

FALLS CHURCH | GREAT FALLS | MCLEAN | OAKTON | VIENNA

VivaTysons

MAGAZINE

July-August 2012 | vivatysons.com | \$3.⁹⁵

LOCAL WINERIES & WINE EVENTS

Spotlight On Arlington

Celebrated Area Realtors

Farmers Markets

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MCLEAN \$2,995,953
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MCLEAN \$1,673,786
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ANNANDALE \$1,799,775
Grand Manor roof, Lutron lighting throughout, inlaid cabinets. Oak floors milled from trees on property & unique log cabin on property



VIENNA \$ 999,999
Completely renovated Southwestern style home. Beautiful outdoor living w/pool & hot tub. Open layout w/ample light, updated kitchen & baths.



VIENNA \$1,199,900
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 \$1,687,687
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GREAT FALLS \$4,490,000



GREAT FALLS \$2,200,000



GREAT FALLS \$1,829,900

Contact Casey Today for more information
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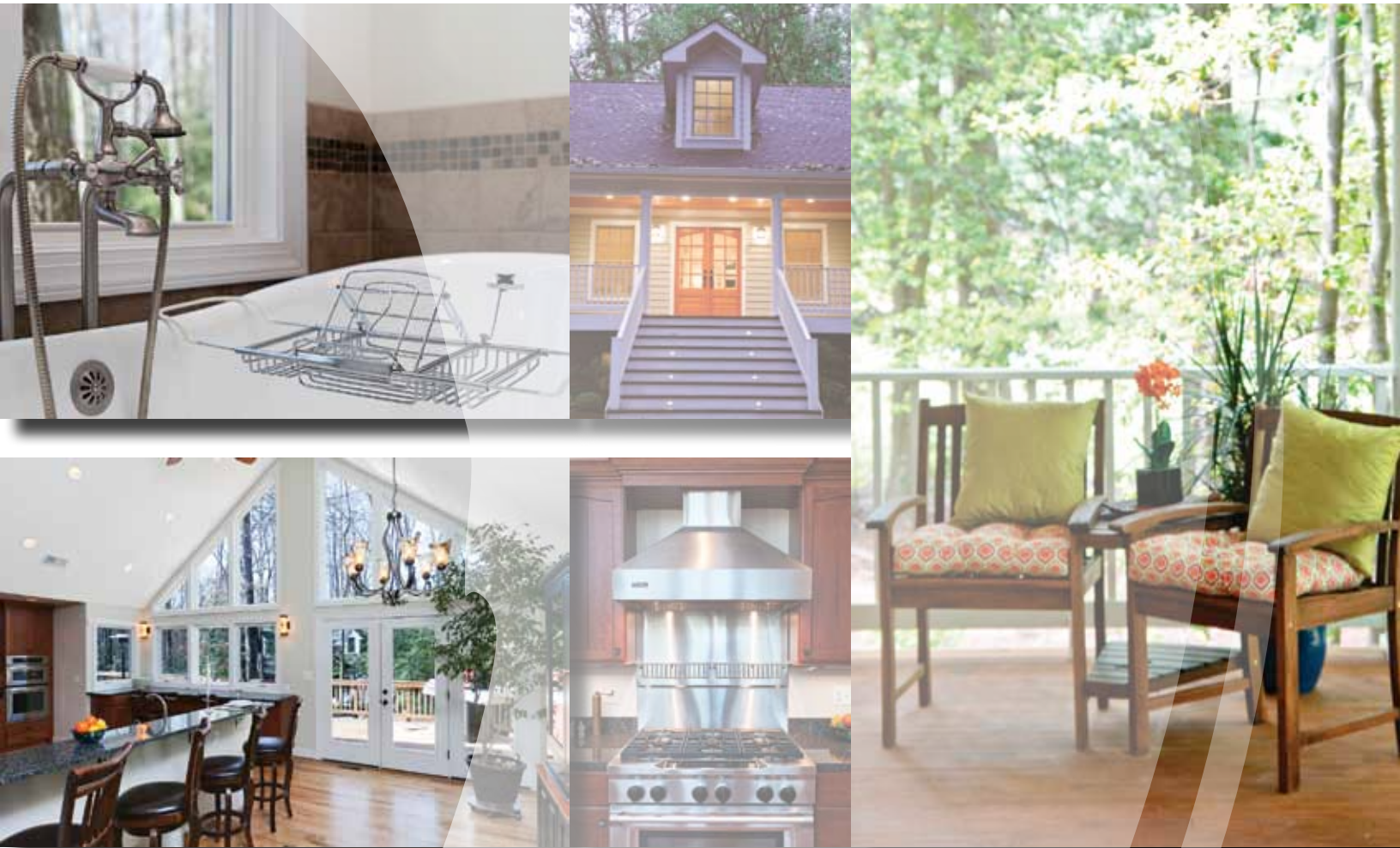
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FEATURES

58 FARMERS MARKETS

A list of our local farmers markets where you can find fresh produce and goods.

68 REALTOR PROFILES

See our area's celebrated real estate professionals who are here to help you.

102 SENIOR SPOTLIGHT

Read about our local seniors and their stories.

106 SPOTLIGHT ON ARLINGTON

A spotlight on what's hiding in Arlington.



38



48



98



152



DEPARTMENTS

8 Selected Events

14 Arts & Theatre

22 Around Town

34 Health & Fitness

50 Taste of Tysons

96 In Style

119 Home Improvement

124 Real Estate

140 Tysons Update

148 Technology

156 Money

158 Pets

164 Talk of Tysons

166 Fun & Games

168 Quick Corner

169 Horoscopes

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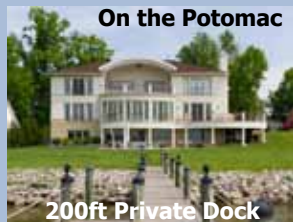
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Courthouse Road



GREAT FALLS

\$825,000 FX7834639
Locust Hill Road



VIENNA

\$899,900 FX7816596
Cricklewood Court



VIENNA

\$998,000 FX7841301
Spring Ridge Lane





20



18



42



34



168



140



114



106

AND MORE...

- 18 Getting Lost in the Canvas
- 20 The Music Man
- 32 Elevation Burger
- 34 Connecting Back to Nature
- 36 The Sun: Our Favorite "Frenemy"
- 38 Grow
- 40 A Calorie by Any Other Name
- 42 Gems at the Farmers Markets
- 44 Fitness in Your Home
- 46 Medical Smorgasboard
- 48 Put a Little Fun in Your Life: Try Dancing
- 50 Dolce Veloce
- 54 Dining Guide
- 60 Clare and Don's Beach Shack
- 66 Local Restaurant Treasure
- 74 Vienna Idol
- 78 Madison Art
- 80 McLean Bible Church
- 92 Independence Day
- 94 Inside Terra Christa
- 98 The Candle Lady
- 100 Jan King
- 102 Senior Spotlight
- 110 Taste of Arlington
- 112 Author Spotlight: David Baldacci
- 114 Homestretch
- 116 Sweet City Desserts
- 122 Church Street
- 124 Simple Transformations
- 126 Setting the Stage
- 131 Tysons Premier Real Estate Listings
- 136 NOVA Real Estate Market
- 138 Real Estate
- 139 Ask The Expert
- 146 Westwood Update
- 150 The Natural Bedroom Comes to Tysons
- 152 Face Food
- 155 Coach Amy
- 158 Pets: Recalled Dog & Cat Food
- 162 Pet Insurance
- 168 Public Tennis Courts

A LETTER FROM THE PUBLISHER

Wow. Can you believe all this? I can barely recognize what I used to know as Merrifield. Exploding with new businesses heading our way. And around Tysons, the buildings are popping up, and the metro is really shaping up. It's as exciting a time around here as I have seen in years. Marcia McAllister sent us some info for your consideration. Check out the name changes at the metro stations.

Virginia Wine Country is starting to resemble Southern France. Over 200 wineries in Virginia now ... When did that happen? And great wines too. Travel writer, friend, and oenophile Linda Barrett shared some stories about our local wineries. Keryn adds to the feature by giving us some pairing tips, a wine tasting menu, wine events, and local dog friendly wineries.

I have always been fascinated by the success and teachings of the McLean Bible Church. (It shouldn't have surprised me, they serve the community in so many ways). Rick got the story ... and the "message."

Looking for more peace and inspiration? Go inside Terra Christa and meet Mary Ruth Van Landingham. She has something for everyone--regardless of your spiritual preference. Interesting person and shop.

While filming "Taste of Arlington" (www.tasteoftyson.com) for the festival operators, we met some great folks to the southeast. It's a vibrant city and with so many of readers living there, we thought we would take a peek at what's hiding there. Rick and Jade share some thoughts on the fun and the food in Arlington.

Meet Meghan Cook of Sydney Hale Candles. Entrepreneur and philanthropist making soy candles in her home, she has a great story to tell. And, read about the work of Homestretch, an area organization empowering families to rebuild their lives.

Colleen Sheehy Orme introduces us to local celebrity Jan King and Rick Mundy introduces us to seniors Donna Gregory and Walter Mess. Great people with interesting lives to share with us.

Gaby Oser says we should buy pet insurance. She explains. Keryn Dohanich calls the sun our favorite "frenemy." She investigates. Read the story by Carly about artist Kathryn Rebeiz. What a rich story and incredible talent.

Farmers Markets are back in full swing-we have the details. Jake gives us a tour of the new improvements and changes at Westwood Country Club, and Leigh Macdonald talks about eating for better skin health and we introduce you to some celebrated area realtors.

Have a great summer, see you in September.



Correction: The website for artist Jose Crespo from the last issue (May/June) was recorded incorrectly, it should be www.josecrespogallery.com.

VivaTysons

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SELECTED EVENTS

LOCATIONS

(referred to in the selected events)

FALLS CHURCH

Cherry Hill Farmhouse

312 Park Ave

703.248.5171

www.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

JULY 5-7
ELIZABETH MITCHELL
The Barns at Wolf Trap
Vienna | 10:30am | \$8

Celebrate the simple joys of nature as this folk singer performs classic melodies alongside her husband and young daughter. Led by Elizabeth Mitchell's delightfully appealing vocals, the family's sweet, inspiring songs will remind you of the warmth and cheerfulness of a sunny day.

JULY 6
BROADWAY ROCKS!
The Barns at Wolf Trap
Vienna | 8:15pm | \$20+

An evening of Broadway showstoppers from *Dream Girls*, *Mamma Mia!*, *Hairspray*, *Jersey Boys*, *Rock of Ages*, *The Lion King*, *Phantom of the Opera*, and more, sung by four of Broadway's most esteemed performers. Randall Craig Fleischer, conductor; Rob Evan, Morgan James, LaKisha Jones & Doug LaBrecque.

JULY 7
THE MUSIC OF JOHN WILLIAMS
The Barns at Wolf Trap
Vienna | 8:15pm | \$20+

Experience the breathtaking music of John Williams, composer of such mega-hit films as *Harry Potter*, *E.T.*, *Star Wars*, *Raiders of the Lost Ark*, and many more.

JULY 8
MATISYAHU & DIRTY HEADS
The Barns at Wolf Trap
Vienna | 3pm | \$29+

Prepare to dance and let loose as high-energy Hasidic Jewish dancehall/hip-hop singer Matisyahu joins the fun-loving, reggae-pop band

Dirty Heads for an afternoon party filled with the good vibes of summer.

JULY 10
SEAL AND SPECIAL GUEST MACY GRAY
The Barns at Wolf Trap
Vienna | 8pm | \$30+

With smash hits like "Crazy," "Love's Divine," and "Kiss From a Rose," this GRAMMY-winning British soul singer transports audiences with his powerful voice and soaring melodies.

JULY 10 & 11
COAL TRAIN RAILROAD
The Barns at Wolf Trap
Vienna | 10:30am | \$8

All aboard! Pulling in from Nashville, Tennessee, this hip ensemble takes children and families into the delightful and playful world of jazz. Coal Train Railroad is the jazz band behind a collection of quirky, feel-good songs written from a child's point of view.

JULY 11
BARENAKED LADIES, BIG HEAD TODD & THE MONSTERS, AND CRACKER
The Barns at Wolf Trap
Vienna | 7pm | \$30+

Live BNL show—their greatest hits and hilarity—with heartfelt '90s favorites from alt-rockers Big Head Todd & The Monsters and Cracker.

JULY 12
BUDDY GUY WITH SPECIAL GUEST JOHN MAYALL
The Barns at Wolf Trap
Vienna | 8pm | \$25+

One of *Rolling Stone's* 100 Greatest Guitarists brings down the house with his legendary guitar playing and infinitely energetic stage

presence, with hits like "Try To Quit You Baby," "First Time I Met the Blues," and "Mustang Sally."

JULY 12
AARON NIGEL SMITH
The Barns at Wolf Trap
Vienna | 10:30am | \$8

This award-winning reggae-rock artist infuses a fresh sound into children's classics such as "Muffin Man" and "Simon Says." Designed to get kids moving, Aaron Nigel Smith's live performances are high-energy, interactive shows that invite the audience to jump, play, sing, and dance through a collection of hip, exuberant songs.

JULY 13
MARVIN HAMLISCH
The Barns at Wolf Trap
Vienna | 8:15pm | \$20+

Multi-award-winning conductor Marvin Hamlisch and "America's Pianist" Kevin Cole present an evening of George Gershwin showstoppers including "An American in Paris," "Rhapsody in Blue," and more!

JULY 13
TANGO MILONGA
Colvin Run Community Hall
Great Falls | 9pm | \$12

JULY 13 & 14
THE JIMMIES
The Barns at Wolf Trap
Vienna | 10:30am | \$10

Kindie-rock queen and her band bring edge, sophistication, humor, and style to the kingdom of kid's music. Originally from New York, The Jimmies perform hilarious, upbeat songs, such as "The Peanut Butter Polka," "Cool to Be Uncool," and "Mini Van Hot Rod."

JULY 14 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.

JULY 14 THE WIZARD OF OZ

The Barns at Wolf Trap
Vienna | 8:30pm | \$20+

Take a journey to Oz like you
never have before. Experience
the complete 1939 classic
shown on huge screens in-
house and on the lawn and
the full score played live by
the NSO.

JULY 15 FROM BEL CANTO TO CAN BELTO

The Barns at Wolf Trap
Vienna | 3pm | \$32+

A recital with Steven Blier
and a quartet of singers from
the 2012 Wolf Trap Opera
Company. With the precision
of Mario Batali pairing the
finest prosecco, pasta, and
prosciutto, Steve Blier toasts
"la dolce vita" with the music
of Italy and her favorite sons!

JULY 17 & 18 WILCO WITH SPECIAL GUEST LEE RANALDO BAND (OF SONIC YOUTH)

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

This adventurous alt-rock
group takes to the stage
boasting the same remarkable
charm and energy that led
NPR to name them "The best
live band in America."

JULY 17 & 18 RANI ARBO & DAISY MAYHEM

The Barns at Wolf Trap
Vienna | 10:30am | \$8

Join this dynamic quartet
for a unique blend of blues,

swing, and country that
incorporates everything from
a ukulele and banjo to a
cardboard box and suitcase.
Named "one of America's most
inventive string bands" by *The
Boston Herald*, Rani Arbo and
Daisy Mayhem have charmed
families across the nation for
more than 10 years.

JULY 18 MINDY SMITH CD RELEASE

Jammin' Java
Vienna | 7pm | \$22

Known for her "smartly-
written folk and country-
tinged tunes" (*People*) and
"her bright soprano..." (*Rolling
Stone*), critically lauded
Nashville-based singer-
songwriter Mindy Smith will
self-release her fifth studio
album on Giant Leap/TVX
Records June 26. The self-
titled effort is her first album
of new material since 2009's
"Stupid Love" and her first
as an independent artist.
Returning to the sound of
her first two albums, "...her
music has a reflective surface
that can make it difficult
to look inside" (*Nashville
Scene*), Mindy Smith further
showcases her timeless sound
and music.

JULY 19 THE B-52s & SQUEEZE

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

The alternative '80s icon still
has fans dancing their hearts
out with underground club
hits like "Love Shack" and
"Roam" while the new wave
pop stars wow with hits like
"Pulling Mussels (From the
Shell)" and "Black Coffee
in Bed."

JULY 19 ROBBIE SCHAEFER

The Barns at Wolf Trap
Vienna | 10:30am | \$8

Guitarist from Eddie From
Ohio delivers "catchy, clever,
and slightly cheeky tunes
that take the listener on a
romp through musical styles
and colorful arrangements"
(CD Baby). Singer/songwriter
Robbie Schaefer delivers
catchy rock tunes with sharp-
witted lyrics that grown-ups
are guaranteed to find just as
entertaining as kids.

JULY 20 JOHNNY MATHIS WITH SPECIAL GUEST BRAD UPTON

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

Legendary crooner known
for his romantic, vibrato-rich
tenor performs his popular
ballads, such as "Chances
Are," "The Twelfth of Never,"
and "It's Not for Me to Say."

JULY 20 & 21 KIROV ACADEMY OF BALLET OF WASHINGTON, DC

The Barns at Wolf Trap
Vienna | 10:30am | \$8

Through a series of
beautifully designed vignettes,
this ballet academy reveals
the secrets, techniques, and
history of one of the world's
most elegant art forms. The
Kirov Academy of Ballet is
one of the world's best dance
schools and is based out of
Washington, DC.

JULY 21 CIRQUE DREAMS – POP GOES THE ROCK

The Barns at Wolf Trap
Vienna | 2pm & 8pm | \$20+

Unbelievable acrobatics and
visually stunning costumes
set to your favorite pop and
rock hits like "Zoot Suit Riot,"
"Like a Prayer," and
"She Bangs."

JULY 21 & 22 SUMMER COLONIAL MARKET FAIR

Claude Moore Colonial Farm

McLean | 11am-4pm

Sit in the shade and savor
roasted chicken and spicy
sausages, enjoy summer
dancing and singing, and test
your watercolor and writing
skills with Mr. Andrews at
the Stationer. Muster with
the militia and re-outfit your
home in furniture from the
Cabinet Maker or take a
fencing lesson. Only at Market
Fair can you catch up on the
latest news from the frontier
and trade stories while
enjoying local ale and porter
at the Tavern. Try hands-on
crafts such as spinning and
shop for goods from the finest
merchants in the colonies.
Period food, beverages,
and wares are available
for purchase. Weather
permitting – call ahead.

JULY 22 JOHN TESH: BIG BAND LIVE!

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

John Tesh and his 12-piece
Big Band Orchestra are
"swinging" into town with a
new show called "John Tesh:
Big Band LIVE!" featuring
"In the Mood," "World on a
String," and many more.

JULY 22 ARIA JUKEBOX

The Barns at Wolf Trap
Vienna | 3pm | \$32+

Our artists sing your favorite
opera highlights with WTOC
Director Kim Witman at the
piano. Come early and put
your quarters in the jukebox
to vote for the arias of
your choice!

JULY 22 AN EVENING WITH THE PERSUASIONS

Jammin' Java
Vienna | 7pm | \$25

Since those long ago days in
1962, The Persuasions have

MCLEAN

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

Ritz Carlton Tysons Corner

1700 Tysons Blvd
703.506.4300
www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd
703.847.7300
www.shoptysonson.com

gone on to sing in concert halls, clubs and perform the world over. Over the years, The Persuasions have opened for Frank Zappa and The Mothers of Invention, Ray Charles, Bill Cosby, and Richard Pryor to name but a few. Interestingly, it should be noted that acts such as Roseanne Barr and Bruce Springsteen once opened for The Persuasions. As a matter of fact, they are the acknowledged "Kings of a cappella" with over 40 years history. Their singing, style and musical inventory have always included the heavy influence of gospel, a major measure soul, and a dose of pop.

JULY 23 JACKSON BROWNE WITH SPECIAL GUEST SARA WATKINS

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

This iconic singer/songwriter is credited with creating a new genre of passionate, heartfelt rock with songs like "Doctor My Eyes," "Running on Empty," and "Somebody's Baby."

JULY 24 RUFUS WAINWRIGHT & INGRID MICHAELSON

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

Pairing the poignant, captivating lyrics of Rufus Wainwright with the imaginative pop flair of indie-gem Ingrid Michaelson, back-to-back performances by these singer/songwriters showcase original, piano-driven melodies.

JULY 25 SUMMERLAND, FEATURING EVERCLEAR, SUGAR RAY, GIN BLOSSOMS, LIT, MARCY PLAYGROUND

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

Celebrate summer as five favorite west coast bands unite for an unforgettable night of alt-rock hits.

JULY 26 THE LEGEND OF ZELDA LIVE IN CONCERT

The Barns at Wolf Trap
Vienna | 8:30pm | \$20+

Epic music comes to life in this all-new symphonic concert based on one of the gaming industry's most enduring and beloved video games, The Legend of Zelda. Outstanding graphics on huge screens in-house and on the lawn highlight memorable moments from the game.

JULY 27 THE PLANETS – AN HD ODYSSEY

The Barns at Wolf Trap
Vienna | 8:30pm | \$20+

Experience a powerful performance of Gustav Holst's The Planets paired with an HD film from NASA's latest exploration of the solar system. On giant screens in-house and over the stage and the lawn, you'll see the latest stunning images from the Mars Rovers and past probe missions Magellan, Voyager, and Galileo as the National Symphony Orchestra performs Holst's glorious musical score.

JULY 28 WEST COAST SWING Colvin Run Community Hall

Great Falls | 8:30pm* | \$12
*7:45 Workshop, \$12 includes pre-dance workshop.

JULY 28 BEETHOVEN'S 9TH

The Barns at Wolf Trap

Vienna | 8:15pm | \$20+
The NSO and vocal soloists perform Beethoven's Symphony No. 9 in D minor and rising star Nicola Benedetti plays Bruch's Scottish Fantasy.

JULY 29 HAPPY TOGETHER TOUR 2012: THE TURTLES FEATURING FLO & EDDIE, THE MONKEES LEAD SINGER, MICKY DOLENZ, GARY PUCKETT & THE

UNION GAP, THE GRASS ROOTS, THE BUCKINGHAMS

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

Don't miss timeless hits from the '60s and '70s, including "Happy Together," "Young Girl," "Midnight Confessions," and more!

JULY 31 BILL T. JONES/ ARNIE ZANE DANCE COMPANY

The Barns at Wolf Trap
Vienna | 8:30pm | \$4+

Tony Award-winning director/choreographer returns to the stage with his international dance troupe to present the DC premier of Story/Time—a series of one-minute autobiographical stories that range from poignant to playful, humorous to provocative, uniquely expressed through music and modern dance with the company's signature powerhouse dancing and emotional depth.

AUGUST 1 GEORGE THOROGOOD & THE DESTROYERS

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

Come join these platinum-selling blues rockers for a rebellious night that will leave you "Bad to the Bone."

AUGUST 2 THE TEMPTATIONS & THE FOUR TOPS

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

Two of the biggest names in Motown come together for a night of hits including "My Girl," "Papa was a Rolling Stone," "Baby I Need Your Loving," and "Reach Out, I'll Be There."

AUGUST 3 IDINA MENZEL

The Barns at Wolf Trap
Vienna | 8:15pm | \$20+

The Tony Award-winning musical sensation from Broadway blockbusters *Wicked* and *Rent* stars in

a one-night-only exclusive performance with the National Symphony Orchestra.

AUGUST 3 & 4 PUSHCART PLAYERS: HAPPILY EVER AFTER, A CINDERELLA TALE

The Barns at Wolf Trap
Vienna | 10:30am | \$10

Dreams really do come true as the classic story of Cinderella comes to life onstage. Happily Ever After, A Cinderella Tale is a full musical performance carried out by a cast of talented actors and features music by the Tony Award-winning composer Larry Hochman.

AUGUST 4 WEST SIDE STORY

The Barns at Wolf Trap

Vienna | 8:30pm | \$20+

Experience Sondheim and Bernstein's sophisticated classic on huge screens inside and on the lawn with the full score played live by the National Symphony Orchestra.

AUGUST 5 GOLDEN DRAGON ACROBATS FROM CHINA

The Barns at Wolf Trap
Vienna | 2pm | \$15+

This award-winning company presents an astonishing display of acrobatics that boldly defy gravity while exuding breathtaking grace.

AUGUST 6 THE DUKES OF SEPTEMBER

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

This seasoned trio of rockers reunite to perform their eclectic blend of rock, jazz, pop, blues, and soul.

AUGUST 7 & 8 GIPSY KINGS

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

World music kings spice up the night with a contemporary twist on traditional flamenco music. Gipsy Kings, formed from two groups of brothers, began their stellar careers

with strict flamenco music, later adding influences from the Middle East, Latin America, and North Africa.

AUGUST 7 BEHIND THE CURTAIN: FAMILY DAY AT WOLF TRAP OPERA

The Barns at Wolf Trap
Vienna | 10am
\$15 per family member

Enter the exciting world of opera through the door of Stravinsky's *The Rake's Progress* in an interactive event that allows your family to jump out of the audience and into the spotlight!

AUGUST 9 IL DIVO

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

Performing with a grace and passion that made them a worldwide phenomenon, this multiplatinum group revitalizes pop favorites like "Unbreak My Heart (Regresa a Mi)" and "Nights in White Satin (Notte di Luce)."

AUGUST 10 & 11 STEVE MILLER BAND

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

Multiplatinum rock legend Steve Miller Band joins Wolf Trap for an evening of their biggest hits. The Steve Miller Band entered the rock 'n' roll scene in the 1960s with a smooth, bluesy sound that influenced classic rock tradition and have since sold more than 30 million albums worldwide.

AUGUST 10 & 11 JUSTIN ROBERTS

The Barns at Wolf Trap
Vienna | 10:30am | \$10

This GRAMMY-nominated pop-rock star has been hailed by *USA Today* as "the Paul McCartney of kids' music." As a preschool teacher in the 1990s, pop-rock star Justin Roberts wrote and sang songs for his students, which quickly led to his first of eight critically-acclaimed children's albums.

AUGUST 11 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.

AUGUST 12 ABBA – THE CONCERT

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

Celebrate the world's greatest pop band as you sing and dance to "Mamma Mia!," "Dancing Queen," "Waterloo," and more! Named "the best ABBA tribute band in the world" by the Official ABBA Fan Club, ABBA—The Concert has performed at more than 1,000 concerts since their inception in 1996.

AUGUST 12 AN EVENING WITH DAN NAVARRO

Jammin' Java
Vienna | 7pm | \$17

As a songwriter for artists as diverse as Pat Benatar (the GRAMMY-nominated classic "We Belong"), The Bangles, Jackson Browne, Keb' Mo', Dave Edmunds, The Temptations, Dionne Warwick, Dutch superstar Marco Borsato, The Triplets, Austin outlaw legend Rusty Weir, and many more.

AUGUST 13 JOE WALSH

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

This living legend's fierce rock 'n' roll technique laid the foundation for hits "Rocky Mountain Way," "Funk #49," and "Walk Away," and led *Rolling Stone* to declare him one of the 100 Greatest Guitarists of All Time.

AUGUST 13 BUSHWALLA

Jammin' Java
Vienna | 8pm | \$10

A native of Cleveland, he started performing musical theater at the early age of nine and in 1995, Billy set out to New York City to study

theater at the American Musical & Dramatic Academy. While in New York, he supported himself as a street performer incorporating such feats as juggling, magic, chair-balancing, and fire-breathing. Now after spending six years in Los Angeles and two years in San Diego, Bushwalla's sound is a unique blend of funk, folk, freestyle, acoustic hip-hop with a soul deeply rooted in authenticity and optimism.

AUGUST 14 LYLE LOVETT

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

Known for his expressive storytelling and quirky wit, this boundary-breaking singer/songwriter performs songs that range from country and folk to rock and pop.

AUGUST 15 JOHN PRINE & EMMYLOU HARRIS

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

Two of the nation's most remarkable singer/songwriters team up for a spectacular night of folk and country.

AUGUST 16 & 17 BARRY MANILOW

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

Legendary pop star woos and wows with his signature romantic ballads and feel-good singles like "Mandy," "Copacabana," and "I Write the Songs." Barry Manilow served as pianist, arranger, and musical director for Bette Midler before his solo career took off in the mid-1970s.

AUGUST 17 JAMMIN JAVA'S MID-ATLANTIC BAND BATTLE 7 - FINALS!

Jammin' Java
Vienna | 8pm | \$10

Jammin Java presents The Seventh Mid-Atlantic Band Battle. Everyone had such a killer time on all six battles that we're doing it all over again! We are searching for the best bands of any genre

from up-and-down the East Coast to prove that they have what it takes to win \$2500 CASH and more!

**AUGUST 18
MARY CHAPIN
CARPENTER
WITH SPECIAL
GUEST LOUDON
WAINWRIGHT III**

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

GRAMMY-winning country star returns to her hometown to perform hits like "I Feel Lucky," "Passionate Kisses," "Shut Up and Kiss Me," and more! Since her 1987 debut, singer/songwriter Mary Chapin Carpenter has won five GRAMMY Awards with an additional 15 nominations and was named Female Vocalist of the Year twice in a row by the Country Music Association.

**AUGUST 18
CHARLIE MARS
CD RELEASE**

Jammin' Java
Vienna | 7:30pm | \$15

With his latest album, *Like A Bird, Like A Plane*, Charlie Mars has sewn together tightly crafted songs with moods and melodies that pulse with sex, wonderment, and personal destruction - all themes that may clash on paper, but in music, suggest mysteries that are organic to us all. He recorded the album in Austin, TX with drummer J.J. Johnson (John Mayer), keyboardist John Ginty (Citizen Cope), bass players George Reiff (Jakob Dylan), and Dave Monzie (Fiona Apple). The video for lead single "Listen to the Darkside" (a nod to Pink Floyd) featured *Weeds* star Mary Louise Parker and premiered as a Music Mix exclusive on Entertainment Weekly's website, www.ew.com.

**AUGUST 18
TOBACCO HARVEST**
Claude Moore Colonial Farm
McLean | 1-4pm

All summer the farm family has carefully tended the tobacco crop. The sale of this

tobacco pays for their rent and for all those goods not produced on the farm. Now that the leaves have ripened, harvest time is here. Help the family clean the leaves, and watch how they cut and split the stems. Help gather the cut plants and hang them on tobacco sticks to cure. Weather permitting - call ahead.

**AUGUST 19
ALAN JACKSON**
The Barns at Wolf Trap
Vienna | 8pm | \$35+

Don't miss the Wolf Trap debut of this big-time country superstar as he performs from an astounding repertoire of 35 No. 1 hits, such as "Where Were You (When the World Stopped Turning)," "Chattahoochee," and "Don't Rock the Jukebox."

**AUGUST 21
TRAIN WITH SPECIAL
GUESTS MAT
KEARNEY AND ANDY
GRAMMER**

The Barns at Wolf Trap
Vienna | 7pm | \$35+

Multiplatinum alt rockers behind No. 1 hits "Drops of Jupiter," "Meet Virginia," and "Hey, Soul Sister" perform songs from their 2012 release, *California 37*.

**AUGUST 22
DAVE KOZ WITH
BEBE WINANS
AND SPECIAL
GUEST AVERAGE
WHITE BAND**

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

Sizzling saxophonist Dave Koz is joined by GRAMMY-winner BeBe Winans for an unforgettable evening of inspiring contemporary Jazz and soulful R&B.

**AUGUST 23
FRANKIE VALLI &
THE FOUR SEASONS**
The Barns at Wolf Trap
Vienna | 8pm | \$25+

Oh, what a night! Rock and Roll Hall of Famers perform your favorite doo-wop hits like "Walk Like a Man," "Big Girls Don't Cry," "Sherry,"

and more! Between 1962 and 1995, Frankie Valli & The Four Seasons produced 46 songs that placed on the Billboard Hot 100 chart.

**AUGUST 24
SUNSET CINEMA**

Cherry Hill Park
Falls Church | 8pm

Sunset Cinema in the Park is held on Fridays every late August and September in Cherry Hill Park. Free film screenings of various family friendly movies are shown throughout the summer evenings. Moviegoers are encouraged to bring blankets, bug spray, and picnics. In the case of inclement weather, screenings will take place at the Falls Church Community Center located next to the park at 223 Little Falls Street.

**AUGUST 24
AL GREEN WITH
SPECIAL GUEST
TAJ MAHAL**
The Barns at Wolf Trap
Vienna | 8pm | \$25+

Inspirational soul legend returns to Wolf Trap with classic hits like "I'm Still in Love with You," "You Ought to Be with Me," "Let's Stay Together," and more.

**AUGUST 25
SING-A-LONG
SOUND OF MUSIC**
The Barns at Wolf Trap
Vienna | 7:15pm | \$15

The Wolf Trap hills are alive with the sound of music and this Oscar-winning movie, which will be shown on HUGE SCREENS! Plus, don your favorite outfit reminiscent of the movie and enter the enormously popular costume contest!

**AUGUST 25
WEST COAST SWING**
Colvin Run Community Hall
Great Falls | 8:30pm* | \$12

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

**AUGUST 26
STRAIGHT
NO CHASER**
The Barns at Wolf Trap
Vienna | 8pm | \$25+

An innovative twist on a

capella, this group offers smooth and upbeat spins on modern pop hits like "Fix You" and "Hallelujah" and traditional favorites like "Somewhere Over the Rainbow."

**AUGUST 27
DEAD CAN DANCE**
The Barns at Wolf Trap
Vienna | 8pm | \$30

Don't miss the hauntingly beautiful performance of this Australian duo, with songs like "Ocean," "Severance," and "The Writing on My Father's Hand."

**AUGUST 28
THE FRESH
BEAT BAND**
The Barns at Wolf Trap
Vienna | 3pm | \$25+

Nick Jr.'s brand of high-energy pop is sure to have kids and their families alike dancing to hits like "Great Day" and "Here We Go." The band's live performances feature the musicians from the Nick, Jr. TV series: spunky drummer Marina, beat-boxing DJ Twist, energetic dancer and violinist Kiki, and spirited keyboardist Shout.

**AUGUST 29
CLARKE/DUKE 4
"BRING IT" TOUR
WITH STANLEY
CLARKE AND
GEORGE DUKE,
BONEY JAMES**
The Barns at Wolf Trap
Vienna | 8pm | \$25+

Two seasoned Jazz powerhouses reunite to perform their signature blend of funky Jazz-fusion, with their hits like "Sweet Baby," "Touch and Go," "Finding My Way," and "I Just Want to Love You."

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 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'awlins-style funky piano music. Our piano bar is an "institution" in the area - don't miss it! If you can't go to the crescent city, then come to 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.

SUNSET CINEMA

Cherry Hill Park

Falls Church | 8pm

Sunset Cinema in the Park is held on Fridays every late August and September in Cherry Hill Park Free film screenings of various family friendly movies are shown throughout the summer evenings. Moviegoers are encouraged to bring blankets, bug spray, and picnics. In the case of inclement weather, screenings will take place at the Falls Church Community Center located next to the park at 223 Little Falls Street.

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

AUGUST 4 SECRET AGENT 23 SKIDOO

Jammin' Java

Vienna | \$10

10:30am & 12:30pm

Secret Agent 23 Skidoo is the King of Kid Hop! With witty lyrics, fat beats and magnetic stories, 23 Skidoo introduces kids to hip hop without compromising either one. After a decade touring nationally as a rapper and producer, sharing the stage with the likes of RUN DMC, MOS DEF and P FUNK, 23 Skidoo dropped his first Kid Hop album in 2007.

WEDNESDAYS

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!

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

events@
vivatyson.com

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Rebates are available on a first-come, first-served basis. There are 1,400 rebates for the purchase of a new, qualified natural gas tankless water heater and 1,400 rebates for the purchase of a new, qualified storage water heater. The unit must be installed by a licensed contractor from now through April 30, 2013, to be eligible for the corresponding rebate.

REBATES ON OTHER NATURAL GAS PRODUCTS.

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

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

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



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ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER

Saturdays and Sundays

June 30-July 22 • 12pm & 2pm

July 28 and 29 • 12pm

The Prince and the Troubadour

The Prince and the Troubadour brings medieval-ish hijinks to 1st Stage! Follow the adventures of a misfit Prince attempting to rescue his ne'er-do-well friend, the Troubadour, from the clutches of a witch who wishes to have him "FOR DINNER!" To save his friend, the prince teams up with Princess Mary, the martial artist extraordinaire to overcome bandits, trolls, and bad-hair days and reach the tower where the witch holds the Troubadour captive and is busy making dinner reservations. Appropriate for all ages. Tickets \$10.

THE ALDEN THEATER

Every Sunday in July at 5pm

Summer Sunday Concerts in the Park

Take a trip around the world with Summer 2012's multicultural music concerts in the McLean Central Park Gazebo.

July 13-29 • Fridays-Saturdays 8pm & Sundays 2pm

Legally Blonde, The Musical

An award-winning Broadway sensation. This all-singing, all-dancing, feel-good musical comedy will be the highlight of your year. Legally Blonde, The Musical will take you from the social whirl of California campus life to Harvard's halls of justice. The verdict? This much fun shouldn't be legal!

