes a back seat to no one, here, or anywhere else.

You can get it all, the smoked fish, pastries, Fox's "U-Bet" Chocolate Syrup (Oh, the Egg Cream!), and of course, those hard-to-find black and white cookies.

And let's not discount the crowd. The conversations, laughter, and that special feeling like you're part of a big family – "Big Mishpocheh." (I don't get there enough)!

When asked what the difference was between Chinese food and Jewish food, Henny Youngman replied, "When you eat Chinese food, an hour later you're still hungry. When you eat Jewish food, an hour later you're still eating."

Say "Hi" to Guy, and try the corned beef. It's worth the schlep!

Brooklyn's Deli & Grill 1089 Seven Locks Rd Potomac, MD 20854 (301) 340-3354

More Henny? Sure...

"I take my wife everywhere, but she keeps finding her way back."

"I once wanted to become an atheist, but I gave up - they have no holidays." $\ \ \,$

"My wife dresses to kill. She cooks the same way."

"There was a girl knocking on my hotel room door all night! Finally, I let her out."

"Do you know what it means to come home at night to a woman who'll give you a little love, a little affection, a little tenderness? It means you're in the wrong house, that's what it means."

EVORITA

By Adam Zaug Evo Bistro, McLean, VA



2 oz Julio Tequila

½ oz of Pama Liquor (pomegranate)

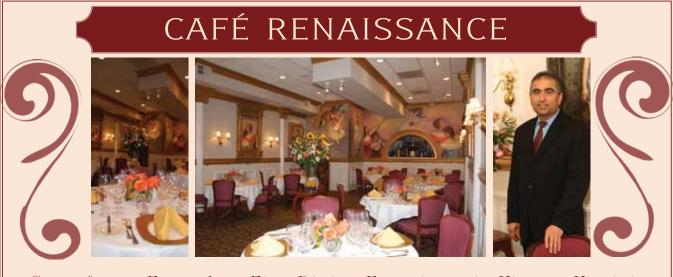
1 oz organic agave nectar

1.5 oz fresh squeezed lime juice

Shake and strain in glass with ice

Top with 1 oz Grand Marnier, garnish with lemon wheel





Come for an Exemplary Fine Dining Experience in Vienna, Virginia

Open Table's Top 50 in the US for Romantic Best Service and Best Overall Restaurants Wine spectator Award of Excellence Northern Virginia Magazine's Best 50 Restaurants

163 Glyndon Street SE, Vienna, Virginia 22180 www.CafeRenaissance.com **703.938.3311**

52





VivaTysons | MAY-JUNE 2012 vivatysons.com

703-759-4150
Open for Lunch & Dinner | Catering & Carry-Out Available | infoserbiancrown@aol.com

Ingredients:

½ cup unsalted butter, softened

3/4 cup smooth peanut butter

½ cup white sugar

½ cup packed brown sugar

1 egg

½ teaspoon vanilla extract

3/4 teaspoon baking soda

¼ teaspoon salt

 $1\frac{3}{4}$ cups all-purpose flour Approx. $\frac{1}{4}$ cup of Nutella®

Directions:

Preheat oven to 350° F.

Combine butter, peanut butter, sugars, egg, and vanilla. Mix until well blended.

Add flour, baking soda and salt. Drizzle Nutella® on top of the dough then swirl it through the dough with a butter knife.

Chill dough 15 minutes in the refrigerator. Roll into balls by hand. Place on parchment lined cookie sheet. Using a fork, press down the balls to flatten slightly. Bake until edges are very lightly browned (about 7 to 10 minutes).

Allow to rest for 2 minutes on cookie sheet before transferring cookies to a cooling rack. Enjoy!

www.mysoulisinthesky.blogspot.com





At The Plaka Grill, just like in Greece, it's all about the food.

Trust Peter Drosos to bring you the genuine taste and flavors of the Mediterranean right here in Vienna. From gyros to loukaniko, your dining adventure awaits you.

Open 7 days a week for lunch and dinner, and of course, catering.

Hours of Operation:

Monday thru Thursday 11 am - 9 pm Friday & Saturday 11 am - 10 pm Sunday 12 pm - 8 pm

(703) 319-3131

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



Maplewood Grill

132 Branch Rd, Vienna, VA 22180 | 703.281.0070 W W W . M A P L E W O O D G R I L L . C O M

Bring the Bunch to Brunch

Chef JP cooks up some every Sunday sure to please everyone on your Sunday Bunch



Menu includes: Steak and Eggs, Omelets du Jour, Brioche French Toast, Marcel's Breakfast Platter, their world famous Eggs Benedict and more!

Brunch is served every Sunday from 10:30am - 2:30pm

53





DOGFISH HEAD ALE HOUSE

703.534.3342 | dogfishalehouse.com 6220 Leesburg Pike, Falls Church

Comfortable, casual surroundings and service, tasty and unique wood-grilled food, and the craft-brewed Dogfish ales. Great selection of year-round beers plus all the seasonal and special release beers. For food selections you'll find half-pound burgers, steaks, pizza, and salmon. \$\$



MAD FOX BREWING COMPANY

703.942.6840 I madfoxbrewing.com 444 West Broad St, Falls Church

Mad Fox Brewing Company offers an upscale, casual dining experience in an English-style gastro brew pub. Featuring a seasonal menu and frequent specials including pizza, paninis, salads, vegetarian-friendly foods and even locally raised lamb, bison, beef, chicken and game. \$\$



IDYLWOOD GRILL & WINE BAR

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

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



LOST DOG CAFE

703.356.5678 | lostdogcafe.com 1690 Anderson Rd, McLean

Walking into the Lost Dog Cafe, you'll discover a friendly, welcoming atmosphere that mingles well with the buzz of a busy, popular restaurant. The menu includes dozens of sandwiches of all types, specialty gourmet pizzas with toppings ranging from the standard to the extraordinary, and a selection of fresh salads. Takeout and delivery options are available. \$\$



BAZIN'S ON CHURCH

703.255.7212 | bazinsonchurch.com 111 Church St, Vienna

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended. \$\$\$



CLARE & DON'S

703.532.WAVE | clareanddons.com 130 N Washington St, Falls Church

A taste of Florida right in the heart of Falls Church. Live music every weekend, right next door to the State Theatre, it's the perfect place to unwind with a happy hour at the bar or eat a delicious meal on a sunny restaurant patio. Offering a wide varied menu featuring fresh seafood, great fish and chips, creative vegetarian selections and a little something for everyone. \$\$



TYSONS BAGEL MARKET

703.448.0080 I tysonsbagelmarket.com 8137 Leesburg Pike, Vienna

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a schmeer of several cream cheeses. A full breakfast menu also awaits you, along with a long list of deli and grilled sandwiches. \$



BOULEVARD CAFÈ & CATERING

703.883.0557 | boulevardcafecatering.com 8180 Greensboro Dr, McLean

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



OPEN KITCHEN

703.942.8148 I openkitchen-dc.com 7155 Leesburg Pike, Falls Church

Eat, cook, and entertain. Open Kitchen is a true culinary community. Featuring a bistro where food and wine lovers gather to enjoy seasonally-inspired handmade food in our open kitchen. Diners will savor global and local wines, worldly cuisine, freshly roasted coffees, hand-blended teas, made-in-house desserts, in an environmentally conscious establishment. \$\$\$\$



HAANDI

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

Spices enhance flavor and add that "zing" to the food. The chefs at Haandi are masters at controlling the blend of the spices to prepare for you the most wonderful and authentic Indian cuisine you have ever tasted. You can choose from vegetarian, chicken, seafood and lamb entrees, plus tandoori charcoal grill, wok entrees, tandoori bread and more. \$\$



DIYA

703.970.7500 | diyatysons.com 2070 Chain Bridge Rd, Vienna

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



MAPLE AVE

703.319.2177 | mapleaverestaurant.com 47 Maple Ave W, Vienna

Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream. Perfect place to enjoy your favorite cocktail or for a first-time date. \$\$



EVO BISTRO

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

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



GREEK GRILL

703.938.8206 | thegreekgrillva.com 312 Maple Ave W, Vienna

Tiny hidden gem in the heart of Vienna. Offering breakfast, lunch, and dinner—the only way the Makrigorgos family can fix. Delicious salads, Greek and Italian specialities. Their famous pizza and tasty desserts. Serving traditional breakfast seven days a week. Omelettes, pancakes, French toast and eggs any way you like them. Say "Hi" to Bill. \$



PEKING EXPRESS OF VIENNA

703.281.2445 | peking-express.com 103 Center Street N #107, Vienna

Love, love, love! Outstanding selections for lunch and dinner. A neighborhood Chinese restaurant ready to satisfy your craving. Combination platters include Egg Roll and choice of soups, authentic appetizers, chicken, shrimp, beef and pork selections and the Fried Rice or Lo Mein is to die for! Now with seating! \$\$



OLD BROGUE

703.759.3309 I oldbrogue.com 760 Walker Rd, #C, Great Falls

The Old Brogue warmly welcomes everyone, young and old. At the bar, you'll find the best beverages from all over the world. From the kitchen, enjoy fresh specialties as well as traditional Irish fare such as Guinness Beef Pie, Fish 'n Chips, or Irish Bangers. A wide variety of appetizers, soups, sandwiches, salads, entrees and desserts are available. \$\$



CAFÉ OGGI

703.442.7360 | cafeoggi.com 6671 Old Dominion Dr, McLean

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

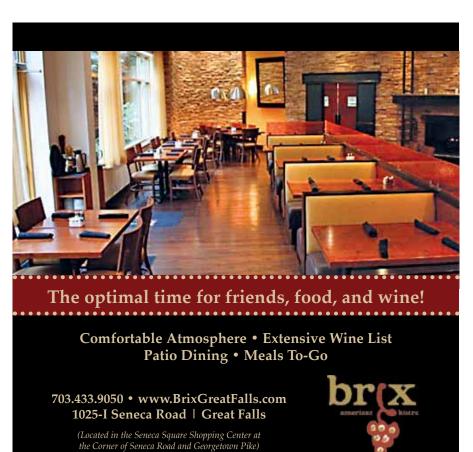


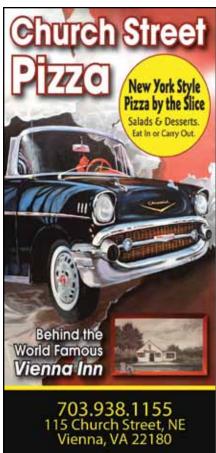
SEA PEARL

703.372.5161 I seapearlrestaurant.com 8191 Strawberry Ln, Falls Church

Combining the inspired creativity of Chef Sly Liao with the trendsetting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Focused on seafood, Sea Pearl's menus also include salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend, or early evening offerings during the week. \$\$\$

55







TysonsToday.com is a <u>local</u> resource providing the answers you need.



56







Real Estate Listings

Find your perfect dream home in the Tysons area.

Business Directory

The areas finest merchants and service providers.

New businesses; sign on today for FREE!

Local Events Calendar

Featuring upcoming attractions at area venues.

Organizations can post single events for FREE!

For more information, Email Rick@VivaTysons.com





Welcome to

EDEN CENTER

6751 Wilson Blvd Falls Church, VA 22044

Located 5 minutes from the East Falls Church Stop on the Orange Line



Since 1985. Eden Center restaurants have served authentic Vietnamese cuisine. Now with 115 stores, Eden Center remains the authentic place for Vietnamese food, with restaurants serving dishes from all regions of Vietnam.



FEATURED ON:

WASHINGTONIAN

The Washington Post



FIND US ONLINE AT:

EdenCenter.com











In the Courtyard, Backyard & Boulevard.

In the Washington area, our wet and cold winters turn into a hot and humid sauna almost overnight. However, when a lasting spring arrives in our area, it's a welcome change for all to celebrate. Sidewalk cafés are alive with laughter, music, and the chatter of friends sharing a fun and vibrant meal.

Dining "Al Fresco" actually means dining in the open air, and we have been doing so for centuries. Europeans have mastered the art with their chic sidewalk cafés, many of which have only been seen by Americans in travel brochures and movies. Americans have been slow in adapting to the joy of dining al fresco; an evening eating under the stars, and enjoying the bustle of people, shoppers, and couples strolling the avenue. No one seems to be able to explain why the food seems to taste better when we sit under an umbrella ... the cocktails seem more refreshing and the coffee tastes so much richer and smoother.

We have compiled a list of local restaurants which provide the "Al Fresco" experience in our area. With so many new establishments opening and so many expanding to include cafés or gardens, We have tried to cover the popular ones; a taste of Ireland, Lebanon, France, Greece, Asian delights, Italian, we have them all.

58

Did we miss any? Sure. Many great little coffee shops and restaurants may have a few chairs and tables for their patrons to experience, but we hope we got some great locations for you to enjoy. We couldn't find any rooftops in Tysons though. What a shame, the views would be great!

With our new city emerging, you can bet we'll have more and more choices in the future. In the meantime, catch the fresh spring air while you can, it'll get hot soon enough.

Enjoy dining al fresco?

Growing up overseas, we enjoyed most of our meals outside, but for some, eating outside brings a slight cringe (bugs, wind, too cold, too hot, etc.). This may just be part of an evolution of our lives getting used to being inside a glass-enclosed office where inoperable windows have become part of our daily existence. Whether it's being in an air-conditioned mall, living a more sedentary lifestyle in front of our variety of media outlets, or just the avoidance of the heat and humidity, can make this unbearable during late summer. Many of us seem to have lost the romance, the peacefulness, and the charm of dining in the open air. Hopefully we can enlighten you to some new choices found locally to get you back in the "Al Fresco" mood.



Falls Church

2941 Restaurant

-French-2941 Fairview Park Dr Falls Church, VA 22042 (703) 270-1500 www.2941.com

Argia's Italian Restaurant

-Italian-124 N Washington St Falls Church, VA 22046 (703) 534-1033 www.argias.com

Clare and Don's Beach Shack

-Seafood-130 N Washington St Falls Church, VA 22046 (703) 532-9283 www.clareanddons.com

Dogwood Tavern

-American-132 W Broad St Falls Church, VA 22046 (703) 237-8333 www.dogwoodtavern.com

El Tio Tex Mex Grill

-Mexican-7630 Lee Hwy Falls Church, VA 22042 (703) 204-0233 www.eltiogrill.com

Four Sisters Restaurant

-Vietnamese-8190 Strawberry Ln Falls Church, VA 22042 (703) 539-8566 www.foursistersrestaurant.com

Grevey's Restaurant & Sports Bar

-American-8130 Arlington Blvd Falls Church, VA 22042 (703) 560-8530 www.greveys.com

Hoang's Grill & Sushi Bar

-Vietnamese-502 W Broad St Falls Church, VA 22046 (703) 536-7777 www.hoangcuisine.com

Ireland's Four Provinces

-Irish-105 W Broad St Falls Church, VA 22046 (703) 534-8999 www.4PSVA.com

Luzmila's Cuisine

-Latin American-809 W Broad St Falls Church, VA 22046 (703) 237-0047

Maneki Neko

-Japanese-238 West Broad St Falls Church, VA 22046 (703) 534-8666 www.mneko.com

Natalia's Elegant Creations

-Bakery-230 W Broad St Falls Church, VA 22046 (703) 241-8040 www.nataliaselegantcreations.com

Open Kitchen

-Continental -7115 Leesburg Pike, Ste 107 Falls Church, VA 22043 (703) 942-8148 www.openkitchen-dcmetro.com

Sea Pearl

-Asian Fusion-8191 Strawberry Ln #2 Falls Church, VA 22042 (703) 372-5161 www.seapearlrestaurant.com

Seaside Crab House

-Seafood-6799 Wilson Blvd #5 Falls Church, VA 22044 (703) 241-2722 www.seaside-crabhouse.com

Sunflower Vegetarian Restaurant

-Vegetarian-6304 Leesburg Pike Falls Church, VA 22044 (703) 237-3888 www.crystalsunflower.com

Sweetwater Taven

-American-3066 Gate House Plaza Falls Church, VA 22042 (703) 645-8100 www.greatamericanrestaurants.com

Great Falls

Brx American Bistro

-American-1025 Seneca Rd, Ste I Great Falls, VA 22066 (703) 433-9050 www.brixgreatfalls.com

Dante Ristorante

-Italian-1148 Walker Rd Great Falls, VA 22066 (703) 759-3131 www.danterestaurant.com





L'Auberge Chez François

*-French-*332 <mark>Springvale Rd</mark> Great Falls, VA 22066 (703) 75<mark>9-3</mark>800 www.laubergech<mark>e</mark>zfrancois.com

Old Brogue Irish Pub

-Irish-760 Walker Rd, Ste C Great Falls, VA 22066 (703) 759-3309 www.oldbrogue.com

McLean

Assaggi Osteria

-Italian-6641 Old Dominion Dr McLean, VA 22101 (703) 918-0080 www.AssaggiOsteria.com

Boss Hog's

-Barbeque-6811 Elm St McLean, VA 22101 (703) 821-1869

Boulevard Café

-Deli-8180 Greensboro Dr, Ste 100 McLean, VA 22102 (703) 883-0557

Café Deluxe

-American-1800 International Dr McLean, VA 22102 (703) 761-0600 www.cafedeluxe.com

Café Oggi

-Italian-6671 Old Dominion Dr McLean, VA 22101 (703) 442-7360 www.cafeoggi.com

60

Cafe Taj

-Indian-1379 Beverly Rd McLean, VA 22101 (703) 827-0444 www.mycafetaj.com

Chicken Out

-American-1443-A Chain Bridge Rd McLean, VA 22101 (703) 917-8646 www.chickenout.com

Chics N Wings

-American-8119 Watson St McLean, VA 22102 (703) 847-2442 www.chicsnwings.com

Greenberry's Coffee & Tea Company

-Coffee & Tea-6839 Redmond Dr McLean, VA 22101 (703) 821-9500 www.greenberrys.com

Kazan Restaurant

-Turkish-6813 Redmond Dr McLean, VA 22101 (703) 734-1960 www.kazanrestaurant.com

Le Grand Café

-French-1327 Chain Bridge Rd McLean, VA 22101 (703) 734-9082

McCormick & Schmick's Seafood

-Seafood-8484 Westpark Dr, Ste 130 McLean, VA 22102 (703) 848-8000 www.mccormickandschmicks.com

Mylo's Grill

-Greek-6238 Old Dominion Dr McLean, VA 22101 (703) 533-5880 www.mylosgrill.com

Neisha Thai Cuisine

-Thai-7924 Tysons Corner Ctr McLean, VA 22102 (703) 883-3588 www.neisha.net

O'Malley's Sports Pub

-American-Crowne Plaza 1960 Chain Bridge Rd McLean, VA 22102 (703) 893-2100 www.omalleystysonscorner.com

Rita Italian Café & Restaurant

-Italian-1751 Pinnacle Dr McLean, VA 22107 (703) 506-2932 www.ritarestaurant.com

Rocco's Italian Restaurant

-Italian-1357 Chain Bridge Rd McLean, VA 22101 (703) 821-3736 www.roccositalian.com

Star Nut Gourmet

-Coffee & Tea-1445 Laughlin Ave Mc Lean, VA 22101 (703) 749-9090 www.starnutgourmet.com

Sweetleaf

-Deli & Ice Cream-1359 Chain Bridge Rd McLean, VA 22101 (703) 893-2323 www.eatsweetleaf.com





The Greek Taverna

-Greek-6828 Old Dominion Dr McLean, VA 22101 (703) 556-0788 www.thegreektaverna.com

Oakton

Famous Dave's

-Barbeque-2910 Chain Bridge Rd Oakton, VA 22124 (703) 281-3800 www.famousdaves.com

Luciano Italian Restaurant

-Italian-7946 Tysons Corner Ctr McLean, VA 22102 (703) 893-8488 www.lucianoitalianrestaurant.com

Santini's New York Style Deli

-Deli-2975 Chain Bridge Rd Oakton, VA 22124 (703) 766-6666

www.santinisdeli.com

Tigris Middle Eastern Grill

-Middle Eastern-2946-P Chain Bridge Rd Oakton, VA 22124 (703) 255-5950 www.tigrisgrill.com

Vienna

Alegria

-Mexican-111 Church Street N Vienna, VA 22180 (703) 261-6575 www.alegriaonchurch.com

Chef Geoff's Tysons

-Contemporary American-8045 Leesburg Pike Vienna, VA 22182 (571) 282-6003 www.chefgeoff.com

DIYA Restaurant

-Indian-2070 Chain Bridge Rd Vienna, VA 22182 (703) 970-7500 www.diyatysons.com

Friend's Kabob

-Middle Eastern-2063-A Chain Bridge Rd Vienna, VA 22185 (703) 288-9126 www.friendskabob.com

Konami Restaurant

-Japanese-8221 Leesburg Pike Vienna, VA 22182 (703) 821-3400 www.konamirestaurant.com

Lebanese Taverna

-Middle Eastern-1840 G International Dr Mclean, VA 22102 (703) 847-5244 www.lebanesetayerna.com

Lebnan Zaman

-Lebanese-8411 Old Courthouse Rd Vienna, VA 22182 (703) 748-1400

Panache Restaurant

-ItalianPinnacle Towers S
1753 Pinnacle Dr
McLean, VA 22102
(703) 748-1919
www.panacherestaurant.com

Ruth's Chris Steak House

-American-8521 Leesburg Pike Tysons Corner, VA 22182 (703) 848-4290 www.ruthschris.com

Skorpios Maggio's Family Restaurant

-Greek-421 Maple Ave E Vienna, VA 22180 (703) 938-7777 www.maggiosonline.com

Sushi Yoshi

-Sushi Bar-101 Church St NW Suite B Vienna, VA 22180 (703) 242-1350 www.sushiyoshivienna.com

Tequila Grande

-Mexican-444 Maple Ave W Vienna, VA 22180 (703) 255-5933 www.tequilagrande.com

Arlington

Cava Mezze

-Mediterranean-2940 North Clarendon Blvd Arlington, VA 22201 (703) 276-9090 www.cavamezze.com



Dining with Jeannine • by Jeannine Bottorff

a refuge in the middle of big, bad Great Falls! OK, so Great Falls is not exactly a scary place, but there aren't many restaurants like this one. Mediterranee has the warmth of a small restaurant, but the fine cooking of a much grander place.

Mediterranee has been around for quite awhile – first in Arlington for a few years, and now in Great Falls for over seven. The food is what I would call, "French with a twist." The owner and chef, Jacques Imperato, is "Pied-Noir"; a French citizen born in French Algeria before its independence in 1962, and his cooking reflects these roots.

The menu has the usual French Onion Soup, Lobster Bisque (made more interesting with the addition of a mini crab cake and slivers of crèpes), paté and cassoulet; however, it also features socca – a chick pea crèpe filled with avocado, mango and corn as well as venison loin and elk sausage!

Recently, my family and I had dinner on a Thursday night (make sure you have a reservation or you won't get in). I started

62

with their delicious beet salad. I have to admit I get beet salads everywhere and am often disappointed. This one was great!

It had small pieces of beet tossed with orange sections, and served with vinaigrette over mesclun greens. Most beet salads are served with goat cheese. Mediterranee's is served with grilled feta. This makes a unique addition to this yummy salad. Other starters we sampled were the lobster bisque and the salad with Dijon dressing which is simple, delicious, and very French.

For entrees, we opted for the bouillabaisse, which has been on their menu for 16 years, the tenderloin with a 5 peppercorn cream sauce, and the flounder wrapped in a basil crèpe served with a lemon, tomato and caper sauce. While beef lovers will be happy with their selection, I must say that the bouillabaisse and the flounder are really, truly excellent. The crèpe is so delicate it caramelizes around the fish so you don't know where the crèpe begins and the fish ends.

We finished our meal with the warm bread pudding – smooth, creamy, delicious. It's served with ribbons of the most intense homemade caramel sauce I've ever tasted! I wanted to pick up my plate and lick it ... but I didn't. They also have chocolate mousse, white chocolate mousse cake with fruit, sorbets, ice cream, and other fabulous meal enders.

Mediterranee has so much that contributes to a great night out. The service is warm and attentive. You can choose wine by the bottle or by the glass. You can order à la carte or prix-fixe (\$30). There are even nightly specials such as wine discounts, Steak Frites Night (\$16.95), or All You Can Eat Mussels Night (\$19.95).

So, when you are in mood for something with that familiar French feel but you want something just a little bit different too, try Mediterranee.

> Mediterranee Restaurant 10123 Colvin Run Rd, Great Falls, VA (703) 757-9300

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!

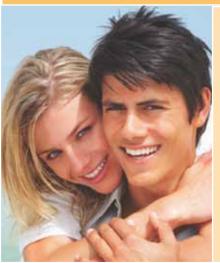
63

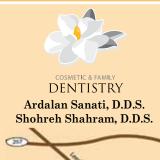






Brighten Your Smile, Build Your Confidence.





Open Saturdays

Most Insurances Accepted Conveniently located in Tysons Corner

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

8605 Westwood Center Drive, Suite 210 Vienna, VA 22182 703.442.0770 | www.tysonsdentistry.com

Enjoy The Difference Of Waterlase I-Plus Dentistry!

Waterlase I-Plus Dentistry uses laser energy and a gentle spray of water to perform a wide range of dental procedures without the heat, vibration and pressure associated with the drill.

More Comfortable

Skip the shot! Procedures require less and often no anesthetic at all.

More Convenient

Less time in the chair! Faster and fewer visits to complete a procedure.

More Precise

Save more of your natural teeth! Removes tooth decay more precisely than a dental drill.

Great for adults and children!

New Patient Welcome Offer

Comprehensive Oral Evaluation, Oral Cancer Screening, Necessary Digital X-Rays *Including Panoramic X-Ray, Routine Cleaning (reg. \$350) Not valid with insurance payment. Does not apply with periodontal disease. Expires 6/30/12.

Professional In-Office Teeth Whitening (reg. \$600)

Whitening cannot be done if certain dental conditions exist. Expires 6/30/12.



Homes are NOW < more affordable than EVER!

To put it in perspective	1989	2011
Aug Home Price (National)	\$ 94,000	\$ 166,100
Mortgage Rate	10%	4.45%
Monthly Payment	\$825	\$837

Vision Speech 2012, Gary Keller of Keller Williams Realty, Inc.

The grass really is greener on the other side of the fence!

Call us for details!

Client Centric Realtors Group www.TheRealEstateDirt.com

6820 Elm St, McLean, VA 22101 Cell: 703.919.7761 / Office: 703.636.7300 ClientCentricRealtors@gmail.com













Joan Stansfield Realtor, SSR, Gree

COCOA AND CHILE RUBBED PORK CHOPS:

- 2 qts water
- 1½ tsp crushed red pepper
- Kosher salt
- Four 1½-inch-thick boneless pork loin chops
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp light brown sugar
- 1 Tbsp pure ancho chile powder
- Extra-virgin olive oil for brushing
- In a large bowl, combine the water with the red pepper and 1½ tsps of salt and stir until the salt dissolves.
 Add the pork chops and let brine at room temperature for one hour.
- 2. Light a grill and create a cool zone. (For a charcoal grill, rake the coals to one side; for a gas grill, leave one side unlit.) In a bowl, mix the cocoa, sugar and ancho powder with one Tbsp of salt.

•

•

•

•

•

3. Drain the pork chops and pat dry, removing any bits of crushed pepper. Brush generously with olive oil. Roll the pork chops in the cocoa rub and pat to help it adhere. Grill over moderately high heat for 4 minutes, turning the chops once or twice until lightly browned. Transfer the chops to the cool zone, cover and grill for about 15 minutes, until an instantread thermometer inserted in the center of the chops registers 135° F for medium meat. Let the chops rest for 10 minutes before serving.

www.foodandwine.com







SUNDAY & MONDAY "PRIX-FIXE SPECIAL" 3 courses \$34

And from 4 to 6pm Tuesday to Saturday dinner.

Choose your favorite appetizer, entrée & dessert from our regular menu

TUESDAY EVENING
"OSSOBUCO NIGHT"
\$19.50 each

WEDNESDAY EVENING
"LOBSTER SPECIAL"
\$19.50 each

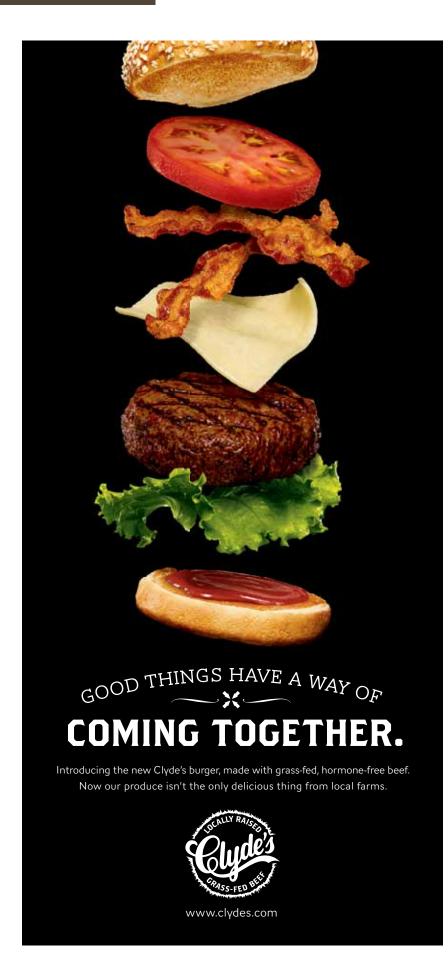
Mon - Thurs: 11:30AM - 10PM Friday - Sat.: 11:30AM - 11PM Sunday: 11:30AM - 10PM

6641 old dominion dr. mclean, va. 22101 703-918-0080 www.AssaggiOsteria.com



65

66



CREAMY DREAMY LEMONADE CUPCAKES

Cupcakes

- 1 box Betty Crocker® SuperMoist® yellow cake mix
- 11/4 cups water
- ½ cup powdered lemonade drink mix
- 1 stick of butter, softened
- 3 eggs

Frosting

- 1 (8oz) package cream cheese, softened
- 1 stick of butter, softened
- 3 cups confectioners' sugar
- ½ cup powdered lemonade drink mix
- 3 Tbsp milk
- 2 or 3 drops yellow food coloring, if desired

Directions

Heat oven to 350°F.

Place a paper baking cup in each of 24 regular-size muffin cups. Pour the water into a large bowl, add the powdered lemonade mix and mix well. Add the remaining cake ingredients and mix with an electric mixer on low speed for 30 seconds, then on medium speed 2 minutes, scraping bowl as necessary until mixture is smooth. Divide batter evenly among muffin cups, filling each about 2/3 full.