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

An exhibition of art by one or more members of Great Falls Studios that changes periodically. It's mounted in cooperation with the Seneca Hill Animal Hospital, Resort & Spa, and is ongoing, with new displays every three months. Seneca Hill Animal Hospital, Resort & Spa, 11415 Georgetown Pike. Call 703.450.6760 for more information.

GREAT FALLS FOUNDATION FOR THE ARTS

"Atelier"

Revolving Art Exhibition

Constantly changing art exhibition by 14 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.

ARTS & THEATRE CALENDAR

FALLS CHURCH

CREATIVE CAULDRON

July 9-27 • Performance Camp
Fantastic Tales from Sea and Shore

There is no place so overflowing with myth and legend as the watery depths of our oceans and lakes. What fun we'll have this session as we explore stories of magical nymphs and menacing sea creatures from cultures around the world. They are fantastical yes, but not nearly as amazing as species encountered by marine biologists in their scientific explorations every day. Our three-week journey will end with a rousing performance of water tales and songs, some from our own invention and some adapted from this deep reservoir of myth and science. Final performance, Friday, July 27 at 1:00pm.

July 30-August 17 • Performance Camp
It's a Jungle Out There!

Get ready to hack your way through the lush Amazon Rainforest. Hop on the wings of a butterfly, slide on the back of a slithering friend, or grab the monkey's tail and swing through the trees like Tarzan. There's adventure galore in our jungle

and stories that will fill up your senses. This session will bring us a little closer to understanding our deep connection to what has been described as the "lungs of the earth." With the help of some special guests, our final performance will feature the haunting and mystical sounds of traditional music from the Amazon. Final performance Friday, August 17 at 1:00pm.

August 20-31 • Performance Camp
Arts Adventure World of Music Camp

One of our most popular camps in 2010 and 2011! We'll take a look at how the natural world of sound finds its way into the world of Broadway, pop, traditional, and classical music. Then, we'll create our own original music (and musical instruments!). Perfect for music lovers of all ages. Final concert Friday, August 31 at 1:00pm.

See CreativeCauldron.org for prices and registration information for all camps.

VIENNA

VIENNA YOUTH PLAYERS

August 3 & 4, 10 & 11 • 7:30pm
August 12 • 1pm
Footloose

One of the most explosive musicals in recent memory bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, Ren is prepared for the inevitable adjustment period at his new high school. To the rockin' rhythm of its Oscar and Tony-nominated Top 40 score and augmented with dynamic new songs for the stage musical, *Footloose* celebrates the wisdom of listening to young people.

SUMMER ON THE GREEN CONCERT SERIES

Summer on the Green is a series of free performances presented by the Town of Vienna and its sponsors.

All performances are held at 6:30 p.m. (unless otherwise noted) on the Vienna Town Green, 144 Maple Avenue E, Vienna. Please bring your chairs and/or blankets. No alcoholic beverages are permitted and we recommend leaving your pets at home.

VIENNA ARTS SOCIETY

Gallery in the Village Green
Tuesdays - Saturdays • 10am - 4pm

Free and Independent, featuring Madeleine Chen, through July 15. *Thinking Inside the Box*, featuring Carol Milton, July 17 - August 25.

Free Demonstration
Thursday, July 12th • 7:30pm

By abstract artist Mary Ellen Moguee at the Vienna Art Society's meeting.



This page: Kathryn's wall murals



GETTING LOST IN THE CANVAS

A local artist's love.

by Carly Rebeiz

As far back as she can remember, Kathryn Rebeiz has always had a love and passion for drawing and painting. As a child, her mother, who was an accomplished painter and interior designer, would encourage her to explore her artistic talents by spending time learning with crayons, paints, and anything else she could get her hands on. A true talent arose from those tiny hands, and blossomed into a polished, creative, and masterful artist.

Kathryn was born in New Jersey in 1943, but shortly thereafter, her family was relocated to Germany for seven years, then to Beirut, Lebanon. During her young years in Beirut, she attended a local school where she received her compulsory education, but she truly loved spending time with her paints and brushes, and it really began to show.

After high school, she was offered the chance to go back to the United States to attend the San Fernando Valley State College of Fine Arts in California to grow as an artist and find her potential. However, after about two years there, she had shown such immeasurable talent that

her professor encouraged her to explore other options that would enhance her already thriving gift. With his help and a letter of introduction to the French art school, Kathryn was on her way to the prestigious Académie des Beaux-Arts in France.

On a side note: before she was to leave for France, Kathryn had hired a French tutor to help her learn the language and adjust to the culture, but little did she know he would become her future husband. They've now been married for 46 years and have three children and six grandchildren.

As fate would have it, during the three months between arriving back in Beirut and leaving for France, she exhibited some of her work at Phoenicia Hotel in Beirut. During the show, an owner of a local advertising agency fell in love with her work, and after a bit of persistence, he hired her as his new art director and she chose to stay in Beirut. Even though she was a painter and had no previous advertising experience, at that moment, she began her 45-year career as a graphic designer.



This page: Kathryn's oil paintings

Over the next few years, Kathryn developed her skills as a graphic designer while continuing her love for painting. She spent quite a bit of time in Beirut with her husband working as an art director and designer, but returned to the U.S. in 1968, where they ended up having their three children. After their youngest was born, they longed to go back to the country they had fallen in love with, so they returned to Beirut to settle down and raise their family. However, shortly after their return, the Lebanese Civil War broke out and they had to be evacuated to Nigeria where her father was stationed, until they could go back to the U.S. They were only there for a short six months, but during that time, Kathryn continued to paint for the local community and was commissioned to paint portraits of the Nigerian dignitaries. After those six months in Africa, they were able to return to the U.S. where they finally settled down in Northern Virginia and have been here ever since.

Kathryn has worked for prominent companies including Time Life Books, Ringling Bros. and Barnum & Bailey Circus, The Wolf Trap Foundation for Performing Arts as a designer and illustrator, and has owned and published a magazine called *Washington Entertainment Magazine*. She has also painted many award-winning landscapes, illustrations, and compositions that have been exhibited in several galleries around Northern Virginia.

Now, at 69 years young, she has decided to make painting her number one focus

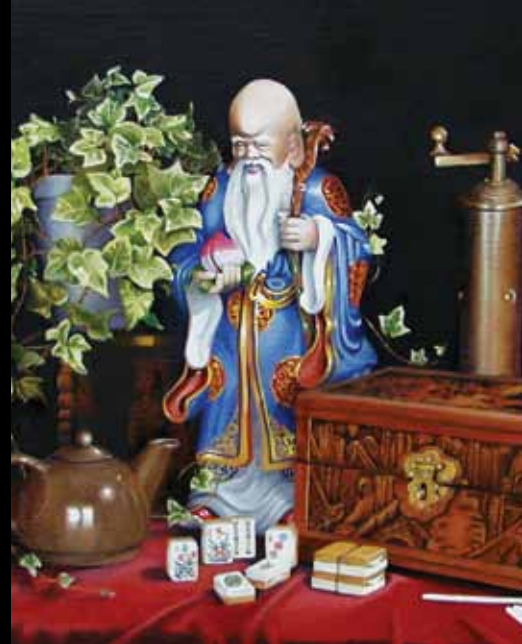
and just adores every minute of it. "For me, time just stands still while I'm painting. I get lost in the canvas." She has worked in several different types of media over the years, but has a genuine enthusiasm for oil on canvas, with which she has spent most of her time. She has also been commissioned to paint elaborate wall murals for many private households and businesses around Northern Virginia.

She classifies her style as being in the area of realism and works with her clients to achieve their ideal masterpiece, whether it's a portrait, a landscape painting, or a mural. She loves to hear what they would like to see and enjoys bringing their visions to life.

As for her inspiration, she says that her Hungarian grandfather, an amazing jewelry designer and illustrator, was a big part of who she has become. "He was so extremely talented, meticulous, quiet, and patient. I try to take the time to care for my work as much as he did."

When Kathryn isn't busy with her paints and brushes, she enjoys hobbies including sailing, swimming, travel, international cooking, archaeology, collecting international costumed dolls from around the world (400 to date), and most of all, she loves spending time with her children and grandchildren.

**For more information about
her paintings and murals
email krebeiz@cox.net
or call 703.376.8108.**



THE MUSIC MAN

by Keith Loria



Tom Saputo has been tickling the ivories in Northern Virginia for almost four decades. Growing up in a Mount Vernon home with a piano in his living room, he learned how to read music early on and in no time at all was dazzling his family and teachers.

"I started playing when I was five," he says. "My older brother was taking piano and I followed his lead, copying what he was doing."

Although he tried taking music lessons, he found that he wasn't the best student and decided to teach himself to play. "The trick," he admits, "is that you have to be determined and practice a lot."

"I had a really good ear and I was able to pick it up really fast," Saputo says. "When I was eight, I took up the guitar and soon after the drums and bass. I even played some trumpet and saxophone in high school."

In 1972, while a senior in high school, Saputo booked his first professional job at a Jolly Ox and parlayed that gig into a five-night a week career playing local restaurants and clubs. He estimates that he has played over 1,000 different restaurants, clubs, and parties in the area.

"There was so much opportunity back then for a musician," he says. "Still is. I've been able to sustain it for 40 years this August."

These days, Saputo can be found all over Northern Virginia playing each of these instruments in a live setting. On Wednesdays and Fridays, you can find him at the Serbian Crown in Great Falls; Mondays and Thursdays he's at Pistones in Falls Church; weekends he can be playing a private party, backing up an area musician or appearing at the Elks Lodge in Fairfax.

"I enjoy the interaction with the people and you get to know so many great people doing this," Saputo explains. "A lot of the people who come see me, come sing with me, and there are extremely talented people who, for some reason, did not go into the music business, but they are so gifted."

He has developed close relationships even with those who don't join him on stage, but come to see him play regularly.

"A typical night is a combination of dance music and bringing up the singers who will sing a wide variety of songs—anything from Sinatra to the American Songbook to classic rock and R&B," he says. "I also sing and play as well, and if there is a heavy dance vibe going on, I may do a little more because I tend to be more upbeat than the singers."

On any given night, 10-25 singers may take the stage with Saputo and he'll intersperse some of his own arrangements and songs.

"The average age of my audience is 60; some are retired and they are a real good class of people who come out," he says. "I really enjoy everyone and they have a great time."

Saputo's memory for songs is outstanding and try as you might, you'll probably never stump him with a song request.

"The bottom line is that it comes from doing it over and over. When you play five to six times a week over a 30-40 year period, little by little you learn songs," he says. "It's mainly the singers who prompt me to learn new material."

A resident of Burke, Saputo also offers private lessons for vocals, piano, bass, guitar, and drums during the day.

At night, he's almost always out working until at least midnight, a lifestyle that he's always been comfortable with.

"This has always been my life, so there was no drastic changes or anything. When I met my wife of 10 years now, this is what I was doing, so she knew my lifestyle," Saputo says. "The benefit is I'm off in the daytime and she is too, so we get to spend all day together and I get to do things with my family all day long."

There was one point in his life—a forgettable year in the '80s—when Saputo decided to try something new and worked in the computer world.

"I got a job for six months, the midnight shift, and it was a total disaster," he admits. "I hated it and I didn't do well at it. I started working at a place called Mr. Henry's in 1983 and things became very solid with my music career and I got a big following and that gave me the power to stay in music."

Saputo hauls his own electronic gear with him to create a live band sound, and bringing in equipment is really the only part of his job he doesn't enjoy.

"I'm good at what I do because I have done it for so long and there's not too much that's going to trouble me," he says. "Those who come see me have been working all day long and they want to come and relax and have a good time. There is a technique I have learned over a 40-year period, and every night is a fun night and a good night."

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



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VTRCC WILL PARTICIPATE IN THE GOVERNOR'S BOWL CHAMBER OF COMMERCE CHALLENGE

The ViennaTysons Regional Chamber of Commerce is pleased to announce that it will support a key priority of Governor Bob McDonnell by participating in the Governor's Bowl Chamber of Commerce Challenge, aimed at stocking our regional food bank – the Capital Area Food Bank (CAFB). We are asking not only our Chamber members, but the entire community to help.

By participating in this food drive, you can make a meaningful impact to end food insecurity in Northern Virginia. A recent study by *Feeding America* found that over 1,012,500 Virginians are considered "food insecure." This represents a 54% increase since 2006. A large number of these individuals are children, senior citizens, disabled adults, and the new face of hunger - individuals who have lost their jobs and are having problems making ends meet. Summertime is typically one of the

most challenging times for food banks in Virginia, especially with the number of children who are out of school and do not have access to before and after school meal programs.

If you would like to participate, please contact the Chamber at 703-281-1333 or visit the website at www.VTRCC.org for more information for ways businesses can engage their employees and a list of needs from CAFB. Please also contact the Chamber to arrange pick up of items or drop off your donations at the Chamber office at 513 Maple Ave West, Vienna. You may also make monetary donations to CAFB online at www.my.capitalareafoodbank.org/governors-bowl. Please be sure to put ViennaTysons Regional Chamber of Commerce in the appropriate box.

CALENDAR OF EVENTS FOR SENIORS

To register for seminars listed below,
please visit www.fairfaxcounty.gov/calendar.

Tuesday, July 10
7-8 PM

*Free Telephone Support Group
for Family Caregivers of Older Adults*
Event Contact: Michelle Smith
703-324-5484, TTY 711

.....

Wednesday, July 18
1-3 PM

Fairfax Area Commission on Aging
Mount Vernon District Office,
2511 Parkers Lane, Alexandria
Event Contact: Odilia Rafael
703-324-5411, TTY 711

Tuesday, August 14
7-8 PM

*Free Telephone Support Group
for Family Caregivers of Older Adults*
Event Contact: Michelle Smith
703-324-5484, TTY 711

.....

Please submit your calendar items to
rick@vivatyson.com for future issues.
Deadline for the September-October
issue is August 1.

CHAMBER NEWS

Greater McLean Chamber of Commerce



Left: Jason Horwitz stands beside his work at The McLean Project for the Arts "Four Perspectives Exhibit" held at The McLean community center on April 19th.

Right: Music! The string ensemble of the McLean Orchestra prepares to entertain at the "Music and Networking Event" at Chima Brazilian Steakhouse.



Left: "Washington's Tenor" Anthony Kearns performed at the Kick Off to Memorial Day Season to honor those who have served and the defense community.

Right: Marie Stinger, Lucy Chatelain, Terry McAuliffe, Marcus Simon, and Virginia Foley on hand to greet chamber members and guests to hear Terry McAuliffe.



Left: Marcia Twomey cuddles newly adopted Buddha at The Mclean Day Festival on May on May 17th.

Right: Joanna and John Huling networking at the McLean Orchestra's first business mixer "Instrumental to Business" event at Chima Brazilian Steakhouse in Tysons Corner on May 2, 2012.



For more information please visit www.mcleanchamber.org



RSVP

CharityWorks held its annual “100 Point Wine Tasting Event” on June 2, 2012 at the home of Patrice and Scott Brickman. The event supports efforts to bridge long and lasting support for young learners in impoverished neighborhoods and to our soldiers serving our country. For more information on CharityWorks, visit www.charityworksdc.org.



Event Co-Chair Jack Davies, CharityWorks founder Leah Gansler, and hosts Patrice and Scott Brickman.



Laurie and Russ Owen at the 100 Point Wine Tasting.



Bruce and Karen Levenson share a smile.



Dexter Wood, Paula Kuykendall, and Chris Simmons enjoying the event.



The Ranger Group, supporting the USO and to the amazement of the guests “pop in” to support the effort of CharityWorks.



It's raining men ... (women too!)



Michael Rankin, Mark Green, and Southeby's President Mark Lowham, long time CharityWorks supporters.

AROUNDTOWN

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

The Space Shuttle Discovery's Arrival

On April 17th, 2012, the Space Shuttle Discovery landed at Dulles Airport on the way to it's final resting place at the Steven F. Udvar-Hazy Center, a branch of the Smithsonian's National Air and Space Museum.
Photos by William Folsom.



AROUNDTOWN



Dr. Csaba Magassy and Barbara Leaf of Plastic Surgery Associates in at the 2nd Annual "Champagne and Stilettos" celebration in McLean.

Heather Mahalik and Lee Crognale enjoy the wine at Victor's booth at the 1st annual Taste of Vienna.



Real Estate Managing Broker Kathleen Kennedy and friend Michelle Jorgensen smile for the camera at the Cinco de Mayo party at the Old Courthouse offices of Long and Foster in Vienna.



It's open in Vienna! Henry Kim and Stephen Vereb celebrate their opening of Massage Envy Spa in Danor Plaza in Vienna.



AROUNDTOWN



Celebrated Jeweler Dina Mackney displays her handmade treasures at the 5th annual “Martinis and Jewels Night” in McLean.

Michelle Scott of The Tutoring Club is on hand at the McLean Day celebration to discuss individualized instruction and the academic aids offered at her McLean location.



Nick Hanna, CEO of NRC Landscapes and Virginia Stergioulis celebrate their engagement in Reston on Sunday, June 10th. A May wedding is in the plans. *Photo by Brittany Drosos.*

Christy and little William Jones with the “friendly parrot” at VivaVienna over Memorial Day weekend.



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Arlington

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Sterling

\$255,000



McLean

\$850,000



AROUNDTOWN



Sheri Sylvester and Kathleen Flaherty enjoy the mixer at PS Office Parks in McLean. The mixer was sponsored by the ViennaTysons Regional Chamber of Commerce.

Marcia McAllister, Communications Manager of The Dulles Corridor Metrorail Project, Metropolitan Washington Airports Authority is on hand to answer questions regarding the Metrorail Project at McLean Day on May 21st, 2012.



Mr. and Mrs. David and Elizabeth McDaniel host Anthony Kearns of the Irish Tenors and Bourbon tasting to support USO's Operation Enduring Care.



Community builder and music lover Michael Amouri of Caffè Amouri hosts "Vienna Idol" on the Vienna Town Green. "Vienna Idol" was a huge success and attracted talent from around the area. Read more about the competition in our story by Keith Loria in this issue on page 74.



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

~Author Unknown

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Elevation Burger sets a higher standard for health and the environment here at the very first Elevation Burger in Falls Church and in all its locations worldwide.

ELEVATION BURGER

Up, up, and away!

Culinary Impressions by Allison Sutherland

At the ripe old age of 17, James Stewart started his first job behind the counter of the first-ever Elevation Burger, which opened in Falls Church in 2005. When he returned in 2009 with an advertising/public relations degree from the Universidad de Navarra in Pamplona, Spain, he returned home – to Elevation Burger, as the creative fund and brand manager, worldwide. Indeed, Elevation Burger has come a long way since the first one opened in Falls Church, currently with over twenty-five locations in 10 states and even franchises in Bahrain and Kuwait. As they say, whodathunkit?!

The new Tysons Corner Elevation Burger leads you along its long stone wall into a fresh, modern, yet familial, space created with reclaimed wood paneling, sustainable bamboo flooring, compressed sorghum grass tabletops (like the one at their headquarters in Arlington), and LED lighting, all befitting founder Hans Hess's vision of producing a great-tasting, better-for-you, cost-effective burger in an environmentally responsible and welcoming setting. They use high post-consumer-content paper products as well. So don't forget to recycle on your way out.

Touted as the nation's first organic hamburger, Elevation Burger uses 100% USDA-certified organic, grass-fed, free-range beef. The result: more flavor, less fat, fewer calories, and more vitamins and nutrients, including a healthy balance of Omega-3 and Omega-6 fatty acids. And they use no antibiotics, pesticides, or other chemicals. The burgers are made of hand-formed patties, freshly ground on-site,



producing a burger that's flavorful and juicy, not greasy. You can also select the Half the Guilt burger, which is half veggie burger (I selected the more flavorful veggie burger #1 made with mozzarella cheese, the other being vegan) and half beef. Fill up your 7 Club Card and earn yourself a single burger on the house on your next visit. The children's burger is one patty – sounds about right to me.

To this, one can add 6-month aged cheddar cheese, organic bacon, mushrooms, and caramelized onions, as I did, or select from among other enticing options, such as balsamic mustard, jalapeños, the zesty crimson-colored hot pepper relish, or blue cheese dressing, in addition to the usual suspects, such as neatly slivered vinegary pickle slices. The Elevation Sauce is their secret tangy, creamy tomato-based sauce. The fries are freshly hand-cut and cooked in heart-healthy olive oil and are enough to share. You can lighten it up with the Elevation Salad, a cup of mandarin oranges, or request your burger in a lettuce wrap. Elevation Burger's slogan "Ingredients Matter" is a reflection of the company's single-minded focus to provide the freshest organic ingredients wherever possible.

You can watch the new Super Griddle in action, equipped with 96 individual cast-iron plates which apply even pressure to the loosely formed burgers (sealing in the juice), effectively tripling the throughput of their busy new Tysons Corner Center location. Everything is transparent, open, honest. And how many places dare post a calorie count on their menu?



The Porter boys can't get enough of their local Elevation Burger in Falls Church. These hungry sports fans agree on one thing, "Elevation Burger is the best burger ever!"

fresh food to a national, and now even international, audience in a setting which utilizes renewable resources, they started franchising Elevation Burger in February 2008, and expect to expand the rapidly growing fast-casual restaurant chain to over 100 by the end of 2013. No stranger to entrepreneurial ventures, Hess also founded EnviroCab in 2007, an all-hybrid taxi fleet in Arlington County, VA., which led to his being named to the *Washington Business Journal* 40 Under 40 list, which recognizes the region's brightest young business leaders based on demonstrated business success. Well, as a reward for taking care of both us and our environment in a gentle and respectful way, Elevation Burger is just going up and up and up! And just think, it all started right here – in Falls Church.

Washington Market
442 S Washington St.
Falls Church, VA
703.237.4343

7827L Tysons Corner Center
McLean, VA
703.288.0020

www.elevationburger.com

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

At lunch, the warm, friendly Tysons Corner location is hoppin'. After you order, they will call your name. Here, you're not just a number. Manager Kevin keeps things moving with a smile. "Will y'all be dining in with us today?" he says with a grin. Guest gurus make you feel at home as they come and check on you at your table, lending that restaurant touch.

There is a free-style soda machine, including 125 choices and free refills, among them flavored Dasani waters and several other choices which do not include high fructose corn syrup. Another refrigerated drink case offers juices, waters, teas, and other naturally sweetened juices to give guests healthier options. I selected a Wild Bill's root beer, sweetened with cane sugar, poured over a scoop of vanilla ice cream for a fine root beer float.

Reminiscent of a drive-in movie or a malt shop, they offer thick hand-scooped shakes and malts, in vanilla, chocolate, and coffee, (all in splittable-size portions) to which you can add blueberries, strawberries, banana, or mango; all fresh. You can also choose from toppings of Oreo cookies, chocolate syrup, black cherry, key lime, or organic cheesecake to go with your shake. Elevation Burger gives "a new twist on an American classic," observes James Stewart. And some of Elevation

Burger's biggest fans are those who actually remember those malt shops and drive-ins and – as they say – "the way burgers used to be." From classic straight to futuristic, you can also order online or download their new app from your mobile at <https://get.mobidines.com/elevationburger>.

Originally from California and Texas, the founders of Elevation Burger, Hans and April Hess, really walk their talk. Inspired by their passion to provide organic, sustainable and



Hardwood-smoked organic bacon, zesty hot pepper relish, and flavorful, slender sliced pickles send the already delicious Elevation Burger straight into the stratosphere.

CONNECTING BACK TO NATURE

with Sun Salutations!

by Matthew Corrigan



Our day-to-day lives can be hectic. The deadlines and agendas driving our activities often leave us little or no down time. Creating a few moments of peace and reflection each morning as I practice my Sun Salutations brings my life into balance, leaving me ready to face the challenges of a chaotic world. I learned long ago that in order to maintain a life in balance, I needed a regular movement routine that combined the benefits of both cardiovascular and weight-bearing exercise. In yoga, the 12-pose Sun Salutation sequence is the perfect blend of each. When combined with focused breathing, the result is a simple 10-15 minute workout that invigorates the body and calms the mind.

Strictly speaking, Sun Salutations are not exercise, but were originally performed as a morning adoration to the life-giving sun. Surya Namaskar, as it is known in Sanskrit literally means "to bow or adore oneself to the sun." On a physical level, Sun Salutations assist the body's natural functions by activating the circulatory, digestive, nervous, and endocrine systems. Intended to be performed outside facing the morning sun, the Surya Namaskar sequence

when combined with nasal breathing becomes more than a simple exercise routine. Instead, it increases our spiritual connection to nature and resembles a meditative practice similar to Tai Chi or Qigong.

I invite you to try the following Sun Salutation sequence in its truest form. If you are unable to practice outdoors, at least perform the sequence in the spirit it was intended by facing to the east. To learn more about the Sun Salutation sequence and other yoga poses, please visit me on the web at www.pranahhealthworks.com.

"To me, if life boils down to one thing, it's movement. To live is to keep moving." - Jerry Seinfeld

author: Matthew Corrigan, CMT, RYT is a certified massage therapist and a registered yoga teacher but he prefers to think of himself as a movement therapist. Combining yoga with massage therapy allows him to offer his clients a comprehensive approach to releasing myofascial restrictions, sport specific muscle fatigue or injury, as well as long term adaptive postural patterns. His unique approach addresses individual issues of postural alignment and repetitive motion, and helps to relieve chronic pain patterns such as frozen shoulder and sciatica, achieving profound results in the quality of life of his clients.

Sun Salutation Sequence



Begin in a standing posture with your big toes touching and your heels slightly apart in Mountain Pose.

1

Breathe in through the nose as you sweep your arms out to the sides and up overhead. Look up at your hands as you bring the palms together on the end of the inhalation.

2



As you begin your exhale, dive into a forward bend keeping the back straight, bending the body at the hip joints. The arms come down in the same sweeping arc and reach toward the floor in front of you. (Note: If your hands don't reach the floor, focus on keeping your back straight and put a slight bend in the knees)

3





4

Inhale as you lift the straight back parallel to the floor, sliding your hands to your shins and looking forward with the eyes. (Note: If you bent the knees in the forward bend, straighten them).



5

Release back into the forward bend on the exhale, being conscious of keeping your back straight as you let the gaze fall to the floor with the arms.



6

Bend the knees deeply as you inhale and step the right foot back into a lunge, followed by the left foot so that you end in a plank position (high push up) at the end of the inhalation.



7

Exhale as you lower the body all the way to the floor in a controlled release. Keep the elbows tucked in close to the body and resist the force of gravity until you reach the floor.



8

Point your toes back and inhale as you lift the head and chest into a Cobra Pose looking up toward the sky. Elbows remain slightly bent and pulled into the body.



9

On the exhale, release back down to the floor keeping the hands under the chest. Curl the toes under.

Inhale as you lift the body up onto the knees, continue by lifting the knees and pressing the shoulder back toward the feet into Downward Facing Dog. Down Dog should look like a 90-degree arc at the hip joints with the arms and legs straight, hands and feet on the floor. Use the hand to push the shoulders back toward the feet as you try to work the heels to the ground. Remain in Downward Facing Dog for five breaths through the nose.



10



11

Inhale as you step the right foot forward between the hands into a lunge followed by the left foot ending in the same position as Step 4 above.

13

Exhale and return to the standing pose you started with Mountain Pose.



12

Exhale and release into a forward bend. Step 3 left.

Inhale as you sweep the arms out to the side and bring the body upright into the same position as Step 2. Pay close attention to keeping the back straight as you raise the arms overhead and look at the hands touching.



14



THE SUN: OUR FAVORITE "FRENEEMY"

Learn how to protect yourself from the friend we look forward to seeing all year.

By Keryn Dohanich

Beautiful summer days are ahead of us; splashing in the pool, fresh lemonade, and of course, lots of sunshine. But it is important to know how to protect yourself from one of our favorite "frenemies," the sun. It's either the catalyst for perfect days of outdoor fun and a beautiful bronze tan, or sunburn and pre-mature aging. Knowing the specifics of how to protect yourself will have you enjoying the sunshine without the negative or dangerous effects it can have.

The sun is a source of uncertainty for many of us. Scientific studies are telling us new information every season and compiling all of the "dos and don'ts" of sun care can be daunting. Scientists once thought that only UVB rays were harmful to our skin, but studies now show that the skin is affected by much more.

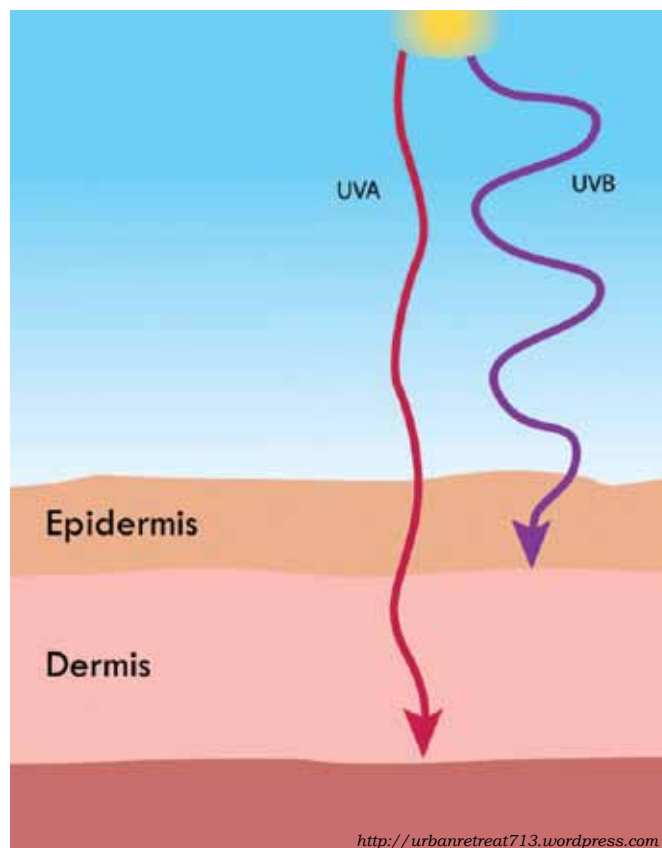
Long-Wave and Short-Wave Rays

The first step to understanding how to protect yourself is understanding how the sun's rays affect your skin. The sun's rays are divided into UVC, UVB (short-wave) and UVA (long-wave) rays. Luckily, most of the UVC rays are absorbed by the ozone layer before reaching earth, so that's one less sun ray to worry about. However, the UVB and UVA do penetrate our atmosphere and contribute to conditions such as skin cancers, pre-mature aging, and eye damage. They also suppress the immune system by altering and redistributing our white blood cells, reducing the ability to fight off these and other ailments.

UVB Rays

UVB rays have short-wave lengths that don't penetrate deeply into the layers of our skin and only reach our epidermis layer. However, these rays are the main culprit of skin reddening and sunburn. Alternately, UVB rays are the primary player in the development of skin cancer to the epidermis layer. Exposure to UVB rays can result in non-melanoma skin cancer

that, while not life-threatening, can result in painful treatments to remove. Additionally, a number of studies show that having skin cancer increases your risk for developing other cancers. The intensity of UVB rays depend on season, location, and time of day. A common misconception is that you can only be harmed by UVB rays in the summertime, but they actually affect your skin all year long. They are especially harmful in high altitudes and the rays bounce off reflective surfaces such as snow and ice, thus doubling the intensity of the rays.



<http://urbanretreat713.wordpress.com>

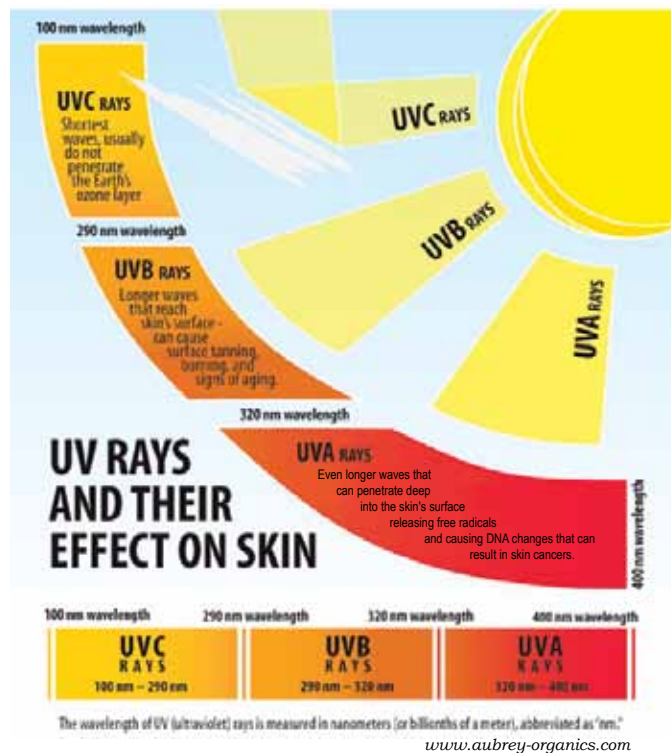
UVA Rays

UVA rays are long-wave rays that penetrate deeper, affecting the dermis layer of skin. UVB rays have the immediate visible effects of sunburn and reddening skin, but UVA rays have less obvious immediate effects, and over time can cause lasting and extensive damage. UVA rays cause damage to the deeper layers of our skin, resulting in loss of elasticity, increased wrinkles, and other forms of pre-mature aging. In addition to cosmetic damage, UVA rays are the leading cause of Melanoma cancer. This cancer is extremely deadly and kills about 8,000 Americans a year. Melanoma may begin as a dark lesion, but sometimes it has no color at all, and it spreads rapidly to other areas on the skin and even other areas on the body.

Although UVA rays are the main "tanning" rays, they cause cumulative damage overtime. Youths who are exposed to UVA rays from tanning beds are 75% more likely to develop Melanoma cancer later in life. A tan is the result of injury to the skin's DNA; the skin darkens in an attempt to prevent more damage to the skin's DNA.

Protection and Prevention

To prevent sun damage and reduce the effects of both UVA and UVB rays, it is important to apply protection every day. For full defense against both types of rays, make sure to look closely at the sunscreen you are buying. The bottle should include the phrases "multi spectrum," "broad spectrum," or "UVA/UVB protection;" this ensures that you are receiving defense from both long and short-wave sun rays. Even if a sunscreen claims that it protects against UVA rays, most of the time it doesn't block you from all of them. Sunscreens with stabilized avobenzone, ecamsule (a.k.a. Mexoryl™), oxybenzone, titanium dioxide, and zinc oxide are best for UVA protection. Another thing to note when buying sunscreen is the Sun Protection Factor (SPF). SPF indicates how long it will take for UVB rays to redden the skin while using the sunscreen versus how long it



would take for the skin to redden with no protection. The days of SPF 4 are out and safe skin is in. This means make it a rule to use sunscreen with an SPF of 15 or higher. The higher the SPF, the higher percentage of UVB rays are blocked.

Simple changes to your sunscreen or "sun worshipping" ways can have a lasting effect on your overall health. Protect yourself from damaging rays now and you will enjoy youthful, healthy skin for years to come. Don't hide away from our sunny friend, but make sure to keep an eye on yourself and the relationship you have with our bright companion and you can form a happy and healthy connection.

Prevention Guidelines:

- Seek the shade, especially between 10am and 4pm.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.
- For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside.
- Reapply sunscreen every two hours, or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.

www.skincancer.org

GROW

Cultivate gratitude and community in the abundant gifts of late summer.

by Laurie Young

A few months ago, I helped the students at my son's school plant their first organic garden. In those hours of working in community with the children, parents, and school staff, I experienced a feeling of joyful connection just as nourishing as anything we are now harvesting from the garden.

We started with a simple project: a small 3' x 6' raised bed filled with organic planting mix and compost, and two blueberry bushes in the ground next to it. All afternoon, students came by to put in a plant or two, shower the little green leaves with blue watering cans, and learn more about the coming abundance.

"What's this?" asked one girl, excitedly, as she lifted a delicate plant from its container.

"Broccoli," I replied, helping her ease the little green start into its new home.

"Oh, great! I love broccoli!" She was visibly excited about the prospect of eating something she had planted herself.

"So do I," intervened the boy next to her, bending down to look at her work. "Can I plant some?"

"Wow," said his classmate, "We have something in common. We both like broccoli!"

The notion that children, and you or I for that matter, won't eat our vegetables is backed by some pretty solid studies and health statistics. And yet, those automatic assumptions fall easily away when putting hands to earth and watching small plants ripen into juicy vegetables. Even if a garden isn't practical for you, farmers markets and small, local stores are a good place to share in the community harvest of fresh food.

Learning to feed oneself well is among the most important life skills. Every day, at least three times a day, we make choices on how to nourish our bodies with food. Similarly, we choose how to feed our souls through work, play, friendship, and community. It is all interwoven. Making the commitment to nourish yourself mindfully, in every

sense of the word, is a gift to yourself and your family. It nurtures a positive relationship to life.