Bake for 20-25 minutes. While cupcakes are baking, make the frosting by combing all the frosting ingredients in a bowl and mixing well with electric mixer until creamy. Add a little more milk if necessary for proper consistency and a few drops of yellow food coloring (if desired). Chill until ready to frost cupcakes.

When cupcakes are cool, frost and keep in the refrigerator until ready to serve.

www.cookingwithsugar.com



Emergency

- » Police, Fire & Ambulance: (emergency): 911 • tty 911 (non-emergency): (703) 691-2131 • tty (703) 204-2264
- » Sewer Line Breaks & Emergencies: (703) 323-1211
- » Poison Control: (202) 625-3333
- » Flooding: (703) 691-2131
- » Humane Society of Fairfax County: (703) 385-7387
- » Animal Shelter of Fairfax County: (703) 830-1100
- » Power Outage: (888) 667-3000

Information

- » General County: (703) 324-3185
- » General Court: (703) 691-7320
- » Blackboard (FCPS 24/7) help: (866) 434-8880 • fcpsinfo@fcps.edu

If you are unable to find a listing for the office you wish to reach dial (703) 324-3185 between 8am and 4:30pm Monday-Friday. For 24-hour recorded information, call (703) 324-INFO

www.vivatysons.com







We offer a wide selection of Panini sandwiches, soups, premium coffee, teas, imported nuts, artisan fresh baked pastries, and other mouth watering treats to please your taste buds.

Cafe Nemooneh

525 Maple Avenue West Vienna, VA 22180

(703) 242-2233



67



COMPLETE CATERING SERVICES!

- Festive Award Winning Rotisserie Chicken
- Party Platters and Deli Trays
- Hot and Cold Buffets
- Italian and Greek Specialties
- Shrimp Cocktail, Prime Rib, Special Requests

Last Minute? No Problem, call us! 703.938.7777

421 Maple Ave East, Vienna, VA 22180 www.maggiosonline.com

EVERY CHEF'S DREAM

by Colleen Sheehy Orme



he scrumptious taste of the coconut, curry halibut surrounded by plantains, red beans and rice at BRX American Bistro allows the flavor and influence of chef and owner Ashwani Ahluwalia's life to simmer to the surface.

If you read it closely, it is the menu at BRX that tells Ahluwalia's story. It speaks of a sixteen-year-old boy who left India to travel to Bermuda and beyond and defied the odds. Ahluwalia's, "creative cuisine," as he describes it, hints at the diversity of the many influences of the young boy's path – European, Indian, Caribbean, Middle Eastern, and Asian.

Ash, as many know him, grew up in a wealthy family in India. The family's butler and chef influenced his love of food and taught him to cook at an early age. Ash's father owned a hotel and several liquor stores. In the late seventies, India experienced prohibition, liquor was banned, and his father lost everything.

So, at the young age of fifteen, Ash found himself working as an apprentice cook at the Maurya Sheraton. He was already exhibiting telltale signs of the expert chef he would become. "I loved food, so at any party or any house I went to

68

they made me taste the food for my approval, so my palate became better and better," says Ahluwalia.

It was shortly thereafter, at the unbelievably young age of sixteen, that he enrolled himself in Bermuda College and majored in Hotel Catering. "I went to Bermuda alone. I wanted to see what else was out there," says Ahluwalia. "My mom had to sell all of her jewelry to send me abroad. It was tough for the first few months. Sometimes I ate just ketchup or mustard on bread."

Fortunately, he met and lived with an older couple. He helped "Granny", as he called her, cook, clean and care for her bedridden husband. It was a room in exchange for \$250 a month and helping her. As luck would have it, "Granny's" daughter was the assistant chief immigration officer in Bermuda. She helped secure a work permit for Ahluwalia. This allowed him to work at The Princess Hotel.

At times, he did not even have enough money to catch a bus. "The people in Bermuda were very helpful to me and gave me rides to school and work," says Ahluwalia.

After his first year, Ahluwalia called his younger brother Alex, and soon Alex was attending Bermuda College for Hotel Management as well. Within several years, this young kid from India became the poster student for Bermuda College. He graduated with nearly a 3.9 GPA and received the award for 'Outstanding Student of the Year.'

"The deal was, when we finished college we would have to go back to our country," says Ahluwalia.

With his visa expired, Ahluwalia left for an opportunity in Grand Cayman. At just nineteen years of age, he was made executive chef of Dominique's. "My first week's paycheck was CI\$2,500 ... that's more than \$3,000 U.S. dollars." He sent money to his mom, which allowed her to purchase a home in Chantilly.

At twenty-four years old, he came to the United States, was sponsored by his mother, and received his green card.

He began working as a cook at the Renaissance Hotel, which is now the Hilton at Dulles Airport. Within a year, he went from being a cook to an executive chef.

At twenty-six, he returned to the Grand Caymans and started working as a sous chef at the Marriott. He was made executive chef within two months and stayed there for two years.

He then returned to the States and joined the Ramada Plaza in Old Town, Alexandria. His contribution allowed them to be named 'Hotel of the Year' within the Ramada chain.

Shortly thereafter, in July of 1994, he was hired by River Bend Country Club. "I came to River Bend once, went into the dining room and saw the view, never even saw the kitchen and took the job." He was just thirty years of age.

In April 2004, he joined The Tavern at Great Falls. "It was a great experience," says Ahluwalia. "I met a lot more people in the community."

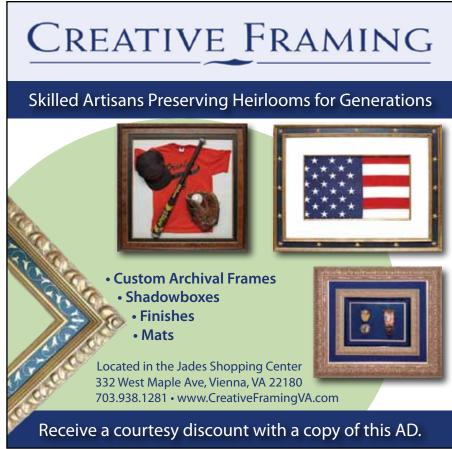
In May 2009, he opened BRX American Bistro in Great Falls. "The first year and a half was tough. I didn't know if I was going to survive or not and then things just changed," says Ahluwalia.

"Ever since BRX opened, there has always been an element of surprise for what they are going to be serving," says Great Falls resident, Robyn Maselli. "I never go past the specials because there is always such a variety and the ingredients are always so fresh. I have always walked out very content, as we say in Italian, "molto contento."

The intent was to create a place as Ahluwalia says, "where people spend the optimal time with family and friends." Hence, the name BRX, which is based on "Brix" – a measurement of the sugar content in grapes and wine. When grapes reach 25 degrees "brix," they have reached their optimal time for the wine harvest.

Sitting at a table on his outdoor patio, "BRX on the green", with grape vines reaching towards the sky, the tree adorned lights waiting for dusk to twinkle, Ahluwalia reflects. "It is every chef's dream to have his own place. I want to give kudos to my mom who had the courage to send two sons abroad at an early age. She is a strong woman. The pillar of the family."

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





COMMUNITY BANKS & FINANCIAL PROFESSIONALS



National Banks vs. Community Banks

It's the question on so many minds today. And for good reason! As we work to build and enrich the communities where we live our daily lives, community banks are one of our community's foundations. Is there really any difference? You bet. Please consider the following:

- Community banks tend to focus attention on the needs of local families and area businesses. Conversely, many of the nation's "mega banks" are structured to place a priority on serving large corporations. Community banks' boards of directors are generally made up of local citizens who want to advance the interests of the towns and cities where they live and where their banks do business. These interests are also advanced because loan decisions are made "hyper-local."
- Unlike so many of the larger banks that may take deposits in one state and lend in others, community banks channel most of their loans and profits into the neighborhoods where their depositors live and work, helping to keep local communities vibrant and growing.
- Community bank officers are generally accessible to their customers on-site. CEOs at mega banks are often headquartered in office suites, away from daily customer interactions.
- Community bank officers are typically deeply involved in local community affairs, while large-bank officers are likely to be detached physically and emotionally from the communities where their branches are located. And when it comes to supporting local chambers and civic organizations, most community banks are far more gracious and eager to help.
- Many community banks are willing to consider character, family history and discretionary spending in making loans. Mega banks, on the other hand, often apply impersonal qualification criteria, such as credit scoring, to all loan decisions without regard to individual circumstances.
- Community banks offer nimble decision-making on business loans because decisions are made locally. Mega banks must often convene loan-approval committees, usually in another state.
- Since community banks are small businesses themselves, they understand the needs of small-business owners. Their core concern is lending to small businesses, homeowners, and individuals. The core concern of the mega banks is corporate America.

Here are a few selected area institutions and individuals to consider when selecting a financial partner.



Discover the difference John Marshall Bank can make. As your community bank, we have some words of encouragement, and solutions to all your banking needs.

Call **703-584-0840** or simply stop by one of our conveniently-located regional offices.





JohnMarshallBank.com

Virginia Heritage Bank



David P. Summers Chairman & CEO

Virginia Heritage Bank (VHB) is a locally-owned and managed full-service community bank, that was founded on the fundamental belief that many local businesses and individuals in Northern Virginia no longer felt they had a meaningful relationship with their bank. Headquartered in Tysons Corner, with five area branches, VHB is a customer-friendly, financial resource center, dedicated to helping individual, family, and business customers prosper through a comprehensive range of banking services. VHB provides an array of retail and commercial bank services including Lines of Credit, Commercial Mortgages, SBA Lending and full service depository services. Additionally, VHB Mortgage provides a full array of consumer mortgage services. The Bank's Board of Directors and Senior Management live and work in Northern Virginia and share with their customers a personal interest in maintaining a strong, vibrant local community.

Big enough to care, small enough to serve!

8245 Boone Blvd, 1st Floor • Vienna, VA 22182 • 703-752-9360 www.VHBank.com



First Virginia Community Bank

Washington Area's Fastest Growing Bank.

According to the *Washington Business Journal*, First Virginia Community Bank (FVCB) leads the list with a 49.7% growth in deposits for a 12 month period, and for good reason. "We have been able to take advantage of the Washington area's high-growth market, with our combination of service to the customers and commitment to the community," says Chairman and CEO David Pijor. "Our growth plan centers on a team of very experienced, caring bankers and is backed by our board of directors and local investors."

Why FVC Bank? Down to earth, but up to the challenge. Smaller, and more personal-but doing big things for every customer. Banking has always been a people-to-people business and our people are the best.

So, whether you are an established business looking to boost your bottom line, an entrepreneur with seasonal cash flow issues, saving for retirement, education for your children, in need of wealth management, or looking for a mortgage, we want to talk to you! Convenient? Our closest branch is at your desktop. Call us today. Let's get personal.

A Bank "All About You."

Since they first opened their doors in Falls Church, Virginia, in 2006, ensuring their customers satisfaction has inspired everything they do at John Marshall Bank. In a region dominated by the larger banks headquartered outside the Washington area, they know first-hand the positive difference that a community-based bank can have for the businesses and families that drive the local economy, and they're ready to make that difference for you.

With banking products designed to meet and exceed your expectations, such as desktop check deposit abilities, online bill pay programs (free of charge), and a complete suite of banking services you expect from the larger institutions, the personal attention from the professionals at John Marshall Bank is a welcome change.

With branches throughout the area, you'll catch them saying something you don't hear enough of these days, "Approved".

5860 Columbia Pike, Ste 104 • Falls Church, VA 22041 • 703.845.2700 www.JohnMarshallBank.com



An ATM is no place to go for financial advice.



When you need answers about how to manage your money or grow your business, there's no substitute for talking to a banker who is committed to your success.

If you want more from your bank than just a receipt, call Kevin Shaner at 571-223-3705.

In Reston at 1779 Fountain Drive. Locations across northern Virginia.



Neighbors You Can Bank On.™

MiddleburgBank.com

Member FDIC

Local Advisor Ranked Top in the Region

The Michele Dandrea Group was named a Premier Wealth Advisor by The National Association of Board Certified Advisory Practices in the Washington Business Journal.



From left to right:

Robert Post, CFP®
Ingrid Streich, CRPS®
Archna Sahay, Registered Associate
Michele Dandrea, CFP®
Saleha Azimi, Senior Registered Associate
Richard Gentry, CFP®

The Michele Dandrea Group

Michele F. Dandrea, CFP® Senior Vice President - Wealth Management

Financial Advisor

1650 Tysons Blvd., 10th floor McLean, VA 22102

703.394.1961

michele.dandrea@mssb.com http://fa.smithbarney.com/dandrea/ We have the experience and resources to meet your wealth management needs.

- Independent financial advice
- Large stable of independent money managers
- Financial and investment planning
- Stocks, bonds and investment research
- · Retirement income planning
- Access to banking and lending services
- Consulting and advice on corporate 401(k)s
- Alternative investment strategies

MorganStanley SmithBarney

Source: NABCAP: "Premier Wealth Advisors", Washington Business Journal September 16, 2011. Over 5,000 direct contacts and over 40,000 indirect contacts were made to seek participation and/or nomination of participants in the Premier Wealth Advisor Program. The number of individuals contacted varies based on the size of the local market. NABCAP uses a methodology that it has created that includes both quantitative and qualitative criteria including, but not limited to financial planning, education, experience, and compliance record. NABCAP contracts with Rank Premier Advisors to administer its evaluation process. NABCAP's evaluation and ranking program (including the evaluation and validation process and the list of NABCAP Premier Advisors) is an independent third-party assessment based on objective, unbiased questions ("Program"). The Program is structured to ensure a comprehensive and objective evaluation of financial advisory practices. NABCAP's methodology includes, but is not limited to (i) average assets per client, (ii) average number of clients per advisor, (iii) financial advisor to support staff ratio, and (iv) financial advisor and support staff credentials/designations. For more information on NABCAP's methodology go to nabcap.org. Premier Wealth Advisors do not pay a fee to be included in the final list of NABCAP Premier Wealth Advisors. The overall evaluation score of a wealth manager may not be representative of any one client's evaluation. The inclusion of a wealth manager on the list should not be construed as an endorsement of the wealth manager by NABCAP or Washington Business Journal. The rating is not indicative of the Financial Advisor's future performance.

Morgan Stanley Smith Barney and its Financial Advisors do not provide tax or legal advice. Please consult your personal tax advisor regarding taxation and tax planning and your attorney for personal trusts. The investments listed may not be suitable for all investors. Morgan Stanley Smith Barney LLC recommends that investors independently evaluate particular investments, and encourages investors to seek the advice of a financial advisor. The appropriateness of a particular investment will depend upon an investor's individual circumstances and objectives.



We may be bankers by trade, but our real business is helping people. Not just through financial services, but by actively reaching out to our community, one person at a time.







CelebrateTysons.com presents "unbelievable neighborhood offers" to residents of the Tysons Corner area in Northern Virginia.



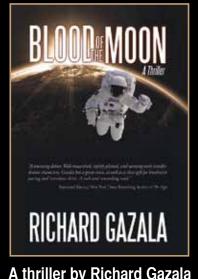
In partnership with *VivaTysons* magazine,
CelebrateTysons.com works to
"illuminate and celebrate" local merchants and
service providers to bring consumers introductory
and special values.

Don't Miss Out, Sign Up Today!

Unbelievable Neighborhood Offers!

www.CelebrateTysons.com

Pain at the pump.
You think you know why.
What if everything
you know about oil
is a lie?



A thriller by Richard Gazala www.richardgazala.com

Mother's Day 4-Miler & Fun Run

To benefit *Devotion to Childre*

Sunday, May 13th, 2012 7:00 - 10:00 am

Browns Chapel Park 11300 Baron Cameron Avenue Reston, VA 20191

Online registration and more information available at: www.prraces.com/devotion

A one mile fun run/walk is also available.

Bring your family and friends for a morning of music, fun and prizes!

Devotion To Children is a non-profit organization dedicated to fulfilling the needs of children ages birth to six, so that they may become mentally, physically and emotionally healthy members of society.

www.DevotionToChildren.org





LANDSCAPING

Some great tips to help you create a landscape all your own.



well-designed yard will not only make your home look beautiful and cared for, but it will also add enjoyment for your entire family. A nice yard also adds great appeal and value to your property if you're considering putting your home on the market. While hiring a professional will give you a stunning landscape, sometimes you just don't have the funds to cover the expense. Here are some tips to help you create a do-it-yourself yard or refresh the one you already have.

Basics

A good way to begin your landscaping is to make sure your yard is free from weeds. This way, you start from scratch and avoid any unwanted guests right away. Also, be sure to research your inspiration, look for any ideas that you are particularly interested in and form a plan that will work for you. You can always add more later, so start with what you're comfortable with, and this will give you room to add more if you prefer. It's also a great way to save money since you will avoid spending money on things you won't need. One last thing to note is that mulch is a great way to control weeds, and as it breaks down, it adds nutrients to your gardens. When in doubt, don't forget to visit your local nursery for advice. They are there to help you.

Cooler Months

One of the most important rules to remember with landscaping, is to make sure it's interesting all year long. Aside from spring and summer that bring; vibrant colors, beautiful greens, and lush foliage, you can't neglect fall and winter. You don't want to have your yard looking barren and empty during the cooler months just because your plants aren't in bloom. Here's where the conifers and deciduous shrubs come into play. Full conifers and shrubs will fill in those spots just enough to give your yard good structure and look full. Choose a variety of these trees and shrubs, and you'll have a great yard all year long.

Flowers and Gardens

When you're choosing what flowers to include in your garden, make sure you evaluate their sun and water requirements. They should have the same specifics if they're planted in the same beds. Also, while it's nice to have bright perennials that bloom each year, they're only around for so long. Therefore, during those "inbetween" times you can fill these spots with annuals. Annuals are a great way to fill your gardens with continuous color throughout the warmer months. Another aspect to consider is how you plant your flower beds. To create interest, it's a good policy to plant the taller plants in the middle rows, then go down in height as you move to the outer edges. Don't forget to include assorted plants with your flowers to create texture among your gardens.

Features and Fences

Water features may seem intimidating to maintain, or even install, but it may be just what you need. Many garden stores will offer water features that are easy to assemble and also easy to sustain. Ponds are a good place to start, and then you can look into adding waterfalls and other types of features later. Some other things that you can add include fences, walls, patios and decks. These will give you a polished look by making your yard complete. They also add texture and interest to your overall look and feel. Don't be afraid to try different things.

Maintenance

Be sure to create your landscaping with maintenance in mind. You don't want to build something that requires more time than you're willing to spend on it. Note that if you buy plants that are native, nature can do most of the care for you. Don't forget that sometimes "less is more". You can have a beautiful yard but only have a few elements. This keeps your landscaping low-maintenance and gives a polished finish.

Money-Saving Tips

We all want to save as much money as we can, here are some tips to help:

- Plan before you buy. This way you won't buy more than you need.
- Get advice from a professional, they can save you from making costly mistakes.
- Cheaper isn't always better. Go for quality, this will give you better results that you won't have to replace.
- Big warehouses offer basic supplies for great prices.
- Check stores online. Sometimes they have better prices and offer better variety for all supplies.



LANDSCAPING **SUGGESTIONS**

Here's a list of some trees, shrubs and vines that grow well in our Zone 7 area.

Akebia Boston Ivy Carolina Jessamine Clematis, selected varieties Clematis, sweetautumn Crossvine Dutchman's Pipe Goldflame Honeysuckle Gourd, annual Passionflower Purple Hyacinth Bean Trumpet Creeper Wisteria

Deciduous Trees:

Alder, mountain Amur Maackia Apricot, Japanese Flowering Ash, Southern Prickly Ash, water Beech, American Beech, weeping Birch, river Box elder Buckeye, California Buckeye, yellow Buckeye, red Butternut Cherry, Japanese Flowering Cherry, weeping Higan Chittamwood, gum bumelia Coffeetree, Kentucky Cottonwood, black Crabapple, flowering Crapemyrtle Dove-Tree Corneliancherry Dogwood Dogwood, flowering Dogwood, kousa Dogwood, Pacific Elm, American Elm, Lacebark Elm, water, planertree Elm, winged Eucalyptus, gum tree Evodia Fig Franklinia Fringetree, Chinese Fringetree, white Goldenrain tree Hackberry, common Hickory, pignut Honevlocust Hophornbeam Hornbeam, European Horsechestnut

Horsechestnut, red Jujube, Chinese date Katsuratree Laburnum, waterer Linden, littleleaf Locust, black Magnolia, Ashe Magnolia, saucer Magnolia, star Magnolia, sweetbay Maple, amur Maple, bigleaf Maple, hedge Maple, Japanese Maple, Norway Maple, paperbark Maple, Southern sugar Maple, trident Maple, vine Oak, bluejack Oak, bur Oak, chestnut Oak, laurel Oak, Oregon white Oak, pin Oak, post Oak, Shumard Oak, swamp chestnut Oak, turkey Oak, water Oak, white Osage Orange Pawpaw, common Pear, flowering Pecan Persimmon Pistachio, Mount Atlas Pistache, Chinese Plum, blireiana Poplar, white Possumhaw Redbud, Eastern Redbud, Western Redwood, dawn Sassafras, common Silverbell, Carolina Snowbell, fragrant Snowbell, Japanese Soapberry, western Sourwood Stewartia, silky Stewartia, Japanese Sugarberry Sweetgum Tupelo, black Tupelo, water Walnut, black

Walnut, English

Willow, coastal plain Winterberry Witchhazel, common Yellowwood Zelkova, Japanese

Deciduous Shrubs:

Glossy Abelia

Anisacanthus Azalea, flame Barberry, Japanese Beautyberry, American Beautyberry, Japanese Blueberry, highbush Broom, Scotch or common Buckeye, bottlebrush Buckthorn, Carolina Butterfly Bush Chokeberry Cinquefoil, bush Cotoneaster, cranberry Cotoneaster, many-flowered Cotoneaster, spreading Cotoneaster, rockspray Cotoneaster, willowleaf Crapemyrtle Croton, Alabama Corneliancherry Dogwood, Tatarian Duster, fairy Enkianthus, redvein Euonymus, winged Filbert, European Fothergilla, dwarf Forsythia Fothergilla, large Fringetree, Chinese Fringetree, white Groundsel bush Honeysuckle, winter Huckleberry, Elliott's Hydrangea, bigleaf Hydrangea, oakleaf Indigo, Himalayan Jasmine, winter Kerria, Japanese Lilac Plum, Chickasaw Quince, flowering Redosier dogwood Rhododendron, Korean Rose, redleaf Rose, rugosa Rose-of-Sharon Rusty blackhaw Smoketree Snowbell, bigleaf Spicebush

Spirea, Bumald Spirea, thunberg Spirea, Vanhoutte Sumac, staghorn Summersweet Clethra Sweetleaf, horse-sugar Sweetshrub Sweetspire, Virginia Tamarisk Viburnum, American Viburnum, arrowwood Viburnum, Burkwood Viburnum, David Viburnum, doublefile Viburnum, European Viburnum, Koreanspice Winterberry Winterhazel, fragrant Witchhazel, Chinese Witchhazel, hybrid

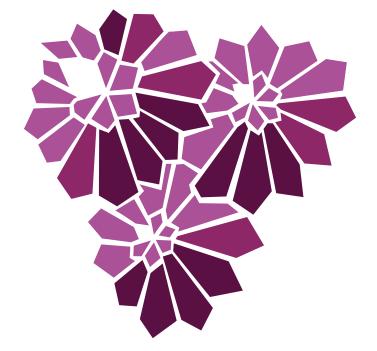
Conifers:

Arborvitae, Eastern Arborvitae, Giant Arborvitae, Oriental Cedar, Atlas Cedar, deodar Cypress, Arizona Cypress, bald Cypress, Leyland Falsecypress, Hinoki Falsecypress, Sawara Falsecypress, Whitecedar Fir, fraser Hemlock, Canadian Juniper, Chinese Common Juniper Juniper, creeping Juniper, japgarden Juniper, Rocky Mountain Juniper, savin Juniper, shore Juniper, singleseed Juniper, Southern Pine, Japanese red pine Pine, Japanese umbrella Pine, lacebark Pine, longleaf Pine, mugo Pine, pond Redcedar, Eastern Redwood, dawn Torreya, Florida Yew, Anglojap Yew, Japanese plum

www.hgtv.com

ZONE 7 **ANNUALS** & PERENNIALS

Here's a list of the Annual and Perennial flowers that thrive in our area.



Perennials

Angel's Trumpet

Aster Astilbe

Baby's Breath Balloon Flower Barrenwort

Basket-of-gold Beard Tongue Bear's Breeches

Bee Balm Begonia, hardy Bellflower

Bergenia Blanket Flower Bleeding Heart

Bluestar Boltonia Brunnera Bugbane Bugleweed **Bugloss** Calamint Campion

Candytuft Cardinal Flower Chamomile

Chrysanthemum Canna Cinquefoil Colewort

Columbine Coneflower Coral bells Coreopsis Cranesbill Crocosmia

Dianthus, pink, carnation

Elephant's Ear Fleabane Foamflower Foxglove

Delphinium

Daylily

Gas Plant Gavfeather Globeflower Goatsbeard Golden-ray

Hedgenettle, Scarlet

Hellebore

Hibiscus, Rose Mallow

Hosta Iris

Lady's Mantle Lamb's Ears Lavender Lavender Cotton Leopard's-Bane

Lily Liriope Meadow Rue Meadowsweet Flowering Onion **Pearly Everlasting**

Peony Phlox

Pincushion Flower Plumbago, Leadwort

Poppy Primrose Red-hot Poker Russian Sage Salvia Sandwort Sea Holly Sea Lavender Solomon's Seal Speedwell Sunflower

Thrift, moss pink Thrift, sea pink Valerian Verbena Violet Windflower Wormwood

Yarrow

Garden.lovetoknow.com

Annuals

African Daisy Annual Phlox Annual Toadflax Annual Vinca Black-Eyed Susan Blue Lobelia

Browallia

Bush Morning Glory

Cape Mallow Cardoon Celosia Centradenia Chamomile

Coleus, shade-loving trailing Coleus, shade-loving, blended leaf Coleus, shade-loving, edged leaf Coleus, shade-loving, solid leaf coloring Coleus, shade-loving, veined pattern

Coleus, sun-loving trailing Coleus, sun-loving, blended leaf Coleus, sun-loving, edged leaf Coleus, sun-loving, splotched leaf

Cosmos Euphorbia Evolvulus **Fountaingrass** Globe Amaranth Lantana

Nierembergia Oxalis Pansy Penstemon Plectranthus Poppy Salvia

Solanum Spurge Strawflower Savory Sweet Pea Verbena Wallflower Zinnia

www.bhg.com



PLANTING YOUR OWN EGGIFS

A few tips on how to grow your very own vegetable garden.

lanting and growing your own vegetable garden can be a very rewarding and fun experience. Not only do you get fresh vegetables that you've grown yourself, but also most homegrown produce is far superior in quality to that in most grocery stores. Sustaining a vegetable garden also gets you out into the fresh air and provides exercise in a stress-free environment. A vegetable garden is a commitment and takes some work but the wonderful benefits outweigh the effort.

There are many factors to take into account when planning your vegetable garden such as, your zone, the amount of space you have, and types of vegetables you prefer. Fortunately, here in Northern Virginia, we live in a great zone for growing vegetables because we have fairly mild winters, good rainfall, and a long growing season. As mentioned in the previous pages, we live in Zone 7, which has the coldest temperatures between 0° F and 10° F degrees during our winters which provides a nice long growing season starting near the end of February and going into November.

Vegetable Selection

One of the main parts in preparing your garden ready is the vegetable selection. Different vegetables grow better at certain times during the growing season, and some grow better in our zone than others. See the chart on this page to get an idea of the produce and times that are part of Zone 7. Don't forget to try other varieties though. Just because it's not on the chart doesn't mean it won't grow well here. Once you've tried growing for one season, you can then plan your next one knowing what worked and what didn't, as well as picking new ventures to try for the next season.

Garden Space

A second important part of planning your garden is the amount of space you can dedicate to your vegetables. Space allowance depends on the type of vegetables you choose to grow since some require more space than others. If your ground space is on the smaller side you could consider growing produce in individual containers above ground. In this case, many vegetables can be grown in containers but make sure the container is large enough for the root systems for the individual plant. Some vegetables with smaller root systems that do well in containers are beets, broccoli, carrots, garlic, herbs, lettuce, onions, radishes, spinach, peppers, and tomatoes. Of course there are many others as well, so if you are considering individual containers be sure to research the space that each plant will require.

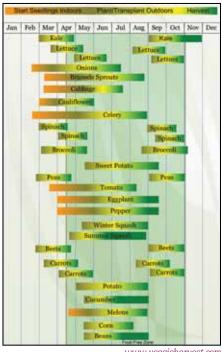
Soil Preparation

This may be the most critical part of creating your garden. The soil is where your plants find their food and nutrients, so you need to make sure that you have good quality soil that is free of most rocks, can hold moisture well, and can drain properly. It also needs a good pH level* tailored to your specific garden. Most commercial soils work very well and contain necessary fertilizer and organic matter combinations to support your garden, but keep in mind that different vegetables require different pH levels so make sure that your garden has the correct levels for what you would like to grow. Most nurseries will be able to assist you with the correct soil combinations.

* Soil pH is the measure of the acidity (sourness) or alkalinity (sweetness) of a soil. A simple numerical scale is used to express pH. The scale goes from 0.0 to 14.0, with 0.0 being most acid, and 14.0 being most alkaline. The value, 7.0 is neutral--i.e., neither acid or alkaline. http://pss.uvm.edu

Building Your Garden

As soon as you have planned your garden and gotten the soil tilled and prepared, you can finally start to build your new garden. Evaluate the types of vegetables you will be growing and divide them into categories such as



www.veggieharvest.com

climbing plants, plants with vines, and regular root plants. The climbing plants will require stakes or trellises, and the regular plants and vine plants require mounds. Make sure to create pathways to walk along when tending the garden so the vital soil around your plants doesn't get compacted. Your plants will appreciate the light and airy soil. When you're ready to sow your seeds, check on the plant spacing since each plant will require its own space as well as the seed depth. It's also a good idea to label your rows so you remember what seeds were planted where. Once the seeds are all in place, water thoroughly on a regular basis with a gentle spray and trim extra leaves as needed. And make sure they all get plenty of sunshine!

Enjoy watching your garden grow, and harvest the benefits of homegrown veggies that taste great and provide outstanding nutritional value.

Happy growing!



WELLS FARGO

ADVISORS

Leaving a job? Should you leave your retirement plan assets behind?

Need help deciding what to do with the assets in your retirement plan from a former employer? During these challenging economic times, it's more important than ever to find the right strategy for you and your goals.

Call today, and together we can explore all of the options for your retirement savings.