Late summer is a natural time to explore a deeper appreciation of this partnership. As plants bear fruit and vegetables, you get to share in a bounty large enough for everyone in the community. Here are some practices and perspectives to add into your daily nourishment routine now, and in the coming months:

Cultivate Wonder and Gratitude

Slow down and take time to enjoy the fullness of the season. Don't you feel a sense of gratitude and wonder in the fact that nature alone is capable of producing food



Watermelon Gazpacho

Ingredients

4 cups largely chopped seedless watermelon
2 cups orange juice
3 Tablespoons extra virgin olive oil
1 seedless cucumber, diced
2 stalks of celery, diced
1 small yellow or red bell pepper, seeded and cut into ¼-inch dice
1 small red onion, diced
3 medium garlic cloves, minced
1 small jalapeño pepper, seeded and minced (optional)
Juice of one lime, plus zest what you can
2 Tablespoons chopped fresh parsley, basil and cilantro
Salt and freshly ground black pepper

Directions

Process 1-2 cups of watermelon (at a time), along with the orange juice and oil, in a blender or food processor until pureed. Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate overnight.

Recipe courtesy of: Billie Jo Bevan

for the whole human race, as well as all of the Earth's other inhabitants? It is a simple yet miraculous thing happening all around us and, for the most part, occurs so effortless that it is easy to overlook.

Plant Something of Your Own

You don't have to grow a huge garden or put in a raised bed to experience the abundant flavor of fresh plants. Even a small container of herbs grown by a windowsill can be added to salads and cooked dishes. You will easily appreciate the difference between the taste of real, fresh food and artificial, processed versions.

Take a Field Trip to a Farmers Market

Remember during your school years how exciting it was to take time off for a field trip? Change your routine by exploring the difference between a farmers market and a supermarket. It's a wonderful way to awaken your senses, connect with your community, and get to know the people who produce your food.

Cook and Enjoy a Meal with Family and Friends

Joining together to play in the garden and kitchen creates strong memories and a warm, healthy sense of conviviality—the merriment that can only be had in good company with others. Eating in community as a regular practice is a form of nourishment in its own right. The experiences and stories that flow from such gatherings hold deep meaning that sustain us.

I remember gardening and cooking with my grandmother when I was growing up, and I thought a lot about her while I was putting in the raised bed at my son's school. Because she and my grandfather lived in the mountains,

they had multiple vegetable patches carved in places where they could find the best sun. They also had five children to support on a coal miner's income. My grandmother gardened, cooked, canned and stored food for winter. A lot. Nevertheless, she was deeply satisfied by the details of her daily work and the moments spent teaching me all that she knew about growing plants and harvesting berries.

She also took pleasure in sharing food with family and neighbors. She knew the contours of the earth and felt the natural shifts in weather and seasons. And she made beautiful meals from scratch, three times a day. It required attention and care, and while the rewards were not monetary, we reaped the much richer benefits of healthy food, generous amounts of sunshine and exercise, and learning to feed ourselves well. We made the most of every slow day, and enjoyed plenty of time with family and friends.

As it was in my grandmother's vegetable patch, so it is now in my son's garden at school. Together we tend, harvest, cook, and enjoy the bounty of small plants that were set in Spring. Whether cultivating fruits and vegetables or nourishing healthy habits, mindfully chosen experiences link past and present to future and, in doing so, nurture a sense of connection. In the shared community of life and conviviality of thoughtfully prepared food are the stories that help us grow.

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.

Movement from the Inside Out

In the summer, it is particularly easy to find creative ways to get more exercise. The sun and warm weather welcome us outside. Options for experiencing the joy of being out and about in the world are many—biking, swimming, hiking, and organized games like softball or volleyball where you re-connect with friends and neighbors through play.

But movement is about much more than just getting fit. It's also about creating an inner motion, a moving forward that is in alignment with how you choose to be in the world. It's about making conscious decisions that are the building blocks of health and happiness.

Interestingly enough, slowing down is one of the best ways to increase the healthy momentum in your life because it gives you time to go inward and understand more of what you need. For a daily exercise routine that helps you balance physical movement with inner awareness, see "Connecting Back to Nature with Sun Salutations" on page 34-35 of this issue. Then, making use of that inner balance, let your energy grow outward and guide you to conscious choices about how to be active this summer in a way that feels right for you.

For example, changing your routine to go to a farmers market instead of the grocery store is a step toward shifting priorities about food and your relationship to eating. You are consciously slowing down to improve your health. You are moving away from shopping and cooking as tasks to check off a list, and toward a more expansive sense of nourishment that includes things like being a part of your community and making time to interact with others. By spending time with the people who grow your food, you are literally getting to know the hands that feed you.

Small moments of contact with others create connection, caring, and authentic community. And it's not just the moments, but also the environments in which they occur. So it matters where you buy your food, it matters who you share it with, and it matters how you share it. It may seem like a small thing, but by slowing down your regular routine and making changes more in alignment with what you need, you will feel energetic and nourished. Most importantly, you will experience positive growth and movement from the inside out.

A CALORIE BY ANY OTHER NAME

by Chef Bonita Woods, CNC, CDM, CFPP, FSSMC

Shakespeare's Juliet tells us that, "A rose by any other name smells just as sweet!" Unfortunately, a calorie by any other name still makes us fat ... or does it? Are calories all one and the same? For those who diet by calorie counting alone, beware ... calories can work for you or against you, depending on its food source and your activity level. We've all heard of "carb loading the night before," "quick energy snack," "low glycemic index meal," and "sugar free, low fat, high protein, low carb treat." These are a community of terms that describe caloric formats that impact our personal energy management. In other words, different ingredients affect our systems in a variety of ways.

Think of any kind of fuel. Would you put diesel on a barbecue grill? Hot coals in your car's gas tank? (Hopefully right now, you are laughing ... not thinking "Aha, what good advice!") Like any machine, our bodies were designed to consume specific foods for definitive effects. Do you prefer basic action or maximum performance? The nourishment that you ingest will help determine your body's ability to maintain active functionality. Since we were created long before cupcakes and white bread, refined food is (sadly) not part of our native digestive equation. Food fuel is a funny thing; the items we most deeply crave are sometimes the least healthy. Just like us, our guts can become couch potatoes! Processed and refined food that require little chewing and have lots of easy to process calories are very addictive. Our digestive systems are thrilled at the thought of grabbing at so many extra calories for so little effort! Even if you eat a moderate caloric diet, you will see negative effects from this lifestyle choice.

Here's a quick visual to compare refined vs. wholesome food: Imagine these two scenarios where you need to move 500 pounds of stone by hand.

Scenario 1: With a shovel, you must put 500 pounds of gravel on a chain-weave conveyer belt that loads into a truck. It will take some effort to shovel all that gravel, but probably not as much as you think. As the belt moves, gravel dust and small pea stones will drop through the chain-weave, so only 1/2 to 2/3 of the stone will end up in the truck. The entire process can be complete with one or two hours of effort.

Scenario 2: The 500 pound rock is a boulder. You will need a pick ax and sledge hammer. This will take a lot more effort and time to break up and move. You will be lucky to get this job



done with one or two days of hard work. You will also lose less stone on the conveyor belt.

Translate this visual to food: The average meal should be about 500 calories. The imagined rock is your food. If this meal is highly refined or processed, it will be easier for you to digest. The food will quickly pass through you. Since calories can easily be pulled out, your body will go into a "grab and store" mode by building up your fat banks. (That is the gravel dust and pea stones that fall through the conveyor belt chains.) Eating refined or processed food puts you into a fast track digestive state where little effort allows for a quick assimilation process featuring high caloric retention.

If your meal is like the whole boulder, that 500 calorie experience becomes a different process. It takes a long time for your system to break the food down. Many of the calories that are pulled from your meal are used to maintain your digestive energy (This is why certain foods like celery burn more calories than you consume). Also, some of your meal will remain undigested, so those calories don't even count! The best part is that you will have more energy and be less hungry for a longer time than with the refined food.

Let's compare three separate snacks and ponder how they process:

- 1) 100 calorie pre-packaged snack bag, filled with mini cookies or chips.

Will one tiny bag satisfy you? These snacks are highly refined and may have no actual natural ingredients in the recipe. How old are they? For sure, we know they are not fresh.

- 2) Deli sandwich

This can be very healthful or a nutrition nightmare, depending on your ingredients. Lots of mayonnaise and white bread? Or lots of lettuce, tomato, and lean meat on wholesome bread?

- 3) Fresh fruit with nuts

Probably won't keep you going for as long as the sandwich but this treat is hydrating and rich with vitamins, fiber and some protein. The nuts help prolong the fruity digestive process.

How do these three common snacks compare? Only you can answer for yourself. When you eat them (or any snack), how are you affected? How much of your meal do you need to eat before you feel satisfied? Starting 20 minutes after you eat, how long do you feel energized? How quickly do you become hungry again? These are questions to ask after any meal or snack.

What does all this mean? I am not forbidding you from ever again enjoying fast food or chocolate cake. If, however, you eat a small salad before you have that slab of cake, you may find that you are happy with half the anticipated cake slice and you feel better afterwards. Over time, you might actually prefer enjoying a healthful aperitif before any snack or sweet.

Here are a few tricks that can health up your treats:

- 1) In your refrigerator, keep a jar of chia seeds soaking in water. For a healthy beverage, mix 1 Tbsp saturated chia seeds with 1 cup water (plain or sparkling) and 1 cup juice. This vitamin rich source of hydration is also fiber filled, giving your digestive tract a good cleaning while slowing your fructose absorption.
- 2) Every time you eat, think about the fiber content. If it is not enough, eat something fiber rich with your dish, like carrot and celery sticks. You should have at least two grams of fiber per 100 calories. The higher the fiber, the slower the digestion and the less calories converted to body fat.
- 3) Instead of chips or pretzels, try dried veggie chips or seasoned kale chips. Yum! Flavorful and healthful!
- 4) Summer is the easiest time to have a healthy diet. Eat lots and lots of fresh fruits and vegetables, especially dark leafy greens. This will give you great energy and leave less room for refined cravings.

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

Lemon Scented Green Beans with Jicama Chips

Ingredients:

1 lb fresh or frozen haricot vert green beans, end snipped
2 lemons, juice & zest
20 slices of jicama
½ cup olive oil
Salt & fresh cracked pepper to taste

Method:

- 1) Steam the green beans until al dente.
- 2) Whisk together the lemon juice, zest, olive oil, salt & pepper.
- 3) Slice the jicama on a mandolin or food processor, keeping paper thin.
- 4) Place the hot green beans on a display platter. Drizzle the dressing on the green beans and garnish with jicama chips.

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GEMS AT THE FARMERS MARKET

by Judy Caplan

July and August are two of the most bountiful months for fresh fruits and vegetables. During the warm days of summer, whenever I am on the road and pass a fresh produce sign, I swear my nose gets a funny, tingly feeling and practically starts to twitch (I think I was a rabbit in a former life!), and my foot hits the brake. Some people are addicted to shopping at the mall; I am addicted to shopping at the farmers markets. I just can't help myself.

Here is a list of some of the fresh produce you will find at local markets now:

Vegetables

- Corn
- Cucumbers
- Eggplant
- Green beans
- Lettuce
- Summer squash

Fruits

- Apricots
- Blueberries
- Cantaloupe
- Kiwifruit (Kiwis)
- Peaches
- Plums
- Raspberries
- Strawberries
- Watermelon
- Tomatoes

Keep a supply of reusable bags in the car so you will be ready when you see a stand (but remember to throw them in the washing machine periodically to avoid bacterial contamination).

Be daring! Wander about and check out all the colorful, strangely shaped goodies, but beware because it is easy to over buy. Often when you get back into the car and drive away, the euphoria starts to wear off and you begin to ask yourself, "What will I do with all this produce?" But please don't fret because the fun is just beginning!

Sorting Veggies

Touching and smelling the produce is a large part of the fun. Start by sorting the vegetables. Keep tomatoes in a bowl on the counter because they do not do well when refrigerated. Use the really ripe ones immediately. All the other veggies can go wrapped in plastic bags into the refrigerator (less esthetic, but they keep longer); however, no one seems to agree on eggplant. Some say to refrigerate, others not. I would leave the eggplant out and use it within a day or two. If after two days, the eggplant has not been used, then refrigerate it. I like leaving as many vegetables out because not only are they lovely, but they are also easy to grab for a snack. Plus, seeing them is a reminder of what to cook for dinner.

Sorting Fruit

Cantaloupe, peaches, apricots, plums, and kiwifruit can also be left out if not ripe. Berries generally go right into the refrigerator as does watermelon. Watermelon is best served cold, but if it's not quite ripe, leave out.

Easy Ways to Turn Produce into Meals

(Always wash fresh produce before using.)

Grilling is one of the easiest ways to cook vegetables in the summer. This works best for eggplant, summer squash, and tomatoes. You can add in onions too. (If you cook onions on the grill, leave them whole instead of putting them in foil.)

First rub the veggies with olive oil, season with salt, pepper, and/or your favorite herbs like fresh basil, thyme, fresh garlic, and a squirt of fresh orange or lemon. Either wrap them in foil or put them straight on a grill. First, rub the grill grates with olive or canola oil. Always remember to clean your grill before you cook. Rule of thumb: Make sure to burn off all the grease, etc. after each use and then take a wire brush to the grates before you use the grill again.

There is much debate about the best way to cook corn. Corn can be cooked right in its husks on the grill, husked, wrapped in foil, and cooked on the grill, or husked and boiled for a short time. Corn can also be cut off the cob and added to salsas and salads.

Parchment paper is another quick delicious way to cook vegetables. You can take fish and add tomatoes, green beans, onions, lemon zest, and seasoned salt, roll it up and put it in the oven.

Zucchini, which might be the most abundant summer veggie, can be turned into pancakes or ratatouille. Try sautéing the blossoms for a real taste of Tuscany.

Of course, fresh salads and salsa are tasty ways to use fruits and vegetables together. Watermelon with corn, chili peppers, and onions make a great salsa. Experiment with new dips like red pepper hummus, baba ghanoush (made with eggplant), and tzatziki made with yogurt, cucumber, and fresh mint and serve with lightly steamed veggies.

Berries are great for fruit tarts and coulis (sauce) for ice cream. Add berries to cereal or fresh yogurt and put them into fruit smoothies. You can also freeze them and pop them straight into your mouth for a refreshing snack! Caramelize peaches and apricots and add a dab of crème fraîche.

So, this summer instead of the jewelry store, consider getting your fix of radiant gems at the farmers market.

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.



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FITNESS IN YOUR HOME

by Cindy Pavell M.S.

Going to a gym or studio does not have to be part of your exercise program. The expense, the travel time, and mixing sweat with a bunch of strangers may not appeal you. No worries! Your home is equipped with all kinds of props which you can use to increase your fitness level. We may need to add a few pieces (bands, ball, etc.), but this expense is minimal. Most homes have a kitchen counter, stairs, hard back chairs, carpet of some sort, DVD player, and walls! All can assist you to become more fit and healthy!

WALL PUSHUPS

The Wall Pushup uses chest, triceps, core, and calf muscles. They're perfect for beginners. To work more of the chest, your hands should be about chest height and 3-4 inches wider than your shoulders. To work more triceps, bring your hands closer together (this pushup is harder to do because the large chest muscles cannot help as much). Be sure, as the picture demonstrates, to keep your body in a straight line – shoulders, hips, knees, and ankles lined up underneath each other. The tendency will be to let the hips fall forward first. This gives the illusion of doing a pushup because your body is moving forward, but the elbow joint and shoulder joint have barely moved. Inhale on your way to the wall, and exhale when you push up. Your heels will and should come off the floor. More advanced pushups are shown below. Using the banister is lower than the wall, hence, the body is fighting against more gravity. Using the ball demands another level of lateral stability and may be good for a person trying to stabilize their shoulder joint – assuming the joint is ready for this demand.



STEP UPS

As the Wall Pushups do well for the upper body, Step Ups serve well for the lower body. The muscles engaged here include the quadriceps, gluteals, calves, core, and some hamstring. You can also use actual stairs or a Reebok Step™ bench. You could even use a block of wood you have lying around the house or yard. The higher the step, the greater the difficulty. As a beginner, use a height that you can lift yourself up and down without too much strain. In general, you want the knee joint of the leg that is on the step to be lower than the hip joint. Keep your weight distributed more towards your heel. If you can't keep the top heel down as you lift your body up, stretch your calves. The push off from the foot on the floor should be minimal, and control the speed of the step down as well. You want the leg on the step doing the work. Keep your shoulders over your hips and avoid dipping your torso forward. If you must hold on, please do. However, you will develop valuable balance and coordination by not holding on. Using a step that is about hip level, as shown below, places more demand on both the knee and hip joint muscles.



The Wall Pushups and Step Ups are only two of the movements you can easily perform in your home. A full-body routine can be developed with simple props in your home. So if you are not, and have no interest, in being a gym rat, you have another choice!

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.

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MEDICAL SMORGASBORD

Quick summer health notes.

LOSE WEIGHT WITH CHOCOLATE?

Chocolate lovers finally catch a break after being frowned upon for decades. Recent research shows that eating chocolate five times a week or more can actually help you lose weight, improve heart health, control cholesterol, glucose, and blood pressure levels.

Its health benefits stem from antioxidants that can help you absorb fewer calories from fat. Here are some diet tips:

1. Give yourself a daily allotment of chocolate. Having boundaries is important. Decide how many of your daily calories will be from chocolate.

2. Choose dark chocolate over milk chocolate. Dark is lower in calories and is more filling, so you can eat less to feel satisfied, according to *Science Daily*. Dark chocolate also has appetite-suppressing properties.

3. Include fruits, vegetables, whole grains, and lean proteins in your diet. Enjoying a variety of foods can keep your calorie count low and your nutrient count high.

ALL PHYSICAL ACTIVITY REDUCES ALZHEIMER'S RISK

An important new study shows that any physical activity, not just exercising, is linked to a reduced risk of developing Alzheimer's disease.

This finding should be considered by middle-aged people, since the disease develops for years before any symptoms occur. Protective activities included washing dishes, cooking, cleaning, gardening, and even playing cards.

Study subjects had no signs of dementia at the start of the study, which is part of the ongoing Memory and Aging Project at Rush University Medical Center in Chicago.

This is the first study to use an objective measure of physical activity in addition to self-reports. Participants wore an actigraph on their wrists to assess levels of activity. Those in the bottom ten percent for physical activity were almost twice as likely to develop Alzheimer's.

Quoted in *USA Today*, study leader physician Aron Buchman says, "The implication of this study is really astounding. Exercise is good, without a doubt, but his study is about more than exercise. People who might not be able to exercise can tailor activities that are right for them."

FDA PUSHES FOR MORE-INFORMED DAILY SUNSCREEN USE

"Even the most dedicated daily sunscreen users may not be using the right kind of product, and many are not using enough of what they do use," says the Food and Drug Administration (FDA).

Three types of products are involved: Sunscreen. A broad-spectrum sunscreen protects against UVA and UVB rays. It should have a sun protection factor (SPF) of at least 15. People with fair skin should use SPF 30.

Antioxidant cream. Face cream containing antioxidants helps to prevent the sun's rays from causing free-radical damage, which can accelerate aging and wrinkles. Some sunscreens also have antioxidants.

Makeup. Cosmetics with SPF act as an extra shield against the sun, especially when their SPF comes from a natural sunscreen like zinc oxide. Dermatologists quoted in *The Wall Street Journal* suggest applying makeup before sunscreen.

- FDA guidelines say any product with an SPF of 14 or lower and products without broad spectrum status must carry a message saying they are effective only against sunburn, not to prevent skin cancer.

- The terms "sunblock," "waterproof," and "sweat proof" can no longer be used, though it will take some time to clear these products from store shelves. All sunscreens must warn users to reapply every two hours.

Dermatologists at Weill Cornell Medical College in New York say sunscreen should be applied every day, but not nearly enough people now do it.

- To correctly apply sunscreen in the morning, start with one ounce, the amount equal to one shot glass. Measure and apply it to all parts of the body that will be exposed to daylight.

More than two million people are diagnosed with skin cancer each year, according to the Skin Cancer Foundation. Melanoma, the most dangerous form, is rising in most age groups. It increased eightfold in women ages 18 to 29 from 1970 to 2009.

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Squats - 20
Squat Jumps - 20
Alternating Lunges - 20 (each leg)
Burpees - 15
Push-Ups - 25
Mountain Climbers - 30
Crunches - 50
Plank Hold - 60 seconds

Repeat three times
Workout time: about 25 minutes



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Celebrating 100 years, Arthur Murray Dance continues the love of dance generations later.

by Linda Barrett



Do you think you're too awkward to ballroom dance? So did Arthur Murray. He was shy and self-conscious about his lanky frame and seriously afraid to dance with girls.

That's when a friend he admired (due to his popularity with the women) took him aside and taught him his first dance steps. Murray practiced wherever he could, often attending weddings to dance with women of all ages.

It was 1912 and Murray was working as a draftsman by day, dancing at night, and teaching ballroom dancing in Atlanta, GA when reportedly, politician William Jennings Bryan made a casual remark, telling Murray that he had a fine idea on how to make money. "Just teach 'em with the left foot and don't tell 'em what to do with the right foot until they pay up!"

Murray took the suggestion to heart and developed a mail-order teaching guide using footprint diagrams that people could place on the floor showing just where to place each foot. The idea took off, and over 500,000 were sold. His next venture was to franchise branded dance lessons.

Murray even broadcast dance lessons over the radio, and it was during a live broadcast he spotted his future wife Kathryn Kohnfelder in the audience. They married, Kathryn became Arthur's dance partner, and together they began to open schools around the country. Eventually they hosted the popular televised dance show: *The Arthur Murray Party*.

Love Strikes Again

Nick Theiss was teaching at his own dance studio when love struck him as well, when his wife-to-be, Pauline, came into the studio as a teacher applicant. They married, had children, and started opening dance studios in Wisconsin, Des Moines, and Atlantic City before settling in Northern Virginia about 35 years ago.

Their sons, current D.C. Metro-area Arthur Murray Dance Centers owners Steve and Mark, remember how their own

story began. "We were like military brats—Arthur Murray brats—growing up," Mark says. "We hung around the schools, and I had to take lessons with my sister. I hated it!"

The boys were "all boy," and preferred spending their time developing their passion for motorcycle racing and other "guy stuff."

Then during their college years, their father asked them to come work in the business during summer breaks. "I wasn't that keen on it, but I was interested in dating one of the teachers, so I did it," Mark says. He was in his 20s and fell in love with the business—but didn't end up with the teacher. (He did meet his wife through dance though, when an employee invited a friend to guest night to meet him.)

Steve, on the other hand, had turned to the landscaping and construction field. Then at age 24, he asked if he could join the family business. His father said, "Come back only if you're going to stick with it." He's been there ever since.

Their parents went on to become leaders in the Arthur Murray world, innovating what is now the 45-minute lesson and refining training techniques. Other family members were influential as well. Their uncle George B. Theiss was President of Arthur Murray International, and his wife Georgia remains on the board.

Arthur Murray Dance Centers Locally

From parents to sons to now Steve's daughter Jennifer, the Theisses are stalwarts in the Arthur Murray community. As Arthur Murray master franchisers, they own seven studios in Chevy Chase, Silver Spring, Gaithersburg, and Columbia, MD, plus Tysons Corner, and Ashburn, and Alexandria, VA—the number one Arthur Murray franchise in the world for 17 years.

What sets Arthur Murray Dance Centers apart is that all employees are full-time, highly-trained professionals. Arthur Murray also offers non-binding agreements for lessons

and allows students to schedule lessons at their own convenience. "Most of what we do is private lessons, with groups designed to supplement them," Mark says.

Students also enjoy weekly dance parties, showcase dances, and special off-site events. Themed dances are held regularly; a recent series celebrating "Dancing Through the Decades" featured the music and dance styles of each decade since Arthur Murray's began. Students do not need to bring a partner, and all ages are welcome.

Dancing Will Change Your Life

"Dancing can literally change your life," Mark says. "It is a great way to enjoy the stress release and physical benefits of exercise without going to the gym." Dancing is also a great social outlet that builds confidence in several ways: balance, stamina, social interaction, and achievement.

"When the music is on, you can literally see people's feet tapping. Our music makes you want to get up and dance. You can't help but be in a good mood," Mark says. The studios play a variety of music styles from modern hits to classis dance tunes.

Instructors are friendly and professional, allowing students to feel an immediate comfort level. Early lessons are generally private, and when students feel more confident, they are encouraged to join group dances. Dancers work their way through Bronze, Silver, and Gold skill levels, and have opportunities to compete.

"When I was teaching, I enjoyed watching someone go from not knowing the first thing about dance to actually being able to dance," Steve says. "We also see people who come in to learn dancing for a wedding, and end up staying just for the fun of it."

And yes, people even find romance at Arthur Murray. Several couples have met and married there, but even more re-ignite the spark in their marriage. "We see it all the time," Mark says. "The woman starts wearing more makeup, the man becomes more confident, they start flirting again ... It's like date night out."

• • • • •

The Arthur Murray Party aired intermittently from 1950 to 1960, and at the end of each show, Kathryn Murray told the audience, "Put a little fun in your life ... try dancing." She then held up her arms to her husband Arthur, and they waltzed offstage.

Put a little fun in your life and visit Arthur Murray.

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DOLCE VELOCE

Cicchetti Wine Bar.

by Jade Kolker



Situated right next to Dolce Vita in Fairfax, Dolce Veloce Cicchetti Wine Bar features reasonably priced and delicious food and wine that make you want to keep ordering! In case you didn't know, "Cicchetti" are small plates, similar to Spanish tapas, which offer smaller servings, and therefore more options when dining. Owner and Italy native Giuseppe Ricciardi created Dolce Veloce with the comfortable, intimate feeling of an authentic Cicchetti bar in mind, and its Italian fare complements the relaxed atmosphere. They also offer an excellent selection of wines for the wine connoisseur, or if you simply want to try out a glass recommended by the sommelier.

With the prices ranging from \$2.75 to \$10.99, the menu clearly shows a variety of choices ranging from paninis to Zucchini Fritti. Luckily enough, the inexpensive prices allow for patrons of Dolce Veloce to order to their heart's content.

Upon arriving just before 7pm on a Wednesday night, my friend and I were in luck as their happy hour was just ending and we could take advantage of their offers. We immediately ordered their Patate Fritte to share; wedged and fried sweet and Idaho Potatoes served with sprinkled cheese and truffle oil. It was an excellent start to the meal, and a delightful, light glass of Dolce Vita Pinot Grigio accompanied this appetizer.

The "Pizza Cones" intrigued us, so I decided to try the Sausage and Pepperoni, while my friend tried the Mushroom and Spinach Cone. We were pleasantly surprised when they came out to us in a conical apparatus enveloped in newsprint-patterned tissue paper. We decided to take the neater route in cutting the cone, but one could also

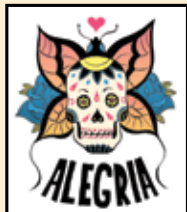
take an ice cream cone approach in delving into this clever presentation!

What you order is enough to be shared between two people, so I chose to order the Capri; grilled calamari served with balsamic dressing over baby spinach. It includes three of my favorite things, and the tartness of balsamic complemented the tender ring of calamari. The baby spinach was a nice addition as it balanced the flavors of the baby squid. My friend ordered the Risotto ai Gamberi, which is rice sautéed with four large shrimp with toasted bits of pancetta. I sampled her risotto and its creamy texture paired with the shrimp was a delicious combination. That genuine Italian flavor was present in both dishes, and the pleasant ambience made for a wonderful dining experience.

Our friendly server asked if we'd like dessert; of course we had to at least see a menu! That menu turned out to be a beautiful presentation that the server held out on a dessert tray. There were many options ranging from the classic cannoli to a fig tart; I chose the three-chocolate mousse and my friend picked the pineapple sorbet, served in a hollowed out pineapple. Both were decadent in their varying flavors. The chocolate mousse was drizzled in chocolate sauce and layered with white chocolate mousse, milk chocolate mousse in the middle, then rich chocolate cake on the bottom. The dessert was the perfect end to a superb meal; I definitely plan on returning to try even more Cicchetti!

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 1 lemon, juiced
 Extra virgin olive oil
 Sea salt and black pepper

Directions:

Blend artichoke hearts, avocado, almonds, beans, garlic, tahini, lemon juice, and parsley, while streaming in oil until you've reached the consistency you desire. Season with sea salt and black pepper. Keep refrigerated.

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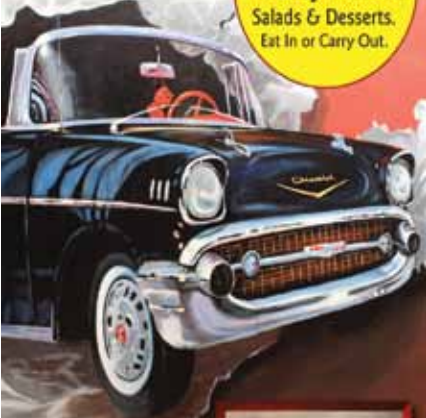
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LOCAL FARMERS MARKETS

Here are some of our local farmers markets to visit this summer.

Falls Church

City of Falls Church
Farmers Market
300 Park Ave, Falls Church
8am to noon • Every Saturday
fallschurchva.gov

On Saturdays in Falls Church, visit the City of Falls Church Farmers Market. This year-round market is open on Saturdays from 8am to noon, April through December and 9am to noon January through March in the City Hall parking lot. During the winter there will be up to 15 vendors, while spring, summer and fall markets will feature up to 40 vendors. This market also features the Chef's Series, where chefs from local restaurants will demo recipes developed from local and seasonal food. Check the City of Falls Church Farmers Market website for dates of the Chef's Series. This market is accessible from the East & West Falls Church Metro stations.

Great Falls

Farmers Market
790 Walker Rd, Great Falls
9am to 1pm • Every Saturday
celebrategreatfalls.org

April-November, 9am to 1pm, visit the Farmers Market at Great Falls Village Green Day School. This market runs from the first Saturday in May to the first Saturday in November. You'll find locally-grown produce, including tomatoes, corn, beans, potatoes, squash, eggplant, peaches, apples, berries, watermelon, and much more! You'll also find plants, flowers, baked goods, eggs, meats, and more.

McLean

McLean Farmers Market
1659 Chain Bridge Rd, McLean
8am to noon • Every Friday
fairfaxcounty.gov

The McLean Farmers Market opens on May 4th and runs through November 9th. Locals can visit this market on Fridays from 8am to noon. Vendors at this market usually include American Rose Services, Lois's Produce, Middleburg Creamery, Mt. Olympus Berry Farm, and Reid's Orchard. These vendors, and many more, sell cut flowers and potted plants, fresh herbs, baked goods, produce, meats, teas, and ice cream. For those interested in gardening, a Master Gardener Plant Clinic will be on site to answer questions.

As the summer season arrives here in Northern Virginia, keep a lookout for our outstanding farmers markets throughout the area. While these markets will have a plentiful selection of fresh fruits and vegetables, they also offer a great source for delicious baked goods such as bread, pastries, and pies, as well as fresh meats and dairy products. You can also find different types of homemade barbecue sauces, chutneys, marinades, and fresh herbs. By shopping at farmers markets, you'll be supporting the local economy and you'll know exactly where your food is coming from. It also means that your food was likely harvested much more recently than food found in grocery stores. There is also much more variety to choose from since a grocery store may only have one or two varieties of tomatoes or apples, farmers markets may offer dozens of choices.

Vienna/Oakton

Oak Marr Farmers Market
3200 Jermantown Rd, Oakton
8am to noon • Every Wednesday
fairfaxcounty.gov

This market will be open on Wednesdays from 8am to noon starting May 2nd, and running until November 14th at the Oak Marr Park and RECenter. Just like the McLean Market, there will be a Master Gardener Plant Clinic on site. This market will usually include vendors such as Valentine's Country Bakery and Meats, Garner's Produce, J&W Valley View Farm, Cenan's Bakery, and Kuhn Orchards. These and other vendors offer salsa, cut flowers and potted plants, specialty meats, produce, dairy products, soups, dips, spices, and fresh herbs.

Vienna

Vienna Farmers Market
131 Church St, Vienna
8am to noon • Every Saturday
viennafarmersmarket.com

Vienna has a farmers market that opens on May 5th and runs through October 27th at the Caboose Parking Lot. This producer-only market, sponsored by the Optimist Club of Greater Vienna, only allows farmers or producers to sell what they grow, raise, or make on their own farms. The market is open rain or shine from 8am to noon. Vendors include Westmoreland Produce, Jennifer's Pastries, Gypsy Hill, McLeaf Orchards, and Guata Java. Due to Town of Vienna events, there will be no market on October 6th.

Arlington

Westover Farmers Market
Washington Blvd.
& N. McKinley Rd., Arlington
8am to noon • Every Sunday
westoverfarmersmarket.org

The Westover Farmers Market opens in early May and runs through November. This is a producer-only market where everyone who sells at the market grows, raises, bakes, cooks, or prepares everything themselves. And it's all done within 125 miles of Arlington County. That means when you shop at this market, you are not only getting the freshest, highest-quality food; you are also meeting the people who grow it. Some of the vendors include Black Rock Orchard, Fertile Plains Meats, Greenstone Fields, and Smith Family Farm.



CLARE AND DON'S BEACH SHACK

Relax and “think beach.”

Dining with Jeannine • by Jeannine Bottorff

Sometimes all you want is to have a bite in your t-shirt and shorts. You want someplace comfortable and relaxed – a place where nothing is perfect, except its warm, inviting atmosphere and fun simple food. When I’m in that mood, I head to Clare and Don’s: Falls Church’s own Key West-style beach shack.

The first time I went to C and D’s, I took my parents and my daughter for an early dinner. I wasn’t sure what to expect when I saw the flip-flop decorated walls, the beach furniture and tiki bar. Already charmed by the crazy décor, I soon fell in love with the multi-page menu (60+ items!) of seafood, burgers, and vegetarian options. There’s even a budget-friendly kid’s menu with everything from linguini with meatballs to tofu tacos!

Craving something in particular? The menu is so diverse, you probably will find it ... seafood (of course), burgers and sandwiches, Mexican-inspired selections, pasta dishes, and tons more.

Our favorite appetizer is the fried pickles; crunchy, dilly delights

served with a zesty sauce – the perfect accompaniment to a summery cocktail. Second are the hush puppies – crunchy, yet light and sweet – I eat the whole order by myself every time! I almost always follow up my appetizer(s) with either the housemade jambalaya, packed with sausage, shrimp, and okra or the Seafood Chowda’ served New England style with shrimp, crab, fish, and scallops enveloped in silken cream.

For main courses, you can select from heaps of spiced shrimp, a flank entree topped with crab, or maybe a grouper sandwich served your way... spicy, blackened, grilled, fried, or even buffalo style. Or maybe you want a taste of everything! Go ahead and order The Admiral’s Platter – select three from a list of fried or grilled seafood, soup, hot dogs, and flank steak! A crazy selection? Yes, but it is all just part of the “I’m pretending to be on a beach vacation” vibe!

If you aren’t hungry, you can always pop inside to the bar or hang outside at the tiki bar. C and D’s atmosphere makes it really hard to resist drinking a Corona with a lime. However, their friendly bar serves everything from

Sex on the Beach and Dark and Stormy cocktails to assorted beers and wine. Just close your eyes and take a sip of your drink. I’ll bet you can almost feel the sand between your toes!

C and D’s is a true neighborhood joint. Every time I’m here, there is an eclectic mix of diners – much like the crowds in Key West! On any given day, you will see groups of 20-somethings, families with strollers, couples (old and young), and people with dogs – yes, you can even bring your dog! There are also trivia and karaoke nights, and live music on weekends. So, come to Clare and Don’s any time you want to kick back, relax, and just think beach.

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



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Yield: 10 servings

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- 1 stick (½ cup) butter
- 1 egg, lightly beaten
- 1 cup milk
- 1 cup all-purpose flour
- 1 cup sugar
- 2 tsp baking powder
- ½ tsp salt
- 2 qts whole strawberries, capped and washed
- 4 oz cream cheese, cut in small pieces
- Plain Greek yogurt or vanilla ice cream for serving, optional

Directions:

Preheat oven to 350°F.
Melt butter and pour into a 9x13-inch glass baking dish. In a small bowl, mix together the egg, milk, flour, sugar, baking powder and salt. Pour directly over the butter in the baking dish, but do not stir.

Add the strawberries, arranging in a single layer as much as possible. Sprinkle cream cheese pieces over strawberries. Place in preheated oven and bake for 45 minutes, or until top is golden brown and edges are bubbling (Crust rises up and around the fruit, but fruit will still peek out of top).

Serve hot out of the oven with choice of topping, if desired.