82

Stephen S. Siegle, CRPC® Financial Advisor 3019 Nutley Street Fairfax, VA 22031 703-760-5813 Stephen.Siegle@wellsfargo.com



Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company. ©2009 Wells Fargo Advisors, LLC. All rights reserved. [79470-v2] A1419

We're Moving!

360 Maple Ave W, Vienna, VA 22180

Call for a free consultation in our new office

703.242.1415

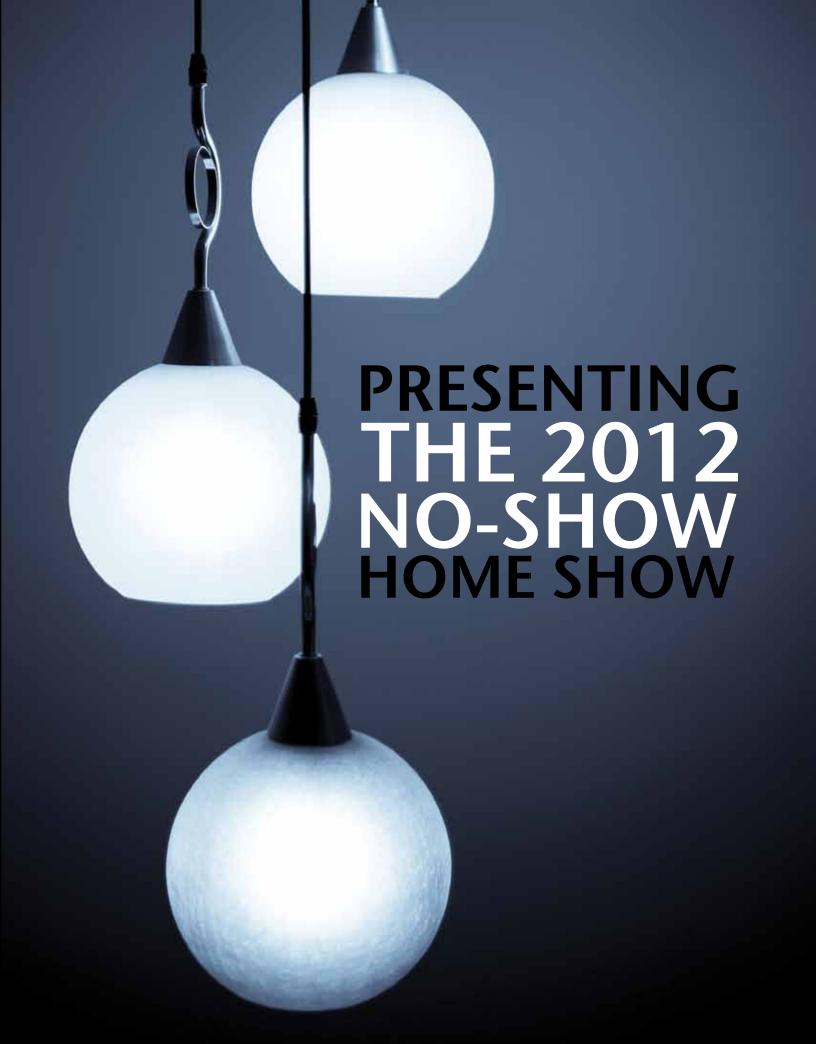
- Neck Pain •
- Back Pain •
- Carpal Tunnel •
- Bulging Disk •
- Pinched Nerve
 - Foot Pain •
 - Knee Pain •
- Shoulder Pain And More...

With over 20 years of experience in Sports Medicine and Chiropractic Training: "We've Got Your Back!"

Dr. Anthony Avedisian

Metropolitan Chiropractic, Massage Therapy, and Acupuncture Center www.metrochirocenter.com









VivaTysons | MAY-JUNE 2012 vivatysons.com

84

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



NO-SHOW HOME SHO'

Directory of Celebrated Service Providers.

TILE/FLOORING:

Jud Tile, Ltd.

204 Mill St NE # G, Vienna 703.255.5571 www.judtile.net

KITCHEN REMODELERS:

Terranova Design & Remodel

8543-Q Tyco Road, Vienna 703.761.0604 www.terranovakitchenandbath.com

LANDSCAPING AND LAWN SERVICES:

NRC Landscaping & Design

703.926.4113 www.iwantpavers.com (see ad on page 87)

Sislers Stone

7139 Lee Hwy, Falls Church 703.532.0169 www.sislersstone.com (see ad on opposite page)

Wheat's Landscaping

8620 Park Street, Vienna 703.641.4790 www.wheats.com

WINDOWS:

The Window Place/Renewal by Andersen

2814 Merrilee Drive, Suite A, Fairfax 866.648.6783 www.renewalbyandersen.com (see ad on page 86)

REMODELERS:

Sun Design Remodeling Specialists, Inc.

5795-B Burke Centre Pkwy, Burke 703.425.5588 www.sundesigninc.com (see ad on opposite page)

PLUMBERS:

John Nugent & Sons

1387 Chain Bridge Road, McLean 703.291.4465 www.nugentsons.com

CroppMetcalfe Services

8421 Hilltop Road, Fairfax 703.698.8855 www.croppmetcalfe.com

Long's Corporation 11215 Lee Hwy, Ste G, Fairfax 703.323.1776 www.longscorp.com

Steinhorst Plumbing Heating and A/C

7225 Little River Turnpike, Annandale 703.256.2421 www.steinhorstplumbing.com

HEATING AND AIR CONDITIONING:

John Nugent & Sons

1387 Chain Bridge Road, McLean 703.291.4465 www.nugentsons.com

CroppMetcalfe Services

8421 Hilltop Road, Fairfax 703.698.8855 www.croppmetcalfe.com

CARPET & UPHOLSTRY CLEANING:

Ayoub Carpet Services

3856 Dulles South Court, Chantilly 703.649.2921 www.rugcare.com

DUCT CLEANING:

Pure Air Service, LLC

20355 Potomac Landing Ter, Sterling 703.522.4551 www.pureairservice.com

GLASS INSTILLATION AND REPAIR:

Vienna Glass Company

204 Mill St NE # F, Vienna 703.938.8721 www.viennaglass.com

INSULATION:

AAPCO of Richmond

6710 Jefferson Davis Hwy, Richmond 804.271.2500 www.aapcohi.com (see ad on page 89 & 90)

ROOFERS:

Pond Roofing, Inc.

2987 State Route 699, Fairfax 703.573.8000 www.pondroofing.com

Douglas Roofing Co., Inc.

10503 Wickens Road, Vienna 703.255.9599 www.douglasroofingco.com

SHEDS AND DECKS:

Backyard Shed & Deck Company 11825 Mercury Drive, Manassas 703.396.7299 www.backyardshed-deck.com

LIGHTING:

Kolb Electric

11014 Sunset Hills Rd, Unit C, Reston 800.777.5652 www.kolbelectric.com

CLEANING AND MAID SERVICES:

The Maids

9518-A Lee Highway, Fairfax 703.691.7999 www.maids.com (see ad on page 11)

POWER WASHING DECK AND SIDING:

Elite Pressure Cleaning

8992 Mike Garcia Drive, Manassas 703.583.9274 www.washmydeck.com (see ad on page 86)

INTERIOR DECORATORS

Décor by Denise

340 Mill St NE, Ste F, Vienna 703.734.3293 www.decorbydenise.com (see article on page 122-123)

The Sanctuary

109 Church Street NE, Vienna 703.865.6477 www.sanctuaryonchurch.com

85

MAY-JUNE 2012 | VivaTysons vivatvsons.com





VivaTysons | MAY-JUNE 2012 vivatysons.com

86

TRANSFORM YOUR HOME ON A BUDGET





As we emerge from spring flowers into hot summer days, and impending summer vacations, summer camps or other surprise expenses, the budget may be a little tight for home improvements. But luckily, there are plenty of budget friendly projects that will keep your pockets full and your home looking stunning.

Beauty is in the details. Simple updates or changes will make your home feel fresh, and innovative. Large overhauls are expensive and take valuable time away from soaking up precious summer rays. These simple projects and ideas are quick, but they will fulfill that need for a little change in your surroundings.

Bedroom:

A pop of color makes all the difference. Interior designers use color as an inexpensive way to drastically change the look and feel of a room. Try a colored accent wall behind the headboard, or fresh curtains on the windows. Choose one of the less frequent colors in your bedspread for a shocking yet cohesive look. Another way to add a pop of color other than an accent wall is to paint the doors or ceiling for a unique take on adding color into your room.

Living room:

One of the simplest ways to update a room is to rearrange the furniture. You can make excuses that the furniture only fits this way or the TV must be in a particular spot, but a little creative thinking and your room could become a whole new space. Another benefit of this project is that it's free, unless your helpers beg for your famous chocolate chip cookies.

If however, your room really is unmovable you can still update with a simple project that will renovate the feeling of the room. It's as simple as changing the lighting. Those old standing floor lamps can be easily replaced with hanging lamps over your side tables for an inexpensive update. Ikea has many

lighting options that are both economical and modern, the perfect touch to renew your living room.

Kitchen:

Kitchen art can be tired and rarely changed unless a complete renovation is done. This creative project can bring your kitchen art from *blah* to beautiful with just a quick trip to the hardware store. If you have a large wall in your kitchen, you can take down those china plates and bring in this off-beat but beautiful feature, a homemade wall clock. You can find the clock motor at your local craft or hardware store. House numbers in many different styles are also readily available at hardware stores. But you can also get creative by using wallpaper as a backdrop or as the numbers themselves, vintage numbers from antique stores would also make a surprising addition to this project.

Bathroom:

Although on a budget, you may be stuck with your avocado tub a little longer, no one said the rest of your bathroom can't look spectacular. Simple renovations can spruce up any bathroom. Changing the hardware on cabinets and a new faucet will bring interest and attention to the small details in the bathroom. You can update cabinets that have seen better days with a coat of paint to accent the theme of the room. Also, wallpaper is making a comeback, especially in the bathroom where a little bit of pattern goes along way. Choose an accent wall and pick wallpaper that compliments the feel you want for your bathroom. Even updating towels and small inexpensive accessories can make your bathroom feel fresh.

Who said you can't have your cake and eat it too? An updated home with fresh accents and a fun-filled summer is all within your reach with these simple budget and time friendly tips. And there are a few rainy days in the summer; the perfect excuse for creating a marvelous indoor refuge.



Thinking About Building Your Dream Home?

If you've shopped around for a home construction loan, you have probably discovered that construction financing is very difficult and costly to obtain. **Southern Trust Mortgage** has the solution to this problem!

Offering:

88

- One Time Closing
- Fixed Rate During and After Construction
- 5/1 ARM Financing Available
- 31 Year Term Includes One Year for Construction
- Interest Only Payments During the Construction Phase
- Competitive Interest Rates and Fees



Call today for details!

(703) 663-9750

Apply online at: www.southerntrust.com/tysonscorner

8500 Leesburg Pike, Suite 7800 Vienna, Virginia 22182

Southern Trust Mortgage, LLC, a subsidiary of Middleburg Bank, is proud to be an Equal Opportunity Lender - NMLS 2921. 🛖

ENERGY SAVING TIPS

For Your Home.

- Keep windows closed and sealed tightly when A/C is on.
- Unplug appliances when not in use (i.e. hair dryers, microwaves, computers, power strips, TVs).
- At night, close the downstairs vents to force the cold air to the upstairs bedrooms, to isolate where the cold air goes.
- Defrost refrigerators and freezers before ice build up becomes a quarter of an inch think.
- Replace filters in the air conditioner and furnace regularly.
- Sealing cracks, gaps, leaks, and adding insulation can save up to 20% on home heating and cooling costs.
- Install shades, awnings, or sunscreens on windows facing south and/or west to block summer light. In winter, open shades on sunny days to help warm rooms.
- Replace old windows with new high-performance dual pane windows.
- Use fans with your air conditioner. Fans help reduce energy costs by circulating the cool air from your air conditioner. This allows you to raise the temperature and still be comfortable. Use oscillating fans for greater circulation.
- Setting your air conditioner 5 degrees higher will save up to 20% on cooling costs.

Tomorrow's Energy Today!

Solar Energy by AAPCO, LC

Produce Energy



- Superior Product Mono Cell Micro Inverter
- Higher Performance
 Panels Preform Independently,
 Maximizing Production
- Easy to Expand
- Industry Leading Performance Warranty
- Financial Return
 Better than the Stock Market,
 Bonds and Real Estate
- Environmental Benefits
 Reduces Carbon Footprint
 Over One Ton Per Year
- 30% Federal Tax Credit
- Up to 35% Savings on Heating and Cooling Costs

Call Today 800.849.8956

www.aapcohi.com

Class A Contractor-Lic. #2705-036452A

REE
Green Zone Reflective
Insulation with the
purchase of a
Solar System

Save Energy



- NASA Technology in your Attic
- Stops 97% of Radiant Heat
- Works for the Life of Your Home
- Needs No Maintenance or Replacement

Save Money

1/2 Price on R-38 Insulation

or **FREE**

with Green Zone Purchase

 Save up to 25% with Green Zone on your Heating and Cooling Bill!

Solar Energy by AAPCO, LC

Are you ready for gutter protection YET? GUTTERMONSTER" the most integrated gutter protection available Keeps gutter free of debris Protects against ice damming Integrates and strengthens your gutters and roof system Enhances and beautifies your roofline Comes with a lifetime warranty "We're so confident about GUTTERMONSTER™ that if your gutters ever clog again, we'll clean them for free." CALL TODAY AND LOSE THE LADDER! 1-800-849-8965

www.aapcohi.com

eShield ATTIC ENERGY BARRIER The most cost effective way to lower your heating and cooling bills **Uses NASA Technology** Stops up to 97% of radiant heat Works for the life of your home Needs no maintenance or replacement **STOP** Paying High Utilities! ESTIMATE

Save up to 25%+ on your energy bill, Guaranteed!

Remember last year's air conditioning bills?

Call 1-855-eShield

Save money year-round. Feel the comfort of eShield. You and your family will thank us for it! We guarantee it!



Take \$500 Off*

(with this ad • Min \$3,000 purchase)

*This offer not valid with any other discounts



eShield, Replacement Windows, Doors, HVAC Energy Efficient Systems and Siding.

1.855.374.4353 www.eshield-vg.com





Ithough rooted in the ancient mythology of gods and goddesses, and a British holiday called "Mothering Day," the modern American Mother's Day is a much more recent development. The first North American Mother's Day was conceptualized by Julia Ward Howe in 1870. She wrote a "Mother's Day Proclamation" for mothers to come together and protest the senselessness she saw of their sons killing other mother's sons in the Civil War. The day lived on for a few years with women's groups around the country participating, but when Howe stopped providing funds for the celebrations, they soon died out. Nonetheless, a West Virginia women's group, led by Anna Reeves Jarvis, celebrated an adaptation of Howe's Mother's Day to bring families and neighbors together who had been divided between Confederate and Union sides during the Civil War. After Jarvis' death in 1905, her daughter Anna M. Jarvis made it her mission to create a Mother's Day in honor of her own mother. In 1914, Woodrow Wilson agreed to declare it an official holiday; Anna had finally succeeded after she devoted her life to petitioning for the holiday. By the time of her death in 1948, over 40 countries around the world were celebrating Mother's Day.

The Far-Away Mom:



Sangria Bouquet

Spice up those yearly flowers and send something that will let Mom know you are really thinking about her. 1-800-Flowers offers this beautiful bouquet which is hand arranged by local florists and delivered right to your mother's door. Get out of the box and smell some fresh flowers!

www.1800flowers.com from \$49.99

The New Mom:



Child's Name Necklace

New moms can't stand being away from their bundle of joy, even for a couple of hours. This beautiful sterling silver name pendant will let the new Mom in your life keep her cutie close to her.

www.QVC.com (Shown: Posh Mommy Sterling Tag Simulated Birthstone Pendant w/ Chain) \$94

The Active Mom:



iPod Nano

Available in a variety of colors, this musical companion will keep your active Mom amused through hours of running, yoga or whatever her activity of choice may be.

www.iPod.com from \$129

The "I want the day off" Mom:



Spa Services

From a simple mani/pedi treatment to a full day of pampering, this gift can fit any budget. Your mom will enjoy a relaxing day of feeling pampered and know how much you truly care.

Check your local spas.





92

Digital Picture Frame

So many pictures, so little wall space! Help is here for that photo-happy Mom. This digital picture frame scrolls through some of her favorite pictures, making sure everyone in the family gets their close up!

www.Amazon.com (shown: Pandigital PanImage PI1003DW 10.1-Inch Digital Picture Frame) \$88.98

FATHER'S DAY

The first Father's Day was held in Spokane, Washington in 1909, by Sonora Smart Dodd, in honor of her father who raised six children after the death of her mother. After the initial Father's Day, Sonora petitioned for Father's Day to be made a national holiday, but was met with some resistance. Finally in 1972, President Nixon created a permanent national observance holiday for the third Sunday in June. Now countries around the world have adopted Father's Day, and the traditions of spoiling fathers on that day.

The "I want my Saturdays back" Dad:



Landscaping Services

Although a man's yard is seen as his domain; pulling weeds, mowing grass, and raking leaves is not all it's cracked up to be. Release Dad from the entrapment of overgrown vines and scraggly shrubs and treat him to landscaping services. Now his yard will look great and his golf stroke will thank you too.

Check your local companies/landscapers.

The Grill Master Dad:

Digital Thermometer BBQ Tongs

Cook a perfect steak every time. This useful tool measures the inner temperature of seven different types of meats in five quick seconds. No more guesswork - only delicious food and a very happy dad.

www.SharperImage.com \$34.99

The Connected Dad:



Aqua Box

This all-purpose case protects your smart phone from all of the elements, while also providing full functionality. Sand, sun, water and hard falls will have no effect and a floating lanyard provides extra piece of mind. Stay connected in any environment!

www.Walmart.com \$29.88

The Social Dad:

The Entertainer

A perfect gift for the Dad that loves to entertain, or be entertained. Complete with playing cards, dice, wine tools, and a bottle of wine, your Father will be sure to have hours of enjoyment with this Father's Day gift. Bring the party where ever you go!

www.GiftTree.com from \$84.95 (Depending on wine choice)



The Wine Loving Dad:

Wine Breather Carafe

This easy-to-use wine aerator will bring out all the complex flavors of your father's favorite wine. It also won't slow down the drinking process -- only a few minutes to a perfectly balanced wine.

www.UncommonGoods.com \$50

93





MISSING MOTHER'S DAY

by Colleen Sheehy Orme

sat in the small bedroom of my sister's house overwhelmed with regret. The fan hummed, while a faint, delicately beautiful *Ave Maria* echoed from the metal box in the corner. Outside the room, in the living room of my sister's split level home I could hear the joyful squeals of my nephews; several of them still far too young to understand the life change ahead of them. Then I did it. I finally forced myself to look at her. The frailness of her once one hundred and thirty pound frame shocked me. Now a mere ninety pounds or so, my once beautiful, vivaciously strong mother was disappearing before me. Her chic, silvery hair that she loved so much was now matted down around her lovely face.

I studied her. I examined the slight overlap in her otherwise perfect front teeth and the way her fingernails curved upward a bit. I ran my fingers along hers, as I had as a child whose hand playfully gripped hers for joy, comfort, and safety. I stared at her skinny little legs that I always wished I would inherit and the slight age spot on her arm that she always hated. Yes, I studied all those wonderful things that made her who she was. I studied them. I memorized them for fear that time might steal my precious memory of her.

I pulled my stark, wooden seat closer to her bed, scraping the floor slightly as my limp body failed to carry it along with any real conviction. There would be no real good-bye. Alzheimer's was the thief that had stolen it from us. Instead, I was left alone and lonely for her.

She would like this I thought. She would love being in the home of one of her children, the window cracked to the sounds of the street as the fan broke the stiffness of the August air. Yes, she loved fans, having grown up on Berkley Place in the Park Slope section of Brooklyn in the pre-air conditioning era.

She would have loved the music saturating the air. She had been graced with an amazingly, beautiful and stunning voice. She had sung at each of our weddings, in some ways making up for her missed opportunity with the New York Opera.

A luxury my grandfather could not afford on a policeman's salary.

If she could, I thought, she would smile to know this was where she would say her goodbyes. She would have loved her grandchildren hopping in bed lovingly with her now tired body, her children adjusting the comfort of her pillow and the washcloth that eased the dehydration of her now closed eyes. She would have adored her family and friends milling in and out and in and out, as goes the familiar dance of the dreaded and painful goodbye. It was the precursor to the Irish wake. Yes, Mom loved the Irish and the way they celebrated those they loved, in both life and death.

My head drooped, my shoulders followed and images flooded my heart. I could see her familiar and love-filled smile when she caught even a slight glimpse of one of her children. I could hear her shuffling around the kitchen and see her filling up our plates in one of her many expressions of love. I could feel the crisp white paper nestled between my hands as I read one of her many scribbled love messages she would leave on the kitchen stove. I could touch the soft cashmere sweater that she had found while out shopping a sale and left for me to discover in my room. I could trace the steps of our childhood home down the hallway towards her room where she would peek from behind her book, smile as she'd say, "I love you" and rest once she knew I was home safely.

My mother was fluent in the language of love. No, my mother was fluent in the language of unconditional love.

A rush came over me. I was filled with the vulnerability of a five-year-old child. I was her child. I wanted it to stay that way. The adult in me evaporating in the only relationship that allowed it. Only with her, would I ever have that privilege.

She would parade me around town as a child, announcing that I was "her baby." The youngest of five, my mind flashed back to an event I attended with her at the age of twenty five. "Have you met my baby?" she announced. "Mom," I anguished, "I'm old now." But she just laughed, "You'll always be my baby."

I thought back to her scribbled 'love' notes. She used to sign them, "I'll be with you forever." It was our thing. I had started it many years before. A little girl of maybe six or eight; I can't remember for sure. I would leave her notes all over the house, but mostly I would display them predominantly on her bedroom door for all the world to see. Sometimes written and other times painstakingly typed out in the hand held label makers of the seventies. Lovingly clicking on each letter to produce our coveted quote, "I'll be with you forever."

The clock suddenly caught my eye; 11:00 p.m. My eyes made my way back to the original love of my life. There's only one more hour in the day I thought, and in that moment I realized what I should have been doing all along. I should be holding her hand.

After all, she had held mine through the happiest, the scariest, sweetest, and funniest moments in my life. I would return that favor. I would hold her hand now. I would make sure that she didn't leave this world alone. Emotion overwhelmed me. I prayed to ease her suffering and fought my way through her favorite prayer, the 'Memorare', the tears now storming down my cheeks and my body convulsing with pain.

My sister Kathy and my uncle, her brother Paddy, broke the silence as they softly walked into the room. One last prayer before my uncle, the priest would leave for the evening and return to his Washington, D.C. parish. My chair centered in the middle sent my uncle heading to my right and my sister Kathy heading to the foot of the bed. As my sister and I bowed our heads and awaited my uncle's prayer, he uttered the words I had dreaded my entire life, "She's left us." The screams that left me and that shattered the stagnant August air felt as though they were being ejected from someone else's body.

Though together, I am certain that the three of us were utterly alone.

I buried my head into the woman who had made the world safe and loving, wonderful and worthwhile and whispered, "you'll be with me forever."

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





TREND FITTED WAIST SILHOUETTE What to wear and watch for in the coming season.

H&M Light Blue Fitted Bodice Dress www.HM.com





Milly Avery Jacquard Dress www.NeimanMarcus.com





Flame of Reference Dress www.ModCloth.com



96



RED - Valentino www.SaksFifthAvenue.com

•



•

•



Kate Spade Wild Card Zahara Dress www.KateSpade.com



•

•

•

• • • • •



GADGETS SEGIZIMOS SEGIZIMO



Pet Top Portable Drinking Devices www.PetTop.com

As the weather gets warmer, the Pet Top® portable drinking device is a must for any pet owner. The unique patented Pet Top® is designed to provide a neat and convenient water supply for your pet when you're on the go – it merely attaches to the top of most water bottles. The water flow is also adjustable – working for any size pet! Makes a great gift for the pet lover.









SpillNot www.TheSpillNot.com

97

The SpillNot® is an elegant solution to the ubiquitous problem of spills while carrying an open beverage such as a mug of coffee or tea. Based on the fundamental laws of physics, it is astonishingly effective.

The SpillNot® allows a single open beverage in a wide variety of container shapes and sizes, to be carried easily for long distances with amazingly little risk of spilling and without excessive concentration to avoid spills. The non-intuitive nature of the solution is so striking that in action, the invention is fascinating to observe.

Ultimate 5-in-1 Geek Pen www.OfficePlayground.com

The 5-in-1 Geek Pen is five devices in one. It has a UV light to detect counterfeiting, a laser pointer for presentations, a flashlight for illumination, a stylus tip for PDAs and games, and a ballpoint pen tip for writing. Have this pen with you and you'll be prepared for even the most unusual situations.







Leveling the Playing Field.

by Rick Mundy

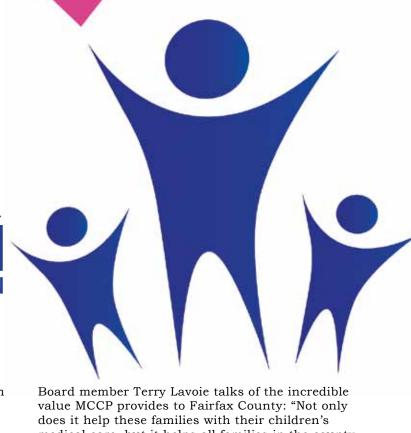
98

housands of children in Fairfax County from low-income, uninsured working families do not have access to doctors or dentists when they need them. By funding health care for these children, MCCP Foundation has been helping keep children healthy for over 25 years.

There are 8-9,000 children who qualify for such assistance and MCCP is able to help many through its public/private support program, but there is a long way to go to reach all of them. Partners include Fairfax County government, corporate, foundation and individual financial supporters, and the medical community -- Kaiser Permanente who provides for 1400 slots, plus 300 doctors and dentists providing free or reduced-cost care.

Last year, MCCP placed a major emphasis on dental care, providing \$400,000 worth of care to children, some of whom had never had any dental care before. This effort was a great success but much more needs to be done.

MCCP Foundation was incorporated in 2009, taking on the fundraising and coordination of a program that previously had been offered through Fairfax County. With a staff of two, Executive Director Margery Leveen Sher, and Operations Manager Stacey Hardy, the Foundation relies heavily on volunteers, its board of directors, and the generosity of local residents.



Board member Terry Lavoie talks of the incredible value MCCP provides to Fairfax County: "Not only does it help these families with their children's medical care, but it helps all families in the county by ensuring that more children are coming to school healthy and ready to learn. Kids who haven't been able to perform well, do better and succeed when they're healthy."

Former MCCP participant Jorge Ramallo spoke at last year's MCCP Foundation gala. His remarks demonstrate the tremendous impact this program has:

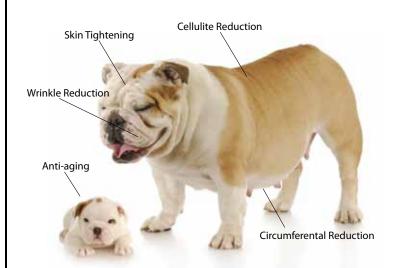
[Our mother] "would have never been able to get through that first year without the help of others, including wonderful MCCP ... suddenly my mom was able to take us to a doctor to get a checkup before school started ... Your donations helped pay for well child visits, ophthalmology visits, emergency visits, labs and medicines ... That being said, the greatest gift you gave my family was the gift of peace of mind." Inspired by those doctors, Jorge applied to medical school and is now a second year medical student at Yale University.

Upcoming opportunities to offer financial support include a "Friend-Raiser" at Evo Bistro on Sunday, June 3rd. Follow VivaTysons' Facebook page for more news on these and other events. Also, go to mccpfoundation.org for more information and to donate!



7506 Leesburg Pike Falls Church, VA 22043 info@VitaliaMedSpaVA.com

703.356.SKIN (7546)



Yes, age creeps up on all of us.

At Vitalia, we can help you explore your potential to minimize the aging process.

We help solve problems such as those pesky wrinkles on your forehead, or the discoloration on your face or hands.

Or that relentless cellulite!

The possibilities are endless!

Summertime Special!

35% off 6 treatments of laser hair removal!

Please present this ad at time of service \cdot Expires 6/30/12

www.VitaliaMedSpaVA.com



The exclusive "Members Only" Rocky Patel Cigar Bar offers members a first class experience with couches, plasma TV's, an expansive humidor, and top shelf scotch, whiskey, and tequila. And ... a full line of Rocky Patel Cigars and premium brands from around the world.

Interested? www.irisloungeva.com



Rocky Patel Cigar Bar at Iris Lounge 1524 Spring Hill Road | McLean, VA 22102 703.760.9000





TICK, TICK,



by Keith Loria



Spend a little time in the showroom of The Clock Shop of Vienna and you'll hear an almost constant array of different bells and chimes, as the various grandfather, cuckoo, and antique clocks play their beautiful notes.

It's sounds that clockmaker Donny Sobel doesn't even think twice about, as he can carry on any conversation without being distracted.

"It does become background, but it's more of a learned ability," says Sobel. "Think of when you first moved into your house, you probably heard the ice maker run or the furnace go on and off; until your mind has been taught, you're going to wake up. Eventually, the sounds don't bother you."

Sobel, along with his wife Gail, and sister Judy run the shop, and Donny's mom Shirley (known by customers as "Mom") was a big part of it as well up until three years ago, when she decided to retire.

The store opened in 1973 when Sobel wasn't finding much luck with his construction business and was looking for a new challenge.

"I had a small construction business with a partner, and things bottomed out and we couldn't do nice work for the prices we were able to achieve and this is where I ended up," Sobel says. "I started this, brought my family in, and we've been doing it ever since."

The idea to start a clock shop didn't come out of nowhere. Growing up, Sobel's parents were in two businesses that sold materials, tools and equipment to the watchmaker and clockmakers throughout Washington D.C., so he had been involved somewhat in the world.

"My personal interest is that I like to play with the tools and use the tools," Sobel says. "I had no finesse about it, but I knew how to fix clocks. We hired a gentleman to work with us—a good family friend named Tony Seguto, a well known watchmaker—and he was my mentor."



Sobel has always been intuitively mechanical, taking cars and other equipment apart when he was a teen and putting them back together.

When the business first opened, Church St. looked a little different.

"Things were a bit more personable, buildings less imposing, and parking more generous," he says. "Things have changed."

The store contains hundreds of clocks dating back centuries, with a selection from renowned clock manufacturers such as Howard Miller, Sligh, Comitti of London, Herschede, Hentschel, Hermle and Ridgewa. There's also one-of-a-kind specialty clocks built by David Lindow and Jim Schott.

Over the almost 40 years they have been in business, The Clock Shop of Vienna has serviced clocks for The White House, the National Naval Observatory, the Department of Defense, and hundreds of other customers. Sobel estimates that he and his team have restored more than 25,000 clocks since the beginning.

"I can't say I have ever come to work and been bored. So many different things to do and so many different types of clocks, and rarely have two of them required the same treatment," he says. "It's a puzzle, which is challenging. A Sherlock Holmes novel. You are looking for the tiniest of clues to help you solve problems. Most any good clock repair is going to require an in-depth clock repair under some magnification to find the root causes of why it's here in the first place."

The second floor of the building is comprised of Sobel's workshop, where he fixes, cleans, and restores the clocks—all by hand, with a collection of tools that would rival any mechanic's garage in the country.

"I'm a certified tool-aholic," he says. "If there's a tool out there that can help improve the work, the finish, or the quality, I will try to acquire it."

Working on wheels and pinions, Sobel has a doctor's touch when creating and restoring parts for the clocks.

"I don't make a whole clock from scratch. I'll make individual parts for a clock that's brought in," Sobel says. "When you service a clock, which should be once every three years, what you need to do is remove the oils from the clock and re-oil the clock with a synthetic oil."

One clock in his workshop that he's currently working on is an 1805 English Bell, cable cranked, that has so far taken him about two years to restore. Of course, not every clock takes that long to fix. Some can take hours, days, or even months.

If someone brings in a modern clock that needs service, Sobel will spend time looking at the clock with them and educating them about what was wrong, and how to fix it. Things that need periodic maintenance, he may need a month to clean and service it.

"I don't have a typical day, which makes the job interesting to me," Sobel says. "There's very rarely the same thing to do two days in a row."

His day normally begins with a walk around the showroom making sure that the clocks are running and those he is working on are functioning properly. Judy is in charge of winding the clocks on a weekly basis and Gail handles the customers.

Education is important to Sobel and the number one rule that he wants anyone with a clock to understand is, "Don't force it. If it doesn't want to move, don't turn it harder. Find out why it's jammed."

Other quick tips he offers includes:

- Read the manuals
- Never use liquid on the clock
- Don't use WD40
- When all else fails, refer to rule No. 1

"If you are going to move a clock or bring it in, you should remove anything that's loose," he says. "Wrap everything separately and don't put the weights back in the cabinet."

A big pet peeve of his is when people who are moving wait until the day of the move to ask how to package. "This is something that requires forethought and planning," he says.

Sobel is always open to talking with customers and helping them learn a bit about their clock, and there's no charge for advice.

"I am not trying to drum up business, but I am trying to get people to understand that if they want their clocks to last, they need to take care of them," Sobel says. "Whether it's myself, or themselves, or someone else, that clock should be lubricated with a proper oil every three years."

Sobel is even willing to teach a competitor clock shop some tricks of the trade to keep the profession alive. When a young clockmaker named Ryan Johnson asked if he could come into the shop for advice, Sobel welcomed him. Johnson is part owner of a clockmaking business he runs with his father-in-law in nearby Alexandria, Virginia. "Ryan is picking up a little of the finesse that Tony passed on to me, so I am passing it on to him," he says.

While the shop is always busy, Sobel will also do house calls twice a week, for those clocks that for some reason or another, just can't be moved. Be warned, however, that he's often booked months in advance.

"For the most part, I really love the people who come through the door. I love the challenges with the clocks," he says. "I like working with my family and we keep an eye on each other."

In other words, for Sobel, it's been a great "time."

author: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton workat-home dad can be found playing with his daughters Jordan and Cassidy.



SENIOR SPOTLIGHT

Meet our Local Area Seniors.

If the dullest person in the world would only put down sincerely what he or she thought about his or her life, about work and love, religion and emotion, it would be a fascinating document.

~A.C. Benson, 1906, "From a College Window".

We do not believe there are any dull people here in the Tysons area, and there are thousands here who have lived long and interesting lives. In this and future issues, *VivaTysons* will spotlight the lives and stories of our area's seniors. This section will also offer information, ideas, and tips to take advantage of the opportunities and address the challenges for senior adults living in Northern Virginia. Our calendar will present upcoming events and seminars of particular interest to folks 55 and older.

In Fairfax County, 21.9% of the population, or 230,000 of the 1.05 million residents, are 55 and over (US Census). Almost 10% are over 65 years of age. (In McLean, 31% of the residents are over 55.) The 230,000 senior population is projected to increase to 293,000 over the next 20 years. Clearly there will be a heavy increase in demand for senior services and living accommodations for the senior adult population.

Help is here

Fortunately, Fairfax County's Services for Older Adults already provides or will help find a great many services that seniors can enjoy: recreation, care management, caregiver support, insurance counseling, in-home services, transportation, meals on wheels, nursing homes/assisted living, adult protective services, adult day health care and more. Contact the office at 703.324.7948, TTY 711 or online at www.fairfaxcounty.gov/dfs/OlderAdultServices. Other sources of senior information include the Guide to Retirement Living's SourceBook, Beacon Newspaper, and the county's own Fairfax 50+ E-News and their Golden Gazette monthly newspaper.

Help us out

If you know a senior who should be in our Spotlight series please contact us. While we're at it, what is your preferred title for senior adults? Senior Citizens? Older Adults? Send your nominations and/or your thoughts (and include your age) to rick@vivatysons.com.

TONI BALCAEN

At 100 years old, Toni Balcaen has experienced more than most of us.



A t 100 years old, Toni Balcaen has experienced more than most of us. A Chesterbrook resident, she took time recently to reflect on her long life.

At 5 years old in 1917, Toni's family traveled from her native Genoa, Italy to join her father who had a farm in Gilroy, California. She remembers the bobbing heads of survivors from a ship that had recently been attacked by the Germans, as their ship stopped to rescue them. It took 26 days to cross from Italy to Ellis Island, avoiding German boats all along the way.

Several years later, after graduating from San Jose Business College, she joined the War Department and served during World War II, the Korean War, and the Vietnam War. During World War II, in addition to her personnel duties, Toni was also the war bond officer for her inspection unit and was recognized for achieving 100% participation in bond purchases. She refuses to reveal just how she accomplished it, but did admit that she regularly threatened to publish the names of those who didn't buy bonds. One's participation also helped assure that their papers were processed properly.

During a portion of her time with the army, she worked in Germany allowing her to travel, where she found her native village and relatives, plus Florence, Rome and the Vatican. Attending Mass at St. Peter's, Toni notes that Mass is not the same there. "They clap and make a lot of noise during Mass," she exclaimed.

Toni retired in 1972, but never stopped being active. While her husband wanted her to help with his boat, she says, "I freckle and burn and I wasn't about to sand and paint that boat all day." She proceeded to join every cultural organization she could find in the area, including the opera. Once there was an extremely nervous teenage girl waiting to audition for the chorus and praying the Rosary. Toni told the girl to get out there and she would continue the Rosary where she left off. The girl won the slot and continued with the company for years.

Toni continued her volunteer work until the age of 89 and continued swimming, a favorite pastime, until 93. Today she stays busy with activities at Chesterbrook as well as hosting family and friends who stop by for visits. Toni will be 101 on September 17.





MAEBELLE FUSELIER

Laissez les bons temps rouler! (Let the good times roll!)



t 92 years old, Vienna resident Maebelle Fuselier has enjoyed an active life. Born and raised in Mamou, Louisiana, "the heart of Cajun country," she lived there until her marriage at 19 when she and husband Burleigh moved to Lake Charles, LA.

In 1942 Burleigh joined the service. She started joining him on his European tours and traveled for the next 35 years, living in seven different countries, first Germany, then France. After France, he retired from active duty, and they let their 3 children decide. Did they want to keep traveling or was it time to return to the US? Not surprisingly, the children chose travel, so Burleigh took a position with the State Department as an interpreter for NATO. Maebelle and her family continued their nomadic life in Korea, Morocco, Belgium, Vietnam and Austria.

She laughs about incidents while the children were growing up, like when a teacher met with Maebelle about her daughter's poor schoolwork and told Maebelle to stop helping their daughter because the school taught things differently these days and she was confusing their daughter. Or, the time her daughter wasn't eating lunch at the French school - "But, Mom, I wanted milk and they served me wine."

Actually, she was not in Vietnam for long when both daughters announced plans to get married so Maebelle decided she needed to head home to make their wedding dresses. Maebelle has been sewing since she was 7 years

old and loves it. Today she mostly sews for her great-grandson, William.

Another of Maebelle's great interests is the over-50 group from her church. She loves to travel with them (what a shock!) and finds great joy in being with people her own age.

At the same time, she has a very close family. "We watch out for each other. If you need, you call." She lives with her daughter and son-in-law, Michelle and Johnny Hanna, and still fondly recalls, after Burleigh passed away, when Johnny told her that their house was big and she should come live with them.

When she's not sewing or traveling, Maebelle is busy with cooking - Cajun food, of course. "The problem here in Virginia is that you can't get good sausage to make gumbo," she laments.

Reflecting on her life to date, she posed and answered her own question, "What do I have to show for my life? I'd have to say 'my kids'. I'm proud of their long marriages and of what they've accomplished and hope that I have had some influence on how they turned out."

She doesn't believe there is any great secret to living a long life other than keeping active. "I wake up every morning and thank God that I'm alive and I help people out when I can."

But enough philosophizing. She's busy planning a trip back to Lake Charles. What does she hope to find? Some of that good Cajun sausage, of course.

CALENDAR OF EVENTS FOR SENIORS

To register for seminars listed below, please visit www.fairfaxcounty.gov/calendar

Tuesday, May 1 3PM - 4:30PM

Free Seminar for Family Caregivers of Older Adults: "Financial Issues for Caregivers" George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA Event Contact: Lucy Gerland 703-324-5849, TTY 711

Tuesday, May 8 7PM - 8PM

Free Telephone Support Group for Family Caregivers of Older Adults Event Contact: Michelle Smith 703-324-5484, TTY 711

Tuesday, May 15 7PM - 8:30PM

Free Seminar for Family Caregivers of Older Adults: "Communicating with the Doctor"
Burke Center Library
5935 Freds Oak Rd,
Burke, VA
Event Contact: Lucy Gerland
703-324-5849, TTY 711

Wednesday, May 16 1PM - 3PM

Fairfax Area Commission on Aging Mason Governmental Center -Main Room, 6507 Columbia Pike, Annandale, VA Event Contact: Brenda McGrail 703-324-7746, TTY 711

7PM - 8:30PM

Free Seminar for Family Caregivers of Older Adults: "Rheumatoid Arthritis (RA) Answers" Chantilly Regional Library, 4000 Stringfellow Rd, Chantilly, VA Event Contact: Lucy Gerland 703-324-5849, TTY 711

Friday, May 18

Free Seminar for Family Caregivers of Older Adults: "Legal Tools for Caregivers" Reston Regional Library 11925 Bowman Towne Dr, Reston, VA Event Contact: Lucy Gerland 703-324-5849, TTY 711

Thursday, May 24

Free Seminar for Family Caregivers of Older Adults: " Legal Tools for Caregivers" Thomas Jefferson Library 7415 Arlington Blvd, Falls Church, VA Event Contact: Lucy Gerland 703-324-5849, TTY 711

Tuesday, June 12 7PM - 8PM

Free Telephone Support Group for Family Caregivers of Older Adults Event Contact: Michelle Smith 703-324-5484, TTY 711

Wednesday, June 20 1PM - 3PM

Fairfax Area Commission on Aging Lincolnia Senior Center 4710 North Chambliss St, Alexandria, VA Event Contact: Brenda McGrail 703-324-7746, TTY 711



FALLS CHURCH

The Little City Is Bursting with Vibrancy and Creativity. by Rick Mundy

ooking for something to do, someplace to visit?
Look no further than the bustling City of Falls Church.
With so much to explore and so many venues to enjoy,
The Little City is anything but little in its opportunities
for adventure.

Restaurants Everywhere

Hungry? Let's start with something to eat. It's all part of the Falls Church experience. Falls Church boasts over 125 restaurants in their online dining guide. The directory gives details on the restaurant, type of cuisine, contact information and major features of each. You'll find a huge variety of cuisines, everything from American like the popular Dogwood Tavern on Broad Street or Elevation Burger on Washington Street to 40+ Vietnamese restaurants, largely concentrated at the Eden Center at Seven Corners.

Choose from Irish (Ireland's Four Provinces), Italian (Argia's), Indian (Haandi), or even two brew-pubs (Mad Fox Brewery and Dogfish Head Alehouse).

Maybe it's breakfast you're after. Try the Original Pancake House. Then there are coffee houses, bakeries, delis and a vast array of pizza choices.

You can find the complete list at FallsChurchVA.gov, click on "Dining Guide." The pocket guide is also handy, but it's hard to keep up-to-date with all the new restaurants arriving in town.

To Market, To Market

Maybe you don't eat out for every meal. The Falls Church Farmers Market is open every Saturday till noon, all year long, rain or shine, in the City Hall parking lot. You'll find fresh produce, breads and pastries, cheese, meat, sauces, prepared foods, chocolates, dips and dressings, plus flowers and plants. And again, if you're hungry, some booths offer outstanding snacks. This farmers market was voted #1 in the medium category in a contest sponsored by the American Farmland Trust.

If you're looking for that same fresh local fare during the week, check out Local Market on Broad Street which offers produce, breads, sweets and other locally grown and organic products.

Arts, Music and Entertainment

Without a doubt, one of the keys to Falls Church's charm is the plethora of artistic and musical talent that abounds in the city. A focal point for much of this talent



is Falls Church Arts which serves to promote the visual, performing, literary, and applied arts.

Their mission is "to ensure that the arts are an essential part of the cultural environment of the city of Falls Church." With regular shows held at Creative Cauldron at ArtSpace on Maple Ave., FCA showcases many outstanding local artists. Learn more at FallsChurchArts.org.

Since 2002, Creative Cauldron has been providing learning and participation opportunities for adults and children in the visual and performing arts. Programs are offered year-round. Their mission states, "Guided by the belief that creativity is a fundamental need of the human spirit whether one is eight or ninety-eight, Creative Cauldron strives to make learning experiences in the arts available and affordable to the community it serves." Catch a performance or sign up for a class. See more at CreativeCauldron.org.

Another huge cultural entertainment effort is Firstfriday of Falls Church. Each month the participating merchants create a lively evening of culture and entertainment. Merchants like Art and Frame of Falls Church, Stifel and Capra, and Fall Properties feature art exhibits and/or presentations by the artists. Creative Cauldron may offer a special performance of its latest production. Clay Cafe offers painting opportunities and Sacred Well Yoga Studio offers an all-levels yoga class for charity. Several restaurants offer Firstfriday specials and retailers join the fun with Firstfriday discounts or featured events. Check out FIRSTfridayofFallsChurch.com to see what's happening each month.

The Recreation and Parks Department of the city offers its own stellar attractions throughout the year that locals can enjoy. Most notable are:

 The Memorial Day Parade (Monday, May 28, 9am-5pm) featuring a 3K Fun Run, entertainment, contests, food and crafts and the parade.



- An Art Show (Thursday, June 21, 5-8pm, Cherry Hill Park) held in conjunction with the first concert in the Summer Concert Series.
- Summer Concerts (each Thursday, June 21 August 2, starting at 7pm) featuring local musicians of various genres.
- Independence Day Fireworks (Wednesday, July 4) with entertainment beginning at 7pm and fireworks starting at 9:20pm.
- Fall Festival and Taste of Falls Church (Saturday, September 15, 9am-4pm, Cherry Hill Park) featuring live entertainment, rides, crafters, local businesses and city restaurants offering up samples of their fine offerings.
- Watch Night (Saturday, December 31, 7pm midnight) with a wide variety of music and other entertainment

Check the website at FallsChurchVA.gov for a complete list of Recreation and Parks events.

Even More Festivals

The Falls Church Arts Plein Air Festival is an annual event where artists create works outdoors. The festival occurs throughout the city and runs from May 4 through June 23. Another highlight of a Falls Church summer is The Tinner Hill Blues Festival, June 10-12, presented by The Tinner Hill Blues Foundation. The Festival takes place at Cherry Hill Park with blues musicians also performing at venues all over the city for those three days.

We recommend checking the *Falls Church News Press* calendar every Thursday for a comprehensive listing of the

upcoming week's community events, theater scene, and nightlife. As the local voice of Falls Church for over twenty years, FCNP is a trusted source of Falls Church news and commentary.

Even More Artists

The city is a mecca for individuals to create and hone their talent. Familiar are several of the visual artists, many of whom have been featured in this magazine in the past, names like Bill Abel or Paul M. Levy or this issue's Donna Byrnes. However, there are many more people working in other media that are making a name for themselves and helping establish Falls Church as a beehive of creativity. Not presenting an exhaustive directory in any way, we start with Cathy Kaye, treasurer for the city, who also owns CathyK Lampworked Beads. She is a lampworker (one who works with glass using a torch) to make beads for fine art jewelry.

Then there is Kendall Barrett of Kendall's Cakes. Kendall designs and creates superb cakes and has created works for such luminaries as Tony Bennett, Condoleezza Rice and Maya Angelou.

Another designer, Hazel Brutsche, owner of Of All The Beads, creates handcrafted artisan jewelry from her private studio in Falls Church. In addition to creating fine custom-made pieces she also repairs jewelry because she understands how important keepsakes are for her customers.

Mary O'Donnell runs MODarts, a fine arts gallery located in her Pennsylvania Avenue home. She currently features







six artists. And she creates her own salsa for sale on the side.

Speaking of local cooks, Patrick Giannelli, has established Pancha Dulce, baking artisan cookies for sale in Falls Church. Find them at the Farmers Market.

For those who are ready to move from YouTube to the big time, Cue Recording Studios offers 24-track audio recording, mastering services, duplication, editing, as well as audio engineering instruction.

And for those requiring video production, you need look no further than Bard Tale Productions, a new Falls Church business specializing in broadcast quality production of documentaries, promotional materials, training materials, etc.

Wanna Play?

Falls Church has 12 parks available for walking, running, biking, and play. Several have playground equipment and/or basketball, volleyball and tennis courts, plus picnic tables, and and grills for summer cookouts.

The Falls Church Community Center also provides options for recreation - pool, ping-pong, basketball, volleyball and shuffleboard. In addition, the Community Center is home to the Senior Center, the Teen Center and a Pre-school.

The Senior Center offers hot lunches, social activities and recreation programs for area seniors. Lunch is offered on Mondays, Wednesdays and Fridays at noon and suggested donations are based on monthly income. Residents who are 65 or older receive a 50% discount on classes.

The Teen Center is for middle and high school-age teens and offers amenities such as TV, Wii, pool, ping-pong and more and everything is free.

The Teen Center is just for teens each weekday afternoon from 3-6pm. At all other times it is open to the public.

Falls Church on the Move

The business landscape is ever-changing. In the past year, *VivaTysons* has reported on the arrival of S'Fizi Cafe, Paisano's, Great Clips, Unleashed by Petco, The Little Gym, Bruegger's Bagels, Bikenetic, Like New, Idylwood Cleaners, Chipotle, Honey Baked Ham's new location, and Famous Dave's.

Recently opened is a new Noodles at Idylwood Plaza, Quinn's Auctions has moved to Washington Street, and Spectrum's new retail and residential space is filling. Chasin' Tails, the crawfish bar, opened last month on N. Westmoreland Street (technically in Arlington).

Coming soon is the new BB&T Bank branch at Falls Plaza, Body Dynamics, Space Bar, and Dominion Jewelers' new location. In the not-too-distant future we'll see construction of a new Hilton Garden on Broad Street and the Northgate Apartments on Washington Street.

And They've Got One of These ... Unique Shops to Explore

Sam's Farm - Traveling down Route 7 past malls and high-rise office buildings, you do not expect to come upon a "farm" as you enter the City of Falls Church. Yet there by the side of the road in its 36th year is Sam's Farm, a family-owned garden center offering annuals, perennials, trees and plants - plus a huge selection of fountains, bird baths and statues. Depending on the season, you'll find local produce, pumpkins or Christmas trees.

Stifel & Capra - Further along Broad Street, you can find Stifel & Capra, an art and ornament gallery. It includes both old and new personal and home accessories displayed alongside the ever changing art of several artists who may also have a studio here. Treasures are tucked in every nook, so allow plenty of time to explore.

Brown's Hardware - At the corner of Broad Street and Washington is the oldest retail establishment in Falls Church. Brown's Hardware is an old-fashioned neighborhood hardware store where the service is friendly and the advice is plentiful. The knowledgeable staff stand ready to help with any home project.

Quinn's Auction Galleries - Turn right onto South Washington Street and travel five blocks to Quinn's Auction Galleries, a full-service auction and estate services company. Having recently moved to this new location, the auctions have been popular events in the city for years. Check their website, QuinnsAuctions.com, for upcoming events.

Foxes Music Company - A bit further down South Washington is Foxes Music, a complete music store where you'll find every kind of musical instrument, from strings and guitars to wind, brass, and percussion instruments. They have an extraordinary selection of instrumental and choral print music and musical accessories. Foxes also offers instrument rentals and private lessons.

Parrots, Parrots ... Just Parrots - A few more feet and you'll come to the American Bird Company, where they've been serving bird lovers for over 20 years. They provide baby parrots from their own breeding facilities and have a large inventory of quality bird supplies.

Eden Center - On the east side of the city, you'll find Eden Center, a plaza celebrating the thousands of Asian immigrants and families who have located in the Metro DC area through the years. With 120 stores and the largest concentration of Vietnamese restaurants in the area, Eden Center is a tremendous place to immerse yourself in Asian culture. Eden Center holds an annual Tet Festival and Moon Festival each year.

The Little City Welcomes You

Whether you're a visitor looking for food, culture and entertainment or you're a current or prospective resident, Falls Church will delight you with its treasures and charm. Just minutes from Washington and easily accessible from any direction, Falls Church is a destination city for fun and excitement.



Falls Church, Virginia

The City of Falls Church is just 2.2 square miles, earning itself the nickname, 'The Little City'.

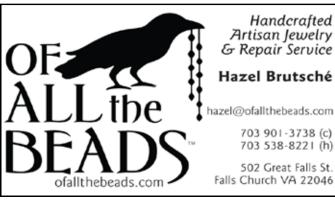
It is the smallest independent city in Virginia.

It is also the smallest county-equivalent in the US.

It is the richest county-equivalent in the US as well.

The population in 2010 was just 12,334.

Neither Metro stop bearing the name of Falls Church lies within the city limits. The East Falls Church stop is in Arlington and West Falls Church is in Fairfax County, not part of the city.

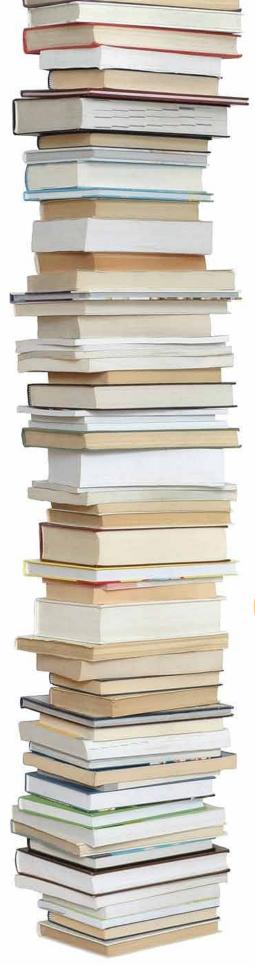




The premier Art Gallery of Falls Church City, representing a selection of the finest artists since 1999.

www.modarts.org
For an appointment,
please call 703.795.1307
or email MODArtsMary@aol.com







by Richard Gazala

here's a whole lot of e-books out there. And more get released every day, in every genre, in almost every language, all over the world. Just last summer, the World eBook Fair made available more than 6,500,000 e-books during its annual fair. To put that number in some perspective, in 2008 the fair touted about 650,000 e-books, and the 2009 fair included about twice 2008's offering.

Just last summer, the World eBook Fair made available more than 6,500,000 e-books during its annual fair.

I'm not complaining. I think it's great that the "traditional" publishing model's stranglehold on what books folks can choose to read is loosening. The issue becomes how to select which books to read. If you live to be 80 years old, and from your 20th birthday to your last you read two books weekly, you'll only have time to read 6,240 books in your lifetime. That's .00096 percent of the e-books featured at last summer's fair, and certainly a lesser percentage of the e-books out now, and a virtually infinitesimal fraction of the ones that will be published before your 80th birthday. No avid reader wants to waste her precious time reading bad books.

On the flip side, how do authors attract attention to their books in an

environment of geometrically, if not exponentially, growing competition for readers' time and money? Thanks to the on-going revolutionary democratization in book publishing, this is a matter of concern for all but the tiny sliver of very famous authors whose names have risen to the level of a brand.

I wrote a few weeks ago ("Tear Down the Walls") that the only "superpower" traditional publishers have left any longer over independently published books is the traditionals' preferential access to esteemed literary critics at premium book review sources like *The New York Times*, *The Washington Post, The Los Angeles Times*, and the like. As matters of practice and/or policy, those sources rarely dedicate review space to independently published books.

Shut out from the premium review sources as vehicles to promote their work widely, independently published authors must rely heavily on word-of-mouth, and ever more importantly, on customer reviews at online retail destinations like Amazon.com, BarnesandNoble. com, Smashwords.com, and dozens of similar sites. Legitimate customer reviews are invaluable aids in helping a book's potential reader decide whether to take a leap with a new book by a new author.

But it's not the legitimate online customer reviews that this article is about. With all those e-books out there multiplying

daily like super-rabbits crazed on genetically enhanced Spanish fly, the simple act of drawing enough attention to get potential readers to notice, buy, read and review a new book by a new author can be a daunting task.

Now, not every unknown author longing for reader attention is unscrupulous, and not every unscrupulous author is desperate. That said, from time to time temptations to pad the online customer review roster might be difficult to tame. For example, I remember reading what I know is the worst book I've ever read in my life a few years ago. It was an absolutely putrid independently published excuse for a thriller, typed by a doctor from somewhere around Los Angeles. To make sure I wasn't mistaken in the book's loathsome foulness, I read long portions of it aloud to unfortunate friends and strangers. Consensus came quickly—the book was truly terrible.

You'd not know that if you went to Amazon and read the book's purported customer reviews, though. I checked. There were more than forty of them. None of them were less than four-star, and the vast majority were screaming five-star raves. If you had relied on this book's posted "customer reviews," you'd have bought the novel with the smug confidence of knowing you were about to indulge yourself in the work of a writer whose immeasurable authorial talent could result from nothing less than his being the gifted offspring of a union between Nobel and Pulitzer, with Shakespeare as his Godfather.

Relying on those seemingly forthright reviews, you might eagerly buy the book and delve into it. If you did, your disappointment would be boundless, not only in the book itself, but also in the "reviewers" who duped you.

So as a valuable public service, this article is a primer on spotting fake online book reviews.

So as a valuable public service, this article is a primer on spotting fake online book reviews. Hopefully, it will help you steer clear of rank books whose glowing "customer reviews" are nothing but scams orchestrated by alleged authors who are in truth nothing more than inept self-published typists with profoundly unfounded delusions of literary prowess and way too much idle time on their hands.

After a lifetime dedicated to becoming the finest marsupial whisperer in all of Gulpin Gulch, Arkansas, Cletus Skweezweezle capped this laudable achievement by partially overcoming functional illiteracy to self-publish his magnum opus, *Sh*t My 'Possum Says*. While surfing Amazon looking for something new to read, you stumble upon Skweezweezle's masterpiece, attractively priced at \$7.99. Perhaps the cover caught your eye, or there's a soft spot in your heart for 'possums. Still, justifiably cautious before adding the work to your electric shopping cart, you wisely choose to consider the 417 customer reviews unanimously praising the book since its release 20 minutes ago.



Does it strike you as odd that the vast majority of Skweezweezle's reviewers don't post their critiques under names one might find in a telephone directory on earth? What level of trust is due a review consisting entirely of the word "awsome" posted by someone named CaptainJanewayRules@youknowyouwantme.com? Is it comforting that 356 of the book's reviews are five misspelled words or less long, and shockingly enough also come from uncommonly monikered posters at youknowyouwantme. com? What can you determine upon discovering 409 of Skweezweezle's reviewers have posted only about *Sh*t My* 'Possum Says, and no other thing in all of Amazon's vast array of saleable goods and services? Do your eyebrows raise when it appears, to the extent you can tell, that more reviews are posted by people from Gulpin Gulch than recent U.S. Census data indicate live in the greater Gulpin Gulch metropolitan statistical area? Against this backdrop, what can you make of that one pseudonymous review over 900 words long that begins, "In all my years as a tenured professor holding the Charles John Huffam Dickens Chair in the English department at Harvard University, never have I dared allow myself to dream for even the fleetest of nanoseconds that one day before death gently lifts my soul from this mortal coil would I be blessed with the inexpressible bliss of encountering a work of such monumentally towering yet utterly sublime merit as the relentlessly dazzling tour de force that is Cletus Skweezweezle's Sh*t My 'Possum Says"? Are we learning yet?

In bookstores and all over the Internet, terrific books by very talented independently published authors are eager to entertain, educate, amaze and enthrall you. They deserve your attention. Diverging from the well-trodden path of reading only books written by famous authors is a good adventure. Now that you've reached the end of this article, you're better positioned to distinguish thoughtful and reliable online book reviews from drivel cloaking itself behind a cluster of self-serving rubbish that's sole goal is to hoodwink you into wasting your valuable resources. Happy reading.



author: Richard Gazala "Spotting Fake Online Book Reviews" 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.

WOUNDED WARRIORS by Charles Donnavan

In 1992, ex-Marine John Melia of Roanoke, VA was severely wounded in a helicopter crash while serving his country in Somalia. He was forced to retire after that crash, which killed four, wounded 14, and left him with severe burns and other injuries.

A decade later, Melia was watching the news with his friends and family (many of them veterans themselves) and was touched by the difficult stories of the first wounded service members returning home from Afghanistan and Iraq.

Wanting to do something to help, Melia called on some friends to start the non-profit Wounded Warrior Project (WWP), designed to help those injured soldiers returning to their homes.

In addition to Melia, the original founders of WWP include his brother Jim Melia, his father John F. Melia, friend Al Giordano, and friend Steven Nardizzi.

The philosophy back in its beginnings in 2002, and still carried on today, is to provide tangible support for the severely wounded and help them on the road to healing, both physically and mentally.

"We asked ourselves, 'Why are we waiting for these guys to be veterans when they're sitting in hospitals, asking who is going to help me now?" said Nardizzi, WWP's deputy executive director. "Our goal is empowerment. We want to make this the most successful, most well-adjusted generation of veterans in our nation's history."