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- 2 Tbsp fresh lime juice
- ½ tsp cayenne pepper
- ½ a head of cabbage, thinly sliced (about 5 cups)
- 8 corn tortillas
- 4 tsp extra virgin olive oil
- Salt and pepper to taste

Directions:

Heat tortillas over medium heat in a dry skillet until warm and starting to form small brown spots. Set aside on a plate covered with a clean kitchen towel.

Mix yogurt, cayenne, lime juice, cilantro, and salt in a small bowl, set aside.

Heat two teaspoons of olive oil in a medium non-stick skillet and add cabbage. Cook for about four minutes or until the cabbage is just barely wilted. Season with salt and pepper and set aside.

Cut shrimp into thirds, so you have little bite size pieces. Sauté in two teaspoons of olive oil and season with salt, pepper and a dash of cayenne pepper over medium heat just until done. They cook up in just a few minutes ... so be sure to watch them!

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LOCAL RESTAURANT TREASURE

Gives many diners pleasure.

by Falls Church Foodie

In a little city of only two square miles, it might be considered rare to stumble upon a local treasure of a bistro. But this isn't any little city, it's Falls Church, home of one of the D.C. Metropolitan area's finest family-style Italian restaurants. Argia's, tucked between local musical landmark, the State Theatre, and a jewelry store on Lee Highway and Broad St. Although parking was a bit of an issue, the loveliness of the early spring evening had us in good spirits while debating over indoor seating or dining al fresco amidst home-grown herbs and potted flowers on the back terrace. As there was a chill in the air and Granny forgot her knit, indoors it was.

Upon entering Argia's, one walks into a humbly elegant restaurant with vaulted ceilings displaying exposed duct work, with family photographs lining one wall and a mural depicting a Renaissance-era, Italian city-state painted on the opposite wall.

The nicely appointed décor gave a comfortable feeling of home, the ambient light perfect to dine amidst in the main area of the restaurant. However, the open atmosphere created a rather boisterous environment, where at times the surrounding tables' conversations blended to create a high overall volume. This definitely detracted from the loveliness of the setting. The upper dining room, which doubles as an art gallery for local artists, may be a better option for a quieter dining experience. Actually, it was no bother really, as soon as the wine started to flow. We chose a fine Pinot Noir from a wine list featuring more than 60 selections.

Perusing the appetizers menu of Caprese Salad, calamari, antipasti, roasted portobello, mussels two ways and an interesting sounding Arancine, or fried risotto balls with creamy fontina and parmesan cheese, we

settled upon the Mussels Argia. Having heard for year's gustatory exaltations on the magnificence of the Mussels Argia, any restaurant review would be incomplete without having sampled this dish. So we did!

When the mussels arrived, all expectations flew out the window, vaulting to the Pantheon by the first meaty morsel of mussel, bathed in an exquisite white wine garlic sauce. One must allow the dish a pause, a small moment to penetrate the palate as the crushed red pepper finds its way to the back, providing a perfect emphasis which rounds out the flavor spectrum of the overall dish. If there were to be any criticism, it would be that there is not enough crusty bread slices to be saturated in the overflowing amount of sauce. Ah well, suffice to say, the mussels were divine.

Moving onto small plates, we inquired about the menu options and then ordered from a knowledgeable server, choosing the Carpaccio, Polenta Bolognese, and Melanzana al Formaggio.

The Carpaccio arrived and was a pleasant contrast of filet so finely sliced it was nearly translucent, topped with equally thin slices of Granny Smith apple, shaved Parmigiana Reggiano, a sprinkling of capers crowned with a handful of Arugula in a slight lemon olive oil dressing. By all appearances, the dish should have been as beautiful on the palate as it was on the plate. If only it were so. The first taste was pallid, lifeless almost and frankly, somewhat disappointing. Maybe a touch of salt? No, that didn't do it. Why not an extra drizzle of olive oil? Eureka! That was the catalyst that started this recipe's reaction and transformed what would have been an unfortunate experience, merely by the obvious olive oil oversight, to a wonderful dish.

The Polenta Bolognese followed the Carpaccio, redemptive in its simplistic rendition of a flavorful, hearty meat sauce on perfectly cooked, creamy and slightly under-salted Polenta. It made one wonder what was causing the kitchen such restraint this evening, particularly with an ingredient as fundamental as salt?

The next dish to arrive was the Melanzana al Formaggio - layers of grilled eggplant, goat cheese, fresh tomatoes, and basil. When the plate was placed on the table, it brought great delight; a stunning visual presentation of a refined, redefined terrine. That fell flat upon first bite. The grilled eggplant was hardly grilled at all and the taste of raw eggplant is not one to fondly recall. There was unfortunately nothing that could save this dish.

This was not the Argia's we had come to know and love, perhaps we were misfiring in choices? But shouldn't all choices have been direct hits? Should we have ordered the ravioli with the undeniably wonderful Aurore sauce? Would the Bistecca Pannino-grilled flank steak, sautéed onions, fontina and pesto served on ciabatta with an insalata mista been a better selection? Or the Verdura Pannino zucchini, portobello, sautéed onions, tomatoes, fontina and sundried tomato pesto, classic tomato sauce served on ciabatta with an Insalata Mista?

Much to ponder, many more dishes to feast upon at a later date.

We summoned the server over and ordered the Caesar salad, famiglia style. The Caesar arrived none too soon, a majestic nod to the original Italian-immigrant creator, replete with a vibrant garlic dressing that was sharp yet smooth and dynamically contrasted with the crunch of romaine, the cream of shaved Parmigiano Reggiano.



We were transported back to the happy place, where the meal had started. Their Caesar salad is actually quite noteworthy and a must-have for any intrepid diner.

Argia's offers a wonderfully original selection of pizzas with handmade crust in house. There's the Purpetti of sliced meatballs, mozzarella, red onion, tomato sauce, the Napoli, with mozzarella, spinach, mushrooms, red onion, sun-dried tomato pesto, the Milano that has parmesan, goat cheese, pancetta, spinach, mustard vinaigrette drizzle, the Della Carne with sausage, pepperoni, pancetta, mozzarella, tomato sauce and finally, and the Parma Prosciutto, consisting of Arugula, mozzarella, parmesan, garlic and olive oil.

However, Argia's is also renowned for their homemade pasta, even while swimming in choices of fresh Branzino, grilled whole with a lemon zest sauce, or the wild sockeye salmon on a bed of quinoa vegetable salad and roasted red pepper coulis. Or, even landlocked into choosing the Chicken Marsala, a scaloppine topped with sautéed mushrooms and marsala wine sauce served with spaghetti aglio e olio and

sautéed spinach or the Braciola di Maiale, a grilled pork chop served with portobello, potato and pancetta hash, sautéed spinach and Amaretti sauce. We opted for the pasta – the gnocchi, to be precise. And, also this reviewer's gauge when differentiating an ordinary Italian restaurant from an extraordinary one.

The Gnocchi di Ricotta, homemade ricotta gnocchi was simply superb. The delicate pillows of pasta were gently, almost lovingly served with an insouciant garnish of fresh tomatoes, and slightly braised zucchini so nicely sliced, it could have doubled as a pappardelle pasta, all sauced in a light, sun-dried tomato pesto cream sauce. The textures and flavors resonate on the palate and in the mind.

Finishing off the night, we chose the grilled Beef Tenderloin served with parmesan mashed potatoes, sautéed broccolini and Port wine sauce, and the seared scallops on a bed of fresh fettuccine with a saffron cream sauce. Although the filet was cooked to perfection and the accompanying Port wine reduction a nice complement to the beef, the mashed potatoes received all the salt that the other dishes were

missing and the broccolini, while deliciously sauced, was on the wrong end of the al dente spectrum.

The seared scallops on fresh spinach fettuccine with the saffron cream sauce was one of the featured specials of the evening. The dish was placed on the table and so sumptuous in presentation and aroma, the dish didn't have a chance surviving long. The seared scallops were encrusted by their own juices and yet when cutting into the individual scallop, were still moist and tender. The Saffron lent an unique flavor dimension to the dish and the pasta held the sauce in patient suspension, defying natural forces and providing the finishing flavor flourish to a predominantly enjoyable culinary experience. In a word, the dish was divine!

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Photos by Kim Jackson



LOCAL ACTS SHINE AT VIENNA IDOL

by Keith Loria

When 14-year-old Ethan Schaefer took the stage of the Town Green on June 8, he never dreamed that he would be declared the winner of Vienna Idol, the local spin on the popular “American Idol” competition.

The son of singer Robbie Schaefer, young Ethan entered the contest to “start his musical career and see where life takes me.”

“He was amazing and everyone just defied our wildest expectations,” says Michael Amouri, owner of Caffe Amouri, who partnered with Whole Foods and The Business Bank of Vienna to put on the competition. “I had no idea what was going to happen. I knew we had so much talent in this town and I wanted to do something and tie it into a charity and make something good out of it.”

The charity was a no brainer—all money raised would benefit the Khristin Kylo Memorial Fund, the former James Madison High School softball and basketball standout who died tragically while attending Princeton University in 2010.

Kylo, who had epilepsy, suffered her first seizure in 2009 and went on medication that reduced the seizures to about one a month. On the day of her death, the Princeton student had just finished her last final exam of her first semester and had called her parents telling them she was looking forward to being home in two days. Tragically, that night, she had a seizure and her heart stopped.

Khristin’s family launched the Khristin Kylo Memorial Fund in memory of their daughter, raising over \$25,000 during the past year for scholarship awards and contribution to SUDEP (Sudden Unexplained Death in Epilepsy) research.

The scholarships that the fund award goes to Madison High School seniors who embody Khristin’s spirit and

energy. Last year, it awarded one \$5,000 scholarship and two \$1,500 ones.

Amouri had coached the young women's basketball team and was good friends with her family, and knew Vienna Idol would be a great chance to help.

“Khristin was one of the most dynamic, unique, and wonderful young ladies I had ever coached,” Amouri says. “She was more than just an incredible athlete, but also an incredible person. She was full of life and energy and just brightened up everyone’s life who she touched.”

At the event, a \$1 ticket bought a vote for any musical act, and people were buying \$20 or \$30 worth at a time. Schaefer won \$500 for his victory.

“We earned \$3,200 from voting and \$5,000 overall for the fund,” Amouri says. “It felt great to be able to do this and to have everyone come out and support this.”

Contestants ranged from a 9-year-old who sang a song about the periodic table to those in their upper 50s, singing rock and pop favorites. Most were high school or college-aged students.

“I like doing that because we give everyone a chance, regardless of age,” Amouri says. “There is so much talent in our area and I think people were blown away by what they saw.”

Joining Amouri as judges were Khristin’s father Tom and Mayor Jane Seeman, who remarked to the crowd at the Town Green how happy she was to see it full and lively for a wonderful night.

“Khristin was a happy kid who loved people, loved sports and music,” Tom Kylo said. “She was driven, motivated, and when she was playing sports, she was all business.

She refused to let anything keep her from achieving her dreams. She loved life and never let her illness define her. She was crazy, loveable, and looked forward to a life where she could make a difference.”

Vienna Idol was made up of a series of qualifying performances by local artists and no one was voted off, just voted to continue on.

The semi-finals had taken place in the parking lot of Caffè Amouri during VivaVienna, and joining Schaefer as the three finalists were 16-year-old George C. Marshall, high school junior Christine Foerster, and 19-year-old Alex Callsen, who was friends with Kylo.

“I played this guitar at my high school graduation and at Khristin’s funeral,” Callsen said at the event. “I will never forget this guitar, and the hearts that it has touched.”

At the conclusion of Vienna Idol, everyone was already talking about the plans for next year and the hopes that it would be even bigger and better.

“I honestly consider it an honor to be able to put on an event that has such a positive impact, not just financially, but in honoring someone who deserves to be remembered year after year,” Amouri said. “This is something that we will continue to do in the years ahead.”

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



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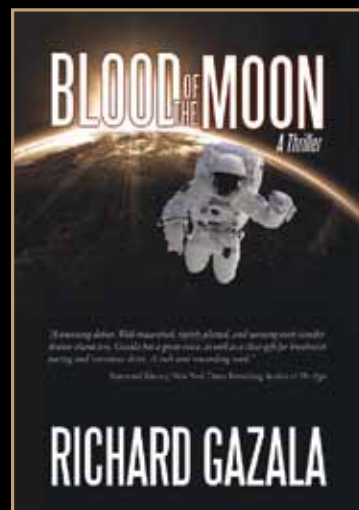
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GOING FOR THE GOLD

by Leslie Keana

Think about winter sports. Some people like to ski or snowboard down mountains. Others go tubing and some just simply like to sit next to a cozy fire and enjoy the view. Veronica Day, on the other hand, races down the mountain ... headfirst.

Day is an Olympic hopeful for the sport of Skeleton. Skeleton is a daredevil's sport where an athlete slides headfirst down a frozen track on a sled with their chin only inches above the ice. Athletes steer with their shoulders and knees as they race down the mountain, reaching speeds up to 80 mph.

The 23-year-old didn't aspire to a Skeleton career. She's a native of Vienna, VA where she lives with her parents, Holly and Larry, during the off-season. She graduated from James Madison High School and led the school to its first Liberty District Track and Field team title. Day was the Northern Region Triple Jump Champion, ran on the Regional Champion 4x400 meter relay team, and received Fairfax County Public School's "Donna de Varona Spirit of Sport" award.

Veronica attended Elon University on a Track and Field scholarship. There she was a three-time Southern Conference Champion, nine-time All-Conference, and named the SoCon's Field Performer of the Year in 2011. Elon also awarded her the university's highest athletic honor, the Stein H. Basnight Outstanding Athlete Award.

While at Elon, an off the cuff remark by her roommate about trying out for the Olympic Bobsled Team eventually led to members of the United States Bobsled and Skeleton Federation (USBSF) recruiting her to try out for the Elite Olympic Development Team for Skeleton. A couple of



combines and training camps later, she moved to the Olympic Training Center in Lake Placid, NY.

Although it is only her first year, signs of success are promising. She placed seventh at the National Championships, which was higher than any other first-year slider. She picked up the highly technical push start quickly; Day had the third fastest start time of all sliders at Nationals and she was chosen by the coaches to ride a pilot sled for the World Championships in Lake Placid.

Yet becoming a Skeleton athlete has not been easy. The sport is expensive. Only the top five athletes get funding from the federation and even that funding is limited. All other athletes are entirely self-funded. Practice time is not included and an athlete must pay for each run they take down the track. In addition, travel expenses for North America and Europe add up. Equipment, too, is not covered. At a bare minimum, start up costs can top \$6,000.

Day is determined to become a successful athlete, and she works hard both on and off the track. She has a job at a local business this summer, and will work full time while also training for next season. But, she'll have to stop working in September when the season picks up again. Six months of work to pay for six months of travel is nearly impossible, and she needs your help.

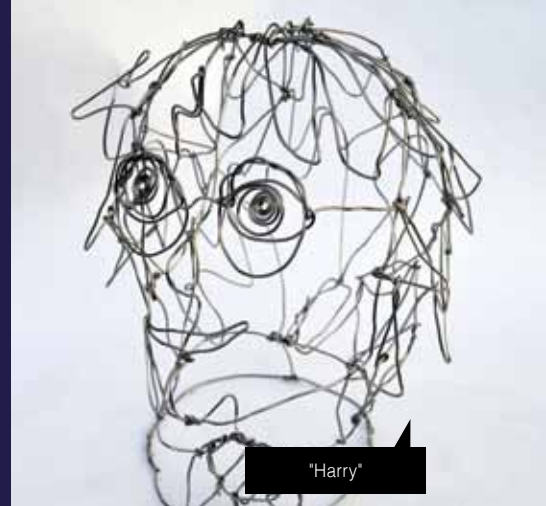
If you would like to learn more about Skeleton or make tax deductible donations to our budding Olympic athlete, contact her at vdayskeleton@gmail.com. She also writes a blog, Frost Bitten Follies, frostbittenfollies.wordpress.com, where you can watch her adventure unfold.



"Motion"



"Urban Canopy"



"Harry"

JAMES MADISON STUDENTS WOW WITH THEIR ARTISTIC TALENTS

by Jake Koniszewski and Jade Kolker

Walking into the art classroom of James Madison High School introduces a world full of color and creativity. Covered in artistic drawings and paint, the tables are devoid of students for now as we sat down to discuss the art program with Johanna Little, the head of the Art Department.

At the end of each school year, James Madison High School's art students create a piece of art for their final project. The strength of their art department is clear through the pieces hanging in the school's halls and in the Vienna's post office. Students of all grades from freshmen to seniors take art classes, and after high school many move on to art schools. "Each discipline is equally represented," said Little. Her staff includes Genette Boyle, who teaches Computer Graphics, Christine Bolon, who teaches 3D Studio Art, and Brandy Carter, who teaches Studio Art.

Each field offers a different kind of art, so students can find their niche and understand how to begin exploring their creativity. For example, in Studio Art a student used wire to create a rendition of a recognizable character in literature; see if you can find the lightning bolt scar on "Harry." The attention to detail that is paid to the various drawings also shows the students' talent; "Mental Cage" seems to bleed from the page, the emotion in black and white. The shading especially makes it an interesting piece to analyze.

When Little teaches a class, she focuses on teaching her students technique first. "We want (the students) to evolve and create pieces on their own," said Little. "We want them to be more independent thinkers and to articulate their own ideas." There is so much to learn in Studio Art,

3D Studio Art, Computer Graphics, and Photography, but the students' art makes it seem almost effortless. The photograph entitled "Urban Canopy" takes a different perspective on a modern staircase; looking up at it and seeing the footprints made by unknown people encourages a person's imagination. The computer graphics piece that also stands out is the piece of an eye; the layering of color and the varying shades of blues and greens in the eye itself make is extremely realistic and beautiful. Each lower lash has a lifelike quality and even though eyes have often been depicted in art, this interpretation is different and compelling.

Madison puts on many community shows, such as the post office, a two week sale through the Vienna Arts Society, and the Pyramid Art Show. "We try to get (the students) out there as much as possible," said Little. "The community is always willing to jump in lend a hand." Approximately 25 pieces are shown in the art shows of this kind, and it allows students to express their creativity to the community. There is a small gallery at the school itself, but for the future the department is working on a larger show to hold.

Although art projects usually have a theme, the end of the year project did not. "When we do a show, we take pieces from a project and choose ones that go well together," said Little. She is thinking about having a show next year with a theme. However, each discipline is represented equally throughout the shows they put on because of the amount of talent the students have. The school offers AP classes to encourage high-level study, and the students find their voices whether it is through drawing or through photography; you don't have to be a good painter to be considered a creative individual.



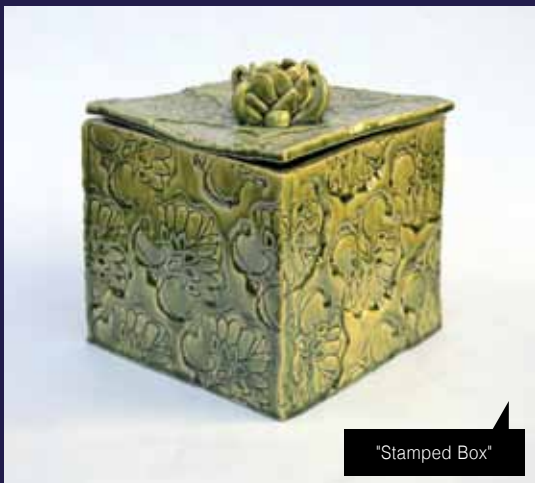
"Mental Cage"



"Natural-Unnatural"



"Escaping the Memory"



"Stamped Box"



"Wheel"



MCLEAN BIBLE CHURCH

Called to serve the entire community
in so many ways.

by Rick Mundy

Thousands of people drive along Route 7 in Tysons Corner every weekday, passing the huge campus with the two-story building and the two-story parking garage, perhaps wondering about the operation of McLean Bible Church (MBC). Thousands drive along Route 7 on Sunday, but they drive in to worship at this magnificent facility.

That's right, thousands. On any given Sunday, some 13,000-15,000 people will take part in the services at Tysons, one of the other MBC campuses in the DC Metro area, or via the internet campus.

The main auditorium at Tysons holds up to 2,700. Five services are held each weekend, including one with contemporary band-led music. The worship at each of the other campuses in Northern Virginia and Maryland is led locally with the sermon simulcast from Tysons. The internet campus is a live web stream of the entire Tysons service.

McLean Bible Church was not always so large. Celebrating its 50th anniversary last year, McLean Bible Church was started by five families on Easter Sunday, 1961. All of the McLean families had been going to a church in Bethesda; not an easy trip when one considers that the beltway was not even built at that time. Meeting first in homes and later in a high school, the church continued to grow until they were able to secure the former National Wildlife Federation building where the church now resides on Leesburg Pike.

Heading the church is Senior Pastor Dr. Lon Solomon, who has been with MBC since 1980. Readers may have heard his 60-second messages "Not a Sermon, Just a Thought"

on DC area radio stations. The pastoral staff numbers around 50, with an additional 300 running day-to-day operations throughout the campuses.

With thousands attending church, one might be concerned about getting lost among the sheer number of parishioners. Not so. The church encourages people to form small communities of eight to twelve, not unlike the early church, whose members are committed to each other and to the common goal of growth in Christ. Individuals also find themselves serving alongside and getting to know other parishioners in the multitude of ministries that have developed throughout the church.

Those ministries include opportunities for just about any group in any stage of life. There are multiple offerings for men, women, singles, marriage and family, parenting, intercultural connections, young children, middle/high schoolers, young adults, and families with special needs. There are ministries for golfers, motorcyclists, and others too numerous to list. The vast array of ministries reflects one of McLean Bible Church's Ten Core Values that "every Christian has a God-given ministry."

The vision of McLean Bible Church is to make an impact on secular Washington with the message of Jesus Christ. Through their ministries, the members of MBC are doing just that. A small sampling includes:


- *The Rock* is comprised of students in grades 6-12 who not only meet and connect with each other and God on a weekly basis, but also have traveled to villages in the Dominican Republic to help improve living conditions there.

- *Access* is a disability ministry of McLean Bible Church and includes many facets. Sunday School classes are open to children with special needs aged 2-16. *The Friendship Club* is for older teens and adults, *Signs of Life* is a community for the deaf and hard of hearing, and several other opportunities for special needs children and adults to play or share fellowship are offered throughout the week. There is even a summer adventure day camp.
- *Turkey Outreach* feeds over 5,000 families every Thanksgiving. The mission of this ministry is to deliver dinners in order to foster ongoing, Gospel-centered relationships with families in need.
- *The Clothing Ministry* provides free clothing, shoes, and household items to people attending MBC and those in the community in order to meet the practical life needs of those seeking assistance.
- *DayBreak* is dedicated to serving the children, families, and individuals in the community of Lincoln Heights in northeast Washington, DC. They focus on five key areas aimed at helping individuals know God and live abundant lives in Jesus Christ. Those five areas are mentoring, education, evangelism, training, and loving your neighbor. Learn more at daybreakkids.org.
- *The Shepherd's Food Pantry* provides basic food needs to all vulnerable communities and ministries within and outside McLean Bible Church.

- *Operation Kindness Ministry (OKM)* provides God's Word and physical comfort items to soldiers in Afghanistan and Iraq through care packages shipped to contact chaplains. They also provide support to wounded-in-action soldiers and their families who pass through area military hospitals.
- *Jill's House* celebrates children with special needs and provides relief to the families who love them through short-term respite care. The 45-bed resort-style center offers safe and secure overnight stays and day camps. Jill's House welcomes every child without regard to race, religion or ethnicity.

The community service that the members of McLean Bible Church perform is wide-ranging and touches the lives of thousands in the DC Metro Area. Communications Director Brandon Buckner sums it up simply - "God has called us to serve the entire community wherever the need is. Many efforts are led entirely by volunteers using their gifts in order to Grow in one's relationship with Jesus Christ, to Connect in biblical community, to Serve in one's God-given ministry, and to Share the message of Jesus Christ - the Four Disciplines of our church community."

To learn more about the ministries mentioned plus others like tutoring, emergency preparedness training, nursing home and assisted living support, and more, visit www.mcleanbible.org/ministries.



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Local
Wineries
& WINE
EVENTS

Straight from the VINE

Behind every great winery there's a good story.

by Linda Barrett

Virginia has some superb wines and some fabulous wineries. Yet most of the people behind the wineries did not set out to be winemakers. They were entrepreneurs running their own businesses, government workers, and doctors. But what they all shared is a desire to return to the simpler life. Each of our state's 209 wineries has a unique story.

Wine Paired with Music™

On their first date, Shannon and Stephen Mackey decided to open a winery together. Nine days later, they purchased the land where Notaviva Vineyards now stands. Well, they did know each other from college, but re-met about 10 years later, and that's when sparks flew.

But it wasn't easy. As fate decided, they chose their timberframe home plan, started clearing, and found out they were pregnant all at the same time. And if that wasn't enough, they responded to and won an HGTV contest to film construction for the Dream House series.

For the next 15 months, the film crew integrated into their lives. "We planted vines, commuted, left our jobs, had babies, and launched our own creative agency as HGTV filmed our progress," Stephen explains.

Both Mackeys were music engineers touring with noted bands and entertainment groups, so they knew the winery's theme had to involve music. Today, Notaviva is a hub of musical activity with professionals and novices alike coming together to enjoy good wine and music.

Uniquely, Notaviva's wine labels say, "Best Paired with Music." Guests enjoy blind pairings, matching music to the wines. Cantabile Cabernet Franc goes well with a string quartet, for example, and Calor Chardonnay goes best with Latin Jazz.

- Best Seller: 2009 Ludwig Meritage. Enjoy the September 22nd "Vineyard Games."

A Taste of the Old Country

In 1919, Doukenie Bacos emigrated to New York from Greece, carrying her mandolin. She was only 15, but knew she wanted to be a doctor and to have a winery, like her father. She didn't end up a doctor, but the three generations to follow did.

She did, however, get her winery. In 1985, Doukenie's grandson Charles Bazaco opened Doukenie Winery, one of the oldest vineyards in the area.

In 2007, the winery was small and the wine average, but Bazaco wanted to become a destination winery. They increased their production quality, bought barrels from France, and hired noted winemaker Sebastien Marquet, who adapted the old-world techniques to our unique climate.

"My goal is to make the best wine in Virginia," Marquet says. He spent years studying winemaking in Burgundy, France, and making wine in Martinique, training that helps with our Northern Virginia humidity.

Now, 60% of Doukenie's wines are sold through club membership, with the rest sold through the winery. Visitors enjoy their recent expansion: Friday night wood-fired pizzas, and Maria Canora's Tuscan cooking classes.

- Best Sellers: Cabernet Franc and Mandolin. Note Doukenie's mandolin on each label and her portrait in the tasting room. Enjoy the September 22nd "Taste of Italy."

A Family Affair

When Bob and Carol Hauck first married, they lived in a small apartment above an Italian family who made wine in their basement. Bob chipped in to help with the winemaking and a love began.

Early on, Bob hired a young man to work on his farm, whose father was an original local winemaker. Bob couldn't pass up the chance to help in their vineyards. He enjoyed it so much that he enrolled in wine classes at UC Davis and Virginia Tech, hired a young winemaker from France who was studying for her Master's Degree in Oenology (the study of wine and winemaking), and opened Lost Creek Winery on July 4, 2002.

While on a plane trip, Carol spotted a metal building in the Sky Mall Magazine and thought, 'We can start with this.' "We've been disguising it ever since," she laughs. They built the Tuscan-themed winery and tasting room themselves, with the help of friends.

- Best Seller: Vidal Blanc. 10th anniversary July 4, 2012.

The next thing you know, Bob and Carol's son, Eric Hauck, decided he'd like his own winery. "One night he said he wanted to look at a property, and in a half hour, called to say he bought the place," Carol explains. "It's not far from here," Eric said, "and we paid full price ... but all the equipment comes with the place!"

"When we asked where it was, we found out it was the property right next door to ours and the equipment was also ours!" Eric opened Hidden Brook Winery the same year.

Eric and Deborah Hauck also built their winery themselves in a log cabin style. "We purchased the logs from British Columbia and the company notched them; then we put it up ourselves in two weeks," Deborah says. "We're near our in-laws, but we each have our own style."

- Best Seller: Chambourcin. 10th anniversary September 2012.

Mediterranean Promise

When Bora Baki was 59 he wanted to retire. He had emigrated to America from Izmir, Turkey, and had already opened and ran ten businesses. But his younger son Kerem called from college saying, "Dad, I'm taking a class called 'Drink Wine.'" He did so well, he received an invitation from the professor to join the Oenology Program at Virginia Tech. Following his internship, he told his father he wanted to open a winery.

"I told Kerem that if he finished school, I'd buy a piece of property and we'd grow grapes and make wine," Bora explains. "He kept his promise and I kept mine."

It's been 11 years now that the Mediterranean-style Hillsborough Vineyards has been open and the entire family is still involved, including Kerem and his new wife Asli, and a grandson.

"My grandson is the 'sniffer,'" Bora says. "When they're young, they have a virgin nose and can distinguish smells. He helps with the tasting notes on each wine."

"I named our first wine after my Mom, whose nickname was Ruby, so we started with gemstone names," Bora explains. "We took birth months and came up with Opal and Garnet. For Bloodstone, I used the name of a very nice red ring I brought with me from Turkey."

- Best Sellers: Opal and Bloodstone. 8000 cases per year.

Health and Happiness

"About 35 years ago, I decided I would get into agriculture at some point, but it wasn't until my wife Holli was diagnosed with breast cancer in 2000 that I got the kick in the pants I needed to actually make it happen," explains John Todhunter, a PhD biochemist.

"I took Holli out looking at property to distract her, and the day we visited this property, we saw three foxes, so we named our winery Three Fox Vineyards." It opened in 2005 and now has 14 acres producing vines. It was the first winery in Northern Virginia to plant Sangiovese vines.

Visitors enjoy a walking tour of the Tuscan-themed winery and several festivals, including the Lucy Stomp and the Feast of San Gennaro festival in September each year.

"For our Lucy Stomp, we cut down six barrels, put about 20 pounds of grapes in each, and have two-person teams compete in 1.5-minute heats to see how many cups of juice they can produce. We also have an I Love Lucy-themed costume contest where people dress like Lucy, Ethel, Fred, and Ricky," John says.

- Best Sellers: Gatto Bianco and Alouette Cabernet Franc.

What's Old Is New

John Hickox's passion is history, starting in childhood when he'd search for Civil War artifacts and Indian arrowheads in his Fairfax neighborhood. But who knew that one day he would purchase 21 acres in a location ripe with history and open The Winery at Bull Run?

The area's newest winery opened June 2, 2012.

"When a friend told me about this place for sale, I wasn't interested at the time. But in 2008, the price dropped and it suddenly became that once-in-a-lifetime deal," Hickox explains. "I wasn't even sure what to do with it, but since the Manassas Battlefield is our neighbor on two sides, I thought it might eventually be a good place for a museum, a B&B, or a winery."

The more he learned about the property, the more excited he became. General Sherman stood here as a brigade commander taking incoming artillery, and visitors can still see the Entwisle house ruins with soldiers' inscriptions on them, the smokehouse, barn, and old split rail fence that harken back 150 years in time. "I ended up falling in love with the place," he says.

He still finds Civil War artifacts on the property to this day, and created large cases to display items picked up at Manassas; cannonballs, Union and Confederate buttons, buckles and breastplates, and countless other artifacts, along with their stories.

"My wife says I finally have somewhere to put my collections," he quips.

- Best Seller: Delaney, named for their daughter. Enjoy events surrounding the 150th anniversary of the Battle of Second Manassas, August 25, 2012.

What Makes our Area so Great for Wineries?

"If you look in our Virginia Winery Guide, you see the fat blue line of Skyline Drive. That eastern slope of the Blue Ridge is the sweet spot for Virginia wineries," explains Annette Boyd, director of the Virginia Wine Board. "It gives a little elevation to protect from disease, catches the breezes to protect vines from spring frosts, and gets full morning sun."

Wine is experiencing explosive growth in Virginia due to several factors that parallel the national level. First, wine is one of the fastest growing categories in the U.S. currently. Americans are perceiving wine as a healthy beverage and an extension of food. Second, we are following the trend of the "buy local" movement, rolling over from food into drink.

"There is also a growing trend back to more Old World-style wine flavors, like those of Germany, Italy, Spain and France. Because of our climate and soil, our style is closer to those regions than California is," she says. "The Old World Style wines are lower in alcohol, and go better with food."

Virginia is now the fifth-largest wine producer in the United States.

One Winery at a Time

There is also a growing trend in agritourism, as reflected by Mark and Gwen Stockman. Their goal is to visit all 209 Virginia wineries, and since relocating from Atlanta in 2011, they have visited 76 wineries so far. "We want to get to them all," Mark says. At the time, they were tasting at Tarara Vineyards.

To track their progress, they use the yearly Virginia Winery Guide and circle wineries they've visited. "We write our tasting notes on Post-its and stick them to the back of the bottle, like, 'This one is a little sweeter and might go nicely with a pork dish.'" They have over 100 bottles of Virginia wine already at home, ready to share with friends and family.

"We don't go to wine festivals; we want to go to the place where the wine is made," he continues. "We really enjoy the casual and approachable atmosphere we have found universally in all the vineyards at the tasting bar. You can just start talking to the people next to you—people you haven't met before—and everyone has a good time together."

Create your own story and enjoy Virginia's bountiful wine country.

Notaviva Vineyards

13274 Sagle Road, Purcellville, VA 20132
www.notavivavineyards.com

Doukenie Winery

14727 Mountain Road, Purcellville, VA 20132
www.doukeniewinery.com

Lost Creek Winery

43277 Spinks Ferry Road, Leesburg, VA 20176
www.lostcreekwinery.com

Hidden Brook Winery

43301 Spinks Ferry Road, Leesburg, VA 20176
www.hiddenbrookwinery.com

Hillsborough Vineyards

36716 Charles Town Pike, Purcellville, VA 20132
www.hillsboroughwine.com

Three Fox Vineyards

10100 Three Fox Lane, Delaplane, VA 20144
www.threefoxvineyards.com

The Winery at Bull Run

15950 Lee Highway, Centreville, VA 20120
www.wineryatbullrun.com

Virginia Wine Board

www.virginiawine.org

Dog-Friendly WINERIES

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Leesburg, VA 20175

Willowcroft Farm Vineyards

38906 Mt. Gilead Road
Leesburg, VA 20175

Lost Creek Vineyard and Winery

43277 Spinks Ferry Road
Leesburg, VA 20176

Three Fox Vineyards

10100 Three Fox Lane
Delaplane, VA 20144

Hidden Brook Winery

43301 Sprinks Ferry Road
Leesburg, Virginia 20176

Hillsborough Vineyards

36716 Charles Town Pike
Purcellville, VA 20132

Doukenie Winery

14727 Mountain Road
Purcellville, VA 20132

Crushed Cellars

37938 Charles Town Pike
Purcellville, VA 20132

Barrel Oak Winery

3623 Grove Lane
Delaplane, VA 20144

Potomac Point Winery

275 Decatur Road
Stafford, VA 22554

Aspen Dale Winery at The Barn

3180 Aspen Dale Lane
Delaplane, VA 20144

Corcoran Vineyards

14635 Corkys Farm Lane
Waterford, VA 20197

Swedenburg Estate Vineyard

23595 Winery Lane
Middleburg, VA 20117

Wine Profiles and Pairings

Riesling

The Riesling often has flavors of citrus fruit, apple, pear, melon, peach, and apricot. A Riesling pairs well with light and sweet food to match the body and flavor notes of the wine. Specific food pairings include seafood, poultry, fresh fruits, cream sauces, and mild cheeses.

Pinot Grigio

One of Italy's most popular wines. This light and fairly acidic wine often contains flavors of melon, pear, apple, vanilla, light tropical or citrus notes, mildly floral and a honey or smokey component as well. Pinot Grigio pairs well with seafood, grilled chicken, risotto, lobster, and foods with light sweet qualities.

Chardonnay

Chardonnay can be varied and range from a highly oaked flavor to the newly popular stainless steel variety. Chardonnays have flavors of citrus, tropical fruit, fig, honey, vanilla, butter, lemon, and oak. Pair a Chardonnay with medium-bodied food that will bring out the rich notes of the wine. Some foods that pair well include seafood, poultry, fresh fruits, cream sauces, and mild cheeses.

Sauvignon Blanc

Often described as crisp, elegant and fresh, Sauvignon Blanc wines have flavors of citrus, bell pepper, green olives and gooseberry. This refreshing wine is a very food-friendly wine and can be paired with a wide variety of foods. It is known as one of the only wines that pairs well with sushi. Some other foods include goat cheese, oysters, fish, chicken, pork, garlic, and cilantro.

Pinot Noir

Typically a lighter-bodied, fruit forward red wine, it contains notes of strawberry, mint, cherry, clove, sage, and raspberry. Known as the most versatile red variety food wine, it can be paired with duck, chicken, meats, fish, prosciutto, and fennel.