What started as a program to provide comfort items to wounded service members has grown into a complete rehabilitative effort to assist warriors as they recover and transition back to civilian life.

Take the case of Tad Stuart, who on a routine maintenance test flight of the OH-58D Kiowa Warrior, was faced with the struggle for survival as his helicopter failed over an airfield in Iraq at Baghdad International.

"I knew we were going to crash. I was trying to limit the damage and pilot the aircraft to the ground. But you just felt the entire aircraft crumble," he says. "I never lost consciousness. I told them I couldn't move. I knew my back was messed up, but I didn't know to what extent."

Turns out, it was pretty bad. Doctors at the hospital in Baghdad discovered Stuart had suffered complete spinal canal obliteration. But he was determined to walk. The Wounded Warriors were there to help.

"When I left the hospital, I told myself, T'll never use that wheelchair.' And I haven't. I put it in my garage," Stuart says. "I wanted to maintain a positive attitude like the other veterans who I met at Walter Reed from the Wounded Warrior

Project. When I saw how they overcame their challenges, I was inspired to overcome mine. Seeing their success proved I could accomplish anything."

Stuart retired from active duty in May 2010, more than two years after his injury.

Then there's Claude Boushey, who will never forget the fateful day of June 13, 2004 when he was involved in a helicopter crash in Iraq that broke his leg, shattered and compressed his vertebrae, and compromised 80 percent of his spinal canal.

His mission started as support reconnaissance, but he was soon called to assist troops in contact with insurgents. He was in the left seat operating the systems when the pilot warned him something was wrong. The fuel control had failed, the entire rotor dropped off and was unable to sustain flight.

"I remember the ground coming really quick, and there was nothing I could do," Boushey said.

Initially, he was taken to Baghdad Combat Surgical Hospital and later MEDEVACed to Landstuhl Regional Medical Center in Germany. After four surgeries, one lasting 14 hours, doctors didn't think he would make it, and if he did, would probably never walk again. But he did!

"It took me eight months to start walking straight again, so that was challenging, but I appreciate things now," he says. "I can walk."

Today, Boushey is a peer mentor for the Wounded Warrior Project, wanting to do his part for injured veterans.

"A combat veteran understands another combat veteran's emotional and mental state," he says. "I had a lot of close calls. I appreciate what a soldier goes through."

Tens of thousands of wounded warriors and caregivers receive support each year through WWP programs designed to nurture the mind and body, and encourage economic empowerment and engagement.

According to the organization's mission statement, the Wounded Warrior Project exists to honor and empower wounded warriors who incurred service-connected injuries on or after September 11, 2001, since the tragic events from that day are often the reason warriors say they felt a sense of duty to volunteer for the military.

September 11th also served as a catalyst for conflicts Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). Operation Iraqi Freedom refers to military operations in Iraq that began March 19, 2003 and officially ended August 31, 2010. Operation Enduring Freedom refers to combat operations in Afghanistan and other regions in support of the Global War on Terror.

For every U.S. soldier killed in World Wars I and II, there were 1.7 soldiers wounded. In Operation Iraqi Freedom and Operation Enduring Freedom, for every U.S. soldier killed, seven are wounded. Combined, there have been almost 42,000 injured in the two conflicts—nearly 32,000 injured in Operation Iraqi Freedom and nearly 10,000 in Operation Enduring Freedom.

The organization's Washington, D.C. office is the hub for WWP policy efforts. By working with Congress and the Federal government, WWP provides a voice for wounded warriors and their families. In addition, visitors will find teammates specializing in the areas of mind, body, economic empowerment, and engagement.

Throughout the year, there are a number of charity events and races that are held in support of the Wounded Warriors Project in cities all over the country. This helps bring in money for grants and services to help those in need.

In February, the WWP awarded a \$20,000 grant to help fund and expand a program for wounded warriors in Fairfax County. The Fairfax County Department of Neighborhood and Community Services received the grant to enhance Operation WOW!, which stands for Wellness Opportunities for Warriors.

The Virginia Wounded Warrior Project

Virginia is home to approximately 820,000 veterans; that means that one of every 10 citizens is a veteran. To help people in our state, the Virginia Wounded Warrior Project (VWWP) was created.

The organization is a legislatively mandated program operated by the Virginia Department of Veterans Services in cooperation with the Department of Behavioral Health and Developmental Services, and the Department of Rehabilitative Services.

VWWP was established in 2008 in response to the growing need to improve and expand services to our nation's veterans and their family members whose lives have been touched by stress-related injuries or traumatic brain injury.

The statewide program serves veterans of an era who are Virginia residents; members of the Virginia National Guard and Armed Forces Reserves not in active federal service; and family members of those veterans and service members. Through an extensive network of local, federal, and state partnerships, the VWWP assists people in getting the answers they need regarding psychological health and traumatic brain injury.

The Virginia Wounded Warrior Project is dedicated to helping veterans build resilience and cope with the challenges posed from a stress-related injury or traumatic brain injury.

The organization's goal is to make it easier for veterans and their families to find and get help.

Its newest campaign, "We are Virginia's Veterans," is targeted to reach all eras of veterans and their family members who may benefit from our program and draw strength from all Virginia communities.

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 greatest casualty is being forgotten. $^{ exttt{ iny TM}}$

The Beethoven Fund Presents

Memorial Day Tribute to the Wounded Warrior

May 27th 2012

Great Meadow Event Center 5089 Old Tavern Rd, The Plains, VA

- Orchestra, Choral, and Top Musical Performances
- Air Show and Classic Car Show
- Complimentary BBQ, Beer and Drinks, Free Wine Tasting

www.WoundedWarriorProject.org



Visit our website to meet some of our courageous warriors, and find out more about our organization.



Leaving a job? Should you leave your retirement plan assets behind?

Need help deciding what to do with the assets in your retirement plan from a former employer? During these challenging economic times, it's more important than ever to find the right strategy for you and your goals.

Call today, and together we can explore all of the options for your retirement savings.



Larry J. Murphy

Vice President - Investment Officer 1650 Tysons Blvd. Suite 500 McLean, VA 22102 703-827-7670 • 800-925-3308 larry.j.murphy@wellsfarqoadvisors.com

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.

© 2009 Wells Fargo Advisors, LLC. All rights reserved. 0311-4442[79470-v2]A1419

Space LARGE or small.

We have it all.



Flexible suite sizes to accommodate your immediate & future needs

On-site property management for accelerated decision making

Access to several commuting routes including I-495, I-66, Rt 7, Rt 50, and Dulles Toll Road

Shopping, dining, entertaining — all just minutes away!

Spec Suites Now Under Construction 800 SE - 125,000SF

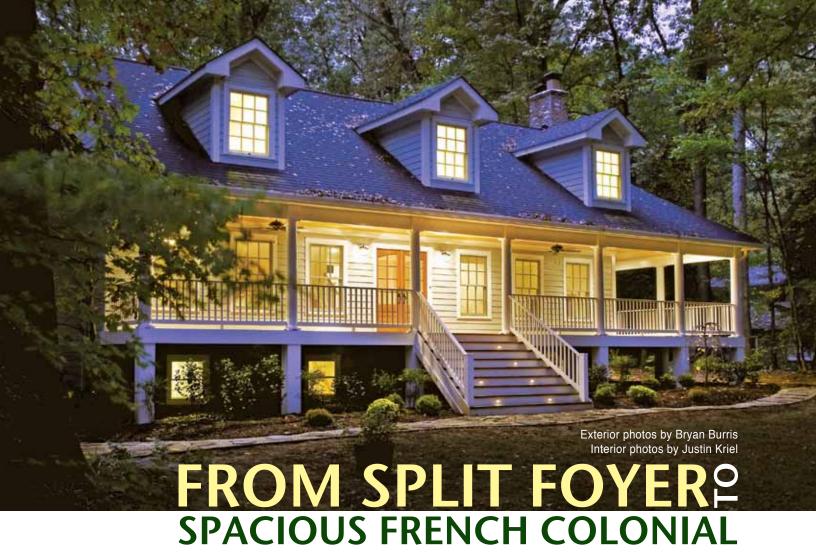
Tysons Corporate Center 8229 & 8245 Boone Boulevard

Westpark Business Campus 1521 & 1517 Westbranch Drive 7915-7927 Jones Branch Drive

Prosperity Business Campus 2700-2751 Prosperity Avenue



www.psbusinessparks.com



Innovative Solution Tops Category In "Contractor of the Year" Awards.

by John Byrd

Tastes change; so too, an owner's requirements of their home.

In the early 1960's, for instance, no floorplan concept seemed better suited to modern life than the "split level"--which deployed half-levels to neatly apportion interior space into sleeping zones, family gathering places and service areas. Carrying the social engineering a step further, designers next introduced the "split foyer" which directs traffic up and down from a level between two floors—giving equal value to kitchen and bedrooms above; family recreation and laundry below.

But such schemes aren't for everyone and, more to the point, after years of application, restrictive rules—like walls--wear thin.

Consider, for instance, the case of Gini and Bob Mulligan, twenty-five year occupants of a circa-1960s split-foyer situated in a leafy section of Fairfax County that used to be preferred as a great spot to build a cabin.

"We were really attracted to the extraordinary country setting when we bought this house in 1988," Gini explains. "It's a very private, wooded acreage that really brings your attention to the beauty of nature. We were less attracted to the house itself, but thought, well ... we can make some changes once we're settled in."

Fast-forward a couple of decades, and the re-thinking process is still underway.

"We solicited ideas from a lot of remodelers, but modifications to a split foyer that worked for us weren't easy to come by. In the end, we decided that our surroundings called for a farmhouse ... with a big welcoming porch. Unfortunately, the conceptual drawings we received in response to our vision mostly just showed we weren't being heard. It was very frustrating."

Compounding the issue was the couple's extensive "wish list" – which included a large master bedroom suite; a gourmet kitchen, substantially enlarged living and entertainment spaces, private places for billiards and studio painting, and lots of natural light and visual continuum in all directions.

Ranked above all this, however, was a call to dramatically re-design the front façade.





"A spilt foyer puts the front door midway between the first and second levels," Gini recalls. "How do you modify a feature like that?"

Enter Craig Durosko, Founder and Chairman of Sun Design Remodeling.

"A split foyer is a fascinating challenge," Durosko acknowledges. "For starters, you have to eliminate the mid-level front-facing stairwell, and create alternatives that really advance the owner's vision. Typically, this is going to entail structural changes and a re-definition to the home's basic architecture."

"The starting point is to solve functional considerations," Durosko explains. "But this inevitably drives the search for an architectural language that satisfies a broad criteria including the appropriateness of the home's design to its setting."

Interesting, then, that what evolves out of routine spaceplanning is a rural variant of French Colonial style, a language associated with Louisiana and the Delta states—places where the indoor-outdoor component is a lifestyle essential. "Relocating the front door to the second floor main level wrapped by a porch called for distinctive front stairs," Durosko explains. "We designed the pavilion roof to reconcile the porch to the higher pitch of a new third level hipped roof. Three dormer windows—needed for natural light—followed from this."

Style, thus, emerges in the details. The new entry portal is a glass-facing double French door. Six divided light windows now grace the re-imagined front elevation. Porch support piers are perfectly aligned with its roof columns. The broad flaring stairway narrows towards the top. Old brick was deployed to extend the existing chimney.

In its essence, Durosko and team create a spot-on evocation of a "raised rural" French Colonial, a look originally created in the 18th century for just such a country setting.

By contrast, the remade interior explores "open" floorplan sensibilities--emphasizing uncluttered sightlights and easy circulation. A footprint above the garage is allocated to a sizeable master suite with 15-foot cathedral ceilings and generous views of the leafy lot from front and back. Three small bedrooms on the home's south side are







converted into a generous guest suite complete with its own rear entrance. Front-facing rooms are converted into a library (which accesses both suites) and the new locale for a mid-house staircase linking both the existing lower level and a new third floor.

Other small changes dramatically expand the home's primary living area. Deleting just 90 square feet of midlevel foyer permitted designers to reconfigure the living room and dining room into an L-shaped "great room" wrapping a new gourmet kitchen which opens on two sides.

The kitchen's cathedral ceiling—crowned with an extensive window wall—invites natural light availability and visual continuum. As Gini Mulligan tells it: any seat in the primary living area is visually linked to the wooded setting from all sides.

On a similar note, relocating the stairwell and opening some walls transforms the lower level into a far more light and airy family entertainment center. The third floor—which Gini plans to use as an art studio—likewise, gains pleasing light from dormers in both the front and the back.

For the Mulligans, though, what really matters is how well the new house validates a long-forestalled personal vision.

"Rocking on the front porch in the morning or the evening surrounded by trees is just deliciously satisfying," Gini Mulligan observes. "The house is a perfect realization."

On this point, others concur. The makeover was recently named the region's best residential addition in the \$100,000-\$250,000 category by the National Association of the Remodeling Industry's Metro Washington chapter.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm will be opening a McLean office this fall.

FOR INFORMATION: 703.425.5588 or www.SunDesignInc.com

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.

CHURCH STREET MERCHANTS

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













Like the View?

Get There More Often With Quality Golf Gear From Golfdom.

With over 20,000 square feet, we carry the area's widest selection of the latest golf equipment, name brand apparel and golf-inspired products. From beginner to professional, we have the products you are looking for.









703.790.8844 off route 7, one block west of tysons corner center

8203 watson street mclean, virginia 22102





SPRUCE UP YOUR HOME WITH WEEKEND WONDER PROJECTS

Live Stylish • Decor by Denise by Denise Willard

arm weather means longer days, more time spent outdoors, and a larger number of home improvement projects. Many homeowners dread remodeling or redesigning their homes because such projects are often lengthy, expensive, and disruptive to everyday life. However, there are many projects that you can accomplish in just one weekend that will significantly update your home without breaking your piggy bank.

REFRESH YOUR PAINT COLORS.

Updating your paint colors is one of the fastest and most cost-effective ways to bring about a big impact in your home. Most people think of refreshing paint on walls, but often neglect other areas that are just as impactful. Add a vibrant hue to your front door to give your house that extra special curb appeal. If you live in an apartment or aren't staying in your home for a lengthy time, why not use paint to create accent or focal point walls? And, don't forget about your ceilings, yes, your ceilings! One of the most interesting ways to add visual interest in a room in an unexpected way, is to paint ceilings and the backs of built-in shelving or bookcases. A little can of paint can go a long way in sprucing up your home this spring.







UPDATE YOUR LIGHTING.

Are you tired of looking at the same old light fixtures and lamps day-in and day-out? Well, why not change them out? Head to Home Depot or Lowes, or search the online lighting stores like Bellacor.com to find some light fixtures to replace the ones you have. By simply purchasing a new style of fixture or one in a new finish, you can bring about a whole new look to your home. If simple electrical work isn't your "thing," why not give an old lamp new life? Get a can of spray paint in a vibrant hue (like this year's color of the year, tangerine tango, turquoise, or some other pop of color) and bring an old, tired lamp to life.



USE WALLPAPER IN UNEXPECTED PLACES.

Wallpaper is oh-so-HOT right now! There are so many textures and cool patterns to choose from, it's a shame not to leverage it in making your home's interior pop. But, why not try something a little different? Wallpaper a ceiling, the back of a built-in shelving, or an accent wall this weekend and infuse visual interest in the most unexpected places.

RENEW YOUR FURNITURE.

Switching out all your existing furniture for new items is costly and often takes several months to accomplish. So, why not breathe new life into your old upholstery by using Surefit Slipcovers, painting the legs in a new updated color, and/or taking a reupholstery class and reworking an item or two on a weekend?

ADD AREA RUGS & RUNNERS.

Area rugs are great for any room—even ones where there is existing wall-to-wall carpet. They add movement, texture and interest, and are a great way to try out a new color palette. If you house is mostly carpeted, try adding a few area rugs in key areas to infuse some pops of color. And, if you have existing rugs, try switching them out for something new and different to add a new flair and vibe to your living space.

INFUSE NEW ACCESSORIES.

The great thing about accessories is that they are one of the cheapest and fastest ways to try out a new color scheme or change the style of a room. Switch out your artwork, vases, and throw pillows for some new items and watch what a difference they make!

UPDATE YOUR KNOBS & PULLS.

If updating your kitchen is something that will have to wait until you win the lottery, well why not make a small change that can impact the look of your kitchen in a big way? Changing out your knobs and pulls can update your space in a flash—bringing about a whole new look in an instant.

Even if you don't have a large bank account or considerable time on your hands, if you follow some of the simple tips I have shared here, in just a few weekends' time, you can enjoy a totally new look inside your home—just in time for summer entertaining.

Happy decorating!

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.







DEVOTIONTO CHILDREN

A Local Woman's Story of Struggle and Success. by Kenneth Abdo

There is the old adage that claims that the most important part of finding a home is defined by the three L's—location, location, location. For Rosemary Tran Lauer, a fixture of the Tysons Corner community, the story of finding her home has taken her many places far and wide, demonstrating a strength to admire and a focus on the main priorities of life.

"I have looked at my life ... and it's kind of a process. I didn't learn it from a book or school, because I didn't get the opportunity to do that. But throughout my life, my work, my service to others, I've learned something—that anybody can be my teacher."

Rosemary's harrowing tale starts in Vietnam, 1975. As Saigon was crumbling around her, she had no choice but to flee to somewhere, anywhere, for the safety of her sixmonth-old daughter and three-year-old son. Having lost her husband in the midst of the chaos, Rosemary boarded a boat, not knowing where it would take her.

After ten long days of uncertainty, Rosemary and her two children had docked at a tent city in Guam. Without missing a beat in her survival instinct, Rosemary found sponsorship that would take her on another long and arduous journey—a journey that would land her in Washington, D.C.

Having no concept of the English language did not stop her from knowing what was most important at the time - caring for her children. She took three jobs just to make ends meet - the option of childcare never being in the cards. She asked her neighbors to look after her son and daughter as she started to plant roots in what she then knew as home. Eventually she had enough of menial work and decided to reach beyond what was in front of her.

Taking the opportunity of government education aid for refugees, she registered for cosmetology school. One thing led to another and before Rosemary knew it, she was the co-owner of her own salon and spa.

Rosemary remarried and built a healthy family with seven children. After a dispute with her partner at the salon,



Rosemary decided to leave and start her own salon, which enjoyed success for 18 years. Yet she had no idea of the strife and hardships that were ahead of her.

Rosemary and her husband divorced, leaving her to care for all seven children while still making sure her salon stayed on track. It was here that she truly understood the importance of fostering a child's need for support during their formative years. So in 1994, she started her life's work—Devotion To Children.

Devotion To Children is dedicated to providing the access to superior child education and care facilities to economically disadvantaged families. Throughout the years, the cause has raised awareness about the importance of education and the shortage of quality childcare services around the D.C. area. "I was a single mom and was on welfare for four years ... I was very concerned because I was never able to be home taking care of my kids."

Rosemary then married her current husband, Bill Lauer, and the two have gone on to win many awards throughout Virginia for their civic work including this year's Small Non-Profit of the Year Award from the Dulles Chamber of Commerce.

In 2001, tragedy struck again when Rosemary was diagnosed with breast cancer. Ever the survivor, she pulled through with a clean bill of health and a new outlook on life. She sold her salon and went into real estate at Long & Foster in Vienna.

"I love real estate because every client I meet, I can relate to. I provide a service and the satisfaction that I get back is knowing I help people. I get to work with them so they don't have to deal with what I went through."

Through it all, there is a fire within us that will simply not die if you have the right perception of humanity. Rosemary Tran Lauer has proved that it doesn't matter where you land in life. Home is truly where the heart is.







DREAMING OF A SECOND HOME?

Consider Southern Maryland.

ouldn't you love the freedom to get away easily for vacations or long weekends whenever time permits? A second home offers the perfect opportunity to escape on your terms, and yet often, people in Northern Virginia are concerned that proximity of desirable properties and cost are significant challenges.

Calvert, Charles, and St. Mary's Counties are within one hour of the D.C. Metro and Northern Virginia areas; perfect for a second home with a choice of marinas to keep your boat, or for quick trips to waterfront scenery and great parks.

Property is very affordable in Southern Maryland. Home prices start at about \$175,000 for a small rancher in a water-privileged community. The average price for a 2,000 square-foot 4-bedroom, 2.5 bath home with a 2-car garage, on ¼ to ½ acre is \$300-\$350,000. Waterfront market prices typically start at \$200,000 and finer estates can fetch upwards of \$2,000,000. The inventory includes a wide variety of waterfront depths, views, and locations relative to village centers.

Market conditions for February, the most recent data available, showed that 46 units were sold, down 12% from last year, and active inventory is 609 units, down 29%, but offering many options for the interested buyer. The median price was \$222,950, down 11% from last year, with average days on the market at 124. Overall timing is perfect for the motivated buyer.

A native of Bay Ridge in Annapolis, Chris McNelis knows what the Chesapeake Bay has to offer. After attending college in Washington D.C., Chris settled on the western shore of Maryland, also known as Southern Maryland. She now owns a real estate services company, The McNelis Group, located in the beautiful seaport village of Solomons Island and business is booming!

The McNelis Group is the regional 'go-to' for real estate services and general area networking, known for its concierge approach when clients are in need of lifestyle services. The McNelis Group offers broad experience in sales and leasing of residential and commercial real estate as well as property management.

What To Do?

The Southern Maryland region is a hotbed of boating and outdoor events. For the sailor, the Governor's Cup (www.smcm.edu/govcup), and Screwpile (www.screwpile.com) are very popular regattas. The power boating race enthusiast will enjoy the Solomons Offshore Grand Prix on the Patuxent River in September (www.solomonsrace.com). Fishing enthusiasts also have fantastic options. With a year-round season for most fish, a 9-month season for blue crab (April through December), and a 6-month season for oysters (October through March), you can be fishing every day.

Historic Sotterley Mansion on the Patuxent River in St. Mary's County hosts an established autumn wine fest (www.sotterley.org). The Calvert Marine Museum has a fantastic vintage boat and motor exhibit, plus a summer concert series (www.calvertmarinemuseum.com). The newest attraction for the music lover is the Southern Maryland Sun & Music Fest on July 14 and 15, 2012 (www.somdsunmusicfest.org). And, last but not least, one of the best and favorite heritage events is the St. Mary's Oyster Festival (www.usoysterfest.com).







uring President Obama's most recent State of the Union address to the nation, he spoke about the American dream of owning a home and how those dreams have been shattered for many due to the collapse of the housing and mortgage markets over the last few years.

The President offered hope to homeowners recently by extending the Homes Affordable Modification Program (HAMP), which can help many refinance and take advantage of historically low interest rates.

HAMP offers incentives to mortgage lenders to encourage them to refinance and modify existing mortgages by lowering interest rates and reducing mortgage balances to the current value of the property.

"Two key components to the success of the program are to make the loan more affordable and provide an incentive for the homeowner to get back on the track, and pay down the mortgage," says mortgage expert Steven Lafferty. "One tool used, is for the lender to make a mortgage principal reduction. If the lender writes off part of the loan and thereby rescues the loan from foreclosure, then its position will be improved."

Launched by the federal government in 2009, HAMP was slated to expire on December 31, 2012, but was extended for one year to December 31, 2013. The extension of the program included an expansion of the eligibility rules to make it available to more homeowners.

It is believed that millions of additional homeowners will be eligible to take advantage of the federal program to bring down their costs of owning a home and help many to avoid foreclosure.

In February, a proposal for new eligibility criteria was released to mortgage lenders, servicers, and homeowners may begin submitting applications under the new rules in May. Until then, homeowners can submit applications for modifications under HAMP to their lenders under the existing eligibility guidelines.

"The new proposed HAMP guidelines call for an increase in the amount paid to the lender for each dollar of principal reduction," Lafferty says. "This helps the lender rescue the loan from foreclosure and improve its overall position."

There are several changes in the guidelines. Homeowners found to be ineligible under the current debt to income ratio of 31% may now be eligible under the new criteria.

Previously, non-owner occupied homes and owner occupied homes with tenants were not eligible, but the new guidelines would allow tenants in part of the home as long as the homes are owner occupied, or the owner intends to take occupancy. It is believed that approximately 700,000 landlords will be eligible under the revisions to HAMP.

People who were approved for a HAMP trial period, but did not make the payments as scheduled, would be eligible for consideration for a modification under the new eligibility criteria. Also, homeowners who missed payments under an approved HAMP modification, as opposed to a trial period, would be eligible to reapply under the new rules.

When President Obama originally created HAMP in 2009, he budgeted \$75 billion to the program, which was designed to help millions of homeowners stay out of foreclosures. Unfortunately, it didn't have the effect that was hoped.

"The results are not what they had hoped, that is for sure," said Lionel Robertson, a mortgage expert in Los Angeles. "There have been a lot of issues and recent studies have shown that they just aren't working as designed."

The Treasury Department issued a report last year that said that 48.1% of the 1.3 million homeowners who took part in the HAMP mortgage modification program were dropped.

"The number of new cancellations is expected to exceed the number of permanent modifications for the next few

months as servicers clear their backlog of aged trials," a statement by the Treasury read.

Many of those who were dropped from the program failed to provide the correct documentation to prove their hardship. That's not that hard a thing to do, according to experts.

"It's important to make sure you show the full picture of your hardship," said Mary Ellen Nicol, a certified housing counselor with the nonprofit Consumer Credit Counseling Services. "Make sure everything is well labeled with your name and loan number."

The State Foreclosure Prevention Working Group, comprised of 12 state attorneys general and state banking regulators, claim that not enough lenders are willing to reduce borrower principal and nearly 63% of homeowners with seriously delinquent loans aren't taking part in these foreclosure prevention programs.

Neil Milner, president and CEO of the Conference of State Bank Supervisors, which is part of the working group, wrote in the report: "There is still a tremendous amount of work to be done to prevent unnecessary foreclosures. Servicers must continue to perform meaningful outreach to those homeowners who are seriously delinquent and to perform modifications with significant principal reduction."

The new plan hopes to end the confusion and complex rules that have made the process slow and has kept many of homeowners in limbo.

In addition to the HAMP extension, the Obama administration announced that it would triple incentives to owners of mortgages that reduce home-loan debt and expand eligibility to borrowers struggling under the weight of other liabilities, such as medical bills. The extension will apply to all loans, including those held by Fannie Mae and Freddie Mac, the government-sponsored mortgage financiers.

HARP 2.0

Por homeowners underwater on their conforming, conventional mortgage, the government has enacted a new Home Affordable Refinance Program to help eligible participants to pay down the principal without having to pay mortgage insurance.

The new HARP 2.0 Refinance Program was made available to U.S. homeowners as of March 17, 2012 and those eligible can refinance by Dec. 31, 2013.

"You can use HARP even if you're really far underwater on your mortgage. There is no loan-to-value restriction under the HARP mortgage program so long as your new mortgage is a fixed rate loan with a term of 30 years or fewer," said Dan Green, a loan officer with Waterstone Mortgage in Columbia, MD. "If you use HARP to refinance into an adjustable-rate mortgage, your loan-to-value is capped at 105%."

The original HARP program (also known as Making Homes Affordable) was started in April 2009 and changes were rolled out by the Federal Home Finance Agency on October 24, 2011, and confirmed by Fannie Mae and Freddie Mac on November 15, 2011.

The original version of HARP had several roadblocks that made it difficult for homeowners to refinance. Originally, the program only assisted those with mortgages with a loan-to-value ratio between 80 percent and 125 percent, but in many hard-hit housing markets across the country, homes have lost more than 50 percent in value making those homeowners ineligible for the program.

To be eligible today, a loan must be backed by Fannie Mae or Freddie Mac, and the mortgage must have a securitization date prior to June 1, 2009. If a mortgage is FHA, USDA or a jumbo mortgage, you are not HARP-eligible.

One of the changes in HARP 2.0 is that borrowers will now be able to refinance regardless of how far their homes have fallen in value. Previous loan-to-value limits were set at 125%.

Appraisals and underwriting have also been eliminated, as most homeowners will no longer be required to get an appraisal or have their loan underwritten, making their refinance process smoother and faster.

Certain risk-based fees for borrowers who refinance into shorter-term loans will either be eliminated or modified.

For those with second mortgages, the program will only work for their first mortgage.

"HARP 2.0 is meant for first liens only," Green said. "Second liens are meant to subordinate. You'll get to replace your first mortgage and your second mortgage will remain as-is. Just be sure to mention your second mortgage at the time of application so your lender knows to order the subordination for you."

Remember, the Home Affordable Refinance Program is not meant to save a home from foreclosure. It's meant to give underwater homeowners a chance to refinance without paying PMI.

author: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton workat-home dad can be found playing with his daughters Jordan and Cassidy.

TTR | Sotheby's WASHINGTON LUXURY TOUR

For one day, TTR Sotheby's International Realty is opening some of the finest homes in the Washington Metropolitan area. Twenty spectacular residences, many of which have never been open to the public will be open for you to visit...

Saturday, May 19th 12:00 - 4:00 PM



Proceeds will benefit CHARITYWORKS' 2012 PARTNERS : USO & SEE Forever

Tickets \$45 online at charityworksdc.org | \$50 at the door





WASHINGTONLUXURYTOUR.COM



call the Belt team at (703) 242-3975 www.TheBeltTeam.com



The resNoPlaceLikeVienna.com



One-of-a-kind opportunity! This jewel is tucked away on an idyllic 3.79 acre lot backing to Difficult Run Parkland. A delightful sanctuary mere minutes to Vienna Metro! \$1,997,897



Q. Why do Vienna/Oakton Sellers choose The Belt Team?

A. Our expertise & experience mean we sell homes FASTER and for MORE MONEY than the "Average Agent"! It's why we sell more homes in Vienna /Oakton than ANY Realtor or team.

Vienna/Oakton Homes Sold in 2011 - The Belt Team:58Vienna/Oakton Homes Sold in 2011 - Next Top Agent:31Vienna/Oakton Homes Sold in 2011 - Next Top Agent:20Vienna/Oakton Homes Sold in 2011 - "Average Agent":less than 1

Buyers choose us too! No one knows Vienna/Oakton like The Belt Team!