Merlot

Not as full-bodied as a Cabernet Sauvignon, this is a good wine for those just getting into red wines. Fresh flavors of raspberry, plum, mint, pepper, cherry, and herbs create a drinkable wine for the masses. Merlot pairs well with duck, stew, beef, lamb, chocolate, and hard cheeses.

Cabernet Sauvignon

A full-bodied wine with high tannin content and a rich complex flavor profile. Cherry, black currant, plum, pepper, bell pepper, and leather are some of the flavors found in this dark red wine. Foods with a heavy or full bodied flavor pair best with this robust wine. Beef, lamb, grilled meats, aged cheddar, and dark chocolate are good options.

Summer WINE TASTING MENU

Wine pairing doesn't have to be a daunting task left only to the professionals. A few tips and soon you'll be creating your own wine pairing menus that rival even the best sommeliers. But before you take on your own six-course meal, try the one we have put together that celebrates the season.

Pinot Grigio

Appetizer

Scallop Ceviche with Avocado & Mango

Ingredients:

- 14 oz big, scallops
- half-inch fresh root ginger (peeled)
- 1 red chili (seeds and membranes removed)
- 4 limes
- 1 large mango
- 1 large avocado
- 1 large shallot
- 6 Tbsp cilantro
- Olive oil, to taste

Preparation:

Clean the scallops, wash them and dry thoroughly. Cut into dice of about ½-inch with a sharp knife.

Wash the limes and remove the peel with a zester, finely chop the peel as well as the chili and add both to the scallops. Juice the limes, grate the ginger, and pour over the scallops, gently stirring thoroughly. Leave to cure in the refrigerator for two hours.

Peel the mango and avocado, and cut into a small dice. Peel and finely chop the shallot. Add to the scallops and carefully stir. Drain, reserving the marinade in a bowl. Season the ceviche with salt, pepper, some olive oil and the remaining marinade, to taste. Chop the cilantro finely and add just before serving.

asweetlife.org

Sauvignon Blanc

Salad Course

Spinach Salad with Goat Cheese & Walnuts

Ingredients

- 2 tsp red wine vinegar
- 2 tsp minced shallot
- 1/4 tsp kosher salt and ground black pepper
- 2 Tbsp extra-virgin olive oil
- 8 cups baby spinach leaves
- 1/2 cup chopped toasted walnuts
- 1/3 cup crumbled goat cheese

Preparation

Combine the vinegar, shallot, salt and pepper in a small bowl and mix until the salt dissolves.

Drizzle in the oil as you stir, mixing until the vinegar and oil come together in a smooth creamy dressing.

Place all but a large handful of the spinach in a large bowl.

Toss with most of the dressing. Add remaining spinach and continue tossing until well coated.

Add walnuts and cheese, and toss with the reserved dressing until well blended. Serve immediately.

foodnetwork.com

Chardonnay

Fish Course

Chilean Sea Bass with Light Soy & Chive Sauce

Ingredients

- 1/2 bunch shallots
- 4 oz butter
- 1/2 cup white wine
- 1 cup fish stock
- 1/4 cup heavy cream
- 3 Tbsp soy sauce
- 3 bunches scallions
- Olive oil
- 4 servings potatoes, whipped
- 2 tomatoes
- 1 bunch chives
- 5 pieces Chilean sea bass, (approximately 6 oz each)
- 2 lemons

Preparation

Sauce: Slice shallots, sauté with butter, and add white wine. Heat sauce, add fish stock, and reduce by half. Add heavy cream. Blend with 2 oz of butter; add the soy, salt and pepper to taste.

Garnish: Cut the scallion and sauté with olive oil. Mix with the whipped potatoes. Salt and pepper to taste. Peel, de-seed, and dice tomatoes. Chop chives.

Fish: Sauté the bass with olive oil, salt and pepper to taste. Squeeze lemon juice on fish when cooked.

Serve: Place whipped potatoes on the plate. Add tomatoes and chives to the sauce. Place the fish on the potatoes.

foodtv.com

Basic Pairing Tips

❖ **Choose similar flavors.**

- If your meal has citrus flavors look for a wine that does too.

❖ **Choose a similar weight and texture.**

- Like wine, food can be light, medium, or heavy bodied. Choose matching food for a perfect compliment.

❖ **Choose the same sweetness or acid level.**

- If you have a particularly sweet dish, match the sweetness of the wine to really bring out the flavors. If you have a highly acidic dish keep this in mind as well when matching the wine.

Pinot Noir

Chicken Course

Prosciutto Wrapped Chicken Breast

Ingredients

- 12 fresh sage leaves
- 4 (6-oz) boneless skinless chicken breasts, pounded
- 4 thin slices prosciutto
- Salt and freshly ground black pepper
- 2 Tbsp olive oil
- 2 Tbsp unsalted butter
- 1 shallot, finely diced
- 1/2 cup dry white wine
- 3/4 cup chicken stock
- 2 Tbsp lightly packed fresh flat leaf parsley, finely chopped

Preparation

Place 2 to 3 sage leaves on top of each chicken breast. Wrap 1 slice of prosciutto around each chicken breast. Season with salt and pepper.

Place a large nonstick pan over medium high heat, add the oil, and chicken breasts. Cook until the chicken is golden brown and cooked through.

Pan Sauce:

Remove the chicken from the pan and add the butter and shallot. Cook for 30 seconds swirling the pan, then add the wine and simmer until reduced by half. Add the chicken stock and parsley and simmer until reduced by half. Season the sauce with salt and pepper. Drizzle over chicken and enjoy.

huffingtonpost.com

Merlot

Beef Course

Grilled Ribeye with Onions Bleu Cheese Sauce

Ingredients

- 2 whole ribeye steaks
- 2 Tbsp butter
- Salt
- Pepper
- 4 Tbsp butter
- 1 whole very large yellow onion, sliced
- 1 cup heavy cream
- 1/2 cup crumbled bleu cheese

Preparation

Salt and pepper both sides of the steaks. Grill in two tablespoons butter until medium rare.

Sauté onions in four tablespoons of butter, over high heat. Cook for 5 to 7 minutes, or until dark and caramelized. Reduce heat to simmer and pour in cream. Cook for 3 to 5 minutes, or until reduced by half. Stir in bleu cheese until melted. Serve steaks on generous portion of sauce.

thepioneerwoman.com

Cabernet Sauvignon

Dessert

Sea Salt Chocolate Stuffed Strawberries

Ingredients

- 10 whole strawberries
- 1/4 cups dark chocolate chips
- 2 pinches sea salt

Preparation

Wash and dry strawberries. Slice top off, lay strawberry on its side and with a sharp paring knife cut the core of the strawberry out, being careful not to puncture through to the exterior. Slice a small sliver off the bottom of the strawberry so it will stand upright.

In a small bowl microwave chocolate chips and 1 pinch of sea salt for about 1 minute and stir until smooth. Carefully spoon chocolate into the cavity you've created. Immediately sprinkle more sea salt on top of the chocolate before it sets. Eat or keep refrigerated to serve later.

tastykitchen.com

Wine Events & FESTIVALS

Recurring

Fridays

Uncork your Weekend at Bogati Bodega Veramar Vineyard and Bogati Bodega

35246 Harry Byrd Hwy, Round Hill, VA
Friday Nights, 6:00-9:00pm,
through December.

If your life this week has felt like a Tango, then come and unwind with us at the Bodega. Start your weekend with a glass of wine on our deck overlooking the pond while listening to original live music. The Bodega captures the energy, passion, and atmosphere of South America. Try our gourmet flat bread pizzas and other light food options available for purchase.

Bistro Night

Doukenie Winery

14727 Mountain Rd Purcellville, VA
Friday Nights, 6:00-9:00pm,
through October 26th.

Enjoy the flavors of Pizzeria Moto's brick oven pizza and pair it with your favorite bottle of Doukenie wine while listening to live music! Enjoy the glistening pond, our lovely grounds, and new event room, deck, and patio! Bring your family and friends! Wine for purchase by glass or bottle only, no wine tastings are offered that evening.

Fiesta Fridays

Sunset Hills Vineyard

38295 Fremont Overlook Ln, Purcellville, VA
Friday Nights, 5:00-8:00pm,
through August 31st.

Bienvenidos! Late night Fridays are back at Sunset Hills. Come take in the gorgeous Blue Ridge Mountains' siesta del sol while kicking off the weekend with our fiesta del soul. Our staff will be donning sombreros, Wine-a-Ritas will make their triumphant return, and we'll be serving light fare while Mariachi music fills the air. Nos Vemos!

Wednesdays

Wine Club

Iris Lounge

1524 Spring Hill Rd, McLean, VA
Last Wednesday of every month
6:00 – 8:30pm, cost \$25.

A wine tasting unlike any other; 12 wines, cheese and fruit display, and passed hors d'oeuvres. Live Jazz. Limited attendance so make your reservation early. www.IrisLoungeVA.com.

July

Gray Ghost's 18th Anniversary Festival

Gray Ghost Winery

14706 Lee Hwy, Amissville, VA
July 7th and 8th, 11:00am-5:00pm,
cost \$10 (\$10 extra for BBQ lunch).

Join Gray Ghost for a festive anniversary celebration! The weekend activities include wine tasting, winery and vineyard tours, live Jazz music, Civil War camp, firing of a replica Civil War cannon, local vendors, and a silent barrel auction. Bring a picnic or buy a barbecue lunch. Barbecue lunch is an additional \$10 (all lunch money benefits the Culpeper Food Closet). Please call the winery for lunch reservations. 540.937.4869.

Mid-Summer Wine Festival

Hartwood Winery

345 Hartwood Rd, Fredericksburg, VA
July 14th, 11:00am-5:00pm.

The festival includes wine tastings from two wineries, live music, tours, and food vendors. Children welcome. Pet friendly. Picnics welcome.

Annual Key West Wine Festival

Breaux Vineyards

36888 Breaux Vineyards Ln, Purcellville, VA
July 14th, 11:00am-6:00pm, cost \$20.

Come enjoy our "Vineyard in Paradise" at the 7th annual Key West Festival. You'll enjoy island

inspired food, great wine, kids activities, vineyard tours, and of course live music! Wine and Wine-a-Ritas will help you ease into the perfect state of mind. Relax and enjoy Reggae music, then get ready to dance to the Key West Band who covers the songs and sounds of "Mr. Margaritaville" himself.

Winemakers Dinner

Naked Mountain Winery and Vineyards

2747 Leeds Manor Rd, Markham, VA
July 14th, 6:30-9:00pm, cost \$85.

Winemakers dinner featuring chef Eric Stamer. The July dinner includes pork BBQ sliders, sautéed crab cakes, corn chowder, jumbo sea scallops, beef tenderloin with bleu cheese-green peppercorn demiglace and lemon curd fruit tart with a raspberry sauce. Each course is paired with select Naked Mountain wines. Reservations are required.

Bastille Day Celebration

Willowcroft Farm Vineyards

38906 Mt. Gilead Rd, Leesburg, VA
July 14th, 12:00-4:00pm, cost \$15.

Join us for our annual Bastille Day celebration featuring a special tasting of French wines and light French food fares. Please call or email for reservations. 703.777.8161.
info@willowcroftwine.com.

Drive-In, Wine Night at Veramar

Veramar Vineyard and Bogati Bodega

905 Quarry Rd, Berryville, VA
July 20th and August 17th, 8:00-10:00pm,
cost \$7 donation appreciated.

Movie Night at Veramar, brought to you by the "Magic Lantern Theater." Get ready for some great entertainment under the stars at Veramar. Bring your blankets and lawn chairs for this fun filled night. The movie starts at dusk; bring your own picnic or we will have light fare available for purchase (and wine of course!). A movie donation of \$7 to Magic Lantern Theater, a non-profit organization, is appreciated.

Purcellville Wine and Food Festival

Downtown Purcellville

200 North 21st St, Purcellville, VA
July 21st, 4:00-9:00pm, cost TBD.

The Town of Purcellville announces its first annual Purcellville Wine & Food Festival! Take your taste buds on an unforgettable journey as you enjoy the flavor of our local award-winning restaurants and wineries. For more information please visit www.purcellvillewineandfood.com.

Wine and Whiskers

Lake Anna Winery

5621 Courthouse Rd, Spotsylvania, VA
July 21st, 6:00-10:00pm, cost \$45.

A fundraiser for the Fredericksburg area SPCA. The event features wine tastings, a cash wine bar, light fare and desserts, silent auction, door prizes, and music. All proceeds benefit the SPCA's new humane care facility. The SPCA is the Fredericksburg area's only no-kill animal shelter. The \$45.00 fee includes appetizers, souvenir wine glass, tours, and tasting.

Wine & Watercolor with Alex Carr

Sunset Hills Vineyard

38295 Fremont Overlook Ln, Purcellville, VA
July 29th, 9:30am-12:00pm, cost \$58.97.

Paint the seasons in watercolor! We'll capture the delicate colors of spring, the vibrant colors of summer, and the rich, russet tones of autumn with three, different seasonal workshops. So come get in touch with your creative side! See how much fun and how rewarding watercolor painting is! All skill levels, from beginner to advanced, are welcome!

August

Caribbean Wine Festival

Lake Anna Winery

5621 Courthouse Rd, Spotsylvania, VA
August 4th, 6:00-10:00pm, cost \$15.

Dance under the stars at the Heart of Virginia's 4th Annual Caribbean Wine Festival - held at Lake Anna Winery! Taste award-winning wines from Cooper Vineyards, Grayhaven Winery, Lake Anna Winery and James River Cellars Winery. Kick back with a glass of your favorite wine and listen to live Caribbean music. Enjoy great Caribbean food from the food vendor. This event will be held rain or shine.

Rosé & Food Pairing at Willowcroft

Willowcroft Farm Vineyards

38906 Mt. Gilead Rd, Leesburg, VA
August 11th, 12:00-4:00pm, cost \$15.

Join us for a special tasting of Rosés from around the world served with light food fares to compliment the styles of Rosé wines. Please call or email for reservations, 703.777.8161, WillowWine@aol.com.

Taste of Spain with Tapas at Willowcroft

Willowcroft Farm Vineyards

38906 Mt. Gilead Rd, Leesburg, VA
August 19th, 12:00-4:00pm, cost \$15.

Join us for a special tasting of wines from Spain served with Tapas and a glass of Sangria!



INDEPENDENCE DAY

Bright and colorful fireworks, picnics with everything you can imagine, flavorful barbecues, festive parades, lively concerts, inspirational speeches, family reunions, and, let's not forget, the celebration of our country. Independence Day, or the Fourth of July, holds a lot of memories for many and marks a great milestone for our country.

A Quick History:

The United States of America began with the original Thirteen Colonies (Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts Bay, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island and Providence Plantations*) who were part of British America, which was under the control of the United Kingdom at that time. These colonies that began as British settlements had later chosen to develop their own independent government systems, own their own land, and vote for their local public affairs since there was little to no British presence to enforce British law. This established independence made them realize that they sought to live as a separate entity from Britain, because Britain was ruling from overseas.

The colonies originally rebelled by refusing to send any representatives over to parliament and, according to British law, if you didn't have representation in parliament, you could not be taxed. However, since the colonies had directly benefited from the British occupation in North America, Britain thought the colonies should pay a tax to continue these settlements and fund the British occupation that was over there.

The boiling point came when Britain created the *Stamp Act 1765**. This was essentially directed at the British colonies specifically, and required paper

materials to be printed on paper produced in London with an embossed revenue stamp. To purchase this paper, the colonies could only pay with British currency, which was hard to come by since they had developed their own colonial currency. Britain further added insult to injury by continuing to implement more taxes and laws, frustrating the colonists. They saw this as unconstitutional because they were being taxed but they had no representation in parliament.

The colonists tried to avoid going to war with Britain by drafting the *Olive Branch Petition* in 1775*, which stated that the Americans still displayed loyalty to the king, but was rejected by the king for being insincere. In turn, the British formally declared the Americans in full rebellion, and thus came the Revolutionary War.

In 1776, more than a year after the Revolutionary War broke out, the Continental Congress (representatives of each colony) wrote the *Declaration of Independence*, which announced their separation from the British Empire. Though Congress voted to pass the declaration on July 2nd, the wording wasn't approved until July 4th, giving us our national 4th of July holiday.

The war continued on until 1783 and had progressed to involve several global powers including France, Spain, and the Dutch Republic who secretly provided supplies to the Americans early on. The French and Spanish later publicly set out to help the Americans gain their independence. Later in 1783, after several negotiations, all forces agreed to sign the *Treaty of Paris*, which gave territory boundaries to those involved, favoring the new United States of America.

*www.wikipedia.com



Fun Independence Day Facts and Figures

- ☆ Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826.
- ☆ The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official event occurred on August 2, 1776, when 50 men signed it.
- ☆ In 1941, Congress declared 4th of July a federal legal holiday. It is one of the few federal holidays that has not been moved to the nearest Friday or Monday.
- ☆ The first Independence Day celebration west of the Mississippi occurred at Independence Creek, Kansas, and was celebrated by Lewis and Clark in 1805.
- ☆ Independence Day was first celebrated in Philadelphia on July 8, 1776.
- ☆ Census estimates show there were about 2.5 million people living in the newly independent nation in 1776 and now there are over 300 million.
- ☆ John Hancock was the first to sign the Declaration of Independence. His autograph was also the largest, which is why his name became synonymous with signatures.
- ☆ George Washington did not sign the Declaration of Independence. At the time, he was not a member of Congress, but the commander of the Continental Army and preparing for battle.
- ☆ The stars on the original American flag were arranged in a circle to ensure that all colonies were equal.
- ☆ The Second Continental Congress formed a committee known today as “The Committee of Five.” It consisted of John Adams, Benjamin Franklin, Thomas Jefferson, Robert R. Livingston, and Roger Sherman.
- ☆ The Committee of Five was to come up with a draft for the Declaration and they decided that Thomas Jefferson would write it.



INSIDE TERRA CHRISTA

by Keith Loria

Ever drive down Vienna's historic Church Street, see the sign for Terra Christa, and wonder what the business is all about?

For owner Mary Ruth Van Landingham, the six-room spirituality store offers a haven of peace and inspiration, providing a unique blend of nurturing products and people willing to share their knowledge and experience to help shed some light on the path.

It doesn't matter what religion, dogma, or spiritual beliefs one has, Terra Christa has something for everyone.

"I had always thought of having a book store once my youngest son graduated from high school, and I was presented with a great opportunity that was so much more," Van Landingham says. "My mission, my dream for the store is to enable people to know they have all their answers within."

The origin of Terra Christa traces back to 1988 in a small shop on Fenwick Island, just off the Eastern Shore. Van Landingham had gone there for vacation and bought the store from two men who were looking to move on to a new journey.

"It was a seasonal store, no bigger than the front room of Terra Christa now," she says. "I wanted something year-round so we moved it here and have been in Vienna for more than 20 years."

The store opened originally on Maple Ave., but a good piece of fortune led Van Landingham to Church St., where the shop now sits.

"We were very lucky to find this shop," Van Landingham says. "We liked the idea of a house because we wanted separate rooms and this was a perfect location. I knew it was the space I wanted."

Although Terra Christa only had retail on one floor at first, it evolved to include an angel room, a Native American room, and many others.

"As the store grew, we brought in more products, listening to our customers as to what they were looking for," she says. "We gear our purchasing to products that help people. If it's not helpful, we won't offer it."

Van Landingham's daughter Michele helps run the business, and the former physical therapist is a big believer in the power of the shop. Together, they took a lot of classes and workshops and have decades of experience.

"I evolved as she evolved," Michele says. "I love the helping aspect of the business. People come to us not knowing what to do, and we can point them in a direction of things that are truly helpful."

That can include everything from different stones, books, music, or a spiritual item that means something to them.

"They always walk out of here having learned something," Michele says. "It's almost like what I imagine a school teacher must feel like, where you get to see people come in and grow and learn. We have had so many customers who have been with us for a long time and evolve."

Van Landingham welcomes people to come in the store and look around, even if they aren't going to buy something. Many times when someone will come by just to talk and feel the energy.

"It's like Starbucks," she says. "There could be two people talking in the book room, someone else offering advice, and no one feels alone when they come here."

Terra Christa offers a wide variety of inspirational and spiritually uplifting products and treasures, such as books, statues, crystals, and aroma candles.

"We've got suppliers we've had for 20 years because they keep upgrading their products," Van Landingham says. "A lot of time people come in wanting to work with energy because it's become mainstream."

The angels and angelic kingdom are very popular, as are self-help books, crystals, and things with inspirational meaning.

While some customers have been coming to Terra Christa for decades, it's an open environment for anyone and they welcome new people in for a visit.

"For those who haven't been here before, we will explain what the rooms are and tell them to walk around and we will answer any questions," Van Landingham says. "We don't hover because the question needs to come from them, not us inserting it. We don't want to take a customer to a level they are not ready for."

People who may come in to peruse for ten minutes are often still there an hour later, still with plenty left to see and experience.

In the crystal room for instance, Michele recommends that people look around for a stone that appeals to them and it's often the perfect stone that supports what they were looking for help with.

"Stones have an energy and a certain vibration to them and people can really tap into that higher level," she says. "We tell them to walk around, see what their eye attracts them to, and then read what it say. They often know intuitively the stone that directly talk to them and what's going on in their life."

One room is devoted to readings, massages, and energy work; another contains things made by Native American symbols such as dream catchers, smudges, statues, and T-shirts. There's also a Tibetan room, an angel room, and an aroma room.

Terra Christa presents a wide variety of classes to bring customers the latest on healing techniques and other information that will assist them as they move forward on their spiritual path.

"I have been on my spiritual path as long as I can remember, without really knowing where I was going or how I would get there, so for me it was a happy day when I heard there was no final destination, just a new beginning and taking a different path on the journey," Van Landingham says. "We don't subscribe to any one belief here; it's all about helping people on their own journey."

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



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Portion Cooking Spoon www.Target.com

What better way to get a handle on portions. This cooking spoon, with integrated measurement tools, features a hollow clear plastic handle that doubles as a measuring cup. The hollow clear plastic handle holds wet or dry ingredients up to $\frac{1}{4}$ cup. The silicone spoon has lines that indicate half teaspoon, teaspoon, and tablespoon measurements.



For Tea Lovers - IngenuiTEA Tea Pot www.Adagio.com



The Adagio IngenuiTEA is the most innovative, convenient, and easy-to-use teapot available. To use, simply fill the teapot with water, microwave, and add in your tea. Once it has steeped, simply set the IngenuiTEA on top of your glass – the tea will dispense automatically through a filter that removes the loose leaves and will stop once you lift the pot, so you never have to worry about spilling hot tea as you pour. Once you've enjoyed the fresh taste of your loose-leaf, you'll never want to bother with pre-bagged tea again.

Made of food-grade, microwave safe plastic, the teapot is lightweight and sturdy, making it perfect for use in the office or while traveling, as well as for use in the home. To make cleanup as easy as brewing, the IngenuiTEA is also dishwasher safe.

For Coffee Lovers - Aerobie AeroPress Coffee Maker www.TheCoffeeArtisan.com

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THE CANDLE LADY

Meet the woman behind Sydney Hale Co.

by Keith Loria

It was only six short years ago when Arlington's own Meghan Cook was working two jobs and thought to herself, 'all work and no play' was not the life she wanted.

"I was working a full time job downtown in Dupont Circle and also working in a restaurant at night," she says. "I needed to find some creative outlet for myself."

At home, she began experimenting with making natural bath products, lotions, and candles—even though she had no background in this sort of mixology whatsoever.

"It was something that I just thought about trying one day, so I kind of taught myself from scratch how to make them all," Cook says. "I just would read things online, and find recipes and looked on the back of different candles and bath products for ingredients."

Eventually, she had a database full of recipes and she started making more and more of them, which she would give away for holidays and as gifts for friends.

One day while partaking in her newfound hobby, a light bulb went on inside her head: Making candles would be a wonderful way to make a little extra income.



Meghan Cook

"I knew if I could brand this and get it out there, it could become something," she says. "I worked with some friends to brand it, started going to markets, and that's how my business was born."

Today, as founder of Sydney Hale Co., Cook produces candles with subtle and unique fragrances out of her home. Hand-poured and blended in small batches, these beautiful candles soften the atmosphere with sophisticated fragrances such as Fig/Vanilla, Fir/Blue Sage, Magnolia/Rosewood, and Tobacco/Sandalwood.

The name of the company is derived from her paternal grandfather (James Sydney) and her husband's middle name (Hale), as Cook felt the two names combined sounded really good together.

The candles are made of natural soy wax with dual, vegetable wax-coated cotton wicks. Being an environmentally-conscious company, they're packaged in weighty glass jars silkscreened with a classic apothecary graphic.

"The wax is soy made from American-grown beans, which means no soot or smoke and a less intense fragrance compared to traditional paraffin candles," she explains. "I like to let people know that they are great drinking glasses when finished."

In November, Cook left her day job to concentrate fully on the business. "It grew organically over the years and I was working every night and every weekend so I took the plunge to do this full-time," she says. "I was nervous at first leaving my job, but it's worked out wonderful and I've been busier than ever. It's been great."

Cook first took her candles to the Reston Arts and Crafts Market and now her product is sold in hundreds of places in the U.S. and has even made it as far as Australia.

She started making the candles in her kitchen in small double boilers, but once the orders started pouring in, she moved to bigger equipment on the stove.

"Now, I'm working with more equipment tailored for candle makers," she says. "It used to be I would make batches of 15 candles at a time but now I'm at a point—it takes a full two days—but I can turn around a couple of hundred candles at a time. It's pretty intense work to get that many out."

As part of Cook's business model, she donates ten percent of all profits to a local animal rescue organization. The Lost Dog and Cat Rescue Foundation is a non-profit saving the lives of thousands of homeless and abandoned pets each year. They rescue dogs and cats facing euthanasia in overcrowded shelters, and place them for adoption in loving homes.

"When I started my business, I had been volunteering at the foundation, but I felt like with two jobs and trying to spend time with my family, I didn't have a lot of time to continue," Cook says. "Volunteering has always been a big part of my life and that cause is near and dear to me. I was just making candles, not saving the world, and I needed to find something that made it more of a motivation behind what I do."

It's important to Cook to keep the handmade aspect of Sydney Hale Co. intact. Still, she hopes to reach out to more markets in the U.S. and add to her international sales.

Looking ahead, Cook plans to continue working out of her little studio space in her home, but may soon change her one-woman operation to include an employee. She also plans on coming up with some new products in the months ahead.

"I've been experimenting with different scents and it's so much fun," she says. "One thing that I have put on hold for a while to keep up with the business is making things besides candles, and I look forward to working on some new products and bringing them out through the company."

**For more about the company
visit www.sydneyhaleco.com**

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

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JAN KING

by Colleen Sheehy Orme

Sitting with Jan King, it is hard to decide which is more distracting; her humor or her beauty. However, it's evident that both radiate deeply from within.

King is as real, accessible, and ridiculously funny as she is in all of her 26 books. Initially catapulted into fame by her international best-seller, *Hormones From Hell*, she is a sought after humorist and speaker. She is on the roster of three national speaker's bureaus: Leading Authorities, Harry Walker, and the Nashville Speaker's Bureau.

It is so natural and easy to relate to King that one forgets she has accomplished so much. Not just through the books, radio and television appearances, but how she has resonated in the lives of women all over the world.

Her writing is honest, filled with wit, and she describes her own ridiculously funny experiences whether she's talking about men, menopause, relationships, motherhood, wellness, or being a breast cancer survivor. King authentically lives her words and genuinely believes that humor is the saving grace of life.

"I always try to keep this incredibly positive outlook no matter what," says King. "I don't want to use the old cliché that the glass is half full, but perhaps the unsinkable Molly Brown. I always believe tomorrow will be a better day."

In many respects, King was ahead of her time. She writes candidly and openly about subjects that many shy away from, which is why she has become so popular. She writes of the "truths" in a woman's journey in life. That is every woman's truth even though they are lived out in different scenarios. Hence, the striking cord of universality that resonates with women.

With a B.A. from the University of Connecticut and a Master's in Education from the University of Pennsylvania, she began her career as a teacher in Philadelphia. It was later, when she was married with two children and living in McLean, that she began writing a humor column for *Women's Image Magazine*. It was this column which ultimately morphed into her first humorous book for women.

Throughout her life and her success, King has also been met with a vast amount of challenges. She has survived several painful divorces and a frightening diagnosis of breast cancer.

The wear and tear of these life challenges are not recognizable in her spirit nor her age defying image. Instead, there is the undeniable presence of grace, gratitude, and goodness.

"I think that no matter what has been thrown at me in life: Where I have lived, who I have been married to, where I have ended up, that I always try and make the best out of what I have," says King. "My exercise and my writing are a source of renewal in my life and keep me very positive. They are my passions."

She reflects for a moment on the seriousness of being a breast cancer survivor. The moments of grasping her diagnosis, surgery, and treatments and of rebuilding herself both physically and emotionally.

"I am so grateful for my life. It's really easy to take your health and your life for granted."

King moved back to this area several years ago, bolstered by the enormous friendships that sustain her. It is in reaching out to those she loves and those who are new to her that she finds sanctuary. "Some people process things by being alone," says King. I get my strength from being with other people."

King is at work on another book and has just completed her first novel. Both are sure to capture current and existing fans. Three of her books are now available on e-books: An updated and even funnier *Hormones From Hell*, *Husbands From Hell*, and her first novel, *Chinese Laundry*.

"People always say to me you are the most incredible survivor. I don't really see it that way," says King. "Everybody gets bad deals thrown at them. We all do. I want people to read my books, keep laughing, and face life with a positive attitude because that's what I do."

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

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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.

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SENIOR SPOTLIGHT

Meet our Local Area Seniors.

Shepherd's Center of Oakton-Vienna

The Shepherd's Center of Oakton-Vienna (SCOV) is one of over sixty Shepherd's Centers in the US. They provide services, personal enrichment, and volunteer opportunities for over 200 adults aged 50 and over. The services are designed to help older adults who choose to live independently in their homes and are offered at no cost.

Services offered by SCOV are offered by volunteers and include:

Medical Transportation - Providing rides for medical and therapy appointments.

Companion Transportation - Providing rides and accompanying individuals on errands such as grocery and pharmacy shopping, hair appointments, banking and library visits.

Friendly Visitors and Callers - Visiting or calling homebound individuals for conversation and companionship.

Handy Helpers - Performing minor home repairs or help with downsizing/decluttering.

Health Services - Performing blood pressure screenings, health counseling, education and referrals to community resources.

Programs

"Adventures in Learning" is a weekly program that includes classes, workshops, and discussion groups on widely-varying topics such as world affairs, history, arts and crafts, finance, spirituality, bridge, or tai chi. The sessions last eight weeks and are held on Thursdays. One tuition payment of \$40 covers the entire session and entitles the individual to attend one class or stay all day. Each person can make their own schedule.

Other programs include:

"Lunch n' Life," quarterly luncheons which include both the lunch and a special program for \$10.

Additionally, SCOV offers caregivers support groups, special trips, driver safety classes, an annual Caregivers Treat Day, Interfaith Thanksgiving Service, and more. For more information of upcoming activities and schedules go to www.scov.org.

VOLUNTEERS ARE NEEDED!

Shepherd's Center operates almost entirely through the generosity and support of the 200 volunteers that offer their experience and skills to help. Please consider volunteering as a medical driver, companion driver, friendly caller or visitor, handy helper, office assistant, instructor, or fundraiser.

Other local Shepherd's Centers have the same volunteer needs.

Contact the Oakton-Vienna office at 703.281.0538.

Contact the McLean-Arlington-Falls Church office at 703.506.2199.

Contact the Fairfax-Burke office at 703.323.4788.

DONNA C. GREGORY

Lifelong Teacher and Patriot.

She won't reveal her age but she's a client of the Shepherd's Center (see lead story) so we know she's over fifty. She has lived in Fairfax for 40 years and loves to share her stories, whether they are stories of her life or one of the "fantasies" she creates in her mind.

Donna Montgomery always wanted to be a teacher. However, her sister had become a nurse and her parents pushed strongly for Donna to be a nurse also, feeling that it would provide a secure future for her. So off she went to Somerville Hospital. At that time, nurses trained exclusively in hospitals, spending time in each department - pediatrics, operating, etc. Donna became a registered nurse in 1944.

Donna felt that nurses should have more education so she wrote a paper describing a four-year nursing program that would also lead to a bachelor's degree (a common approach to nursing training today). She was awarded a federal scholarship to Boston University due to the paper.

President Roosevelt had other plans for Donna at that time, declaring that all 1944 graduates were classified as 1-A due to the dire need for nurses in the military. She joined the Army Nurse Corps, eventually landing at a rehab center in San Antonio. She recalls caring for a 2½ pound preemie. Wary of infections, she was determined to keep the nursery spotless, even washing her shoelaces. Once a couple attempted to visit the baby, but Donna refused to let them in. "I don't know what germs you could be bringing in here," she warned. "I don't care if the President shows up, he will not get past me." (Even though that was her commander-in-chief, she meant it). The couple, the baby's parents, stormed off. The next day they told Donna, "We're so glad you are the person looking after our baby."

Donna married while in the service, so when she left, she was given a

dishonorable discharge. Many folks didn't like women in the service, calling them unprintable names and accusing them of simply looking for a man. That discharge practice was later amended and her discharge was changed to honorable.

She and her husband entered college at Washington State on the GI bill, where she was one of only five women. She earned her degree which allowed her to teach nursing, and she wrote a course for military families on interior design and others which she has taught at the Shepherd's Center, the Red

Cross, and elsewhere, and her coursework has been featured in the Washington Post, the Los Angeles Times, TV, radio, and is in the National Archives.

Donna also served as director of nursing and health services for the Red Cross in Fairfax. She started with two instructors and grew the group to 200 volunteers.

Donna once founded a conversation group of women that was very fulfilling, but resigned on revealing that she was against the war in Iraq, "They called me unpatriotic. I was a nurse in World War II. How could they possibly think I was unpatriotic? You know the vapor trails in the sky left by the military jets? I want to go to an open field and salute those trails as a way of thanking the military for keeping us safe. There should be a stronger attachment between the military and civilians. People should understand that when soldiers head off to the war, they are not going to fight. They are going to look after their brothers and sisters - their family."

What are Donna's secrets to a happy life? "Don't judge people up front. When you leave a place, leave it clean. Ten minutes a day of exercise."

About those fantasies. We'll save them for another time, but suffice it to say that when she tells them, she'll once again be teaching - teaching us a little something about life.



WALTER MESS

A Man of Great Vision and Tireless Efforts.

Walter Mess of Falls Church has had every accolade and honor a person could possibly expect. He has been recognized with a Bronze Star, OSS Distinguished Service Award, Purple Heart, building naming, trail naming, and more. It's not surprising. He has packed more activity than imaginable into his 97 years.

He has been a mortgage and investment banker, OSS (precursor to the CIA) operative, land developer, teacher of economics and law, a judge, cabinet maker, steel engraver, Green Beret, and military colonel for the White House Aides Society. He is also an avid hunter and fisherman.

Accomplishments also include assisting in development of the Watergate Hotel, a major role in the founding and funding of the Northern Virginia Regional Park Authority (NVRPA), conception and design of the W & OD Trail, and years of service to his country, community, and family.

That service includes founding member of Falls Church Community Park, Falls Church Chamber of Commerce member, NVRPA board (46 years) including being its second chairman, and Lions Club member (65 years). It is fair to say that if you live in Northern Virginia, you likely have been touched by Walter Mess's work.

Any one of these activities deserves a chapter in a Walter Mess book. For example, simply to mention that he is a cabinet maker doesn't do justice to the extraordinary craftsmanship evidenced in the numerous pieces furnishing his home. Nor does it describe the bookcases he built for the Riley Library.

Just to list Walter's accomplishments would tend to diminish his profound life and contributions, yet Walter downplays his role at every turn. Oh, he loves to reflect on the myriad activities that comprise his past, but quickly points out that "nothing can be accomplished without the team. For every man on the front lines, there are 10,000 people

supporting him. You can't hang it on one person. It's the total team effort that makes something happen."

Walter calls himself a squirrel, referring to his work and saving habits. Influenced by his parents, he was taught early that he had to earn his own way through life. He started as a writer at age nine, earning five cents a word for his articles. He claims that he continues to benefit from that experience today.

He also learned the value of education in living a full life. His parents had three boys who were doctors and three girls with a master's degree. He was pushed to learn a trade before developing a profession (hence, the cabinet making). He holds seven degrees including a doctorate.

As a person who is extremely interested in history, he reads the newspaper cover to cover every day. Mess points out that when he was born, there were just five buildings in DC that are still standing - the US

Capitol, the White House, the Washington Monument, the US Treasury, and the Smithsonian. He was instrumental in adding to the list with the Watergate project, plus several of the buildings on L Street.

The bottom line for this man of vision, then, is not the accolades. Walter Mess is most proud of his family - his four children, 10 grandchildren, and 20 great-grandchildren. He has given freely, donating half his time to the community, with the blessing of his wife Jean, since World War II.