Vienna - \$487,000



Vienna - \$599,000



Vienna - \$634,900



Oakton - \$649,900



Vienna - \$699,850



Vienna - \$1,189,000



Vienna - \$1,199,950



Vienna - \$1,250,000



Vienna - \$1,435,000



Vienna - \$2,100,000

Our listings sell FASTER and for MORE MONEY than the "average Realtor"! (per MRIS statistics

Named #70 on the list of Top Residential Real Estate Teams by the *Wall Street Journal* (out of more than 1.2 million Realtors)! #1 KW Luxury Home Team in North America (out of 80,000+ agents)



Extraordinary Properties Extraordinary People

The New Generation of Realtor

The Tysons Team





Park St SE, Vienna \$1,189,000



Shadow Walk, Falls Church Cedar Pond Dr, Vienna River Bend Rd, Great Falls \$1,269,000



\$1,325,000



\$2,495,000



Kathleen Kennedy, Managing Broker, Long and Fosters Tysons

8227 Old Courthouse Rd Tysons Corner, VA 22182

Direct: 703-283-3321 kennedy@lnf.com

Call/Text/Email

to schedule an interview. 703.283.3321









STATELY BRICK COLONIAL







Casey Margenau www.margenau.com Direct: 703.827.5777 Office: 703.442.8600







Stately brick colonial on over 1.4 acres in a great location. Just minutes to Tysons on the back roads and less than 30 minutes to DC. Drive up the paver drive to a beautifully renovated home from the gourmet kitchen with cherry cabinets, granite, stainless steel appliances, to the bathrooms right out of Architectural Design. Two-story family room with Palladian windows and large estate-size bedrooms. Finished lower level with bedroom and bath. Outdoor entertaining with over-sized deck.

BREATHTAKING MANOR ON 5 ACRES







MCLEAN, VA \$4.500.000



Lilian Jorgenson www.Lilian.com Cell: 703.407.0766 Office: 703.790.1990



It is one of George Sagatov's finest triumphs. Inside, the foyer earns the name "lobby". The Ambassador's Room is accented with two huge and formal staircases. The living room awaits your baby grand, the library is lined in polished woods, and the formal dining room connects with a functional butler's serving station. The kitchen is a gourmet's dream and opens to an informal dining room plus a family room wrapped in windows. There are six suites, all deserving the name "master". The lower level has a rec room with media center.

LOCATION! LOCATION!





Kris Tracy www.KrisTracy.com Direct: 703.980.6400



UNDER CONTRACT IN 6 DAYS!

MCLEAN, VA Call for Price

Immaculate townhome in the heart of Tysons. 3 bedrooms, 2 full baths, 2 half baths... three fully finished levels. New gourmet kitchen, hardwoods living and dining rooms, fresh paint throughout, lower level fireplace with designer mantel, private rear deck and backyard, new garage door, abundant storage space. All this and yet minutes to Tysons, 495, 66 and new metro!

STYLISH PRIVATE MASTERPIECE





The Gresh Group www.SimplyYourBestMove.com Office: 703.636.3588



MCLEAN, VA
Offered at \$1,580,000

Stunning Custom Home with all the bells and whistles. Private lot on private drive w/bluestone patio & fish pond. Gourmet kitchen w/custom cabinetry, granite, SS appliances, 5 burner cooktop, & 14' island. Light filled breakfast room opens to wrap-around porch. Open floor plan w/great flow. Elegant MBR suite and guest suite plus 2 more bedrooms on Upper level. Lower Level includes Recreation Room, Media Room, Wine Cellar, and much more. Over 6,000 sq. ft. of beauty!!

CHARMING SOUTHERN COLONIAL







Vivian Lyons
& Debbie McGuire
www.TeamGreatFalls.com
Office: 703.406.9009







GREAT FALLS, VA

\$1,200,000

Mature, towering trees, exquisite planted beds, sweeping lawn and stone walkways, welcome you to an expanded and renovated residence. This home harkens back to bygone years when quality and attention to architectural details characterized gracious homes. Adjoining 1.3 Acre lot also for sale at \$600,000.

SOUGHT AFTER BEACH MILL DOWNS







Sited majestically on a knoll overlooking lush rolling lawns, sculpted hedges, towering cherry trees, and a sparkling pool, this home exudes elegance both inside and outside. The Study with its adjacent full Bath can double as a 6th Bedroom to allow one level living. The upper level boasts a palatial Master Suite plus 3 secondary Bedrooms, each of which are larger than the master bedroom in most homes.



Vivian Lyons & Debbie McGuire www.TeamGreatFalls.com Office: 703.406.9009









BREATHTAKING SETTING BACKING TO PARKLAND







The Belt Team www.TheBeltTeam.com TheresNoPlaceLikeVienna.com Office: 703.242.3975





VIENNA, VA Offered at \$1,997,897

Truly rare opportunity offering unparalleled combination of lot, custom quality construction and finishes. This one-of-a-kind home is tucked away on an incredible lot backing to Difficult Run Parkland! Encounter a world of tranquil beauty and peaceful privacy where views of the woods and lawns of this 3.79 acre jewel provide a welcoming setting. The best of both worlds, a delightful sanctuary mere minutes to Vienna Metro, and the feel of a country retreat worlds away from the hustle and bustle of modern living!

LIKE-NEW LUXURY HOME CLOSE TO TYSONS







Deb Frank www.DebFrank.com Cell: 703.915.3644 Direct: 703.758.1089

DEB FRANK

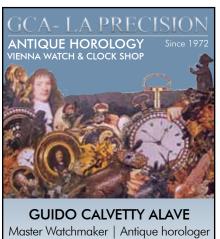


OAK HILL, VA Offered at \$1,399,999

Elegance abounds in this stunning, like-new, four sides brick, five bedroom, four and a half bath, three car side load garage Kenwood Model with flowing, open floor plan by Blackstone. Nestled on .83 of an acre in sought-after Oak Hill Estates. Stunning details throughout. See www.DebFrank.com for the FULL virtual tour.







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

Antique · Vintage · Modern

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

703.255.0055 WWW.GCALAPRECISION.COM 320 Maple Ave. East, Building E, Vienna



MAY-JUNE 2012 | VivaTysons 133 vivatysons.com

GREEN SPROUTS IN THE ECONOMY AND IN REAL ESTATE

Could the headlines cause you to miss a lifetime opportunity?

by Jeffrey S. Detwiler



nvesting in the housing market was once practically a no brainer. Through the downturn, however, many of the fixed assumptions about housing — that property values would always rise and equity would naturally grow - became variable, leaving many consumers questioning the extent to which the real estate market was a good investment option for them, or if now was the time to purchase that new home they have always wanted. It also opened the door to years of negative housing headlines in the media, some of which continue today.

The reality, however, is that the indicators we examine to determine the health of the housing market are gaining momentum. The employment picture is improving, consumer confidence is increasing, mortgage rates are low, and home prices in much of the Mid-Atlantic region have stabilized. These conditions may add up to opportunity, which is why so many qualified buyers, sellers, and investors are looking to evaluate their own equations in the context of the market as it exists right now.

Still, we're finding that although the recovery is well under way in many regions, the mainstream media has been somewhat slow in reporting the full story. A home

Indications of Housing Market Improvement

Employment Picture	Improving
Consumer Confidence	Increasing
Mortgage Rates	Low
Home Prices	Stabilized
Housing Affordability	All-time Highs
Cash Transactions	Elevated (Active Investors)
Buy vs. Rent Impro	ving Economics

purchase for most of us is, first and foremost, a place to live, raise a family, and be part of a community. But it's also an investment that requires careful consideration as it offers an opportunity to build long-term equity. Being able to read between the headlines may present a homeownership opportunity unlike any we have seen for generations, so it's important to recognize the headlines that support the green sprouts we're experiencing in the economy and in the housing market.

THE ECONOMY IS GROWING

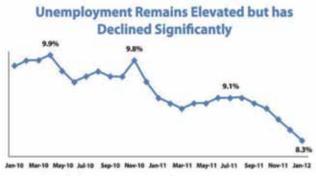
In the early months of the year, we've seen consumer confidence gain strength and reach levels we haven't seen for some time. Improvement in the job market is the primary driver in boosting consumer confidence, and we're likely to see an upward trend as companies continue to expand and add more people to the payroll.

A recent Associated Press survey of leading economists points out that experts believe the unemployment rate will fall from its current level to 8 percent by this fall, and will likely dip even more by the end of 2013.

Since last summer, the U.S. Labor Department reports that employers have added more than 1 million workers to their rosters. The economy is showing green sprouts in other areas as well — industrial output jumped in the early part of the year, car sales are booming and many experts agree that the housing market, in many parts of the country, has turned the corner.

HOME PRICES ARE RISING IN SOME AREAS

Most of the time, when we read headlines about sinking home values, we're absorbing national numbers that incorporate the hardest-hit markets in the country. The reality is that home prices in many areas of the Mid-Atlantic region have seen prices stabilize — and even increase in some areas.



Source: Bureau of Labor Statistics - U.S. Unemployment Rate

To get a clear picture of home prices in your market, it's best to evaluate local-level data. At Long & Foster, we believe that better market data results in better buying and selling decisions, which is why we provide hundreds of publicly-available reports each month to take housing data down to county and neighborhood levels. A professional Realtor® can provide a detailed assessment for your home or one you are considering buying.

INVENTORY IS AT MULTI-YEAR LOWS

Throughout much of the Mid-Atlantic region, buyers who have perceptions of the housing market based on national headlines and reports are finding themselves facing an unanticipated situation — a narrow selection of inventory from which to choose. All of the major housing markets in the Mid-Atlantic are currently experiencing lower inventory levels than we've seen in at least two years — longer in some markets.

For people who have been putting off selling their homes for an opportunity to move up to a bigger or nicer house, the current situation may present a good reason to reevaluate their options. Currently, many sellers can offer their homes to willing buyers in the market and move up to homes while prices are still moderate, but this window of opportunity may be quickly closing as the recovery takes a firm hold.

RATES WILL NOT STAY THIS LOW FOREVER

Another window of opportunity that may be closing pertains to historically-low interest rates. Headlines in the media have announced for some time that rates remain at record lows. Some headlines infer that potential buyers or homeowners who wish to refinance have plenty of time to make a decision to take action since rates have held steady for some time. The reality, however, is that mortgage rates are expected to start a slow and steady climb upward in the not-too-distant future.

According to the Mortgage Bankers Association, 30-year fixed mortgage rates are expected to increase through the second half of this year, throughout 2013 and beyond. The opportunity to purchase or refinance at today's low rates may not last much longer. Consider that, on a \$300,000 mortgage, just a one percent increase in the rate increases the monthly payment by more than \$200

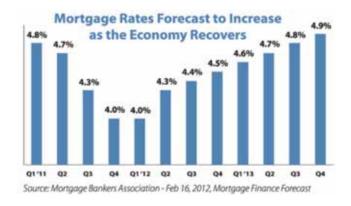
a month. That adds up to more than \$70,000 in interest expense alone over the life of a 30-year mortgage.

OWNING A HOME IS AFFORDABLE

As 2011 came to a close, the National Association of Realtors® Housing Affordability Index showed that housing affordability rose to record highs, with the index reaching the highest level in its 20-year history. What this means is that a home buyer's purchasing power is greater now than it has been in recent history. Low mortgage rates coupled with moderated housing prices and stabilized household incomes present affordability conditions unlike any we've seen in generations.

THE HOUSING RECOVERY IS HAPPENING NOW

The headlines pertaining to housing in the last few years have left many consumers justifiably concerned about making a homeownership decision. But as we're seeing today, by the time the media begins to consistently report on the green sprouts in the economy, the recovery is well underway and that could cause many to miss an opportunity. The fact that cash transactions are elevated, signals higher activity by investors indicating they believe the current environment is a buying opportunity.



Buyers, sellers and investors in today's marketplace understand the value that comes with working with the best-trained and best-equipped real estate professionals. Getting local facts and exploring your personal homeownership goals with a professional will help you identify an opportunity that you may not find by scanning national headlines.

Like many housing experts, I agree that we are likely to look back at today's market in a few short years and recognize the historic opportunity available at this time to qualified buyers and sellers.

author: Jeffrey S. Detwiler is president and chief operating officer of The Long & Foster Companies, the parent company of the largest independent residential real estate company in the United States, Long & Foster® Real Estate, Inc. The group of companies is the Mid-Atlantic region's leading provider of homeownership services. In addition to its real estate arm, The Long & Foster® Companies consist of Prosperity Mortgage® Company; Long & Foster® Insurance; and Long & Foster® Settlement Services. The total 2011 sales volume and sales equivalents for all The Long & Foster Companies was in excess of \$42.7 billion. Visit longandfoster.com for more information and complimentary industry-leading market data.



by Casey Margenau

he National Association of Realtors is predicting that existing home sales will increase by 10% in 2012, the highest levels in 5 years. Here in Northern Virginia, sales are up by 3%, not a great amount but a positive sign. So what will this mean to those of you who are currently thinking about buying or selling a home in our area?

First, the tough thing about the current market is that active listings for homes have dropped by 13%. Low inventory makes it harder for buyers to find the home they want. This means that while there are many potential customers thinking about buying a new home, some are procrastinating because they can't find their "perfect home" or they are waiting to see what comes on new. As we have seen, no one can time the market, and real estate is no exception. However, what I can do here is outline a few strategies that will help assure that you are successful if you are actively seeking to buy or sell a home.

If you are a "move up" buyer, you have the hardest task. The question is, do you sell first or try to buy first. If you need to sell your existing home in order to qualify for a loan, than the decision is easy; you should put your home on the market first and time your closing date to allow time for your purchase.

Having your home under contract gives certainty to how much you will get and when you will be moving. There is nothing more frustrating than the roller coaster effect of finding the right home to buy, then losing it because your existing home has not sold. However, in this year's spring market you should be able to sell your home within a reasonable time.

New home sales are also a hard market for buyers to crack. Why? Construction came to a screeching halt by 2007 because builders got nervous about the market conditions and they stopped building. This is not readily apparent when you drive around Northern Virginia and see all of the new construction. However, most of these new homes are being custom built for homeowners. I am approached more and more by buyers that want me to help them find a vacant lot where they can build their own dream home. That's not surprising in a market when there is no strong inventory of new homes and builders are selling faster than they can build them. It reminds me of the 2001-2003 real estate markets. Buyers wanted the amenities that new homes offered and there was no inventory of new homes. They had no choice but to buy pre-construction which started a new home boom.

Since most new home buyers stay in their homes for a longer period of time, there is less turn over in this segment of the market. If you are a buyer looking at building your own home or purchasing a newly built home, pick the right realtor. First, you need someone who understands "lot" values and the intricacies of home construction. Just as important is someone who understands construction and can advise you on the reputation of the builder and the value of your purchase. Builders are professionals that are working to make a profit, some much more than others. It's all about location, quality and value; an expert can advise you on both. Buying a lot and building a home can be exciting, but it is also difficult and definitely the most complex real estate transaction.

If you don't need to sell your existing home first, you may want to find a home to purchase before putting your existing home on the market. Like all buyers, you need to be aware of the limited inventory and the fact that the best homes that come into the market will not stay very long. It's much like 2004 where at some price points, you had to write an offer as soon as you found something you liked because if you waited, it was sold.

With things heating up, some sellers are thinking that this means they can raise their prices; so far, this has not worked. Buyers still remember the crash, being burned, and don't want to make a mistake and pay too much. So we are seeing nice homes that come on the market too high, just sitting until the price is lowered. So when pricing your home make sure you are pricing it based on recent sales, not your over priced neighbor that has been sitting on the market unsold.

Both the selling and buying process can be a tough one. Fortunately, today's technologies allow you to track homes that meet your criteria easier and faster than at anytime in the past. There are many websites out there that will help you; we also have one at www.margenau. com. You can set up email updates that give you up to date and immediate information when a home comes on the market that meets your criteria. It allows you to see what homes have sold for, not just the homes for sale. You will be a better buyer or seller when armed with all this information. If you are in the market to buy or sell real estate, don't procrastinate. This spring and summer, the market will be better than the ones we've had over the past 5 years, but do your research buyers, do not overpay and sellers, do not over price.

Finally, if you are in the market to sell your home or buy a home, this is an election year. If the past is our teacher, this fall the market will slow down. So sellers, stop procrastinating, get it ready and get it on. This fall's market may not offer you as many opportunities. On the other hand, if you are a buyer who can't find a home this spring or summer, the fall may be your answer. However, you need to be aware that the best homes usually come on the market during the spring. With how things are going this year, these homes will go faster than in the prior years.

Happy House Hunting!

author: Casey Margenau has more than 25 years in real estate sales and over a decade as a Top Producer in Northern Virginia Re/Max's #1 Agent-Worldwide. His in-depth market knowledge enables him to custom tailor a marketing strategy which provides his purchasers and sellers with the latest technology and information to optimize their transactions.

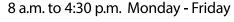


Fairfax County's Services for Older Adults

We can help you find the services you need.

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

703-324-7948 TTY 711



www.fairfaxcounty.gov/dfs/OlderAdultServices





VVELCOME TO THE NEWLY-IMPROVED RESIDENCE INN BY MARRIOTT TYSONS CORNER

by Linda Barrett

hen Residence Inn by Marriott[®] Tysons Corner decided to renovate their property recently, they certainly had their customers' needs in mind.

The renovation, completed Spring 2012, showcases the hotel's new sophisticated style based around elegance and comfort. Clean lines, vibrant peacock blue, and russet tones meld perfectly to create a modern look with a soothing home-like feel for both business and leisure travelers.

"What we are offering is a home away from home with all the comfort and luxuries of home," explains John Lamkin, Director of Sales and Marketing.

The most noticeable renovations include a sunny, remodeled Gatehouse breakfast area, new furniture, granite countertops, draperies, carpet, along with fresh interior and exterior paint.

Residence Inn paid particular attention to the electronic needs of today's travelers by installing an abundance of electrical outlets in highly-convenient locations near desktops, seating areas, and night tables in every suite.

Rooms are also equipped with the latest flat-screen plasma TVs, and the highest-speed internet connection, available free throughout the property.

Most appealing, is the hotel's location nestled in a quiet cul-de-sac. Guests enjoy a peaceful oasis, yet are within minutes of shopping, restaurants, entertainment, and one of the fastest-growing business centers in the country. A new metro stop and Town Center are planned to open at the other end of the street in 2013.

The 96-room, two-story hotel, is laid out with 12 villa-style buildings surrounding a garden courtyard, and features the largest rooms of any hotel in the area, according to Lamkin. The property includes 76 one-bedroom studio suites, and eight two-bedroom/two-bathroom loft suites, each featuring an inviting living area—most with a fireplace, and a fully-equipped kitchen with full-sized appliances.

In addition, 16 executive suites provide downstairs working space with a kitchen, full bath, six-seat boardroom table, and living area, with an upstairs bedroom and full bath for privacy. One building is designated for those traveling with pets.

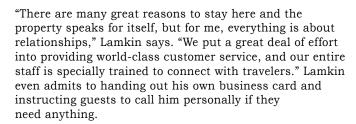
Guests enjoy a hot buffet breakfast served daily in the Gatehouse, as well as the Manager's Receptions featuring a full dinner, held Monday through Wednesday evenings. Free coffee and tea, and a self-serve market are available around the clock.

Outdoor amenities include new pool furniture, a sports court for basketball, volleyball, and tennis; an extended patio, fire pit, outdoor grills, gazebo, and extensive landscaping, with occasional musical entertainment. Indoors, guests can exercise in the newly-renovated 24-hour fitness center featuring all-new *Life Fitness* sports equipment with individual LCD panels.

Residence Inn also incorporated a Leeds-Standard Green Initiative during the renovation, installing energy-efficient appliances, a complete recycling system in the rooms and Gatehouse, a water conservation program, and additional plant life for a bio-green, oxygen-rich perspective.







"It was Residence Inn that originally coined the phrase 'Extended Stay Hotel,' and we are designed mostly for people who want to stay a little longer than a couple of nights," Lamkin explains. Some residents are national and international contractors based here, for one to several months while working on assignments; some stay for a year or more, making this a more permanent residence.

Others are families coming to the Northern Virginia area for vacations, reunions, or special events. They come for a





week or weekend, and enjoy the extra room the spacious suites provide.

For convenience, Residence Inn provides a complimentary shuttle that takes residents anywhere within a three-mile radius, and even offers a free grocery shopping service. Residents can leave their grocery list at the front desk and when they return home, their groceries have been delivered to their room. Groceries are billed at the exact charge, with no extra fees.

Whether travelers are visiting for an exciting weekend, or an extended stay, Residence Inn by Marriott® Tysons Corner should be their destination of choice.

author: Linda Barrett, is a seasoned travel writer and has stayed in many a hotel. When not traveling, she runs All the Buzz, a creative agency for copywriting, design, branding and social media, www.allthebuzz.net.

Residence Inn by Marriott Tysons Corner

8616 Westwood Center Drive Vienna, Virginia 22182 Telephone: 703-893-0120 Fax: 703-790-8896

Toll-Free Reservations Worldwide: 888-236-2427

Weekend Neighbor Rate

As a bonus amenity, those who live locally, are eligible for a special
"Weekend Neighbor Rate" of 15% off the best available rates.

Available Thursdays through Sundays.

To receive the Neighbor rate, simply ask for it.

EYES FINISH LINE

by Mike Salmon

his summer, Northern Virginia motorists will see big improvements in the way they travel as work on the Virginia Megaprojects approaches the finish line. This includes the I-495 express lanes, Telegraph Road Interchange and the Fairfax County Parkway extension.

To get there, construction will continue to accelerate this summer, particularly on several locations along the Capital Beltway.

"Drivers on 495 will see a lot of work this summer on I-66, Braddock Road, and Route 7, but much of the work over the past few months has moved into the center lanes, so the regular travel lanes are being impacted less and less. By the end of the summer, conditions will improve substantially," said John D. Lynch, Virginia Department of Transportation's regional program director.

The 495 express lanes from the Springfield Interchange to just north of the Dulles Toll Road will provide faster, more direct options for high occupancy vehicles and toll-paying customers. Work on the 495 express lanes has made tremendous progress in 2011 – having just completed its third year of construction. The \$1.4 billion beltway expansion project is on schedule for completion by late 2012.

Motorists are now traveling on the new highway configuration in many areas along the beltway as well. These lanes are outside of the original configuration so crews can work on the actual express lanes in the middle of the beltway.

At I-66, the left exit from the northbound lanes of the beltway to I-66 west was closed permanently. That exit has been a congestion point in years past, so it was closed and motorists heading to I-66 west are now using the right, two-lane exit. That left exit will be a 495 express lanes exit in the future. Also at I-66, new flyover ramps were opened from I-66 east to I-495 north bringing northbound traffic down to the right side on the beltway eliminating the left merge across the roadway to access Routes 7 and 123 and I-66 west to I-495 south, which eliminated the left merge onto the beltway.



Over the past year, new overpasses opened at Lewinsville Road, Leesburg Pike, Idylwood Road, I-66, Gallows Road, Little River Turnpike and Braddock Road. These new overpasses are wider, many with sidewalks and bike lanes that the old overpasses lacked, so it was a welcome addition to many Fairfax County residents.

At the Telegraph Road Interchange, in the Alexandria area of Fairfax County, links to the busy Eisenhower Avenue business corridor and the City of Alexandria will greatly improve transportation in that part of the region. As part of that project, two overpasses are being rebuilt over the Metrorail tracks and Cameron Run. One portion of the new bridge over the railroad will be completed in the late spring, and the new Telegraph Road lanes over Cameron Run will be open this summer.

The Telegraph Road Interchange, the final part of the Woodrow Wilson Bridge Project, includes a section of through lanes for interstate traffic. In the coming year, the through lanes in the center of the beltway will be completed, greatly improving interstate traffic in this area. The project is expected to be completed in the late 2012-early 2013 timeframe.

Just south of the Capital Beltway is the Fairfax County Parkway Extension Project, the final link of the 35-mile road in Fairfax County that goes from Leesburg Pike (Route 7) in the north, down to Route One in the southern part of the county. The last phase of the project, realigning Rolling Road, is scheduled to be completed this summer.

In April, the Rolling Road overpass was completed and the Donegal Lane intersection closed, eliminating a traffic signal on the parkway. In November 2012, a 535-space commuter lot will open in a spot near the Barta Road-Rolling Road intersection.

Last July, the ribbon was cut on the I-95 Widening Project, which was the first Megaproject officially completed. This project added another lane on both sides of I-95 through a six-mile stretch of highway from the Fairfax County Parkway overpass to Occoquan. This new lane saves drivers 10-20 minutes traveling through that corridor.









Vienna's Favorite Pet Supply Store.

We offer truly unique products for your pet!

- **Toys and Grooming** Supplies
- **Nourshing Supplements** and Health Aids
- Dry, Canned, Raw or Freeze Dried Food

ProFeed, For when your pet needs an upgrade.

703.242.7387

www.profeedpet.com 234 Maple Ave E • Vienna, VA 22180



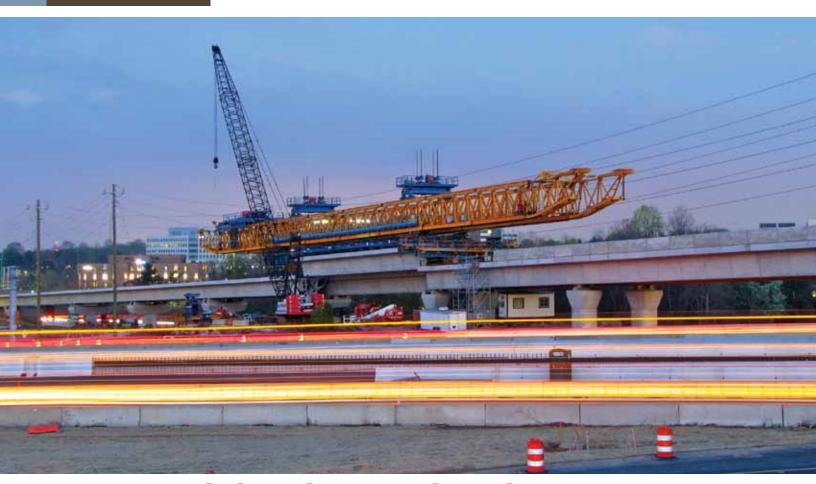
- Hair Cut & Styling
- Hair Coloring
- Waxing
- Perm
- Manicure/Pedicure
- Massages

Bridal

- O Hair & Makeup
- O Bride & Mother
- Bride & Maid of Honor
- Skin Care

2304 Gallows Rd. Dunn Loring, VA P: 703-641-8444 | F:703-641-8445 www.gildasbeauty.com

MAY-JUNE 2012 | VivaTysons 141 vivatysons.com



RAIL CONSTRUCTION TOPS 70 PERCENT

Aerial bridges snake through Tysons Corner creating a vision for the future. by Emily Shaw

Construction of Phase 1 of the Dulles Corridor Metrorail Project continues to dramatically change the landscape along routes 267, 7, and 123 from Falls Church through Tysons Corner, to the eastern edge of Reston.

The changes in Tysons are stunning and it seems to have happened almost overnight, according to some business owners and commuters who say they will be glad when train service begins.

Now 73% complete, Phase 1 construction will be completed in the summer of 2013 with opening planned for late next year, according to Kevin Volbrecht, deputy director for construction for the rail project, which is being built by the Metropolitan Washington Airports Authority.

In recent weeks, the rail project has switched from heavy construction to a focus on tracks, systems, and station building. This is good news for commuters because the traffic impacts have dramatically eased and will only get better.

"We'll become a little less visible to the public as we move into the intricate work of connecting the Dulles extension to the existing rail line and start to power up," said Larry Melton, project executive director for Dulles Transit Partners, the design-build contractor for the Dulles Corridor Metrorail Project. "We are bringing on approximately 300 electricians from around the region to help us with this next stage of construction."

Aerial Construction

For example, the bridge construction above I-495 was completed last fall and now track is being laid behind the sound barriers along those bridges without impact on the traveling public.

Other aerial guideway construction along Route 123 from the Dulles Connector Road into the future Route 123 Metrorail Station near Tysons Corner Center and Tysons Galleria is complete and track continues to be laid.

Crews are now working on bridges crossing from Route 7 to the median of the Dulles International Airport Access



Highway/Dulles Toll Road using a large 370-ton horizontal crane. Just a few months ago, three of those cranes were being used. The beltway crane and the Route 123 crane are now gone. Aerial work from Route 7 to the airport road will be completed in late summer, according to the Airports Authority's Volbrecht.

Temporary road shifts to accommodate the construction of the pedestrian pavilions at the Tysons Central 7 and Tysons West stations will also be required.

Tying into Metro's Orange Line

Work continues at the tie-in for the Silver Line train to Metro's existing Orange Line between the East and West Falls Church Metro Stations. This is one of the most challenging portions of the project. Metro users will continue to see some service disruptions or slowdowns between these two stations over the next year. Most of these outages (either full outages or single-tracking outages) will be for electrical system work and testing.

In addition, crews are almost finished with a cut-and-cover tunnel that will ultimately allow trains access to the West Falls Church Rail Yard, which is being expanded to provide maintenance for rail cars.

Support Facilities

Rail line construction includes wayside support facilities such as traction power substations, train control rooms,

and communications rooms along the corridor. Several of those are in place – at Chathams Ford near Beulah Road near the Dulles Toll Road, and at Fisher Avenue along I-66 near the Arlington-Fairfax County line and others.

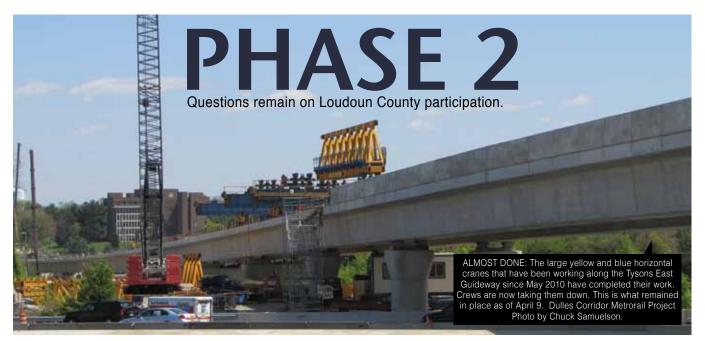
"In late spring and summer, more of these will be installed along the alignment. All wayside facilities are expected to be installed by late summer," Volbrecht said.

Stations

Construction of all five stations – Tysons East, Tysons Central 123, Tysons Central 7, Tysons West, and Wiehle Avenue is well underway. All are clearly visible to passersby. Tysons East and Wiehle are the most advanced. At Wiehle, the station structure is complete, escalators, canopies, and rooftop are in place and track work is complete. At Tysons East, interiors are ready for equipment installation, escalators are in place, and architectural precast work is complete.

"Although there is still much work to be done, completing the structure of the Wiehle Avenue station marks a significant milestone in the project and is a tangible promise that the end is coming into sight," said Melton.

Construction of pedestrian bridges to carry travelers from the sides of busy roads to the stations has started at Wiehle and Tysons East, with the pedestrian pavilions along Route 7 to get into full swing this summer.



s construction rolls along on a rapid pace for Phase 1 on the Dulles Corridor Metrorail Project from East Falls Church through Tysons Corner to Wiehle Avenue in Reston, there are still significant decisions to be made for Phase 2. The second section will run from Wiehle Avenue westward to Washington Dulles International Airport and to Ashburn in Eastern Loudoun County.