It's easy to see that he has been driven by the need to always use his abilities to serve others, to love and support his still-growing family (15 great-grandchildren in the last eight years), and to use the time that he has been given as completely as possible.

"I have used every hour," says Walter. "I did help a lot of people and I have sparked a lot of people. I have spent my life in teaching and I hope I passed along some stuff that is right."





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SPOTLIGHT ON ARLINGTON

An active and trendy community.

To truly appreciate the rich offerings and lifestyles that make up Arlington, one has to explore the 11 neighborhoods, sample heartily from the 652 restaurants, perhaps travel along the 94 miles of biking trails, or enjoy several of the 150 public parks that are part of this fascinating city/county. Arlington is home to numerous cultural venues and on any given weekend, there are events and programs for families, couples, or singles to enjoy - which is a good thing because 70.9% of the population is single.

Go Green

Arlington continues to be at the forefront in promoting greener living, especially in the area of transportation. Numerous non-auto options exist for traveling around town as well as into or out of the city.

The county has instituted a program to Bike Arlington using those 94 miles of on-street and trail bike routes. One self-guided tour is the 24-mile Arlington History Ride that provides a fascinating look at the rich history of this community. Arlington also participates in the Capital Bikeshare program, where people can be members for a day, three days, 30 days, or a year and new locations are popping up all over.

Walk Arlington promotes the notion of getting around the neighborhood on foot and has even developed fun “Walkabout” walking tours.

If longer trips or commuting is needed, the ART (Arlington Transit) covers the neighborhoods throughout Arlington with a schedule of convenient routes, with connections to the Metrobus system. Arlington also boasts 11 DC Metro stops with access to three of the five Metro lines (Blue, Orange, and Yellow).

Of course, there may be times when a car is an absolute necessity and Zipcar is an alternative to owning a vehicle that also works with a membership and usage fee.

Farmers Markets Are Everywhere

Looking for fresh produce or other locally produced goodies? Choose from a variety of open air markets staged throughout the week

Arlington Farmers Market (Courthouse)
Saturdays 8am - 12 Noon, Year-round

Ballston Farmers Market
Thursdays 3pm-7pm, May-October

Clarendon Farmers Market
Wednesdays 2pm-7pm, Year-round



Photo by Brian Dozier

Columbia Pike Farmers Market

Sundays 9am-1pm, Year-round

Crystal City Farmers Market

Tuesdays 3pm-7pm, May-November

Rosslyn Farmers Market

Thursdays 11am-3pm, May-October

The Arts Abound

Arlington has created numerous venues to keep 211,000 people engaged. Everything from concerts and live music in the restaurants and bars, to visual arts, theatre, and annual festivals can be found all over Arlington. One major effort is Artisphere, "where people and art collide." Artisphere presents art exhibitions, dance, film, performance art, camps, and more (artisphere.com).

Annual Events and Other Entertainment

Of particular note at this time is the Arlington County Fair scheduled for August 8-12 and takes place at the Thomas Jefferson Community Center. It is a family event with rides, live animals, music, arts and crafts, and international foods.

Recent events have included the inaugural visit of the Taste of Arlington in Ballston featuring signature dishes from many of Arlington's restaurants. And just last month was the annual day of bike races in Clarendon, bringing three-year-olds racing on tricycles to the top cyclists in the world competing in the Air Force Cycling Classic.

Ballston Common Mall is the site of the Kettler Capitals Iceplex, official home of the Washington Capitals and year-round indoor ice rink open for public skating. Visit a Capitals practice for free or get tickets for one of their games.

Musical Vistas

Arlington boasts a number of local performing groups including the Arlington Philharmonic which carries on the rich tradition of the Arlington Symphonic Orchestra. There are also the Arlington Concert Band, the Arlington Community Chorus, and the Arlington Concert Orchestra which all offer fine music and the opportunity for local amateur musicians to participate in community music groups.

Live music can also be found at a number of restaurants and pubs most every night of the week. Additionally, the Lubber Run Summer Concert Series runs every weekend through August 4, Saturdays at 8pm, Sundays at 6pm, at the Lubber Run Amphitheater.

Every Thursday from June through August, 6-8pm, visit the Market Common courtyard in Clarendon for the Unplugged concerts, featuring local bands in acoustic performance.

Want Outdoor Activities?

Check out the programs in natural and cultural history offered through the county. A recent review of events included a 5K Turtle Trot, a green living expo, a four mile run, stream cleanup, classes, adventures, birding expeditions, a civil war trip and more. Visit the website for current programs: www.arlingtonva.us/departments/ParksRecreation.

Theater Scene

No need to travel to Washington for live theater. Arlington has a wealth of stage companies that include:

The Signature Theatre, featuring bold productions of challenging new and established works, and especially musicals.



Photo by Brian Dozier



Photo by David Hills



Photo by Brian Dozier

Encore Stage, theater by kids and for kids.

The Synthetic Theater, physical theater fusing text, drama, music, acrobatics, dance and music.

Dominion Stage, offering quality productions in Arlington for over 60 years.

American Century Theater, delivering productions year-round and promoting a family experience as children are admitted free.

The WSC Avant Bard, dedicated to producing classic works with a provocative bold approach in an intimate setting.

Visual Arts Are Everywhere

Arlington also celebrates the visual artist. In galleries, shows, and exhibits the creativity of local artists is on display. One of the most visible and well-known venues is the Arlington Arts Center on Wilson Boulevard. It is a private, non-profit space that presents new work by regional artists. Its goal is "to increase awareness and appreciation of, and involvement in, the visual arts in Arlington County VA and the region." It includes nine galleries, 13 working artist studios, and classrooms (arlingtonartscenter.org).

Arlington ArtWorks is an organization that offers beautiful art handmade by artists with disabilities. Learn more at arlingtonartworks.org.

The Ballston Arts and Crafts Market takes place on the second Saturday of the month, May through October from 10am to 4pm. It is a juried show where one can find tremendous art from local and regional artists. One Arlington artisan, Melanie Ferrara of Jewelry Link, summed up the arts scene as well as the climate of the county: "Arlington is very supportive of its citizens. It's a very people-oriented community that supports creative ideas and artists. Plus you can call the county and somebody actually answers in two rings!"

Quick Facts about Arlington

- Of the 26 square miles in Arlington County, 4.6 square miles is Federal property (think Arlington National Cemetery and Pentagon).
- The population is approximately 211,700 (2012 estimate).
- In 2007, Arlington County had the second highest percentage of 25-34 year-olds earning over \$100,000 in the country (Loudoun County was #1).
- According to CNN Money, Arlington is the most educated county in the US with 35.7% holding graduate degrees.
- In 2011 Arlington was voted 7th in the country by CNN Money as one of the "Best Places for the Rich and Single."
- Arlington is the smallest self-governing county in the U.S.
- The open-air central plaza in the Pentagon is the world's largest "no-salute, no-cover" area (where U.S. servicemembers need not wear hats nor salute).

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A TASTE OF ARLINGTON

While filming “the Taste of Arlington®” festival on May 20th, (www.tasteoftyson.com) we were privileged to meet so many great restaurateurs and “Arlingtonians.” The vibrancy and energy of our neighbors invited a closer look at some dining and entertainment opportunities. We found some treasures, we hope you agree.

Metro 29 Diner:

4711 Lee Hwy, Arlington
(703) 528-2464

This is the real thing. Great food, prices, breakfast around the clock, big portions, and blueberry muffins as big as your head. We love this place!

Me Jana:

2300 Wilson Blvd, Arlington
(703) 465-4440

Middle Eastern delights such as grape leaves, hummus, baba ghannouj, and the best Fassolia in town! Charming outdoor café to rival the fancy neighborhoods of Beirut.

Liberty Tavern:

195 Wilson Blvd, Arlington
(703) 465-9360

Lively, young professionals with great beverages and modern American food such as smoked and grilled swordfish, wood-oven pizza, and a very creative kitchen.

Ray's The Steaks:

2300 Wilson Blvd, Arlington
(703) 841-7297

You're probably going to have to wait for a table like we did, but the value is hard to beat. All of Michael's restaurants, Ray's Hell Burgers, Rays Too and 3 offer great value; a community treasure.

Fire Works:

2350 Clarendon Blvd, Arlington
(703) 527-8700

New American Pizzeria, with upscale beer offerings and pizza to die for.

Lost Dog Café:

5876 Washington Blvd, (703) 237-1552
Colombia Pke, (703) 553-7770
Tysons Corner (703) 356-5678
(and coming soon to Merrifield)

How can you not love this place? Great pizza and sandwiches to fill the tummy and a mission to fill your heart.

The Italian Store:

3123 Lee Hwy, Arlington
(703) 528-6266

Bobby never ceases to amaze me with his deli. Always perfect subs, pizza, salads. With staples from Italy, great wines and cheeses, I'm going there as soon as I finish writing this article.

BGR: The Burger Joint:

3024 Wilson Blvd, (703) 556-1446 3129
Lee Highway, (703) 812-4705

Juicy dry-aged beef in a brioche bun, sweet potato fries, shakes, and I'm all set. Incredibly popular.

Lebanese Taverna Market:

4400 Old Dominion Dr, Arlington
(703) 276-8691

Hummus, falafel, beef shawarma, and grape leaves. Ahhh ... those grape leaves, perfect.

The Melting Pot:

1110 N Glebe Rd, Arlington
(703) 243-4490

We love fondue. That's because we love to talk to each other and it takes a while to finish your meal. If you like cheese and chocolate, this is the place. Try it.

Booeymonger:

1010 N Glebe Rd #140, Arlington
(703) 894-2170

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AUTHOR SPOTLIGHT: DAVID BALDACCI

Interviewed by Richard Gazala

With the 1996 release of his debut international blockbuster *Absolute Power*, Northern Virginia author David Baldacci reached the pinnacles of bestseller lists worldwide. He has remained there since, through more than 20 novels and 16 years. Over 110 million copies of his books are in print, in 45 languages. In the long history of the written word, the list is very short of authors in any genre who have achieved Baldacci's heights of popular success even briefly, much less who have made a lasting career of it. As importantly and in addition to his string of authorial triumphs, Baldacci is dedicated to a number of very worthy charitable pursuits. Among them, he's a National Multiple Sclerosis Society ambassador. Also, he and his wife Michelle have established a national literacy program called the Wish You Well Foundation, whose laudable mission is "supporting family literacy in the United States by fostering and promoting the development and expansion of new and existing literacy and educational programs." Clearly, doing good motivates the man as much as good writing.

Despite his whirlwind schedule, Baldacci continues to write gripping thrillers that enthrall readers all round the globe. His latest book is titled *The Innocent*. With breakneck pacing, it tells the story of America's most lethal assassin emerging from the shadows and breaking all the rules to save one teenage girl's life, at the risk of his own. *Suspense Magazine* says *The Innocent* is "One of the best Baldacci's best since *Absolute Power*," and we agree.

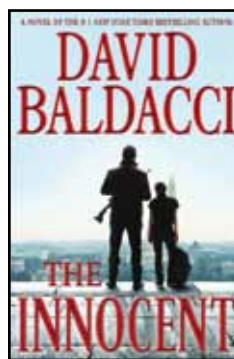
Gazalpalooza is thrilled Baldacci found time to take a seat for a few minutes under the blazing hot high beam of the

Author Spotlight. As you can see, the Klieg lights are fired up, and so is our esteemed guest. Without further ado, let's get this Spotlight underway.

Gazala: In my omnipotence, I've sentenced you to be stranded alone on a desert island for offenses best left unnamed. In my beneficence, I've decided to allow you a limited amount of reading material to make your stay a little less bleak than it would otherwise be. I'll spot you your religious text of preference, and the collected works of William Shakespeare. In addition to those, name the one fiction book, and the one nonfiction book, you'd choose to take with you, and why you choose them.

Baldacci: The book of nonfiction would be the ever-popular *How To Get Off a Desert Island In Five Easy Steps*. I think the reasoning is fairly obvious. The work of fiction would be *The Road*, by Cormac McCarthy. When one is stranded on a desert island, it's good to read about bleak post-apocalyptic misery if only to show that someone has it worse than you in order to keep your spirits up while you're waiting for the *Titanic* to come by and rescue you.

Gazala: Your latest book, titled *The Innocent*, is an excellent and gripping thriller about stone cold hit man Will Robie transitioning from hunter to hunted while protecting himself and a teenage runaway from the shadowy powers behind a vast cover-up. I've read it. I enjoyed it immensely, and recommend it highly. Shockingly enough, however, from time to time my bare recommendation doesn't always motivate a book's potential reader to become a book's actual reader. Tell us something about *The Innocent*,



and why its potential reader should make the leap and become its actual reader.

Baldacci: There are two plots in this novel and you don't know which is more important or whether they're connected. Will Robie is a predator who works alone and prefers it that way. In this story he has to become a guardian angel and responsible for someone else, a young teen named Julie Getty. They are both on the run. They seemingly have no connection to each other. They don't really trust or like each other. But they have to depend on one another to survive. It takes all of what we think we know about human nature and turns it upside down. It will give you one of the biggest "Aha" moments of your life. And did I mention the amazing twist at the end? If that doesn't do it for you, I'm out of bullets.

Gazala: What are books for?

Baldacci: You can either read them or burn them. If we have more people who read them, life is far better. Reading is the same verb as thinking. Can't do one without the other. If the burners win out, we have Hitler.

Gazala: W. Somerset Maugham said, "There are three rules for writing the novel. Unfortunately, no one knows what they are." Do you agree, or disagree, and why?

Baldacci: Agree. Only I didn't think it was three rules that we didn't know what they are, I thought it was only one. Sartre could probably figure that out for us, if he were still alive, but it's beyond this humble mind. Best advice I ever got about writing came from two-time Academy Award-winning screenwriter William Goldman. He told me the moment you think you know what you're doing as a writer is the moment you lose it as a writer. Be afraid with every project that you can't bring the magic again. Fear is a great antidote to complacency and formula. You're writing books, not building widgets.

Gazala: There's an eerie scratching sound on my attic floor I have to investigate. Ask yourself a question, and answer it.

Baldacci: Q: Why do you write? A: I can't not write. If you can't honestly say that, then find something else to do with your life. Otherwise, it's too damn hard.



author: Richard Gazala *The Innocent*, and David Baldacci's other bestsellers, are available at book retailers everywhere. "Author Spotlight: David Baldacci" 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.



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HOMESTRETCH

Empowering families to rebuild lives.

by Rick Mundy

The scenario is repeated all too frequently. A single-parent family is desperate. No home, no job, heavily in debt, credit shot, no money for food or rent. The children need care. There is likely a history of domestic violence. In fact, 60% have become homeless due to domestic violence. The parent is highly discouraged and feels trapped and hopeless.

Homestretch in Falls Church can make a difference. Their mission is “to empower homeless families with children under 18 in Northern Virginia to attain permanent housing and self-sufficiency by giving them the skills, knowledge, and hope they need to become productive participants in the community.”

Homestretch was founded in 1990 by Nancy Taxson and Kieran Sharpe to address locally the national homelessness problem by getting homeless families in safe homes where they could find more help.

According to Christopher Fay, executive director at Homestretch, the intent is to “remove the barriers in their past and remove ‘I can’t’ from their vocabulary.” The challenge is due to the compound nature of the problems. The client can be willing and eager to work but their credit history or childcare needs may get in the way.

Client Services

Candidates are accepted to the program for a two-year period. A multitude of services are provided that address the stumbling blocks that can prevent a family from achieving success:

Once accepted the family is placed in a fully-furnished apartment and provided an initial food stock. Thirty percent of their income will go toward the rent.

Case Management - The family begins by collaborating with a case manager to establish goals and develop plans addressing the barriers to self-sufficiency. Case managers advocate for the clients and assist with access to needed services.

Employment Center - The job counselor helps clients to find employment, improve their earnings, and improve their skills through workshops and outside courses. On-site daycare is offered during the workshops.

Credit Counseling and Debt Reduction - The credit counselor offers budgeting assistance to the family and works with creditors arranging payment plans, the client pays an additional 10% of their gross income to reduce debts. Once the debts are paid off, the 10% continues to go into a savings account.

Money Management and Financial Literacy - Seminars are offered to help clients learn how to prosper, including understanding credit, budgeting, and even preparing for a home purchase.

ESOL Classes - Sometimes English proficiency can dramatically help with job opportunity. Classes in English are offered all year long with on-site daycare provided.

GED Tutoring - If a client does not have a high school diploma, they are expected to get one while they are a client. Tutors provide one-to-one assistance to enable the client to pass the GED test.

Other services include computer literacy and life skills training, domestic violence education and support, free psychotherapy and substance abuse counseling, transportation assistance, children’s programs, on-site daycare, micro-loans, legal advice, and health and wellness seminars and services.

In short, Homestretch anticipates every possible concern and seeks solutions to make its clients successful.

And they are Successful

Homestretch accommodates up to 120 families, including up to 300 children per year. Approximately 90% are single moms and 10% are single dads. Of the 1,000 client families who have participated in the program, 85% achieve long-term self-sufficiency. Ten percent of these even become homeowners.

A Shining Example

One such success story is recent graduate, Claudia Flamenco. Her background is similar to many others and she was accepted at Homestretch. Her most pressing concern was to make sure her daughter was safe and had proper care. Using the array of services that Homestretch offers to struggling families she set a course to create a

new life. Claudia needed housing, job help, ESOL support, money management assistance and more. She also went to school for two years to learn accounting.

For the driven Claudia, the most valuable part of the transformation was working with the case manager to develop practical, yet far-reaching goals. At first, her goals were modest - to get a driver's license and make enough money to cover her expenses. She worked as a babysitter, she cleaned houses and she worked at Giant and Costco. Then she landed a job with State Farm Insurance.

As her job opportunities grew, so did the goal-setting. Claudia wanted to advance so she studied for and received her insurance license, becoming an agent. After 1½ years, the case manager asked if she was looking for a place to live. So when a lender told her she could apply for a house, that was a new goal and she closed on the house in April.

Today her goals include getting her own State Farm office in two years and renting her house while she moves to a new house. She does not lack confidence and will likely achieve these goals as well, thanks in large part to the support and encouragement she received from Homestretch over the past two years.

"I am ready to try anything, Claudia admits, "I try to do everything the best that I can. Another goal I have is to work with a group of abused women. It's a way that I can give back."

Support from the Community

Fay is quick to point out the tremendous support that comes from the community. Citizen donations are key to keeping the programs running. In addition, there are company angels that have partnered with Homestretch providing over \$100,000 worth of products and services. The local Rotary clubs have joined together to provide apartment furniture. Other major supporters include Dulin Methodist Church, the Clark Company, Excella Consulting, Karin's Custom Images, the Burke and Herbert Bank, the National Council of Jewish Women, Capital One, the Beyer Auto Group, Freddie Mac, Reed Smith, Integrity Management Consulting, Hier and Haines Salon, Project Performance Corporation, Rodger W. Charin PLC, and Richard and Lyndon Hausler.

The Future

According to Fay, "As we discover additional barriers to our clients' progress, we look at ways to address them and will continue to do so in the future. Transportation continues to be an issue for many families, so we would love to have a program for car donations. We are interested in establishing scholarships for education. We are always looking for additional affordable housing, and jobs are a critical issue. We would like to work with large institutions, especially IT, healthcare, and hospitality firms."

In the meantime, Homestretch continues to be a welcome safety net for homeless families, helping them to achieve their maximum potential as they rebuild their lives. For more information, visit www.homestretch-inc.org.



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SWEET CITY DESSERTS

Giving to the community
through tasty treats.

by Hubie Cram

There is no simple explanation for the rising success of Sweet City Desserts (SCD), a new and instantly popular bakery in Vienna featuring cakes, cupcakes, and more. “It’s craziness,” says Manny Tagle, co-creator of the bakery. “I have no background in restaurants or bakeries.” His experience is in real estate. Nor does his business partner come from the industry; Wilma Galang is an accountant.

“We wanted to create something where we could give back to the community, something that was unique to the area,” Tagle continues. “There wasn’t a lot of planning. I’ve dreamed of starting my own business in Vienna for a long time. One day I was just driving along and saw a ‘For Lease’ sign. We called the Realtor and got the property.”

The bakery opened in November of 2011. Manny is pleased with the progress to date. “So far, so good,” he remarks. During the past seven months, they have developed lots of repeat guests, a devoted local clientele. “We are seeing lots of customized cake orders and they are coming back because of the quality,” he exclaims. “We are fortunate to have some great young pastry chefs. They are so creative.”

Offerings with a Filipino Flair

The shop offers cupcakes, cakes, and other pastries, plus gelato, fresh fruit, iced drinks, coffees, and smoothies.

Both Tagle and Galang are from the Philippines and that helps drive their desire to promote something different.

The overall goal is to offer contemporary pastries, but they also wanted to introduce a Filipino influence. So in addition to traditional cupcake flavors, you can find the popular purple yam cupcakes, or try Kalamansi, which tastes very much like Key lime, but is a citrus fruit from the Philippines and, according to Manny, “much better.” Or maybe you’ll like Sans Rival, a buttercream meringue with cashews. If customers have dietary restrictions, custom orders are easily accommodated, such as gluten-free or sugar-free products.

Sweet City Desserts offers catering for office and home parties. And they maintain a steady business of large orders, such as wedding cakes, birthday cakes, or cakes for any occasion like graduation, holidays, and other special events.

In the near future, the shop will be adding healthy and savory sandwiches to the menu. They are part of the plan to keep the offerings fresh so that guests will always discover exciting new items to enjoy.

The Staff - Secret to Success #1

Head Chef Adam Neill finds the work fascinating and challenging. “We like to create pastries that our guests have not necessarily eaten before, something different in flavor or texture but delicious.”

Is it difficult to create “Filipino” flavors? “Well, we don’t know what they should taste like, but we make sure that

they taste wonderful. Then Manny and Wilma can confirm their authenticity.” Manny freely admits that while he is not a restaurateur, he does maintain a passion (for eating).

The staff includes four full-time chefs who can bake and decorate. Several others, mostly James Madison High School students, work part-time. When asked how time-consuming the decorating is, Neill reported that they were making a tiered luau cake that was taking 2-3 days to decorate and most large orders will require that much time. They can do “pretty much anything” when it comes to cakes, and everything is made from scratch.

Adam adds, “We have the freedom to be creative. We have been given the opportunity to make great food and use our own ideas. Some of our experiments become our best sellers.”

Community Connections - Secret to Success #2

What about the giving-back that is Manny’s desire? Sweet City Desserts has promoted the shop as a local gathering space:

- The Vienna Arts Society exhibits several pieces at the shop and have open houses for new exhibitions.
- Every Friday is open mic night for any aspiring performers to make their mark. Often Madison or Marshall High School students take the stage. Then there is the occasional special performance like the

Higher Ground String Band who will let loose on a Friday before open mic.

- Free photography classes are offered every Wednesday by photographer Andy Kitchen. The classes are at 10:30 am and 6:30 pm.
- SCD will also host other local groups looking for a place to meet. They expect to start book clubs soon. They have already hosted a high tea party for 30 people and expect to have more in the future.

It’s a Matter of Ingredients

The owners of Sweet City Desserts may not be accomplished bakers, but they have designed their own recipe for success. Take a passion for making an impact, add some great talent who make delicious products, throw in some community caring, mix it all together in a little shop on Maple Ave and everyone wins.

Tagle sums up the first several months, “We have no regrets, we love it. So far, so good.”

We say, “So far, Mmmm-mmmmm good!”



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Sun Design Remodeling extended the original kitchen of a circa 1980's production house onto a newly designed rear elevation deck, adding a course of MI windows which dramatically increase available light and visual connectivity to a wooded backyard.

GOURMET'S DELIGHT

Two-level indoor/outdoor solution extends the season, satisfies every whim.

by John Byrd
Photos by Bryan Burris

Northern Virginians love the region's forgiving climate. Yes, the temperature drops below freezing, but with a little focused heat source a fall day on the deck is quite sublime. Likewise, those short spans of subtropical sirocco become pleasingly exotic with the aid of a Casablanca fan, a pitcher of cold tea and a woodland view.

And extending the season outside is a great pleasure—a bit like slipping off to an unexpected vacation.

"Certainly we're seeing a demand for finely elaborated indoor/outdoor solutions," says Craig Durosco, founder and principal of Sun Design Remodeling in Burke. "When people have been in their homes for a while they naturally begin exploring remodeling ideas that support lifestyle interests."

Durosco should know. He's been a trendsetter in the reinvention of local home spaces for over 20 years, winning dozens of coveted design awards.

"People are converting houses into homes," Durosco notes. "Lifestyle interests are clearly one of the factors driving local remodeling."

Case in point: the owners of a 25-year old split-level in Springfield.

Yes, the owners have a taste for collectible race cars, gourmet cooking, exceptional wine, and fine cigars. These are refined pursuits they have cultivated over many years, and elevated to the status of lifestyle preferences. Actualizing rarified tastes into an action plan that causes walls to move is another matter. It's claiming the house as your own. And if such a proposal is to be seriously entertained, it had better be thoughtfully conceived, well-integrated and considerate of every person in the household.

"Integrating all the parts of a diverse wish list is always a fascinating creative challenge," Durosco explains, describing changes to the Springfield residence that



The custom-designed island combines an induction cooktop, an oven and a three-stool dining counter. Diagonal patterns of cork flooring undergird the cook's work station.



Featuring a wine refrigerator and an espresso coffee maker, the kitchen's finishwork is finely detailed. Marble counter surfaces abut Chiaro Saraceno mosaic backsplashes accented with a Durango Rope motif.

resulted in a substantially enlarged gourmet kitchen, a 300 sq ft dining deck, and even a lower-level cigar and wine tasting salon.

“Our role is to help the owner articulate and shape their personal vision, finding out what’s feasible and what’s budgetable.”

In this case, such considerations were particularly pressing since Sun Design was taking over architectural plans that had turned out to be both over-budget, and non-compliant with county setbacks requirements.

The project’s scope was the real challenge, though, and it included a completely redesigned rear-elevation and new construction upgrades on two levels. Three owner requirements were foremost:

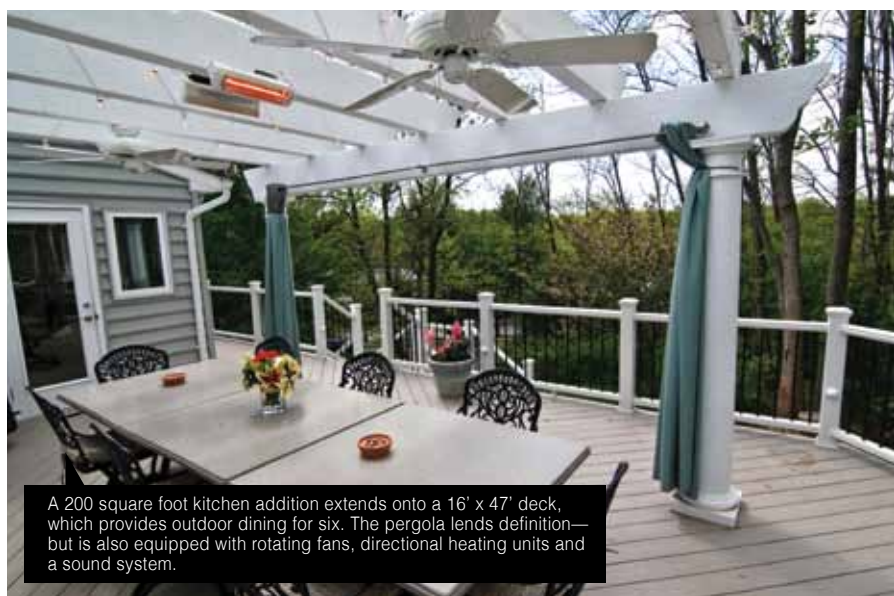
- First, at 211 sq ft, the existing kitchen was cramped, outdated and dark. The owners wanted a gourmet facility—with a cooktop island, in-kitchen dining and a warmly, textured interior with a sweeping backyard view.
- Secondly, since the house backs up to a lovely wooded surround, a dining deck directly accessible from an extended and upgraded kitchen was the obvious call. The plan would accommodate a table setting for six, but also provide a means to keep the party comfortable even when temperatures rise or fall.
- Finally, the owner was looking for a dedicated out-of-the-way space to comfortably sample (and store) an exceptional portfolio of wines and cigars.

The whole should also be perfectly integrated into a developable landscaping scheme, which would be afforded easy to access from the deck.

Solution

Architecturally, Sun Design’s solution presents a neat convergence of a sensible space enlargement strategy with structural necessity. After removing most of the existing rear kitchen wall, the plan calls for a 16’ x 47’ deck (spanning from mid-house to the corner of the garage) which also accommodates a 200 sq ft kitchen extension.

The new Trex-surfaced deck is now accessible from both an existing rear door and a new north-facing cook’s door a few strides from the outdoor dining table.



The original, visually-restricted kitchen windows have been replaced with a running wall of double hung Mi windows that invite a panoramic view of the backyard gardens.

The kitchen extension boasts a cathedral ceiling set off by exposed rafters—a change that makes the entire room feel that much more expansive.

A mid-room cooktop island with dining counter provides the chef with welcome convenience in negotiating a whole series of work triangles. The new custom built-in is also a pleasant spot for a cup of coffee and some quiet time. Interior finishwork is pristine throughout. Diagonal patterns of cork flooring (under the cook's feet) converge with a softly beige ceramic tiling. Marble counter surfaces abut Chiaro Saraceno mosaic backsplashes accentuated with Durango Rope detailing. Amenities include an induction cooktop, a wine refrigerator, and dedicated space for an espresso coffee maker.

Outside, an eagle-headed pergola spanning a wrought-iron table with seating for six provides an appropriate structural transition from inside to out.

To extend the season a bit, the perogla is wired with both overhead rotating fans and a pair of directional space heaters. There's also a four speaker sound system. From here, the plan literally veers off in two directions. A staircase descends to a landing which exits north towards a flagstone walk bordered by planters, or south to discretely concealed supplemental storage and a new patio lounge.

Pass through a pair of French doors, and you enter a custom-designed cigar and wine tasting salon complete with custom-designed wine racks and leather club chairs. A quiet retreat to explore life's finer pleasures while watching the sun set in the trees. Ah, wilderness! 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.

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SIMPLE TRANSFORMATIONS

Easy ways to update your home decor.

As we round the corner into late summer and tip-toe into fall when the kids go back to school, some folks may be looking to make some changes in their home decor. With so many trends floating around out there for 2012, it can seem like a daunting task to try and find the ideas that really will spark interest and be easy enough to implement. Check out these simple, yet sophisticated ideas that can transform spaces and liven up your home.



WALLPAPER!

Yes, you're reading this correctly. Wallpaper has made a comeback, but not the wallpaper you may remember from years ago. We're talking about the nature-inspired patterns, damask motifs, contemporary geometric shapes, and simple bold colors. You can add a glimpse of pure luxury to any room just by adding a wall or two of wallpaper. This gives you a sophisticated pattern that paint won't give you, and is pretty low-maintenance! Don't be afraid to get some bold geometric shapes up there either. An accent wall can add spunk to a room quickly and easily (you can even add it to the ceiling).



BLACK AND WHITE?

The black and white motif has been big for a while in Europe, but it's slowly making it's way back here in the US. You can go all out, or you can stay simple with this one. Depending on the impact you want, you can contrast all of the pieces in your room, or you can choose single components like a wall or couch. Black and white work well alone, but also with a bright pop of color like red or pink.

UNIQUE LIGHT FIXTURES.

A nice way to transform a room in a different way is to find unique light fixtures that put a spin on the space. You can find fixtures with intricate beading, modern and sleek stainless steel, pops of color, and even cool antiques that you can fix up so you don't break the bank. You can even grab an existing fixture, a can of spray paint, and reinvent the look. Try using a fun light fixture to inspire the rest of the room and build the decor around it; you never know what may inspire you!



NO MORE COFFEE TABLES?

Coffee tables may be a thing of the past (or, maybe not). But for now, they are being replaced by the more comfortable ottomans or built-in chaises where you can rest your feet right in front of you and relax. Where can you put your coffee or book? That is where side tables come in handy. By placing smaller side tables next to your couch or chair, you get a nice personal place to put items on. Or, some people choose to leave the coffee table space open to make the room a bit larger.

NEUTRAL COLORS FOR PATTERNS.

Afraid to put that bold pattern on dining room chairs? Are you hesitant to purchase that statement throw rug? Try some bold patterns, but in neutral tones. This way, you can have that distinctive statement without going overboard. Luckily, with neutral patterns, you can have fun with different shades and textures in one room.



LARGE PIECES IN NEUTRAL COLORS.

The large pieces in your home, such as couches, area rugs, tables, etc., are usually pretty dominant in your decor and can certainly be a centerpiece of the room. However, if you have these pieces in earthy and natural colors, it leaves room for you to experiment with color in everything else. Having neutrals in major pieces means you can try the big and bold wall colors, the statement curtains, or even distinctive flooring.



SETTING THE STAGE

Creating the perfect home ... to sell.

By Keryn Dohanich

Trying to sell your home can be difficult, especially in a less-than-perfect market. However, the trick to a quick sell is to create an atmosphere for your buyer. The buyer must be able to envision building their life and future within the walls of your home. But, “your home” is the key phrase; how are they supposed to envision their new life amongst the clutter and memories of yours?

Less is More

To create a “buyer-friendly” space, you must create a space that they can picture creating their own. A fully furnished, lived-in, cluttered room can make the buyer feel overwhelmed. On the other end of the spectrum, an empty room can seem barren and cold, also not an easy space to picture your family living in. The strategy is to clean up the room, but not empty it out entirely. Depersonalize the space, put away family photos, various collections, and awards, so the buyer can see past your personal tastes. Take out extra furniture that may clutter a room and stick to the basics, because simple accessories will highlight the house for the buyer more effectively than your golf trophies.

Honey Do List

Remember that list of simple repairs that you have put off for the past couple of years? A new home buyer has a lot to worry about when moving into a home and adding a list of repairs can deter a sale. Take some time to fix squeaky hinges, chipped paint, and any other fixes that will help your home put its best foot forward.

Squeaky Clean

Refresh your house with a ceiling to floor cleaning. This means vacuum, dust, scrub, and don't miss anywhere! People will be scrutinizing every corner of your house, from inside the refrigerator to the base boards and molding. You want an immaculate presentation that will wow the viewer, not turn them off as they are chased out of your house by the occasional roaming dust bunny.

Keep it Neutral

Go for a broad appeal. A bright pink bedroom will probably not appeal to most buyers and as easy as paint can be changed, buyers are more responsive to a neutral palette. Put a fresh coat of paint on bright walls and keep color palettes in rooms to a more natural look. Add a few pops of color in the accessories to keep your home interesting. Using neutral tones will allow the buyer to view your home beyond your own tastes.

Wide Appeal

Remember you never know who a potential buyer may be, a family, a single mom, a bachelor, so it is important to appeal to a wide variety of people and living situations. Tone down the flowery comforters for a more gender neutral look. Turn your nursery into a guest bedroom instead to help potential buyers feel more comfortable and excited about the space. Creating a general comfortable space that is neutral will ensure that you do not alienate any potential buyers.

Update for Huge Returns

It may seem silly to pour so much work into a house you are leaving anyway, but small and sometimes bigger renovations can bring a big return when selling your home. The purpose of staging a house is to get a buyer quickly and to get the best price for your home. A larger investment that costs a couple hundred dollars can bring in thousands during closing. Replacing your appliances for modern versions may seem like an unnecessary expense, but for a buyer, appliances are a huge factor when purchasing a house. Simply updating your appliances can add substantial value to your house beyond the actual dollar amount you spend.

First Impression

The old saying is "It's what's on the inside that counts," but in this case, the outside counts just as much. Curb appeal can be a make or break for a buyer. Overgrown grass, weeds, and chipping paint will give the feel of a neglected home even before they see your beautiful hardwood floors and granite countertops. Clean up your yard, and add colorful flowers and interesting shrubs. A fresh coat of paint to your front door and new address numbers will help your house stand out. Curb appeal also has the added benefit of bringing in buyers as they pass by and see the "For Sale" sign in your yard.

While you are working outdoors make sure to take the chance to freshen up your backyard as well. All of your outdoor space should be utilized to generate a quick sale. Powerwashing your patio or deck could make an instant sale for a buyer. People appreciate the details and a nice backyard and patio can add that extra special touch that makes your home, the home of their dreams.

Following these simple staging techniques will have your house ready for a broad spectrum of buyers. A warm, inviting, but neutral atmosphere will put the creative minds of your viewers in overdrive, ready to make an offer and create memories and clutter of their own.

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- **WE SAVE YOU MONEY:** Example: Belt Team resale listings in Oakton/Vienna sold 3 weeks faster last year than the average agent's listings – (that's almost a whole mortgage payment saved!).
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NORTHERN VIRGINIA REAL ESTATE MARKET MOVES INTO SUMMER

The following update/blog was provided by The Belt Team, Keller Williams Realty, McLean, VA.