The Metropolitan Washington Airports Authority is managing and building both Phase 1 and Phase 2. Project partners include the Washington Metropolitan Area Transit Authority (WMATA), the Commonwealth of Virginia, and Fairfax and Loudoun Counties. When each phase is completed, it will be turned over to WMATA to own and operate.

Here are the basic facts about Phase 2:

- Phase 2 will begin at the Wiehle Avenue Metrorail Station, move westward serving Washington Dulles International Airport and will end near Route 772 in eastern Loudoun County.
- Phase 2 is 11.4 miles long and includes 6 stations:
 - Reston Parkway
 - Herndon-Monroe
 - Route 28
 - Dulles International Airport
 - Route 606
 - Route 772
- All stations, except for Dulles Airport, are in the median
 of the Dulles Airport Access Highway/Dulles Toll Road
 Corridor in Fairfax County or the Dulles Greenway in
 Loudoun County.
- The Dulles International Airport Station is across the parking bowl from the airport terminal.
- All stations are above ground. The Dulles International Airport station will be the only aerial station.
- Most of the alignment is at-grade except for the portion at Dulles Airport which is aerial.

Phase 2 includes five parking garages and 8,900 parking spaces.

Commuter parking will be available at the Herndon-Monroe, Route 28, Route 606, and Route 772 stations. There is no commuter parking planned at Reston Parkway or Dulles Airport.

As in Phase 1, support facilities will be built along the Phase 2 alignment including:

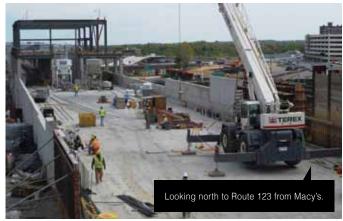
- 10 traction power substations
- 6 tie breaker stations
- Stormwater management facilities.

Preliminary engineering was completed at the end of February.

Project officials in March announced the estimated cost of Phase 2 based on preliminary engineering to be \$2.7 billion. The boards of supervisors for Fairfax and Loudoun counties are reviewing the details of the plans and costs. The Fairfax Board voted April 10, to approve the plans and move forward with Phase 2. Loudoun County officials asked Fairfax County, the Airports Authority, and other partners to delay a scheduled June vote until early July.

After those votes, the Airports Authority will continue with the complicated processes to select a design-build contractor for Phase 2.

However, if Loudoun County votes not to remain a partner in the project, the Airports Authority, Fairfax officials, the Commonwealth of Virginia, and WMATA will have to decide how to proceed with the project, including redefining the scope to exclude the two-planned stops in Loudoun. Questions regarding project finances and how to re-do previously approved Environmental Impact Statements for the project would have to be resolved.











TECHNOLOGY AND YOU



Can High-Fashion Shoes Be Comfortable Too?

The ShopInstantShoe consortium is working to create a system for shoe stores that can custom-fit shoes to women on the spot. After an employee takes various measurements with a specialized device, the customer can choose shoes in her size that she likes. The measurements would be fed into the computer tied to the "Shoptool" machine. The shoes would be inserted and "Shoptool" would mold the uppers to her foot's shape.

Then you try them on, as always. If you don't like them, the shoes can be returned to the machine that would revert them back to their original shape.

Women are the initial focus due to their propensity for foot issues from ill-fitting shoes, but in the future, men's shoes would likely be introduced for the system, also. The consortium is comprised of companies from the United Kingdom, France, and Spain.

PayPal Introduces Card Reader For Smartphones.

Hoping to grab a share of the face-to-face payment market, PayPal has introduced a device (the "Here"), similar to the Square that can read and transmit data for on-site credit/debit payments. The device will be free, but each transaction will incur a 2.7% fee. iPhone and Android users will have access to the device first.

"Here" attaches to the smartphone's audio jack port. When used, it emits an audio tone for both the connection of the device and the successful completion of each transaction.

Those concerned about privacy issues with Square, Here or other mobile payment systems still have the option of carrying cash to complete their transactions.

From The "We've Seen It All" Department: The World's Smallest Washing Machine.

Designed especially for campers/hikers, the Scrubba Wash Bag is a pocket-sized portable washing machine. Weighing 6½ ounces and just slightly larger than a soda can, it is a bit limited in the size of the load, but can handle those critical times when the undies have to be cleaned and you're hundreds of miles from a laundromat. Calling on the genius of our ancestors, inventor Ashley Newland incorporated a flexible washboard into a sealable bag.

The Scrubba uses 2-3 liters of water per wash in addition to 3 drops of cleaning solution to wash several items of clothing. After placing the clothing, detergent, and water in the bag, place the bag on the floor, rubs the clothing against the washboard for a half minute. Then remove, rinse, and voilà ... clean clothes.

Breathe Your Way To Lower Blood Pressure.

Usually, if you have high blood pressure, your doctor advises you to improve your diet, exercise, lose weight, and even prescribe medication. Now residents in the UK can get a prescription for a different treatment, a program called RESPeRATE. It's a breathing monitor that detects sound that in turn guides the wearer to take longer, slower breaths. Clinical trials have determined that this results in significant long-term reductions in blood pressure.

The device consists of a breathing sensor placed on the abdomen and a set of headphones which play tones matching the user's breathing. The user breathes in time with the tones and gradually the tones are lengthened. Muscles relax, blood flows more freely, and blood pressure drops.

If you would like this device but don't happen to live in Great Britain to get a prescription, RESPERATE is available for about \$317 from the manufacturer.

Save The Planet--Unprint Your Paper.

At a minimum, you might consider recycled paper to save trees. Then you can always use the second side of the paper for inhouse work. However, for those who really want to be as green as possible, soon you may be able to remove the toner already printed on the paper.

Dr. Julian Atwood of the University of Cambridge, and PhD student David Leal-Ayala, have experimented with lasers to vaporize toner print on paper. Findings indicate that toner can be removed from a piece of paper several times before deterioration begins.

This process could mean significant reductions in recycling plant emissions and there could be major reductions in paper-producing processes such as forestry, pulping, paper-making and paper disposal.

Where The Outlet Knows Your Name.

Sony has created a power outlet that can identify either, individuals using the outlet, or devices that are plugged in. Usage of devices can be monitored so that certain devices can be switched off during possible brown-outs, or individuals using the outlet in a public place (such as while charging electric vehicles or mobile devices) can be charged.

Currently existing electrical devices will function with the new outlet which has a chip embedded in it. Future devices may have a chip built in, allowing existing power outlets to be used without altering them.

Public use by individuals will require the user to wave a smartcard over the outlet. Users will be allowed to charge their device for a specific period of time.

Helicopter Drones To Combat The Scourge Of Pirates

Helicopter drones that have already helped catch cocaine smugglers at sea could soon get much smarter about hunting modern-day pirates. The U.S. Navy plans to upgrade its robotic Fire Scouts with electronic "brains" that are able to automatically recognize small pirate boats spotted through 3D laser imaging.

The Fire Scout drones would bounce millions of laser pulses off distant objects to create a 3D "radar" image of any boats on the high seas — a technology known as LIDAR or LADAR — so that their new software could automatically compare the 3D images to pirate boat profiles on record. A first test is scheduled to take place with seven small boats off the California coast this summer.

"The automatic target recognition software gives Fire Scout the ability to distinguish target boats in congested coastal waters using LADAR, and it sends that information to human operators, who can then analyze those vessels in a 3D picture." said Ken Heeke, program officer in the Office of Naval Research's Naval Air Warfare and Weapons Department.

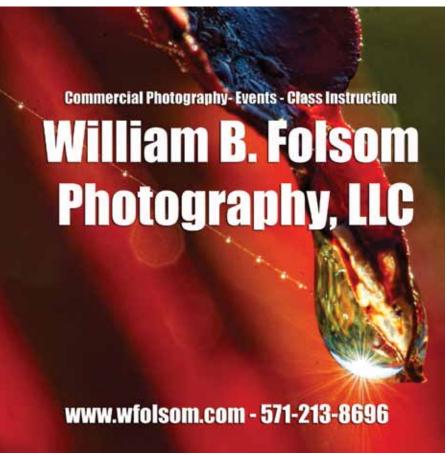
Origami Is First Power Folding Stroller In The World

Check out the Origami – most of the time, first time parents find that going out with a little baby in tow is not an easy task at all, as one needs to figure out all the possible eventualities, and bring along enough provisions. The Origami might be able to solve whatever problems you have in terms of being too bulky – as it is the first power folding stroller of its kind in the world.

4moms has developed this particular power-folding stroller, where all it takes is a single touch of the button to fold itself. It is also self-charging for that added bit of independence, generators located in the rear wheels will juice up the Origami whenever you start to walk - or in the case of a stroller, one would naturally stroll. There are also daytime running lights which ensure you and your baby will be able to see what's going on ahead, as the pathway lights that are located under the stroller will turn on automatically in low-light conditions. Embedded sensors will know whether a child is in the seat, so that it won't fold itself by accident. All details from the thermometer, speedometer, odometer, tripometer and lifetime tripometer will be displayed on the LCD dashboard.

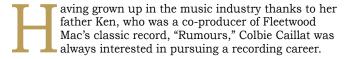
www.coolest-gadgets.com





FALLIN' FOR COLBIE

by Keith Loria



"I understood from the beginning that it's hard work. I didn't have any illusions about it being a stay home gig," she explains. "My dad encouraged and urged me from the very beginning to write my own material and to play an instrument. I am so grateful for that advice."

In no time at all, Caillat became a gifted singer and songwriter, armed with an acoustic guitar by her side. It was the action of a dear friend of Caillat's that helped her music career get going: she simply posted her music on her Myspace page, and the songs started getting passed around from friend to friend and person to person.

"Suddenly, I had thousands of friends, and their comments were so supportive," Caillat says. "So, it was really at that point, when I knew that people liked my songs and felt that I expressed something that they could relate to, then became focused on a career."

With the smash debut album *CoCo*, and strong follow-ups with *Breakthrough* and *All of You*, Caillat has been one of the chart-topping singers for the past six years. The singles, "Bubbly," "Fallin' For You," "Brighter than the Sun," and her Jason Mraz collaboration on the Grammy-winning "Lucky," have all become radio mainstays.

The 26-year-old says that "American Idol" passed on her—twice—but that she's so happy the way that things have turned out.

Last October, the singer released *CoCo-Deluxe Edition*, where fans were treated not only to the 12 tracks originally featured on *CoCo*, but nine additional recordings. Highlights include three new Caillat tunes, "Older," "Circles," and "Something Special"; alternate takes on her massive breakthrough hit "Bubbly" and "Magic," and live versions of a pair of songs originally performed by two of Caillat's favorite artists: Lauryn Hill's lovely "Tell Him," and Bob Marley's sultry "Turn Your Lights Down Low."

The singer will be performing as part of a double bill along with Gavin DeGraw at the Barns at Wolf Trap on June 9.

"I play a selection of songs from all my albums," she says.
"I have started working on my upcoming album for next year, so I play some new songs from this record as well. We have some fun moments in the show, also, but I want it to be a surprise."



Also on tap is a classic cover of a song from that legendary album her dad produced.

"I really hope people have fun and I really encourage them to sing along and dance along," Caillat says. "It really makes me happy when they do that. And if you have a favorite song—shout it out."

The singer understands how important her fans are and wants to make sure they feel a part of the process. Caillat continues to rely on social media sites to interact with her fans and calls them a great inspiration for her music.

"I have a full time dialogue with my fans through Myspace, Facebook, and Twitter," she says. "They advise me on songs, and just exchange ideas, and they let me know what my music means to them. I also keep them posted about what I'm doing, what I'm thinking about, and also about various organizations that might need their help like the Surfrider Foundation."

In addition to her Grammys, Caillat already has collected a number of fond musical memories.

"Touring with John Mayer, one of my biggest idols, writing a song with Jason Mraz and playing shows with him in different parts of the world, winning two Grammys, being on tour with Sheryl Crow, who I grew up listening to. I feel so lucky," she says.

Caillat calls herself a homebody and is still taken a back by all of the success she has found.

"When I'm not on tour, I still hang out with my best friends from elementary school every day, and my close family, so I forget that people know who I am and listen to my music all around the world," she says. "When I go back out on tour and play shows I get reminded of that, and it's a nice, surprising feeling."

Looking ahead, Caillat plans on getting that new album ready soon and continuing to do what she does best. She hopes to work with some hip hop or R&B artists ("I would love to work with Common," she gushes), and wants to branch out more with the new record.

"I've already started writing and recording the new album," she says, "and I hope to continue to grow lyrically and musically, but still be the same Colbie that my fans know."

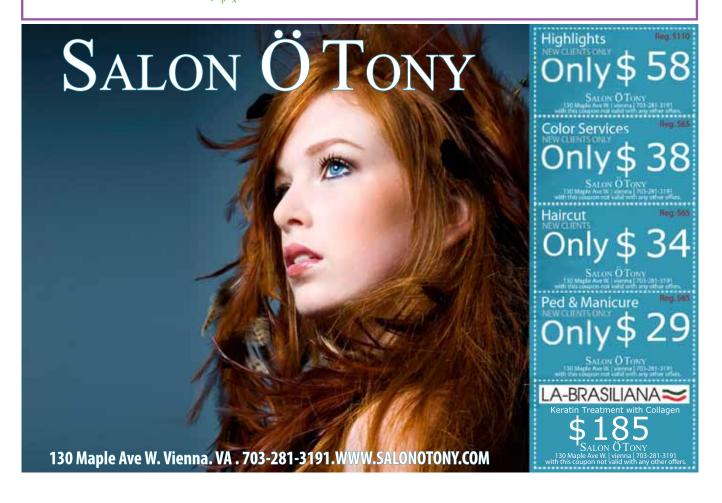
author: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment and the arts. When he's not writing, the Oakton workat-home dad can be found playing with his daughters Jordan and Cassidy.



the art of food and entertaining is our passion. Classic or contemporary, simple or luxurious, large or intimate, imagination is our compass. Our team of planners will guide you through the process to ensure your visions come to life.

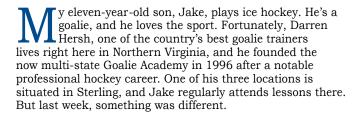
Let Purple Onion Catering Company assist you in "peeling" the layers of your big day "tear free"!

We create memorable events
www.purpleonioncatering.com | 703.631.0050
416 Maple Avenue, West | Vienna, VA 22180



OBSTACLES -> OPPORTUNITIES

Nice Shoes • No Drama by Leigh Macdonald



The norm at this not-inexpensive-but-worth-every-penny training academy is a sheet of synthetic ice and two instructors: one coach and one assistant, each armed as a forward with a hockey stick. But on this occasion, Jake faced more. You

see, he stood opposite two stick-wielding forwards, plus "Mr. Darren" (as Jake calls him) and a machine.

A big machine ... one that was very powerful and probably a bit daunting from Jake's perspective. Why?

Well, the machine shot pucks in his direction at a pace of 50 mph. And Jake knew that the machine had the capacity to shoot 100 mph pucks. And so, on this day, Mr. Darren shot one [fast] puck after the next from his fancy new machine, while the two forwards worked rebounds against Jake.

At the first break, I asked Darren about his new contraption. While I was awed by the hefty machine and its speedy shots, I was also curious as to why-and how-it fit into the training regimen. Darren offered a surprising answer. The machine wasn't a new toy at all. Instead, he had been injured and was unable to repeatedly shoot, so the machine was his solution. The contraption enabled Darren to meaningfully participate in training drills despite his injury.

Hours after Jake's lesson wrapped, I found myself still thinking about the machine and Darren's business resilience in the face of his injury. That's when it struck me: this was a prime example of something I'd recently read. Something powerful.

That "something" was from The Lemonade Stand, a book written by two local entrepreneurs and authors, Ara Bagdasarian and Nick Gustavsson. The Lemonade Stand outlines the benefits of optimism in entrepreneurship and spurs thought with meaningful real-life examples.

The authors motivate readers with a you-can-do-this tone that's believable, and they give roots to the concept of turning

150



lemons into lemonade. In fact, I found myself going back repeatedly to various points in the book, but one notion really stuck out for me: obstacles are best viewed as opportunities. poised to help themselves and others by developing products,

> As I connected the dots between Darren, his machine, and The Lemonhead Movement, I knew I'd seen firsthand an example of a professional obstacle turned opportunity and solved. Darren didn't see his injury as something temporarily untouchable or as a situation that would go away as he healed. Instead, he found an immediate solution, and his training facility remained fully operational without added burdens on his coaching staff.

It's astounding to think about the progress we could make if most people approached problems that way. Just imagine what we could accomplish as a society if The Lemonhead Movement became mainstream ... if most people looked at obstacles as opportunities, as problems that simply need solving. The possibilities are endless, but they're also encouraging.

And so, I challenge you to welcome obstacles that cross your path. They may hold secrets to things you might never have otherwise imagined.

- Learn more about Goalie Academy at Goalie Academy.com.
- The Lemonade Stand (Ara Bagdasarian & Nick Gustavsson) is available at Amazon.com for \$19.95 and is linked on NiceShoesNoDrama.com.
- To learn more about The Lemonhead Movement, visit LemonheadsRule.com.

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.

According to The Lemonhead Movement—the principle adopted by Bagdasarian and Gustavsson—obstacles provide prime material for the creation of solutions. Entrepreneurs who see obstacles as opportunities to create solutions are smart. They're better than smart though. They are also services, and ideas that remedy existing problems.

VivaTysons | MAY-JUNE 2012 vivatvsons.com

The Lemonade Stand

What Every Entrepreneur Should Kno

to Succeed in Starting and Running Any Business





The Snoring Princess is the delightful tale of Princess Tiana, a beautiful little multicultural Caribbean girl, and the lessons she ends up teaching the king, the queen, and all the good people of the island!

The full-color printed book

The Snoring Princess
is now available for the price of just \$17
at allivoice@hotmail.com.

Full soundtrack now available at www.cdbaby.com for just \$2.99!

Allison Sutherland 703.573.5773 allivoice.com allivoice@hotmail.com



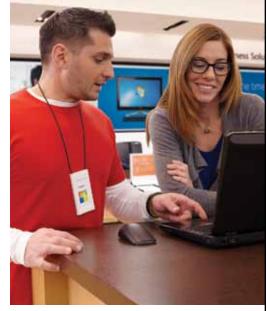


Get a complimentary Virus Removal or PC Tune-Up at the Microsoft Store*

Let us help ensure your PC is performing at its peak. Bring this special offer in today.

*PC Check-up Service is also known as Microsoft Extended Diagnostic. Valid through 6/24/2012 at Microsoft Store retail locations. Not valid online or for Windows Upgrade (Microsoft Signature Upgrade), hardware installation, parts, software or other services not listed. Installation of Microsoft Security Essentials optional. Cannot be combined with other offers or redeemed for cash. See an associate for more details. Limit 1 per customer.







microsoftstore.com/tysonscorner
f facebook.com/microsoftstore
@microsoftstore

The Microsoft Store Tysons Corner Center 1961 Chain Bridge Rd. Tysons Corner, VA 22102 703-336-8480



cut & style | color | body wave | organic facial services | waxing make-up | massage | yoga classes | nutrition counseling



BB&T Home Mortgage

Local service. Local lenders. The benefits of having a local mortgage.

OUR LOCAL FINANCIAL CENTERS AND LOCAL LENDERS KEEP US CLOSE TO OUR CLIENTS, so when you need us, we're here for you. Whether it's to answer a question, or explore changing needs, you'll have someone you can trust, right here in your community. When you're considering buying, building or refinancing a home, the place to call is BB&T.

To learn more contact:



Terri Wilcox Mortgage Loan Officer 703-442-5577 twilcox@bbandt.com



Michael Fry
Mortgage Loan Officer
703-442-5545
michael.fry@bbandt.com

DEAR COACH AMY,

I am a single woman in my early 40's who would really like to meet a man who is still in his 40's and desiring a family. I have tried online dating without any luck. There is a cute guy at work and he may be single. He has a picture of his four cats on his desk and does talk about his cats. He seems very compassionate and has worked previously at a place that helps both mentally and physically handicapped people. About the work situation: we are in the same department and work under the same boss. How do you find out if someone is single and if it's a good idea to date someone at work?

- Mesmerized in Merrifield



Is that person at work single?

by Amy Schoen

DEAR MESMERIZED,

There are many issues here you need to consider. First, what is the company policy about dating at the workplace? I recommend you check your company HR handbook. Have others had a romantic relationship with a co-worker in your office with success? Has one person of the couple had to leave or transfer because of this romantic relationship? I would tread lightly here. You do not want to jeopardize your professional image or your livelihood. So you need to find that out before acting on anything else.

Nonetheless, meeting at work (and at college/school) is one of the top ways people meet their spouses.

Many times it does require one of the people in the couple to make some professional adjustment or move so that you are not directly working with your romantic interest. Just know if your co-workers find out that there is a romantic duo in the office, this can make your co-workers uncomfortable. Also, if the relationship does not work out, then going to work can be uncomfortable for everyone.

If you do get beyond this, then I recommend you look for other signs that there may be a family, spouse, or love interest in his life. Are there any other pictures around? Is he wearing a wedding band? Does he mention his family when you chat around the water cooler on breaks?

Do you have a close friend or work confidant who knows this person? Can you find out if she knows this man and his situation? If your friend is married, then it may be easier for her to find out the information you are looking for through casual conversation with this fellow.

You may be able to get a group to go to happy hour and invite him to join the group. Or even better, I would have your friend invite him to the happy hour. That way you can see if he has obligations to a family or anyone else!

You may want to find a way to talk about the upcoming holidays or summer vacation, and ask about his plans. Make the assumption that he does have a wife. You could say, "Are you and your wife taking a trip this summer?" He may answer, "I'm not married ..." Then you have the information you are looking for. He may answer, "My girlfriend and I are taking a trip to Europe." Then you know he's taken!

Even if he is single, you don't know that he is looking for a relationship or about his past situation. Is he divorced, widowed, or never married? Does he have children too (besides the cats)? Some people don't like to put personal pictures out at work. On the flip side I do know about a 50-year-old man who put up a picture of a fake family so the people at his office would leave him alone and not think him weird!

Also, can you find out this fellow's age? What if he was 35 or 55, would you still be interested in him? I have been off the mark about 10 years either way when it comes to someone's age. Their age can really affect their life goals and how ready they are to get married and have a family.

You really have to take this fact-finding slowly and first find out if he is actually available, and even looking for a relationship. If you find out he is single, then, you have to decide if it's really worth it to risk your work situation for an office romance. After all this, if you think it can

work, then you need to figure out how to get his attention! Good luck!

Warmly, Coach Amy

author: Amy Schoen is a certified professional life coach and dating/relationship expert based in the DC area and is the author of "Get It Right This Time-How to Find and Keep Your Ideal Romantic Relationship." She helps personal growth-oriented individuals to have fulfilling relationships and greater life balance. coachamyschoen.com.



HOW TO RECALCULATE YOUR RETIREMENT PLANS

To maintain your current lifestyle in retirement, economists say you'll need about 80 percent of your current income. Social Security will provide about 30%. The rest may come from pension benefits, a job, or personal savings and investments.

You can get a personalized estimate of how much to expect from Social Security at www.ssa.gov/estimator.

If you discover a shortfall, you can save more, plan to work longer, look for higher returns on savings or plan to reduce your retirement lifestyle.

• Play catch-up. Ideally, you should plan to contribute 15% of gross earnings to retirement savings, including employer contributions. Make the most of the company's 401(k) plan. Or contribute up to \$5,000 to your own IRA or Roth IRA. If you are over 50, you can contribute \$6,000.

- Work longer at your present job or decide to get part-time work after you retire.
- Create lifetime retirement income. The Government Accountability Office recommends using up to half of your savings to buy an income annuity to avoid the risk of outliving your savings. But you can invest as little as \$10,000 now and set the date when you will begin taking payouts.
- Delay taking Social Security. Many workers claim benefits before their normal retirement age, passing up an additional 25% or more in monthly inflation-adjusted benefits for the rest of their lives.

Normal retirement age is 66 for those born from 1943 to 1954 and gradually rising to 67 for those born in 1960 or later.

NO-NEGOTIATION CAR DEALS

For those who don't have the time or inclination to haggle, there are car-buying services that will do it for them.

Zag is the most popular service. It's free and offers prenegotiated prices on new cars from participating dealers. To be certified by Zag, a dealer must agree to pass on 100% of the cash incentives they get from manufacturers.

According to Kiplinger Personal Finance, each pricing report has a link to TrueCar (Zag is owned by the company) to show you how good the price is.

When you choose the model, trim level and options, you'll be offered the lowest prices from three local dealers. You print a certificate with the price on it and take it to the dealer.

Costco has a buying service for its members. Log onto www.costcoauto.com and enter your membership number. You'll get access to dealers with pre-negotiated prices.

Dealers pay a fee to get into programs such as Zag and Costco.

FOR A PET?

As veterinary medicine becomes more like human medicine, the costs associated with it continue to rise. More treatments and surgeries have made their way into the animal kingdom, along with their big price tags.

The number of pet insurers has increased tenfold in the last decade. They include Pets Best Insurance, Hartville Group, and Embrace Pet Insurance.

They offer different levels of coverage. Most basic plans protect against accidents and illnesses, and cost around

\$15 a month. More coverage can be added for wellness programs such as annual exams, blood work and vaccines. Most policies reimburse 80% or 90% of a claim.

Dogs are insured four times more frequently than cats. But as people begin to view a pet as a member of the family, they feel an increased responsibility, according to ASPCA Pet Insurance.



HIGH PRICES SPARK INTEREST IN NATURAL GAS CARS

With the price of gasoline approaching \$5 per gallon, automakers are testing natural-gas vehicles with consumers.

GM and Chrysler have announced a new heavy-duty natural gas truck with a dual fuel option for gasoline. Meanwhile, Honda is expanding sales of its natural gas-powered Civic.

About 113,000 natural-gas vehicles are on U.S. roads, says NGV America, a trade group for natural-gas vehicles. Worldwide the vehicles are much more popular with 4.2 million on the road in Latin America and 6.8 million in the Asia-Pacific region.

A natural-gas vehicle has almost zero carbon emissions, a fact pleasing to those who care deeply about the environment.

Compared to gasoline, natural gas is also a good deal. For the equivalent on one gallon of gas, customers pay \$2 to \$2.59 for natural gas.

But the reality check comes with three steep hits: price, cost, and practicality.

Upfront price for a vehicle is higher than gasoline-powered cars and trucks. Honda, one of the bigger players in the natural-gas vehicle scene, sold 2,000 natural-gas Civics in 2011 at a cost of about \$4,000 more than the gasoline-powered mode. The bi-fuel Chrysler heavy-duty pickup will cost almost \$12,000 more.

Refilling is more of a problem in the U.S. than in Latin America, but in every state power companies offer fueling to the public. The problem is that this might not give you enough fueling stations to actually use the car for extended travel.

Consumers can purchase a natural-gas filling station for \$6,000. These stations tap into your home's natural gas line, compressing the gas for use in your car. It takes about six hours to fill up but costs only \$15.

Also, depending on the vehicle, trunk space will be limited, since NGVs usually store fuel canisters in that space.

HAVE A POWER LUNCH

INC. tells how to do it right:

- 1. Make the reservation in person. Pick a private table.
- 2. Be sure the restaurant has your credit card number ahead of time.
- 3. Get there a little early to make sure you have the table you want.
- 4. Be known at the restaurant. Go there often before taking a client.

CREDIT CARD REWARDS

Are you getting what's coming to you?

Your credit card bill nicely lists every charge you make, but when it comes to rewards, you just get one total.

You may wonder if you got the 5% reward on a big purchase or if it was rewarded at a lower rate. At CreditCardForum.com, they say the lack of transparency is one of the biggest complaints they get.

Banks say they don't itemize rewards because they want to keep their statements simple and uncluttered.

Quoted in SmartMoney, a spokesman for Chase Card Service says banks usually provide a charge-by-charge accounting over the phone with a customer service representative if a cardholder calls for it.

The conversation might yield surprising revelations. Some reward programs rotate which categories are eligible during a given period and cap rewards. But they don't tell you about it.

Others don't count sales at certain types of merchants. American Express offers higher rebates for gas purchases but only at stand-alone gas stations, not for gas sold at superstores, convenience stores, or supermarkets.

Unless you're a rewards fanatic, it may be better to use a card that offers an uncapped reward on all charges.



HOUSETRAINING YOUR DIRECTION OF THE PROPERTY O

by Sanford Christmus

I hear many theories about how to housetrain puppies, grown dogs, and cats. What do you recommend?

- Janie Smith, Vienna

Opinions differ on how best to train a puppy or retrain an adult dog to go the bathroom outside, rather than in the house. Puppies assume they can go the bathroom wherever they want, because they know nothing else. Sometimes adult pets lose their housetraining because of scheduling problems, medical issues or age-related changes. In these cases, some refresher training is often all adults need. For puppies, however, our goal is to change what they think is normal, into what we think is normal. There are a few hard and fast rules, but much of the process depends on the owner's schedule, home design, and tolerance level.

When housetraining dogs, the most important rule is to use only positive reinforcement training techniques. Note that the preferred term for teaching dogs to eliminate outside is "housetraining," not "housebreaking," which has a negative connotation. Gone are the days when professionals recommended rubbing the offender's nose in the urine or stool, or even yelling at or hitting the pet after an "accident" occurs. When a puppy has an accident in the house, we should be upset with ourselves, not with the dog. The puppy is only doing what seems natural; we're the ones who are controlling the environment and schedule, and have the forethought to know what will happen in the future.

I don't recommend training a dog to use "wee-wee pads" or newspapers indoors, although such methods have been recommended for many years. This type of training confuses puppies and lengthens the time necessary to get them properly housetrained. First, you're training them to go to the bathroom in the house, and then you're teaching them not to. We should train them to never eliminate in the house, right off the bat. To do so, you must control your pup's environment.

Crate training is the best way to teach your puppy when and where to go to the bathroom. If the crate is the proper size, most puppies will not eliminate in the space where they sleep. If the crate is too large, though, the pup may eliminate in one area and sleep in another. The goal is to have the crate be a small, cozy home, like a fox den. The pen should be big enough that the puppy can stand and turn around, but not much larger. Some crates can be customized with a partition that blocks off part of the area. Otherwise, you may need to buy new crates as your puppy grows, depending on the animal's size. The crate should be a happy place with a blanket (if they don't eat it) and some chew toys. Puppies should never be crated as a punishment; the kennel should be their safe place.

Here is the key to crate training your puppies. They should be either in your sight or in the crate until they are completely trustworthy in the house. The length of time varies, but the more consistent you are with your training, the faster your puppy will learn what you expect. If you're out of the house, getting the kids ready for bed, making dinner, or talking with friends on the phone, the puppy should be in the crate. If she's out of the crate, have her in a space where you can see her 100% of the time. If she goes around the corner or behind the couch and urinates, you've lost that chance to train her. You'll start to see that she displays signs that she is getting the message from her bladder that she has to pee. She may circle, sniff, or simply stop playing for a couple of seconds. Often puppies just stop walking and urinate, but if you're watching closely and see such a sign, you can scoop up your pet and run outside, where, if she continues to urinate, you can reinforce her good behavior with positive reinforcement. If she doesn't urinate anymore, it's OK, just bring her back in and try to catch her next time. Remember not to punish her for what she did indoors before you scooped her up.

Immediate positive reinforcement is an important part of housetraining. Dogs love food, so use it to your advantage. The best treats are semi-moist, high-value, tasty treats. You may have to try a few brands, but you can usually find a treat your puppy will love. I've even used stinky cat treats for some pups that didn't respond well to dog treats. My personal favorite treats, which are available at many pet stores and online, are freeze-dried liver pieces made by Pro-Treat. They're healthy (nothing but liver), they're tasty (to dogs), and they can be broken into little pieces to allow for frequent positive reinforcement.

Any positive reinforcement must be given within three seconds of the action you want to praise. You must therefore take the treats with you whenever you take the pup out and then give the treat immediately after he eliminates. You can even gently say a command ("Go potty," "Tinkle," etc.) while he's using the bathroom, to teach him to eliminate on command. This command is especially helpful during foul-weather walks. Some people give treats only when they come back in the house after elimination, but the puppy won't associate elimination with the treat if it is not given at the time he performs the good behavior.

You need to take puppies or adult dogs outside after they come out of the crate, after a nap, after they eat, and intermittently throughout the day if they're not crated. If they've been in the crate for any length of time, don't give

them a chance to pee before you get outside. Scoop them up, carry them outside, and give them the treat after they eliminate.

Bowel movements are easier to schedule, because puppies usually need to go about 15 to 30 minutes after a full meal. For that reason, I recommend meal-feeding puppies, rather than allowing them to graze throughout the day.

Adult dogs are retrained the same way as puppies. Keep them confined if you can't watch them, and positively reinforce elimination outside. Be sure to clean the area where the dog has gone to the bathroom in the house. Use an enzymatic/bacterial solution for eliminating pet odors to help prevent the pet from going there again. Re-treat the area once or twice a week for two to three weeks, even if the label doesn't say it's needed. Saturate the carpet and surrounding area, because urine spreads in the carpet padding. Keep doors closed to affected rooms, if possible, until the dog can be trusted again.

How to housetrain cats: Keep them in a bedroom with a litter box, food, water and toys for a few days to allow them to get acclimated to the new house. Put them in the litter box once. Voilà, housetrained cat!

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



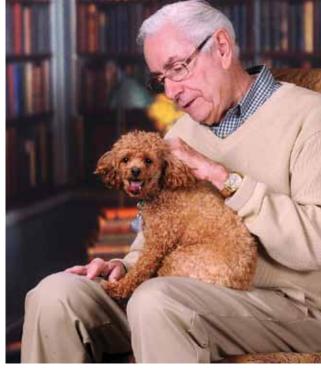
THERAPY PETS

Animal interaction has been medically proven to have a calming effect, studies have also shown that when people pet dogs, a drop in heart rate, lower blood pressure, and reduced stress occurs. Animal interaction can chase away loneliness, depression, and withdrawal.

With all these positive effects, it's no wonder therapy pets are in such high demand! From working with children with disabilities, to helping kids learn how to read by having the child read to the dog, there is a vast range of opportunities for your pet to help. Therapy is not just for the dogs either. Many organizations accept other pets as well, such as cats and even rabbits.

A screening test is needed for your pet to start volunteering. A good therapy pet is friendly, patient, confident, gentle, and at ease in all situations. If your pet fits the characteristics above, they may be on their way to changing the lives of people in our area.

Fairfax Pets On Wheels, connects volunteer animals to seniors in local nursing and assisted-living homes in the Fairfax County area. Last year their volunteers provided 8,000 hours of animal interaction to the homes they service. Become a volunteer today and share the power of the human-animal bond.



Interested in volunteering or donating? Fairfax Pets On Wheels www.fpow.org • 703.324.5406

Is your pet ready for their close-up? Send photos to articles@vivatysons.com



Owner: Andrew McElroy Owner: Nancy Preston



Indy



Tuc and Bo Owners: Jan and BJ



Eliane Owner: Judith Bankier



Sox and Dexter Owners: Jay and Ashley



Roxy Owner: Gaby Oser



Jasper Owners: Pat and Jim Morrell





As the weather warms up we all feel a little friskier and are ready to spend long days in the sunshine. This includes our four-legged friends! By following these saftey tips you can create a seamless and healthy transition into warmer weather!

Fleas, Ticks, and Heartworms

While dormant in the winter these biting pests come back full force during the warmer months. They transmit dangerous diseases like Lymes Disease or Rocky Mountain Spotted Fever. There are many easy options to protect your pet from these pests. Heartworm is also a danger of the warmer months and is transmitted through mosquitoes. Make sure to take precautions because this parasite can be fatal. Ask your veterinarian for the best protection options for your pet.

Heat and Sun

Dogs love to be outside, soaking up the sunshine and running around, but, just like humans, they have the ability to become severely dehydrated or even get heat stroke. Make sure that you have cool fresh water available for your pup and keep an eye on them while they are exercising. Dogs can also get sunburned so limit the direct sunlight that your dog receives each day.

Spring Allergies

Blooming flowers and plants can trigger allergies in your pup. Allergies can develop over time. Look for signs that your dog is suffering from this yearly nuisance. Some signs include itchy skin, scratching or rubbing of ears, bald or red spots in coat, and wheezing. Ask your veterinarian for the best options to treat your pet.

Poisonous Plants

What may look like a delicious snack to your dog may actually be severely harmful. Ask your vet for a list of poisonous plants in your area. You may be surprised at the ones that could harm your pet.

Collar and Name Tag

Your dog will be spending a lot of time outdoors and it is important that their collar and name tag are secure in case they wander off or get lost around the neighborhood. If they will be spending time in a fenced backyard, check the perimeter for holes so that the yard is safe and secure as well.



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

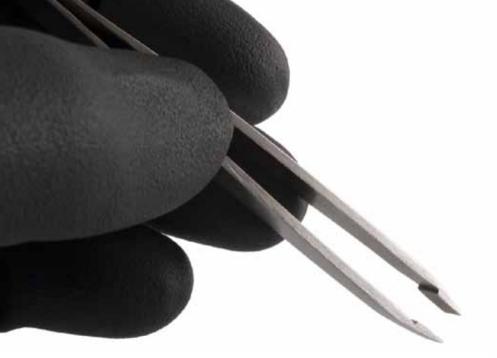
SATURDAY

9am - 2pm SUNDAY

10am - 2pm

***** 703.938.2800

www.ovvhpets.com 320 Maple Ave East Vienna, VA 22180



TICK PREVENTION



How to find ticks on your pet and what to do if you find one. by Gaby Oser

to an end, everything is blooming and blossoming. In most cases, this means flowers, plants, bunnies and birds - we often forget about the not so charming aspects of spring -- specifically ticks. Virginia's most common ticks are the Deer Tick, Lone Star Tick, American and Brown Dog Ticks. Ticks are inevitable, but are very manageable if you know what to look for.

A few tips to help you find and dispose of these nasty little pests should you find one. As a rule of thumb, anytime your pet comes inside, check them thoroughly for any unfamiliar lumps, bumps or spots. Inspect your pet's ears, both inside and out, their "armpits" of both front and back legs and don't forget the tail. Another spot that we often ignore are the paws - check between their toes and the foot pads.

If you do find a tick - no need to worry. Put your pet in a comfortable position on a wood or tile floor (easy clean up), and using a pair of tweezers, grip the tick as close to the skin's surface and pull the tick upwards with a strong, firm hold.

One important thing is to avoid separating the body of the tick from its head. If this should happen just clean and disinfect the area thoroughly with soap and water. Keep a close watch on the area for a few days and note any changes in your pet's behavior or appearance.

You may want to keep the tick for a short period of time for identification purposes in the event that symptoms or infection occur. Place the tick in small vial of rubbing alcohol - this will kill the tick and preserve it if it's ever needed.

Preventive measures are the best way to avoid ticks in the first place. Topical tick repellents are available for both cats and dogs and work for both ticks and fleas. Also, knowing where ticks hide is key way to avoid them. They're commonly found in plants close to the ground, in brushy wooded areas, and tall grassy spaces.

Contact your vet immediately if you have any concerns or questions. A healthy pet is a happy pet (and owner)!



Custom Hand-Painted Wall Murals Beautiful, hand-painted murals tailored to fit your home or business. Please call or email for more information or a quote. Kathryn Rebeiz Artist/Designer 703.376.8108 • krebeiz@cox.net



Toys, Treats, Vets, Adoptions, and Much More!

There can you find every kind of toy, treat, vet or animal rescue under one roof? The Super Pet Expo. This is an event not to be missed if you're a pet lover of any kind. You can find a multi-colored (literally blue, pink and purple) Labradoodle who poses for photos and an "Extreme Reptiles" bus that lets you in to the fascinating world of various reptiles. Maybe you're looking for a food and water stand with skulls and cross bones, or, organic Timothy hay to give your rabbit or guinea pig. It's all here. You can even find out how your pup can become a blood donor.

It doesn't stop there.
The Super Pet Expo offers shows including pet tricks, demos, and training sessions as well as an assortment of fun races. Have you ever seen a dog dressed as a cowboy? Or maybe in a tutu?
You can enter your own pet into the "Best Dressed Pet Competition" or stop by and see the imaginative costumes of the other contestants. You can also watch your pet walk the "Red Carpet" and have their

How cool is that?

photo taken.

As if that isn't enough, your dogs can enjoy social hour in the playground areas- there's one for small dogs and another one for medium to large dogs so they can play fair with each other. Just make sure your four-legged pal likes to make friends.

The expo isn't just for pets either; kids and adults have fun activities too. The kids can enjoy arts and crafts, face painting, a moon bounce and much more. They can also hop on a pony and ride to their heart's delight. And while you're



vivatysons.com



wandering around in the hustle and bustle, you can find exhibits for hot tubs, neck and back pain, massage, clothing, accessories, and more.

For all the aspiring pet owners out there, you can find plenty of info to help decide what animal is right for you. Prior to being a pet owner it's always important to educate you and your family on the potential family-member-to-be. The expo offers all sorts of resources for owner education, and experts to help you find the right pet and assist you in their care. There are several rescues that attend the event and can help you find a wonderful new family member as well as veterinarians who can answer your medical and health questions.

Last, but not least, if you're a business owner or vendor that has something to offer the DC pet world, this is a great chance to get your name out to our community and let everyone know what you can do to help them or what you have to offer.

The expo comes around to the Dulles Expo Center each spring; it is also held in New Jersey and New York. This year, the expo was on March 16-18 here in Chantilly and next year it will be over the March 15-17 weekend.

Check out their website for more details at www.superpetexpo.com.



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

WE LIVE WHERE YOU LIVE.™



For your insurance and financial needs, see State Farm Agent:



Jonna S Wooten 8148 Electric Avenue Vienna, VA 703-560-7804

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.™

PO26038

State Farm $^{\otimes} \cdot$ Home Offices: Bloomington, Illinois

04/02



We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatysons.com. Let us decide if it's too trivial, it rarely is.

It's Open!

Pinkberry's, the upscale and wildly popular yogurt shop is now open in Tysons Corner! You'll have to try the original, pomegranate, coconut, and green tea frozen yogurts and smoothies.

Alegria is open on Church Street!

And it's hot! Offering a diverse selection of authentic casual Mexican fare and using the freshest ingredients and seasonings, Patrick Bazin has created the menu of his dreams. With all the integrity of traditional Mexican dishes, he expands on the flavors and creates a more contemporary cuisine to delight the palate. With freshly made tortillas and chips, and a beverage selection to match the venue, you're sure to love this new edition to our dining choices. A cozy outdoor dining option too.

111 Church Street North, Vienna, VA 22180 • (703) 261-6575.

Metropolitan Chiropractic is moving (just down the block)!

Dr. Anthony Avedisian has purchased new digs down the street to 360 Maple Avenue West. Look for a May moving date.

Penn Camera has joined forces with Calumet Photographic. Whew, we need that store to service the needs of our area photographic enthusiasts. The Tysons Corner store will remain open and provide the same great service and rentals.

Tri-360 has apparently signed a lease in Falls Church. This is a new concept and very few details are available, but we understand it's dedicated to the serious athlete. More details when we have them.

Under the Olive Tree is open! This is great! A place to find "ultra-premium" extra virgin olive oil, and balsamic vinegar from around the world. Over 50 different flavors of olive oil and vinegar, are offered to bring new tastes to your dining adventures. A great new addition for those who love their olive oil!



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 W&OD 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 fundraising 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.

Quinn's Auction Gallery has moved from North Maple to 360 South Washington St. in Falls Church.

A new fitness facility, 24-Hour Fitness, will soon (September?) take over the old Syms building by Seven Corners.

Chasin' Tails, a Cajun crawfish restaurant, recently opened on North Westmoreland St., just over the Falls Church line in Arlington. Genuine Cajun Cooking!

Entyse Wine Bar and Lounge,

in the Ritz-Carlton has 40 of the finest wines by the glass. Enjoy!

Remember McLean Day on May 19th. Spend the day outside and enjoy carnival rides, live entertainment, and delicious food.

Elevation Burger opens in Tysons Corner. Ingredients matter, and so does taste. Enjoy an organic burger made with quality ingredients.

Watch for a new health food store in Great Falls opening on top of Serbian Crown.

Cava Mezza is now open in Tysons Corner. Chef Dimitri uses fresh local ingredients to create authentic greek-inspired meals.

Dominion Jewelers will be moving to the old El Zunzal location at 917 West Broad St., Falls Church, sometime this fall.

A new BB&T branch should be complete in June at the old Chicken Out location in the Falls Plaza on Broad St. in Falls Church

Noodles and Company has opened in Falls Church. Visit them at 7511 Leesburg Pike.

Opening soon! Bistro Vivant in McLean, was where 1910 used to be. Enjoy delicious French cuisine at a 30-seat bar or on the outdoor patio.

By the time you are reading this, the new Space Bar (by the owners of Galaxy Hut) should be open in the old Stacy's Coffee Parlor.

Verdict is now open in Tysons Corner. New and exciting brand of must-have day to night fashions, and lifestyle merchandise for young adults.

On Tuesday, April 10th, Patrick and Julie Bazin received the prestigious Carole Wolfand Community Service Award. Kudos.

Marvelous Market

has closed in Langley Shopping Center. Chicken Out is "Moving In."

Kiehls just opened in Tysons Corner. Treat your skin and hair to a blend of unique natural ingredients used for more than 159 years.

Cache is coming soon to Tysons Corner. Featuring distinctive casual sportswear, contemporary accessories, and stunning evening wear. Stay tuned.



Neighborhood Offers" to 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.

MAY-JUNE 2012 | VivaTysons 165 vivatvsons.com

A man was at a bar feeling poor. He sees a rich man take \$50's out his pocket to pay the cashier. The poor man says to the rich man "I know all the songs known to man." The rich man laughed and said," I bet you all the money in my pocket that you can't sing a song with my daughter's name in it, Sarah Lee Greyson." The poor man went home rich and the rich man went home poor. What song did the man sing?

*Happy Birthday

Trivia Teaser • Creative Spellings

- 1. What popular website gets its name from a misspelling of the word for the number one followed by one hundred zeros?
 - A. Yahoo B. Tumblr C. Google D. eBay
- 2. What word did Vice President Dan Quayle attempt to "correct" at a 1992 school spelling bee by adding an additional "e" to the end of it?
 - A. Quail B. Hawk C. President D. Potato
- 3. What sports trophy is filled with misspellings, including Dickie Moore's name spelled 5 different ways?
 - A. Lombardi Trophy B. Stanley Cup C. Ryder Cup D. Davis Cup
- The name of which U.S. state is misspelled on the Liberty Bell and in the U.S. Constitution?
 Delaware B. Pennsylvania C. Massachusetts D. Mississippi
- 5. The properties of a Monopoly board are named after real locations in Atlantic City. Which Monopoly property is spelled wrong?
 - A. Mediterranean Avenue B. Oriental Avenue C. Reading Railroad D. Marvin Gardens
- 6. What word is misspelled in the title of a best-selling autobiography by entrepreneur Chris Gardner?
 - A. Cemetery B. Christmas C. Cheese D. Happiness
- What nation's king, Carl XVI Gustaf, misspelled his own name when signing his accession documents in 1973?
 - A. Sweden B. Norway C. Denmark D. Finland
- 8. Who directed the blatantly misspelled movie Inglorious Basterds?
 - A. Tim Burton B. Eli Roth C. Clint Eastwood D. Quentin Tarantino
- According to the lyrics of the song "Watching Scotty Grow," what does P-R-L-F-Q spell?
 A. Mom and Dad B. Love C. Scotty D. Moron
- **10.** Which 3-letter term is inserted after an uncorrected quoted word or phrase that is misspelled?
 - A. Sic B. Dum C. Pip D. Yuk

'Heart' word Search

PURPLERATEKAT BYMFOECEIPE YBWONKCOLLUBM MONITORFKCA ROBKRAVAU UQWCUIRECRO BPLAMLOI ARATRUFXA NONETURM SOHEDAMEIDVOH TWIDAKDNFESC ASTCHANGEOFDH PFUAEKLEWHENE EOVAACQIEILAR DEMFVIWOODTJR ATTXYSTRINGSY

ACHE
AND SOUL
ATTACK
BEAT
BLACK
BREAK
BROKEN
BULLOCK
BURN
CHANGE OF
CHERRY
FAILURE
FELT
HAVE A
HEAVY
KNOW BY

LAND

MONITOR MURMUR OF DIXIE OF MINE OF STONE PEAS PIECE OF MY PURPLE RATE SHAPED SICK STRINGS SWEET TAKE THROB VALVE WOOD

There are 10 human body parts that are only 3 letters long.

Can you name them?

Bizarre Holidays

May 6th National No Diet Day

May 18th National Bike to Work Day

May 23rd Lucky Penny Day June 8th Best Friends Day

June 26th National Forgiveness Day

Each of the suits on a deck of cards represents the four major pillars of the economy in the middle ages: heart represented the Church, spades represented the military, clubs represented agriculture, and diamonds represented the merchant class.

Spring is nature's way of saying, "Let's party!" ~Robin Williams



"We like the job you're doing, but we were wondering if you could switch up the ringtones from time to time."

What coin doubles in value when half is deducted?

A half dollar

The average person spends about 2 years on the phone in a lifetime.

.....



The most shoplifted book in the US is the Bible.

Animal Oddities

A snail can sleep for three years.

Butterflies taste with their feet.

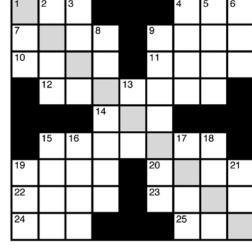
Across

- 1. When doubled, a dance
- 4. Thrilla in Manila boxer
- 7. Blockheads
- 9. Final, e.g.
- 10. Expert
- 11. Speech problem
- 12. "The __ Day", D-Day film
- 14. Fond du __, Wis.
- 15. Baton wielder
- 19. Watch chains
- 20. Barbecue fare
- 22. Cobblers' tools 23. Burn soother
- _ luck?" 24. "_
- 25. Dusk to dark

Down

- 1. Minor player
- 2. Drag
- 3. 60's hairdo
- 4. Graph line
- 5. Bringing up the rear
- 6. Mischievous one

Florist Favorite



- 8. Cloudy, perhaps
- 9. Euripides drama
- 13. Beetle juice?
- 15. "Newly __ hay'
- 16. With competence
- 17. Anger, with "up"
- 18. Cousin of a bassoon
- 19. J.F.K. overseer

- 21. Rep.'s counterpart Note: The title is a clue to the word in the shaded diagonal.

M A E S T R O F SBIB LONGEST a s ı ı 0 B U

Gallery in London opens to the public.

May 10, 1824 - The National

May 16, 1929 - The first Academy Awards held at the Hollywood Roosevelt Hotel.

May 25, 1935 - Babe Ruth hit his 714th and last home run.

Jun 9, 1898 - China leases Hong Kong's new territories to Britain for 99 years.

Jun 11, 2002 - The first season of American Idol begins.

Jun 22, 1847 - The first donut was created.

Jun 27, 1652 - New Amsterdam (now NYC) passes first speed limit law in US. (No wagons, carts or sleighs shall be driven at a gallop)

How to solve sudoku puzzles

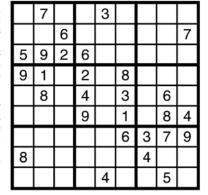
To solve a sudoku, you only need logic and patience. No math is required.

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

The difficulty rating on this puzzle is medium.

After Dinner Sudoku



Only in America ...

- Can a pizza get to your house faster than an ambulance.
- · Are there handicap parking places in front of a skating rink.
- Do drugstores make the sick walk to the back of the store to get their prescriptions, but sell cigarettes at the front.
- Do customers order a double cheeseburger, large fries, and a Diet Coke
- Do banks leave both doors open but chain the pens to
- Do we leave cars worth thousands of dollars in the driveway and lock our useless junk in the garage.
- waiting so we won't miss a call from someone we didn't want to talk to in the first place.
- Do we buy hot dogs in packs of 10 and buns in packs of 8.
- Do we have drive-up ATM machines with Braille lettering.



Twin Lakes Golf Course

6201 Union Mill Road • Clifton, VA 20124 703-631-9372

Twin Lakes is the premier 36-hole public facility in Northern Virginia. Two different courses that offer two different golfing experiences makes Twin Lakes the perfect choice for any golfer.

Burke Lake Golf Course

7315 Ox Road • Fairfax Station, VA 22039 703-323-1641

A slightly wooded 18-hole, par 3 course, offering a beautiful setting that is ideal for golfers of all playing abilities. Beginners and seasoned players alike will enjoy the challenge to their short game.

Herndon Centennial Golf Course

909 Ferndale Avenue • Herndon, VA 20170 703 471-5769

The 18-hole "Herndon Centennial" course at the Herndon Centennial Golf Course facility in Herndon, Virginia features 6,445 yards of golf from the longest tees for a par of 71.

Algonkian Regional Park Golf Course

47001 Fairway Drive • Sterling, VA 20165 703-450-4655

Algonkian's front nine tree-lined fairways are long, straight and flat while the back nine features hills and several dogleg and water holes.

Greendale Golf Course

6700 Telegraph Road • Alexandria, VA 22310 703-971-3788

An 18-hole regulation course featuring 148 acres of rolling terrain with asphalt cart paths. The course provides a challenging design with tight Bermuda fairways and several water hazards. The course and clubhouse are accessible to people with disabilities.

Pinecrest Golf Course

6600 Little River Turnpike • Alexandria, VA 22312 703-941-1061

Pinecrest Golf Course is a par 35, 9-hole executive course, measuring 2,462 yards. The challenging, narrow course is dotted with hills and ponds that create a golfing environment suited for novices and more serious players alike.

Jefferson District Golf Course

7900 Lee Highway • Falls Church, VA 22042 703-573-0444

A beautifully landscaped 9-hole executive course which features a gently rolling playing surface with four ponds, ideal for golfers who prefer walking. The course offers a challenging round of golf and includes a par five and some demanding par fours.

Laurel Hill Golf Club

8701 Laurel Crest Drive • Lorton, VA 22079 703-493-8849

Designer Bill Love, has created an impressive 18-hole course on land that formerly housed the D.C. Department of Corrections facility at Lorton. Love's objective was to let the natural beauty of the property dictate the character of the course.

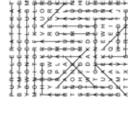
Oak Marr Golf Course

3200 Jermantown Road • Oakton, VA 22124 703-255-5390

Acclaimed as one of the finest teaching facilities and the largest lighted short game practice area in Northern Virginia. Oak Marr includes not only a 9-hole par three golf course, but also a lighted 76-station driving range with target greens and covered, heated tees.

Answer:
eye, hip,
arm, leg,
art, toe, jaw,
ib, lip, and
yum.)

168







Spellings'
1-c, Google
2-d, Potato 3-b,
Stanley Cup 4-b,
Pennsylvania
5-d, Marvin
Gardens 6-d,
Happiness
7-a, Sweden
8-d, Quentin
Trantino 9-a,
Mom and Dad

HOROSCOPES

MAY

ARIES: It's time to focus on what's really important to you and where you want to be in the future. Decide whether you will zero in on a personal matter or a career goal.

TAURUS: You are inclined to set an easy pace in your work. That does provide extra time for analysis. But at times like this, you need to move forward more energetically.

GEMINI: Far-away places aren't in the cards right now, but you can dream of them and be an armchair traveler. Plan your work and finances to make the dream come true.

CANCER: You may be a natural leader but sometimes you have to defer to others in certain areas. The best part of it is that you'll have fewer decisions to make.

LEO: Your perfectionist tendencies are becoming apparent, but no life, no job and no project will ever be entirely perfect. Try to avoid getting mired in the minutiae.

VIRGO: Being an optimistic person is paying off this month as you engage in various activities. It will help you successfully complete whatever you set out to do.

LIBRA: There are many options available to you now, which means decisions will be more difficult. Take courage, and study the facts before taking an important step.

SCORPIO: Develop a new attitude about family on Mother's Day. You may have things to forgive your mother for. Do it and put them behind you. Encourage this important relationship. Call, send a gift or visit.

SAGITTARIUS: If communication between you and a co-worker seems stressed, carefully trying to explain the rightness of your position could pay off. But be respectful, not pushy.

CAPRICORN: In business matters, face-to-face discussions can usually bring better results than a phone call or sending an email. Take the time for one-on-one talks.

AQUARIUS: The stars predict a surprise phone call from an old friend. If it happens, value the contact and make time to meet if you can. Friends are important.

PISCES: Take another look at financial matters. You are at something of a turning point where you can improve your position or go in the opposite direction.

JUNE

ARIES: Stand back. A misunderstanding with a coworker might bring angry feelings. Stay cool and ignore any veiled insult. Determine the cause of the situation and fix it.

TAURUS: Lady bulls tread lightly this month! If you dislike changes coming your way, watch your step and your comments. Focus on routine activities for the moment and wait to see how the changes work out.

GEMINI: This month, your ability to focus on projects and problem solving come to the fore. Take advantage of this heightened capability and avoid distractions.

CANCER: Celebrating Fathers Day brings you a chance to reconsider problems that occurred in the past. It can be a time to soften your view. Ideally, you can forgive and forget, and you can give love.

LEO: An unexpected financial matter might upset your carefully-planned investment program. Take a deep breath, handle it, and know you'll soon be back on course.

VIRGO: Even on busy days, there are many opportunities to smile if you recognize them. It really is time to put a little more fun into your life. Think about ways to do it.

LIBRA: Your likeable personality draws others to you. Take advantage of your way with words to bring out the best in others. As they grow and progress, so will you.

SCORPIO: Pleasant days and summer sunshine may prompt you to change your perspective. Work is important, but sometimes you have to put personal life first.

SAGITTARIUS: Vacation time is here. You should realize its importance for physical and mental health. Use your vacation days to relax. Heal your body and recharge your creativity.

CAPRICORN: While summer is upon us, fall is not far behind. Think about what work-related or personal-development course you could take. You can enrich your life or move your career forward.

AQUARIUS: Petting a dog or cat can relieve stress, lower blood pressure, and maybe even give you a longer, healthier life. If you don't have a pup of your own, try visiting the dog park for yippy good time with puppies.

PISCES: The stars predict good fortune coming your way in June, so watch for a situation where it can develop. It could be in a favorable turn of events with a loved one, a hole-in-one on the golf course, or a work-related development!

Join us for wine club

6:00 - 8:30pm The last Wednesday of every month.

A wine tasting unlike any other; 12 wines, cheese and fruit display, and passed hors d'oeuvres.



Live Jazz \$25 per person.

Limited attendance

Make your reservations early.

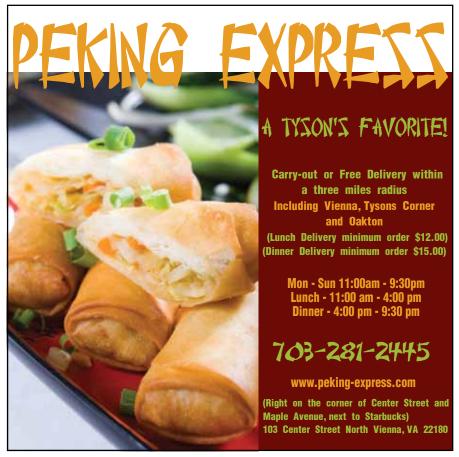
Robert@irisloungeva.com

William@irisloungeva.com

703.760.9000

www.irisloungeva.com





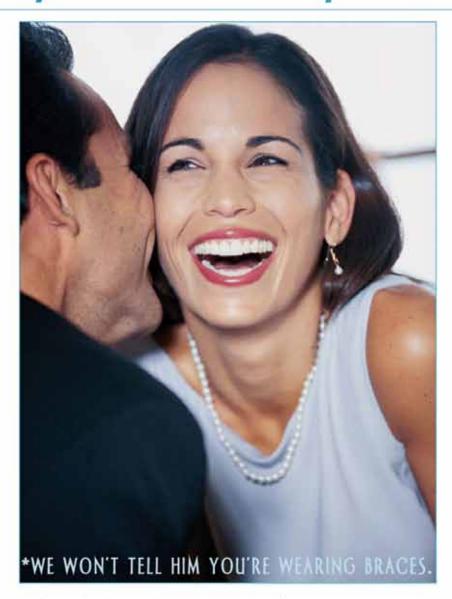








Hide your Braces, not your Smile!



*LINGUAL BRACES, "INVISIBLE BRACES" PLACED BEHIND YOUR TEETH

Voted One of the

"Top Orthodontists" Washingtonian Magazine

Northern Virginia Magazine NOVA Living

"Best Orthodontist"

Families Magazine Health & Beauty



www.BracesVIP.com



Dr. Allen S. Garai
Specialist in Orthodontics
Adults and Children
Diplomate, American Board
of Orthodontics
Attending StaffOrthodontic Department Children's/
Washington Hospital