Posted on June 6, 2012

The calendar has turned and it's now June. In the Northern Virginia real estate market, that often marks the official end to the "spring season" and the beginning of the "summer season." (Nevermind that summer really doesn't start until June 20th!)

SELLERS: If your home is on the market now and has been for a while, it's your last opportunity to get the price right and sold. Buyers are still out there, but the further into summer we go, the more things usually slow down. Buyers with school age children are accelerating their efforts now because in order to find a home, write a contract, get to settlement, get moved in and settled in before school starts – things have to happen soon. As we move into late June and into July, active buyers often take a break from looking. It's vacation season and summer travel sports season and that takes priority.

If your home is not on the market yet (maybe you're thinking you'd like to move in the fall and be settled in your new home for the holidays) – NOW is the time to interview Realtors and start prepping your home for market. You don't want to spend money on improvements that are not necessary, but you do want

to take care of anything that will affect saleability and price. Your Realtor should consult with you on this now and differentiate these items for you in terms of what Buyers in the market respond to.

BUYERS: Homes are still selling quickly in our area. Whether you are buying now or buying later in the year, the best way to prepare yourself is to look at listings on a daily basis. Sign up for a FREE Listing Alert service that is directly fed from the MLS and see what's out there. (Don't just manually search online sites because they are often out of date and filled with inaccuracies.) Filter through different areas, home types, and price ranges until you are really comfortable with what you get for your money and what things are most important to you. Make sure your loan is FULLY approved before you start looking at homes. Arm yourself with a top-notch Realtor who is a master negotiator. And then be ready to strike when you see one you like. As an example, last week in the Vienna/Oakton area, 30 homes sold. Half of them sold in two weeks or less. Eight of them sold in a week or less. Three of them sold the day they went on the market.

Here's this week's detailed update on Vienna and Oakton real estate. (Contact The Belt Team if you would like statistics on YOUR particular market!)

Inventory dropped ever so slightly – down 3% in Oakton (currently 85 homes for sale) and down 1% in Vienna (currently 204 homes for sale).

Contracts SOARED in Oakton this past week. Eleven homes went under contract. This is the highest number of contracts we've seen in one week in all of 2012. Only two weeks in 2011 exceeded that number. And in 2010, we matched that number only once.

Vienna saw 19 homes go under contract. This is under the year-to-date weekly average of 24.

Average days on market for active listings continued to decline in both areas – down to 96 days in Vienna and 72 days in Oakton.

Housing supply in Vienna shows a Seller's Market (with about two months of housing). And Oakton has moved into a Balanced Market (with 2.9-3.5 months supply). Remember, however, that market supply also varies vastly within the same city, but in different price ranges, neighborhoods and school districts.

Homes are still selling quickly, 55% of the homes that went under contract in Oakton this week sold in two weeks or less. In Vienna, that figure was 47%.

Last week in Vienna Real Estate (22180, 22181, 22182):

Number of Contracts: 19

Average Days on Market for Active Listings: 96 days

Average Days on Market for Listings That Went Under Contract: 36 days

Inventory: 204 homes on the market

Number of Months Supply of Homes (Based on past 90 day contract rate): 2.1 months

Number of Months Supply of Homes (Based on past 30 day contract rate): 2.2 months

Last week in Oakton Real Estate (22124):

Number of Contracts: 11

Average Days on Market for Active Listings: 72 days

Average Days on Market for Listings That Went Under Contract: 56 days

Inventory: 85 homes on the market

Number of Months Supply of Homes (Based on past 90 day contract rate): 2.9 months

Number of Months Supply of Homes (Based on past 30 day contract rate): 3.5 months

This information supplied courtesy of The Belt Team, Keller Williams, McLean, VA.



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It's a home, of course. You will have to pay some sort of monthly fee, but when you buy a home, it is a savings account.

Here is a great example:

The other day we ran into a friend who retired recently, and we hadn't seen in a long time. We visited for a while, then he invited us to dinner at his place.

What a beautiful home he had! At first, we could hardly believe it because he didn't have a high-paying job. It was even harder to believe that he didn't have a huge mortgage.

He enjoyed telling me how it happened. After high school (and marriage), he and his wife were able to buy a small house. Pleased with their purchase, they made the home and the yard look beautiful.

A few years later, after their baby was born, they wanted more room and were able to sell the home for a nice profit, which they used for the down payment on a larger place.

Over time, they decorated and improved their home, real estate prices rose, and they were able to move up to a more expensive home.

After another such move, he acquired this beautiful place. His plan was to pay it off in a few years and then sell it. It was all part of his retirement plan.

He reminded me of my son's father-in-law, a quiet but ambitious man who had originally rented an apartment in a six-unit building. He offered to be the building's maintenance man in his spare time. After a few years, he managed to buy the building.

In all, there were four apartment buildings in the complex. Over time, using income from rents, he bought them all, then he left his job as a graphic artist.

While he hired someone to do most of the maintenance, he loved to cut grass with his tractors, which he was able to do for rest of his life; that is, when he wasn't traveling.

Homes are an investment that you enjoy every day. Look ahead!

WINDOWS ARE WEARING SHEER, BILLOWY LAYERS

Decorators say sheer drapes softly layered over shades can create a silhouette similar to what some women achieve with a wispy blouse worn over a camisole.

With sheer drapes closed and the shade half up, the drapes filter light. If windows are open, the drapes "billow like a flowing dress that always makes a woman look amazing," says one New York homeowner.

Translucent, softly layered window treatments are showing up in urban and suburban homes as alternatives to old-fashioned drapes and blinds. These neutral-toned window treatments have clean lines and no frills, according to decorators quoted in *The Wall Street Journal*.

With the sheers, a second layer of sun protection is available through solar shades, which filter light and create an effect, "Like putting sunglasses on a window," says one interior designer.

The layered look with see-through curtains is about bringing the outside in. It can be done with sheers.

For total light control, a blackout window shade can be used.

Catalog retailer Smith & Noble has more than doubled its shade offerings, adding more textures, colors, and styles. They are available in soft, fashionable fabrics for the residential market.



ASK THE EXPERT

We have been waiting for just the right time to buy a home. Do you think the best time is still coming?

Have you found the house you want with the space and amenities you are looking for? If so, this could be best time in years to buy it. Here's why:

- Mortgage interest rates have fallen to their lowest level in 60 years! Recently 30-year-fixed mortgages were down to an average of 3.84 percent, beating the previous record low of 3.87 percent.

Experts quoted in *Inside Mortgage Finance* say consumers should not hold out for a lower rate, because it's not coming. Instead rates will steadily rise.

- The housing market overall is improving. Existing home sales were up 5.2 percent from a year ago, according to the latest figures by the National Association of Realtors. Declines in home prices are just about at an end.
- Strong demand is sparking nearly a 2 percent rise in asking prices recently, and it's part of a trend, according to Trulia.

Depending on the part of the country and the home, today, it's not unusual for a seller to get offers to buy that are above the asking price.

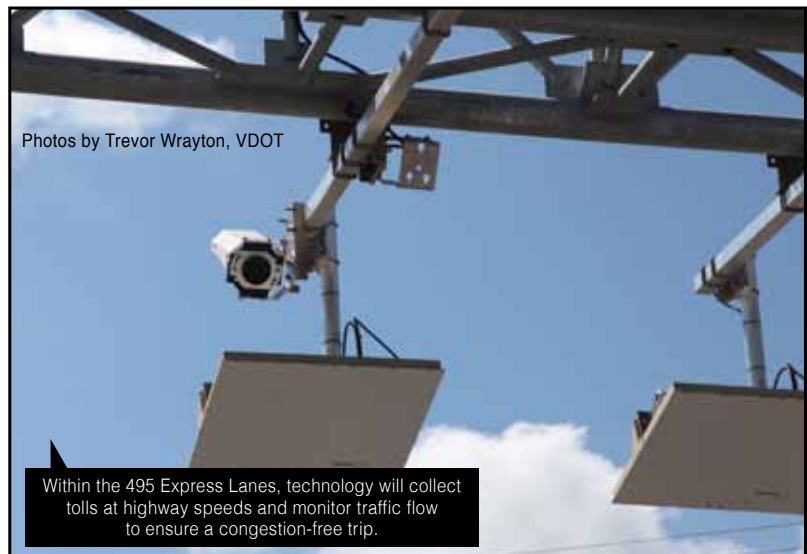
- Demand for home loans is also up. The latest data from the Mortgage Bankers Association shows applications for home purchases are on the upswing.

In spite of the latest interest rate drop, economists at Freddie Mac still expect 30-year-fixed-rate loans to rise late this year to 4.25 percent or even 4.5 percent.

So, I would say since home prices won't get lower and mortgage interest rates may be the lowest they'll ever be, this is the time to buy that you've been waiting for.



Crews put the final touches on the 495 Express Lane tolling equipment. The 495 Express Lanes are all electronic so there is no slowing down at tollbooths.



Photos by Trevor Wrayton, VDOT

Within the 495 Express Lanes, technology will collect tolls at highway speeds and monitor traffic flow to ensure a congestion-free trip.

PAY A TOLL OR RIDE FOR FREE ON THE 495 EXPRESS LANES:

New E-ZPass® technology makes either option easy.

by Mike Salmon, Virginia Megaprojects

The 495 Express Lanes opening this winter will run for about 14 miles up the center of I-495 from the Springfield Interchange to just north of the Dulles Toll Road. All travelers need to have an E-ZPass® before they use the Express Lanes. Drivers traveling alone or with one other passenger can choose to pay a toll to use the lanes and travelers with three or more occupants in their vehicle can ride in the lanes for free. Many of the region's commuters wonder: How will the Express Lanes' operators know who qualifies for a free trip? The 495 Express Lanes will operate with the latest technology to keep traffic moving through one of the busiest areas in Virginia.

The 495 Express Lanes is the first toll road system to use E-ZPass® FlexSM, a new version of the E-ZPass® electronic toll-paying device. The E-ZPass® FlexSM will be similar to a regular E-ZPass®, but will allow drivers to switch between toll-paying and HOV mode. The new device will allow those with three or more people in the vehicle to use the new lanes at no charge.

Each Express Lanes exit and entrance will have toll equipment with detection devices to read the E-ZPass®. Drivers with an E-ZPass® FlexSM switched to HOV mode will not be charged a toll for their trip. Drivers with a regular E-ZPass® or an E-ZPass® FlexSM switched to toll-paying mode will be charged the appropriate toll. Virginia State Police will be stationed at various locations along the 495

Express Lanes corridor to ensure that everyone is following the rules and issue tickets if needed.

"The tolling system is a very high tech system that does not require toll booths so it will not slow traffic down," said the Virginia Department of Transportation's regional transportation program director, John D. Lynch. E-ZPass® FlexSM will pay tolls on any other road that accepts E-ZPass®, regardless of the position of the switch. The E-Z Pass® FlexSM will be available this summer and drivers can sign up for E-ZPass® FlexSM alerts at www.495ExpressLanes.com to learn more about the availability of the E-ZPass® FlexSM.

The Virginia Department of Transportation will have a process for customers who want to swap their regular E-ZPass® for the new E-ZPass® FlexSM when the E-ZPass® FlexSM becomes available this summer.

Drivers can use a standard E-ZPass® to pay tolls on the Express Lanes but will not have the option to switch to HOV mode.

To learn more about how the E-ZPass® FlexSM will work, visit www.495ExpressLanes.com/using-ezpass or www.ezpassva.com/EZPages/EZtouse.aspx, call 877-762-7824 or visit your nearest E-ZPass Service Center.

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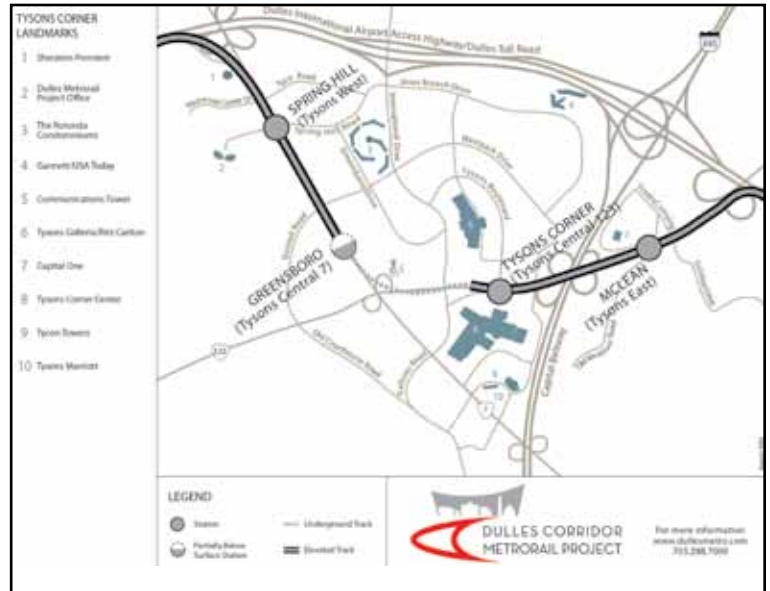
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SILVER LINE STATIONS OFFICIALLY NAMED

Tysons Corner Stations to be called McLean, Tysons Corner, Greensboro, Spring Hill.

by Marcia McAllister



What's in a name? Just about everything, just ask the thousands who suggested names for the new Metrorail stations along the Silver Line.

After many months and multiple selections, Fairfax County's Board of Supervisors recommended names for the stations that would replace the names that have identified the Fairfax County stops since the beginning of the environmental processes in the early 2000s.

In late April, the members of the Board of Directors of the Washington Metropolitan Area Transit Authority (WMATA) approved the names.

The Metropolitan Washington Airports Authority, owners and builders of the rail line, will turn over to WMATA Phase 1 of the project from East Falls Church to Wiehle Avenue after it is completed in the summer of 2013. There will be months of testing before WMATA opens the new line, anticipated for late 2013.

There are five stations in Phase 1. Four are in Tysons Corner and one is at the eastern edge of Reston in the median of the Dulles Airport Access Highway. Construction is well under way on each one.

Here are the new names of the Phase 1 stations from east to west.

- Currently known as Tysons East, the station along the northwest side of Route 123 at Scotts Crossing near Capital One will now be named McLean.
- Now identified as Tysons Central 123, the station on the northwest side of Route 123 at Tysons Boulevard between Tysons Corner Center and Tysons Galleria will now be called Tysons Corner.
- Currently known as Tysons Central 7, this station in the median of Route 7 near SAIC and Marshalls will be named Greensboro.

- Now labeled Tysons West, this station in the median of Route 7 near Spring Hill Road will be called Spring Hill.
- Now identified as Wiehle Avenue, this station in the median of the Dulles International Airport Access Highway/Dulles Toll Road just west of the Wiehle Avenue overpass will be called Wiehle-Reston East.

All of the Phase 1 stations will open at the same time.

Here are the names selected for the stations along the Phase 2 alignment from Wiehle Avenue west to the Fairfax County line.

- Now called Reston Parkway, the new name of this station in the median of the Airport Access Highway/Dulles Toll Road corridor just west of the Reston Parkway overpass is Reston Town Center.
- Currently known as Herndon-Monroe, the new name of this station in the median of the Airport Access Highway/Dulles Toll Road corridor near the existing Herndon-Monroe Park-and-Ride lot is Herndon.
- Long called Route 28, this station also is in the median of the airport highway and the toll road. It is near the Center for Innovative Technology, often called the upside down pyramid building. The new name is Innovation Center.

WMATA did not take any action of the names for the Dulles Airport station or the two Phase 2 stations in Loudoun. After Route 28, the next stop along the line is the Dulles Airport Station and it is located on the airport property across the parking bowl from the airport terminal. Two stations are planned in Loudoun County, west of Dulles Airport, one at Route 606 and one at Route 772 in Ashburn. However, Loudoun County is considering dropping out of the project. At deadline time, that decision had not been made.

DETAILS OF THE FIVE PHASE 1 METRORAIL STATIONS

Wiehle Reston East **(formerly Wiehle Avenue)**

Location: In the median of the Dulles Airport Access Highway/Dulles Toll Road, just west of the intersection with Wiehle Avenue

Type of Station: Ground level

Station Facilities:

- Two station entrances (both sides of Dulles Toll Road)
- Pedestrian bridge crossing both east and west bound Toll Road and Dulles Airport access highway
- Bus drop-off/pickup (both entrances)
- Kiss & Ride (north side only)

Commuter Parking: Parking for approximately 2,300 cars (north side).

Nearby landmarks: Comstock's Reston Station development under construction, Commerce Executive Park, Wiehle Avenue, Sunset Hills Road, USAA, Siemens



RESTON STATION

Creating Transit-Oriented Community at Wiehle Avenue.

A new mixed-use, transit-oriented neighborhood, Reston Station is setting the tone for redevelopment along the Silver Line by combining bold architecture and vibrant civic appeal. The community—fully integrated with the Wiehle-Reston East Metrorail Station—offers 1.3 million square feet of world-class office, residential, retail, restaurant, and hotel space when completed.

The development includes:

- Breakthrough design in a lively transit-oriented setting
- A unique public-private partnership
- Direct pedestrian access to the Metro station

Built atop the new Metro Transit Facility with 2,300 below-grade Metro parking spaces and a 10-bay bus depot, this village center will feature 550,000 square feet of office space, up to 850 residential units, and 120,000 square feet of retail space surrounding a plaza. Both apartments and condos are included in the plans.

The development will provide seven levels of in-ground commuter parking and a bus transit facility on site and also features a Kiss-and-Ride parking area, retail parking, bike storage, and pedestrian-friendly access for those walking from nearby neighborhoods. The multi-use W&OD Trail runs along the northern edge of the property, with direct connections into the development.

Designed by the architectural firm of Murphy/Jahn, Reston Station's office buildings incorporate bold gestures in geometry and form, according to Comstock Partners, developers of the project.

Comstock Partners and Fairfax County teamed up to create the seven-story, subterranean Reston Station Metro Facility, with a commuter Park-and-Ride area, a transit bus depot, 2,300 commuter parking spaces and retail spaces. The site involved had been used as a parking lot for commuters who took buses eastward each day.

Tysons Corner (formerly Tysons Central 123)

Location: Northwest side of Route 123 at Tysons Boulevard

Type of Station: Aerial

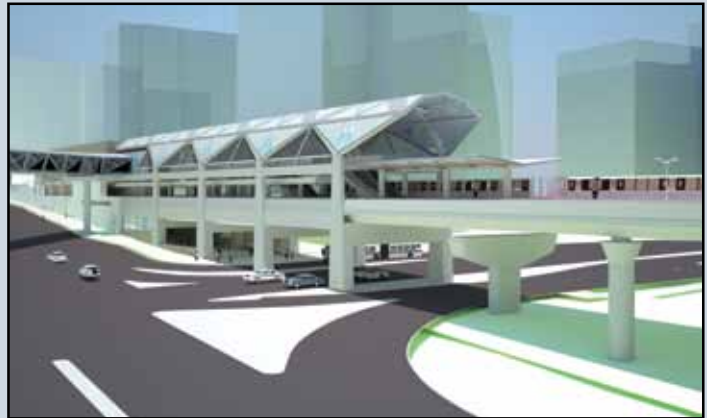
Station Facilities:

- Two station entrances (each side of Route 123)
- Pedestrian bridge crossing Route 123 connecting with Tysons Corner Center
- Bus drop-off/pickup

Average Platform Height: 30 feet

Commuter Parking: None

Nearby landmarks: Tysons Corner Center, Tysons Galleria, International Drive



Greensboro (formerly Tysons Central 7)

Location: On Route 7 just northwest of Route 123

Type of Station: Partially below surface

Station Facilities:

- Two station entrances (each side of Route 7)
- Pedestrian access bridge across east and east bound Route 7

Average Platform Height: At-grade (1')

Commuter Parking: None

Nearby landmarks: SAIC, Marshalls, Wendy's, TJ Maxx, Booze-Allen, Best Western-Westpark Hotel



MOVING ALONG: Work continues on the platform of the Greensboro Station (formerly the Tysons Central 7 Station.) Dulles Corridor. Metrorail. Photo by Stephen Barna.



Spring Hill (formerly Tysons West)

Location: Route 7 at Spring Hill Road

Type of Station: Aerial

Station Facilities:

- Two station entrances (each side of Route 7)
- Pedestrian bridge crossing both east and west bound Route 7
- Bus drop-off/pickup
- Kiss & Ride

Average Platform Height: 50 feet

Commuter Parking: None

Nearby landmarks: Schmitz Exxon, Sheraton Tysons, future Wal-Mart, Westwood Village Residential, Tysons Honda and other auto dealers, Container Store, Rotonda



McLean Station (formerly Tysons East)

Location: Colshire Drive

Type of Station: Aerial

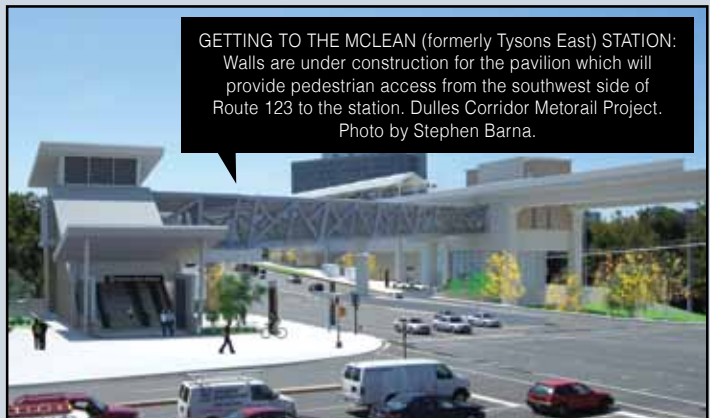
Station Facilities:

- Two entrances (each side of Route 123)
- Pedestrian bridge crossing Route 123
- Bus drop-off/pickup
- Kiss & Ride lot

Average Platform Height: 44 feet

Commuter Parking: None

Nearby landmarks: Capital One, Gates of McLean Condominiums, Mitre Corp., Northrup-Grumman, Cityline



GETTING TO THE MCLEAN (formerly Tysons East) STATION:
Walls are under construction for the pavilion which will provide pedestrian access from the southwest side of Route 123 to the station. Dulles Corridor Metrorail Project.
Photo by Stephen Barna.

WESTWOOD IMPROVES GOLF COURSE AND POOL HOUSE

by Jake Koniszewski



Westwood Country Club has been going through many changes in the past year. Both the golf course and the pool house have been completely redone for better efficiency, comfort, and fun.

On July 7, 2011, Westwood began construction to remodel its golf course. “None of the holes are the same,” said Westwood’s president, Marc DeLuca. The length of the course has been bumped up from roughly 6,700 to 7,100 yards. “Only number eight is the same length as before,” said DeLuca. Thankfully, golfers will have access to nearly 30,000 linear feet of concrete path to drive on to get to each hole. Twenty-three new bunkers and two new ponds also add to the course difficulty.

Changes start at the first hole. The old first hole, formerly a straightaway, is now a dogleg left. The green has also been boosted 25 feet in elevation. Number three is on previously unused land and measures 415 yards (445 from the pro tee). The tenth green is elevated 40 feet and provides a great view of the course from all sides. The fourteenth hole, which used to be a par five over 500 yards long, is now a par four at 479 yards. Fifteen is an uphill par three. It provides a wonderful view of the 17th hole, which has increased from 200 to 225 yards. This is only a taste of the challenges the new course has to offer.

In the past, Westwood’s course suffered from floods due to runoff from Tyson’s Corner and rain. Westwood has increased drainage throughout the course to address this problem. The ponds of the eighth and sixteenth holes have doubled in width and tripled in depth to hold more water. Both holes also have spillways if the ponds should ever overflow. Each spillway is covered in thick grass for a more controlled flow of water along the course and the stream on Creek Crossing, which connects to the pond on the eighth hole. All the ponds are lined with stones to prevent erosion. Flooding from neighboring streets go underneath the course rather than onto it with the help of 50,000 linear feet of drain tile ranging from four to 24 inches in size.

The new course is also more efficient with irrigation which keeps the course looking its best. Westwood is building a nursery to grow its own organic grass and herbs. All the ponds on the course connect to the eighth hole, which recycles water into an irrigation pond. The course is now equipped with 1,300 sprinkler heads to water the land, whereas, the old course only had 700 sprinkler heads. The water comes from a new pump station, which is capable of putting out 1,400 gallons a minute. “The old one put out about half that,” said DeLuca. All of the course’s irrigation can be controlled by phone.

The new course is also “going green” and cutting down on electricity. The new comfort houses on the course, modeled with brick and columns in order to look like a smaller version of the clubhouse, contain LED lights and motion sensors. The grass on the spillways is not only designed to control water flow, but also catch litter from the ponds. The spillways are later cleaned out by workers. The course is expected to open in the spring of 2013. “The major construction is done,” said DeLuca. “Now we’re watching grass grow.”

Before hitting the course, golfers may want to practice on the new chipping and putting greens. The size of the chipping green has been increased and the putting green is now one-and-a-half times larger than before. There is also a new bunker for golfers to practice fairway bunker shots.

The pool house also received a \$1.7 million makeover. It is now fully handicap-accessible, including an elevator to the new second floor terrace. Guests can sit at one of the tables for a bird’s eye view of the pool. If guests are looking to beat the heat or grab something to eat, they can visit the new full-size kitchen and bar, which also has TVs for extra relaxation. The pool opened for the season in June.

“The town of Vienna and Fairfax County have been tremendous assets,” said DeLuca. “I can’t say enough great things about them.” Westwood’s members will have plenty to explore over the next year.



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04/02

TECHNOLOGY NEWS



Hey Kids! No More Feeding Your Veggies to the Dog

Adults and children alike may struggle to know if they have had the recommended servings of vegetables each day. Now, thanks to a handheld laser scanner developed by researchers at Yale University and the University of Utah, it may soon be possible to measure your vegetable intake to help promote good health.

Currently, the ways to measure vegetable intake require blood or urine samples, or analyzing serum or skin biopsies, all of which can be expensive, time-consuming, and uncomfortable. The new non-invasive laser scanner can get the job done in 30 seconds. The device bounces light off the palm of the hand to measure skin carotenoids, indicating levels of vegetables consumed.

Further research is necessary to improve data reporting and variations among tested individuals, but such tools show promise in the fight against diet-related obesity and other childhood ailments. In the meantime, adults could always carry a notebook to record vegetable intake and parents should keep the dog away from the table at mealtime.

For Gamers Wanting More than a Touch Screen

Do you long for more tactile response when you play games on your Android? The PowerA MOGA is a Bluetooth game pad offering features that resemble an Xbox 360 controller sans directional pad. It comes with dual analog sticks, two triggers and

face buttons. A grip holds any Android phone up to 3.07 inches wide so you can keep your thumbs on the controls.

Where a touchscreen does not allow enough control at times, the buttons and analog sticks provide additional help in playing 3D games such as shooters. Soon PowerA will introduce a MOGA Pro Controller with improved sticks, directional pad, and larger size. We can hardly wait!

Dentist Creates Saucepan that Stirs Itself

Hideki Watanabe was experimenting with sculpting dental plaster in a spiral fashion on the inside surface of a pot and has created the Kuru Kuru Nabe self-stirring saucepan. As the pot's contents heat up, they stir themselves as the spiral sides cause a circular flow. Heating becomes more efficient, e.g., faster-boiling water thus saving energy. The contents are also less likely to boil over.

The potential for shorter cooking times and improved performance suggests that this product has promise. The clever dentist is currently seeking investment to bring the Kuru Kuru Nabe to production. Hey, Shark Tank, are you interested?

More Comfortable Soccer Games on Cool Mornings

The standard folding chair may offer rest but doesn't provide a lot of warmth at those Saturday morning games or cool evening picnics. One thin sheet of material does not offer much protection from the cold. Enter the Toasty Tush. It is designed to fit

the standard folding chair and offers insulation from the cold.

The Toasty Tush does not use expensive heating elements. Instead, it uses an idea used in camping for decades - reflective heating. (Who still owns their space blanket?) Inside the cushion is reflective aluminum that radiates your own body heat back to you.

Toasty Tush comes in various sizes, including a smaller one for sporting events like football games. The retail price is about \$30.

No More Getting Locked Out

Are we getting to the point where the only thing you'll need to carry in your pocket is a cell phone? We can pay for our coffee, check our email, find the nearest Starbucks/gas station/restaurant, and use half a million apps. Now there is an app that can replace your front door lock key.

The Unikey sends a Bluetooth signal via smartphone to a deadbolt lock. Upon reaching the door, the user touches the lock and the deadbolt will withdraw. Touching the lock upon leaving will similarly engage the deadbolt. You can send text messages to visitors giving them access to the locked door which can later be revoked when no longer needed. Hotel maids can have access to rooms during certain hours. The cost per system (which also comes with a physical key just in case your phone is dead) is expected to be between \$150 and \$200.

LiquiGlide even works with the "Slow Ketchup"

H.J. Heinz has been quoted as saying, "we don't make money on the ketchup that people consume, we make it on the ketchup left on the plate." If that extends to the ketchup that never comes out of the bottle, then a new invention is likely to improve consumers cost per drop.

If you have ever cursed the ketchup that starts out of the bottle ever so s-l-o-w-l-y, take heart in the innovation of LiquiGlide. An MIT research group has developed a coating for the inside of bottles that allows anything from ketchup to mayonnaise to flow out like water.

The Varanasi Research Group estimates that about one million tons of food could be saved each year if every bottle used LiquiGlide. It is comprised of food-safe materials already approved by the FDA. In addition to the applications for bottle users, future plans are looking at such things as gas lines, oil pipes, and windshields.

Hope in Soybeans?

Soybeans have long demonstrated medical benefits. Now a team of plant scientists from the University of Missouri have found an inexpensive way to extract a powerful anti-cancer chemical from soybeans. The Japanese have a much lower incidence of a number of common cancers (breast, colorectal, bladder, lymphoma, prostate, and oral cancers) by a factor of two to ten times than in Western Europe or North America. Scientists believe that it may partly be due to the abundance of soybeans in Japanese diets.

The Bowman-Birk Protease Inhibitor (BBI) derived from soybeans has been identified as a protein that shows strong anti-cancer properties, but BBI has been very expensive to produce in the past. The Missouri scientists have discovered a process of soaking the soybeans in warm water and harvesting the BBI from the water.

Further research and testing are needed, but this process shows signs of being an inexpensive and effective approach to fighting a number of cancers.



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THE NATURAL BEDROOM COMES TO TYSONS

Savvy Rest opens a new frontier for a restful night's sleep.

by Jade Kolker

As a society today, we often take sleep for granted. The fast-paced and busy lifestyles we live make us forget about the importance of a good night's sleep on a comfortable, breathable mattress. We sleep on old mattresses in an attempt to get a good night's sleep, never realizing the physical stress they put on our body. There is a growing awareness of the off-gassing toxins emanating from these mattresses and the long-term negative effects they have on the human body. Savvy Rest's pure latex encased in certified organic wool and cotton casings substantially reduces these issues.

In 2003, The Savvy Sleeper opened in Charlottesville, Virginia, and soon after, the Savvy Rest company was launched. Savvy Rest was the first mattress manufacturing company to consider indoor air quality. On the website, Savvy Rest founder Michael Penny says, "As I learned what toxic chemicals wind up in mattresses, it became my life's work to create a healthy and comfortable alternative." Part of what motivated Penny to create the Savvy Rest brand was his search for a solution to his own insomnia, coupled with his commitment to living a healthy lifestyle. The retail store's name was changed to Savvy Rest Natural Bedroom, and by September 15, 2011, Savvy Rest had grown to the point of opening a new Savvy Rest Natural Bedroom on Maple Ave in Vienna.

It is reassuring to see a company focused on their obligation to their community. Savvy Rest demonstrates exceptional principles by being committed to the use

of pure, organically-grown materials which provide the comfort, integrity, and value of every mattress they sell.

The Savvy Rest mattresses come in three types, all made with all-natural latex in combinations of up to four 3-inch layers. For the younger set, the Tranquility has two 3-inch layers. Adult bodies can relax in the 10-inch Serenity with three layers. The high-end 13-inch Serenity Pillowtop has four layers. Customers can request combinations of soft, medium, and firm layer configurations for either side of a customized bed. Savvy Rest dealers are experienced and trained salespeople who can help you build the best configuration for the sleep you've been dreaming of.

Savvy Rest also offers the Harmony topper, a 3-inch layer of soft natural latex, and the Savvy Woolly topper, which has certified organic wool fill in a duvet-style organic cotton sateen casing. The insulating wool fiber helps keep the bed cool while it also creates a more comfortable sleeping surface. Savvy Rest features organic pillows, bedding, the 6-inch firm Dunlop Savvy Baby Crib mattress, and even the Savvy Doggy or Savvy Kitty for your pet! They also offer a range of platform beds manufactured by The BedWorks of Maine, Los Angeles-based Urban Woods, and a variety of bedroom furniture from Maple Corner Woodworks in Vermont.

Savvy Rest hopes that "you'll sleep in comfort on a Savvy Rest organic mattress—without worry about breathing in whatever your mattress is breathing out."

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FACE FOOD:

Eating for skin health.

Nice Shoes • No Drama by Leigh Macdonald

We eat particular foods for any number of reasons: for heart-health, for strength, for energy. And there are also many foods that are good for our skin's—including the skin on our face, which is the very first thing that people notice. So, I suggest that we add a little Face Food to the menu. And to get you started, I've gathered a skin-smart grocery list.

Mangos for Cell Regeneration

Vitamin A aids cell regeneration and it's actually a skin's best friend. Mangos are delicious and they're absolutely loaded with Vitamin A.

Maintain Skin's Elastin with Avocados, Mushrooms, and Wheat Germ

Vitamins B and C are also skin buddies. B helps to maintain elastin and it can be found naturally in avocados, mushrooms, and wheat germ. By the way, wheat germ isn't nearly as tasteless as it looks.

Tart Cherries Stimulate Collagen Production and Fight Rosacea and Age Spots

Vitamin C stimulates collagen and elastin and is abundant in a fruity, delicious snack option: acerola or other tart cherries. Vitamin C also helps with rosacea and even age spots. As an aside, I'm a fan of topical C products, too, but remember to apply them at night because topical Vitamin C breaks down with exposure to UV light.

A Single Almond Daily Moisturizes Skin and Fights Premature Aging

Vitamin E is a trusted skin girlfriend. It moisturizes skin and fights premature aging. The best part? A single almond has 150% of the daily requirement. That's efficient eating!

Essential Fatty Acids Help with Hydration

Our skin also needs essential fatty acids, the omega-3 and -6 that you're always hearing about. Including them in your diet will really help with skin hydration and you can find this skin friend in a variety of sources, from filling to not-at-all filling.

- Filling alternative: include salmon in your diet;
- Smaller alternative: try walnuts;
- And if you want to avoid the food part altogether for this nutrient, try a teaspoon of flax oil. Admittedly, it's not delicious, but I manage a teaspoon every morning and it's over as soon as you swallow it. Note: flax oil is also available in pill form.



Speed Up Metabolism of Fat and Carbs with Biotin-Rich Foods

You also need biotin, a chemical that aids fat and carbohydrate metabolism. You can find it in eggs (keep the yolks), avocados (remember our point from earlier, avocados also sport a healthy dose of B), soybeans, and wheat germ, which you might recall is also a Vitamin B friend.

Important Straggler Foods Include Pomegranates, Oysters, and Skin-On Baked Potatoes

Pomegranates help to thicken the epidermis, which in turn, helps with the production of collagen and elastin.

Cottage cheese offers calcium, which is bone-strengthening (including the ones in your face).

Oysters provide zinc, which is reputed to aid with acne. I've tried this and can attest that it works.

Skin-on baked potatoes offer great nurturing minerals. In fact, just one includes nearly 20 mg of calcium and more than four mg of iron. The benefit? Skin elasticity.

Elderberry syrup is a yummy way to improve your immune system, and that's great because our skin hosts immune system cells at several layers. In their pure form, elderberries are quite bitter and may contain toxins prior to being cooked. So, your best bet here is elderberry syrup. You only need a teaspoon daily, and it's quite delicious. I know more than a couple of moms who put this on their children's winter diet as a way to avoid the colds and the like.

Leigh's Daily "Skin Cocktail"

Each morning, I "enjoy" a daily skin cocktail. This is the "recipe," noted in the order that I consume it.

- 1 tsp. of flax oil.
- 2 almonds (300% of the daily requirement of vitamin E!).
- 1 tsp. of wheat germ (biotin and vita B)—this is really thick, so I either mix it into low-fat yogurt or follow it quickly by...
- 1 tsp. of elderberry syrup.
- Then, at least two mushroom slices.
- And finally, sliced mango.

author: Leigh Macdonald, is an attorney, former law professor, and the founder of NiceShoesNoDrama.com. She is working on her first book series and appears regularly as a Style Guru on local network news stations, including Fox 5 DC, NBC Washington, and WJLA's News Channel 8. She contributes written content to all 53 of WUSA9's hyper-local websites and speaks regularly at events in Northern Virginia and the District. Leigh lives in Leesburg with her husband and two children, and she has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends.



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DEAR COACH AMY,

I am a single woman who just turned 40 and I desperately want to have a child. I have tried to meet a man who I would connect with who also wants marriage and a family with no success. For some time, I have been thinking about having a child on my own with a donor. Should I give up on dating and just focus on having a child? I am not really sure I want to do this on my own.

- Family Focused in Fairfax

DEAR FAMILY FOCUSED,

Your dilemma is one that many single women approaching 40 face who have never married or are divorced with no children. I have seen this with my clients and personal friends, as well, as from my own personal experience since I too was single with no prospects at 40. Fortunately, today you do have options. Nonetheless, this life changing decision of having a child on your own requires that you go into this with your eyes open and with a plan that can work for you. This choice will affect your lifestyle, your social life, and how you spend your free time.

You still have a little time before you have to make this decision and yet you would want to have everything researched and lined within a year's time just to be safe. What is your goal – to have a loving relationship with a man, or to have a child? Although they are not mutually exclusive, having a child on your own is a full time commitment and makes it difficult to date once you are visibly pregnant and especially once a baby is in the picture. What I see from my coaching business is that my single moms by choice clients come to me for dating and life coaching when their children are about six or seven years old.

It sounds like you are still trying to date and you have to be careful to present yourself as relaxed so men don't feel your desperation. That is a huge turnoff. Although a man may also have the goal to marry and to have a family, he wants to be loved for who he is and not just as a means for you to have children.

Your decision may be based upon who is in your support system. Who will be helping you with caring for the baby? Do you have family in the area or close friends who offer to help out?

Can you afford daycare or to have a nanny to help you? Having a baby is incredibly time-consuming and you will need to find time for yourself just to take care of normal, everyday stuff, as well as some relief from the intense attention a baby demands.

Also, you need to consider that when you undertake assisted fertility, the possibility for multiple births is high. Ask yourself if you would be able to handle having twins?

Again, having a child as a single or as a couple is a life changing choice. Also, I am not saying that having a child on your own either by assistance or adoption and dating can't occur at the same time. However, it can be very challenging at best. It would take a very special (sorry to say rare) man who would be open to dating you while you are working on having a baby on your own from a male donor.

Your other option is to seek help of a professional for dating and having a loving relationship and keep on the path you are currently on. You do have about one year before you would have to move on to having a baby on your own, unless you find out now that you discover that you have a medical condition that would hinder you from conceiving a baby. You may still meet a wonderful man who also desires to have a family and get your happily ever after. I have seen it with my clients and friends.

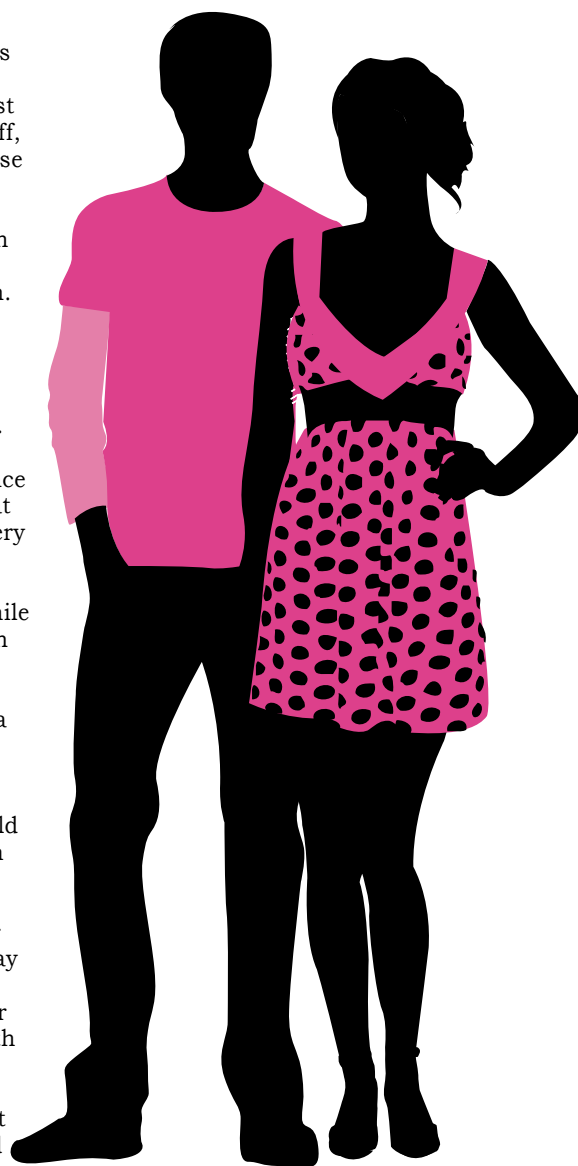
Whatever you decide, you don't want to look back ten years from now and regret the decision you made. And you want to be firm in your choice – since there is no turning back once a baby comes into your life!

Intentionally yours,
Coach Amy Schoen

COACH AMY

I want to have kids.

by Amy Schoen



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.



BUSINESS TURNS PHONES INTO CASH REGISTERS

Now your smartphone can be your cash register. Thousands of entrepreneurs are using simple credit card payment devices that plug into the top of a smartphone to allow merchants to swipe and read a credit card. Examples of businesses using the device, offered by Bloomberg Businessweek, include a restaurant supplier who delivers on weekends, veterinarians, plumbing-and-heating technicians making house calls, and a sidewalk artist selling books in New York's Washington Square.

The device is like a hand-held cash register ready on demand.

Payments by smartphone credit card readers will total \$11 billion this year and are predicted to reach \$55 billion by 2015, according to researcher Aite Group.

One maker, The Square, launched by Twitter co-founder Jack Dorsey, is said to be adding 60,000 new accounts each month. Intuit offers its free GoPayment card swiper free to the four million small businesses that use its accounting software, QuickBooks. Veriphone has a similar system for swiping credit cards.

Most companies give merchants a free or inexpensive app and a card reader that plugs into a handset. Customers swipe a card, sign the touchscreen with a finger or stylus, then get an email receipt.

The service costs merchants 15 to 20 cents per transaction plus two to three percent of the sales amount, and, sometimes, a small monthly fee. Right now, card readers, such as the Square's, plug into iPads, iPhones, and Android devices.

APARTMENT DWELLERS AT RISK WITHOUT RENTER INSURANCE

A poll done by the Insurance Research Council shows only 43 percent of renters have hazard insurance, while 96 percent of homeowners did.

Some study respondents said their apartments were small and they didn't have many possessions. But consider this: In case of a fire, they could lose their television set, CDs, their computer, table and chairs, bed, and their clothing.

Renters insurance would cover the cost of replacement. In larger apartments and rental homes, the cost of replacing furniture and possessions would be far greater. Some apartment dwellers mistakenly think their stuff is

covered by the owner's insurance. Landlord policies cover the building and common areas, but not the belongings of tenants.

Renters insurance policies also provide liability insurance. If someone trips over a rug and breaks a leg, the cost would be covered by insurance.

Renters insurance provides living expenses if a fire or disaster makes the apartment unavailable to the insured. The cost of a renters insurance policy varies from \$12 to \$18 a month and can be paid monthly or annually.

AMAZON TO COLLECT SALES TAXES IN MORE STATES

Not having to pay sales tax on an Internet purchase is like getting a discount, but more states are crying foul. Amazon.com, for instance, is softening its stance on the taxes. It's backing away from its opposition to tax collection in states where it has warehouses and other facilities, according to taxing authorities. In April, Amazon agreed to begin collecting sales taxes in Texas starting in July.

Amazon already collects sales tax in Kansas, Kentucky, New York, North Dakota, and Washington. They have plans to start collecting them in California in September 2012; Virginia in September 2013; Indiana, Nevada, and Tennessee in January 2014; and in South Carolina in January 2016.

HOW TO GET THE RIGHT LONG-TERM CARE INSURANCE POLICY

It pays to shop around for long-term care. The American Association for Long-Term-Care Insurance says coverage that is nearly identical to a few years ago can cost almost twice as much today. For a \$150 daily benefit lasting three years for a married couple age 65, one company charges \$317 a month, while another charges \$594.

Besides age and health, the three factors with the most impact on premiums are: the daily benefit, the length of coverage, and the inflation protection you choose. One insurance broker says, "The new reality is, something is better than nothing. Get what's affordable and sustainable."

If you select \$250 a day for three years, you would have an "expense pool" of \$273,750 (\$250 x 365 x 3). If you use less than \$250 a day, the pool of funds would stretch longer than three years.

Insurance experts say inflation protection is the most crucial part of a policy. People in their 50s and 60s need to make sure their coverage keeps up with costs. Age 80 is typically when people make their first claims.

The most expensive and most widely recommended inflation factor is five percent per year. Your pool of \$273,343 would grow to \$726,343 in 20 years.

You can also choose cash and flexibility. A few insurers offer policies with cash benefits up to half your monthly allowance and require no receipts. You need documentation from the doctor saying you require help with at least two "activities of daily living." With the cash option, you can hire family members to care for you or even move to a resort. Most long-term care policies will only pay for home care if given by a person with a nursing degree.

According to *The Wall Street Journal*, some retirees are turning to permanent life insurance policies and deferred fixed annuities packaged with long-term care benefits. They avoid the risk of spending their entire savings on nursing care. When the limits of long-term care are reached, bills are paid from the life insurance or the annuity. Whatever is left goes to the beneficiary upon the policy holder's death.

5 WAYS TO DIAL DOWN CELLPHONE DATA USAGE

Going over your phone's data allowance is expensive. Each megabyte of overage can cost \$10 to \$30.

Some suggestions:

- Avoid streaming content from YouTube or online radio over the cellular network. "They are bandwidth hogs," say experts at *CNNMoney*.
- Switch your phone from 4G to Wi-Fi when a hotspot is available (use the settings menu).
- When web browsing on-the-go, use a site's mobile version instead of the full version (type "m" in place of "www").
- Extend your talk time by using apps like Google+ Hangouts or Skype. "These chats can use Wi-Fi to make calls and they are typically free when you call someone with the same app," according to tech site *CNET.com*. Apple's FaceTime works the same way, but only with other iPhone, iPad, or Mac users.
- For texting, WhatsApp and GroupMe allow you to send free messages across devices to people who have the same app. Get friends to install it and your cell phone bill will be lower.



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RECALLED DOG & CAT FOOD

by Sanford Christmus

Dear Doctor Christmus:

I've been hearing a lot about tainted dog treats and recalled dog and cat foods. What should I know about these things?

– Phil M., McLean, VA

Yes, pet foods and treats have been in the news lately. If you follow my hospital's Facebook page (www.Facebook.com/oaktonviennavet), you'll see that over the past month, we've informed our clients many times about recalls. As of this writing in late May, here are the biggest stories in the pet-food recall arena.

Chicken Jerky Treats

Dogs love these dehydrated pieces of chicken; however, many dogs have developed serious problems that may be attributed to these treats, especially the products made in China. For several years now, the FDA has been getting reports of a very specific kidney problem in dogs, and the common factor has been that these dogs ate chicken jerky treats. Since 2007, the FDA has received more than 900 reports of sickened

dogs that may be attributable to chicken jerky treats. The most implicated products include Canyon Creek Ranch and Waggin' Train (made by Nestle Purina PetCare) and Milo's Kitchen home-style dog treats (produced by Del Monte).

The FDA sent inspectors to the manufacturing plants in China to find a cause for the problem, but the final findings have not been released. Inspectors undertook a multitude of tests on the products, looking for specific toxins, but they have not been able to find a consistent chemical that can cause the toxicity. So far, the FDA says it cannot find a cause, but investigators are still researching the problem.

Affected dogs have a condition that mimics Fanconi syndrome, which is a kidney disease that affects the kidney's ability to resorb electrolytes, fluids, and glucose into the



body. Instead, these products spill into the urine. The most common signs pet owners see are lethargy, vomiting and increased water intake and urine output.

My recommendation at this time is not to feed any dehydrated-chicken-jerky-type treats to dogs until we know more about this issue.

Thiamine-Deficient Cat Food

Purina recently recalled a batch of its canned therapeutic weight-loss diet, OM, because of deficient levels of vitamin B1, also known as thiamine. This recall does not affect many cat owners; however, it is not the first diet to be recalled as a result of thiamine deficiency.

Thiamine is a chemical essential for proper neurologic function. Cats that eat a B1-deficient diet for an extended time can exhibit dilated pupils, incoordination, lack of appetite, seizures, and the inability to hold their head upright. This last symptom is called cervical ventroflexion, and it's often a classic sign of thiamine deficiency, although there are other causes your veterinarian will consider when cats have this symptom.

Thiamine deficiency can also occur in cats fed a diet with the proper amount of vitamin B1, in addition to raw fish. Some species of uncooked fish contain an enzyme that breaks down thiamine, reducing blood levels and causing a deficiency.

Salmonella-Contaminated Dog Food

Because of Salmonella contamination, Diamond Foods recalled a large number of foods made in two of its manufacturing plants. Unrelated to Diamond Foods, Solid Gold, based in California, also recalled a large number of dog foods as a result of contamination. Salmonella can cause vomiting and diarrhea in dogs; however, the people in the house are even more at risk. They can contact the bacterium from the food directly or from the dog's feces, which may contain Salmonella. Many people have been sickened by dog foods in this recall and there are reports of ill dogs, too.

A list of recalled foods can be found online at www.DiamondPetRecall.com. The most common brands are Canidae, Taste of the Wild, Chicken Soup for the Pet Lover's Soul, Diamond Naturals and Kirkland. Not all foods of these brands are recalled, only specific lots that were made in the affected plants.

We've learned a great deal about these plants and Diamond Foods since the recalls were announced. It appears that the first batch of contaminated food was found in January 2012, but Salmonella contamination continued for five months before the recall was announced. The FDA inspected the manufacturing plant in South Carolina and found several deficiencies, including the lack of hand washing stations, duct tape and cardboard that was used as repair materials, gouges in mixing equipment, and lack of microbiological inspection of incoming food materials. The oversights show that the bacterial contamination can come from the ingredients, cross-contamination from equipment, or from factory workers.

Salmonella is a nasty bacterium that causes severe diarrhea and gastrointestinal distress in people. The young, the elderly, and the immunocompromised are most at risk. Hospitalization is sometimes necessary to deal with the severe dehydration and fever that Salmonella infection can cause. Infection can also cause death, although rarely.

In dogs, Salmonella often is not as concerning as it is in people. While it can cause diarrhea in dogs, it often doesn't. The bacteria do pass through the intestinal tract, though, and will be present in the dog's feces. People can be infected from contacting infected feces. I know it's unpleasant to consider, but when dogs "clean" themselves, the bacteria can be in their mouths and on their tongues. For that reason, a doggie kiss can spread bacteria to us.

My recommendations are as follows:

- Monitor the "Animal and Veterinary" tab at the FDA web site (www.fda.gov) to be sure your pet foods, treats and medications aren't being recalled.
- Handle pet food carefully and wash your hands after touching any dog or cat food.
- If your pet has diarrhea that lasts more than a day or two, or if she has diarrhea and is vomiting or not eating, see your veterinarian for assessment and treatment.
- Wash your hands well after handling your pet's feces.
- Teach children safe food and waste handling from an early age.
- Avoid letting your pet lick your mouth or face.

Although there is no need to be especially concerned about pet foods containing harmful bacteria, an ounce of prevention is worth a pound of cure, so be sure to employ basic hygiene principles to keep yourself, your family and your pet safe and healthy.



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.



TUNA TIDBITS

A delicious way to keep your cat happy and healthy!

6 oz can of tuna
 ¼ cup water drained from tuna
 3 Tbsp cooked egg white, chopped
 ¼ cup cornmeal
 ½ cup whole wheat flour

Preheat oven to 350° F. Combine the tuna, egg white, and water. Add cornmeal and flour and blend to form a dough. Knead into a ball and roll to ¼ inch thick. Cut into one-inch sized pieces. Bake at 350° F for 20 minutes. Makes 12 cookies. www.petplace.com.



MOUSEBURGER BITES

Don't worry they don't really contain mice!

3 oz sausage or finely ground beef
 2 Tbsp oatmeal
 1 egg
 Catnip finely chopped

Knead the ingredients together thoroughly and form into a flat oval. Broil under a medium heat for 5-7 minutes, turning frequently until the outside is crisp. Wait until cool and cut into bite size pieces. www.simplypets.com.

Is your pet ready for their close up? Send photos to articles@vivatysons.com.



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PET TRAVEL CHECKLIST



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Before You Leave

- Make travel reservations for your pet.
- Ensure hotel is pet friendly.
- Confirm that your copy of your pets shot record is current.
- Get a health certificate from your vet within ten days of travel.
- Print a copy of your airline's pet policy.
- Identify a good local and emergency vet at your destination.
- Updated license and rabies tags.

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PET INSURANCE

Why it's worth it – for you and your pet.

by Gaby Oser

At first thought, the term "pet insurance" seems a bit excessive; taking the craze of pet treatment to the next level. However, it can actually benefit both you and your pet.

Even if your pet is dexterous and is in overall good health, insurance can help you keep even the basic pet care costs at bay—vaccinations, minor accidents and illnesses (cuts, bumps, and bruises), all of which can cost hundreds to thousands of dollars a year. With the major medical advances developing in modern medicine with treatments and cures that are discovered every day, there is a price to pay; unfortunately, that price does not come cheap.

Pet insurance can be purchased at any time in your pet's life, from first arrival to those senior moments. Moreover, all breeds of cats and dogs, registered and unregistered, are eligible for coverage. Most pet insurances offer at least three main types of coverage: Basic, which covers the main minor medical issues and routine vaccines; Premium, which is a comprehensive coverage and can be customized specifically for your pet's needs as they change over the years; and Emergency, which is primarily accidents only coverage.

In addition to saving money, you also get some peace of mind; when your pet has insurance, you may visit any licensed veterinarian, anywhere in the world—even specialists and emergency providers. What could be better than ensuring your pet's health in the hand



of your trusted veterinarian for a fraction of the cost? Imagine being able to check that off your list when traveling with your pet!

The only caveat is that there are some things that cannot be covered. In general this includes: non-veterinary expenses, food, special diets, vitamins and supplements, grooming, behavior problems, and breeding and reproduction expenses. Other excluded procedures are elective and preventive procedures, such as tail docking, ear cropping, nail trimming, feline declawing, dewclaw removal, and anal gland expression and removal. Pre-existing conditions which encompass any condition, whether diagnosed by your veterinarian or not that your pet had or has before enrolling in a pet insurance policy, is considered pre-existing. Congenital conditions, which are present at birth, even if they aren't noticeable right away, are considered pre-existing. Hereditary conditions are not considered congenital and are plan and company specific.

Pets come in all shapes and sizes and for those not so common household pets, don't worry; pet insurance is not limited to cats and dogs, and many companies offer coverage for birds and exotics as well, including rodents, marsupials, reptiles, and amphibians.

Check with your local vet for suggestions for a company and plan that works best with you and your pet's needs.

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TALK TYSONS

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatyson.com. Let us decide if it's too trivial, it rarely is.

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.

Dogtopia celebrates its 10th Anniversary, and announces the opening of state-of-the-art Tysons Corner location at 1524 Spring Hill Road, Ste EE/FF, McLean, VA 22102. Dogtopia, a full-service dog day care, spa and boutique, was founded in 2002 by Amy Nichols in Tysons Corner.

Metropolitan Chiropractic has moved (just down the block)! Dr. Anthony Avedisian has purchased new digs down the street to 360 Maple Avenue West. Stop by and check out their new home!

Watch for our feature article on the new dining, shopping and residential opportunities in the **Mosaic**, and **Halstead Square** developments in Merrifield, VA. Coming in September's issue of VivaTysons!

Opening Soon! **Subway**, 7925 Jones Branch Drive Suite LL-26.

Grand Opening! **Salud the Healthy Pantry** on top of Serbian Crown at 1137 Walker Road Great Falls. Featuring organic foods, juice bar, vitamins, and beauty products. Stop in and say "Hi!" to founder and owner Denise Rodriguez.

Pazzo Pomodoro Pizzeria-Cantina, where pizza meets fine dining, is coming soon to Danor Plaza, 118 Branch Road SE, Vienna in the location of the former BBQ Country. We can't reveal too much but based on what we've heard, the food will be molto bene. Watch for their opening in August. Can't wait!

So much happening at the Spectrum in Falls Church! The mixed use project is getting some new tenants.

We hear that **Bedazzled**, a bead and jewel retailer, **Moby Dick's House of Kabob**, and the frozen yogurt shop **Sweet Frog** will be operating there within a few months.

Athleta - The Women's Sports and Exercise apparel store is opening in Tysons Corner Mall. Known for its high performance sportswear and style, we can't wait to see the new store and selections. Watch for the opening.

Eddie Bauer and American Eagle Outfitters will be in new locations at the Tysons Corner Center this fall.

Dominion Jewelers has moved to the old El Zunzal location at 917 West Broad St., Falls Church. Look for it sometime this fall.

Our beloved **Wolftrap Deli and Catering** has closed its doors. For those of us here long enough to remember Coleman and the gang, it's a heartbreak to see them go.

Burlington Coat Factory is expanding and opening a new store in Falls Church. Look for it soon!

Ann Taylor is coming to Tysons Galleria!

Chicken Out in downtown McLean is moving down the street to the Langley Shopping Center!

Bistro Vivant is now open at 1394 Chain Bridge Rd. in McLean. Enjoy some delicious French cuisine on their outdoor patio!

The new **Spacebar** is now open at 709 West Broad Street in Falls Church! Stop by anytime after 5pm and try any of their 24 rotating draft beers and endless variety of grilled cheese sandwiches!

iberry is now open! Stop by 1313 Old Chain Bridge Rd and choose from six different flavors of self-serve frozen yogurt and an array of toppings. Pay by the ounce, and sit either inside or outside to enjoy your healthy treat.

Verdict is now open in Tysons Corner. New and exciting brand of must-have day to night fashions, and lifestyle merchandise for young adults.

Caribou Coffee is opening soon at 332 Maple Ave!

The Actors Source - "A John Pallotta Studio," is open in Tysons! Acting, modeling, commercial work, improv, right here! 8460 B - Tyco Rd, Tysons Corner. 703.942.8560 www.theactorssource.org.

Massage Envy is now open at 126-A Branch Rd in Vienna.

Elevation Burger is now open in Tysons Corner. Ingredients matter, and so does taste. Enjoy an organic burger made with quality ingredients.

Cache is coming soon to Tysons Corner. Featuring distinctive casual sportswear, contemporary accessories, and stunning evening wear. Stay tuned.

Look for **Nordstrom Rack** opening in Tysons Corner Center on Leesburg Pike.

Cava Mezza is now open in Tysons Corner Mall. Chef Dimitri uses fresh local ingredients to create authentic greek-inspired meals.

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VivaTysons magazine, **CelebrateTysons.com** works to "illuminate and celebrate" local merchants and service providers by offering consumers introductory and special offers.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent, Professional Golfer

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Coffee Break Sudoku

				3	2			
		7	5			8	2	
	3		4		6	5	9	
	5	6						
4		1				7		5
						1	6	
	9	3	6		5		7	
	6	5			1	9		
			3	9				

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ARISON	GATES	SALL
AVARA	GREEN	SCHWAB
BASS	HAMM	SCHWARZMAN
BEAL	HUNT	SOROS
BEZOS	JOBS	STERN
BREN	KAISER	WALTON
BRIN	KNIGHT	WANG
BROAD	KOCH	WEXNER
BUFFETT	LEFRAK	ZELL
BUTT	MALONE	ZIFF
CHANG	MARS	ZUCKERBERG
COOK	MOSKOVITZ	
DELL	PAGE	



"Aw, c'mon! All the other kids my age can go out late to mark their territory!"

There is a common English word that is nine letters long. Each time you remove a letter from it, it still remains an English word - from nine letters right down to a single letter. What is the original word, and what are the words that it becomes after removing one letter at a time?

I'm not an airplane
but I can fly through the
sky. I'm not a river but
I'm full of water.
What am I?

Bizarre Holidays

- July 10th Teddy Bear Picnic Day
- July 13th Embrace your Geekness Day
- Aug 5th International Forgiveness Day
- Aug 12th Middle Child's Day
- Aug 29th More Herbs, Less Salt Day

Horse A can run 1 lap per minute.
Horse B can run 2 laps per minute.
Horse C can run 4 laps per minute.
If they all start at the same time at the same place, how long will take for each of them to meet back at the starting line?

One Minute.

Historical Happenings

July 2 1937 - Amelia Earhart and her airplane were lost in the Pacific Ocean.

July 5 1946 - The bikini bathing suit made its debut in Paris, France.

July 27 1942 - Bugs Bunny made his cartoon debut.

Aug 1 1936 - The first modern Olympic games opened in Berlin, Germany.

Aug 18 1587 - Virginia Dare, the first child born in America is born in Virginia.

Trivia Teaser • Jacks of All Trades

1. What instrument was played, poorly, by comedian Jack Benny?
A. Violin B. Piano C. Ukulele D. Banjo
2. What actor appeared in 11 movies with Jack Lemmon?
A. Cliff Robertson B. Rock Hudson C. Walter Matthau D. George C. Scott
3. Who created CIA analyst Jack Ryan, played on film by Alec Baldwin, Harrison Ford, and Ben Affleck?
A. John Le Carre B. Vince Flynn C. Clive Cussler D. Tom Clancy
4. Jack Jones sang the theme song for which TV show?
A. The Love Boat B. China Beach C. Diff'rent Strokes D. Blossom
5. Former pro quarterback Jack Kemp was the running mate for what presidential candidate?
A. David Duke B. H. Ross Perot C. Bob Dole D. Gerald Ford
6. What was the last name of Jack, the character played by John Ritter, on Three's Company?
A. Tripper B. Shepard C. Cameron D. Mercer
7. Jack Dawson was the romantic lead played by Leonardo DiCaprio in what movie?
A. Serving Sara B. Titanic C. Mystic Pizza D. Inception
8. Jack Bruce was the lead vocalist for what rock group of the 1960s?
A. The Byrds B. Cream C. Creedence Clearwater Revival D. Vanilla Fudge
9. What sled dog is forced to survive alone in the wilds of Alaska in the Jack London novel Call of the Wild?
A. Smoke B. Sam C. Buck D. Klondike
10. The Jack Adams Award is given to the coach of the year in what pro sport?
A. Ice Hockey B. Soccer C. Baseball D. Basketball

The only two signers of The Declaration of Independence who then went on to become Presidents of the United States, Thomas Jefferson and John Adams, died on the same day and same year which also happened to be July 4th!

Animal Oddities

Gorillas can catch human colds and other illnesses.

There is an average of 50,000 spiders per acre in green areas.

The only mammals to undergo menopause are elephants, humpback whales, and human females.

A single elephant tooth can weigh as much as 9 pounds.

The flamingo can only eat when its head is upside down.

Ants never sleep and don't have lungs.

If you cut off a snail's eye, it will grow a new one.

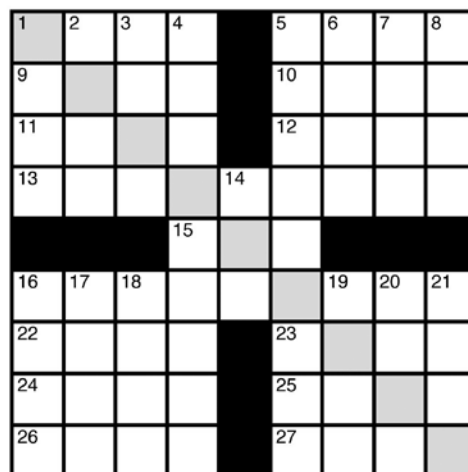
Summer Sunshine Crossword

Across

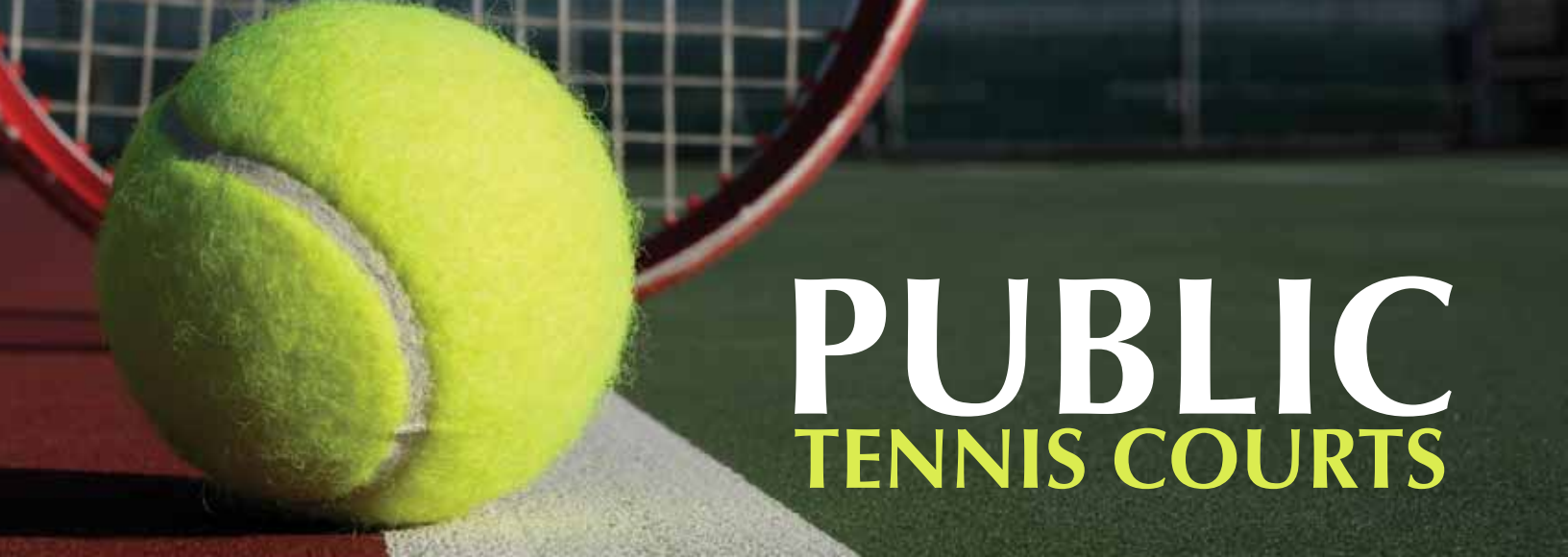
1. Hindu Mr.
5. Basil, e.g.
9. Caddie's offering
10. Done with
11. Auricular
12. Angler's hope
13. Word is broken into parts
15. Bridge guru Culbertson
16. Utterances
22. Soon, to a bard
23. Flying jib, e.g.
24. Money drawer
25. Yellowfin, e.g.
26. "Don't go!"
27. Open, as an envelope

Down

1. Life stories
2. Bohemian
3. Recipe direction
4. Dirty
5. Amateurs
6. Bad to the bone
7. Network of blood vessels
8. Born's partner



14. 100 percent
 16. Brewery equipment
 17. "Don't bet _!"
 18. Pepsi, e.g.
 19. Writer Bellow
 20. Peewee
 21. Blind segment
- Note: the title is a clue to the word in the shaded diagonal.



PUBLIC TENNIS COURTS

Tennis court usage is FREE at all sites as a WALK-ON. Lighted facilities are available from the last Saturday in March through the 3rd Sunday in November. Park Authority tennis classes have priority. Signage regarding class schedules is posted at the courts. For all other information call 703.324.8701.

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1001 Park St. S.E.
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DUNN LORING PARK

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Vienna, VA 22027

GREAT FALLS NIKE PARK

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Great Falls, VA 22066

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Falls Church, VA 22042

HAYCOCK-LONGFELLOW PARK

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Falls Church, VA 22042

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McLean, VA 22101

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Falls Church, VA 22043

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7600 Willow Ln.
Falls Church, VA 22042

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SPRING LANE PARK

3400 Carlyn Hill Dr.
Falls Church, VA 22041

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7508 Magarity Rd.
McLean, VA 22102

WESTLAWN SCHOOL SITE

3200 Westley Rd.
Falls Church, VA 22042

WOLF TRAILS PARK

9328 Old Courthouse Rd.
Vienna, VA 22182

Answer to
What Am I: A cloud

Answer:

The base word
is Starting -
starting - starting
- string - sting -
sing - sin - in - I

A C T S O Z E B Z I F F K
R G C H W A B J A M M I
N R S J P A R L G O N
K R B N U M X E R S N
I S A S K S Z U R A O N
L A S S O A F E A Z M D
R B N C T A S X D N I
P E N C H R W L G N
R O G E L L N H Z B B I
N I L L Z B B I
M E N C L A N G E R
S D E N J N O T L A W S Z

B A I B U H I E R B
I R O N O V E R
O T I C B I T E
S Y L L A B L E D
E L Y
V O C A L I S M S
A N O N S A I L
T I L L T U N A
S T A Y S L I T

5	8	9	7	3	2	4	1	6
6	4	7	5	1	9	8	2	3
1	3	2	4	8	6	5	9	7
9	5	6	1	7	8	3	4	2
4	2	1	9	6	3	7	8	5
3	7	8	2	5	4	1	6	9
8	9	3	6	4	5	2	7	1
7	6	5	8	2	1	9	3	4
2	1	4	3	9	7	6	5	8

Answer to**'Jack of all Trades'**

1-a, Violin
2-c, Walter Matthau
3-d, Tom Clancy
4-a, The Love Boat
5-c, Bob Dole
6-a, Tripper
7-b, Titanic
8-b, Cream
9-c, Buck
10-a, Ice hockey

HOROSCOPES

JULY

ARIES: Summer weather brings opportunities with it. Your gatherings with family give you a chance to focus on what's really important to you. Your energies will be rewarded.

TAURUS: Be your usual light-hearted self no matter what happens at a coming gathering. As a natural leader, your example will be followed and controversy will be avoided.

GEMINI: You help yourself most when you are helping others. When you give your talent or your muscle, your self-image will skyrocket and give you inspiration.

CANCER: After a lot of hard work, it's time for you to play. The Fourth of July break will help you enjoy the boom, bang, and pow of fireworks while socializing with friends.

LEO: When you know your priorities, you will achieve your goals in less time. Make a statement with your attitude and how you dress for work and summer parties.

VIRGO: Your charming ways will come to the forefront in nice-weather events. Being a good sport is one secret to your charisma. Be cool and you'll meet an interesting person.

LIBRA: It's a temptation, but be careful not to blow your whole wad on a vacation you'll be paying for until Christmas. Find ways to cut costs and have fun at the same time.

SCORPIO: Good weather is an A-plus time for the home improvement project you've been think about. Get some help, have fun doing it and be sure to stay safe.

SAGITTARIUS: Everything will be groovy once your now-testy relationship works out. Give it the chance it deserves. At picnics and dinners, use mental tricks to avoid overeating.

CAPRICORN: Though the sun is shining and it's a perfect day, you have a health issue that should be addressed. You know what it is and you know it's time to get a checkup.

AQUARIUS: It's been said that while the cat's away, the mice will play. If it seems that way while your boss is on vacation, take the lead to settle down your co-workers.

PISCES: Maybe it's like your intellectual side is on a vacation of its own. The dog days of summer are here, but you can perk up your creativity with a decorating project at home or a day at the lake to loosen up. Catch a fish.

AUGUST

ARIES: A genuinely unselfish act can bring good fortune in the future. You help yourself most when you help another. It helps to create your positive self-image.

TAURUS: August is an A-plus month for house hunting or deciding on a decorating project for the place you have now. Have fun, but be realistic about affordability.

GEMINI: It's time to make an important health decision. You know you've been putting it off, but now you have the energy and willpower to begin.

CANCER: Allow your creativity to flourish instead of doing things the way you always have. Sometimes you need to switch gears and move in another direction.

LEO: Look carefully at your lack of patience. You know the world wasn't built in a day and the goals you are working toward won't be achieved over night either.

VIRGO: In everyday activities with co-workers, it's not unusual to have differences of opinion about how things should be done. Focus on what's workable.

LIBRA: Lucky Libra, your life and your work are just about where you want them to be. Enjoy the moment, but don't rest on your laurels. Keep on keepin' on.

SCORPIO: News from afar could be shocking to others, but you had a strong premonition. Be quiet and strong as you calculate how the news could affect you personally.

SAGITTARIUS: It would be nice to please your boss with an extra or unexpected contribution. Be sure you've done what's required of you before pursuing it.

CAPRICORN: At work, if your mind keeps wandering back to a personal matter, remember this whatever happens, you can handle it. Put worry and preoccupation aside.

AQUARIUS: You have a need to be in control of your life, but sometimes control seems to be slipping away. Be patient, keep the future in mind, and control will return.

PISCES: If the person who should be in tune with you is acting like a stubborn jerk, consider that it might be your fault (even though you think it's not). What you do have control over is your reaction.

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