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in Merrifield

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OAKTON \$1,475,535
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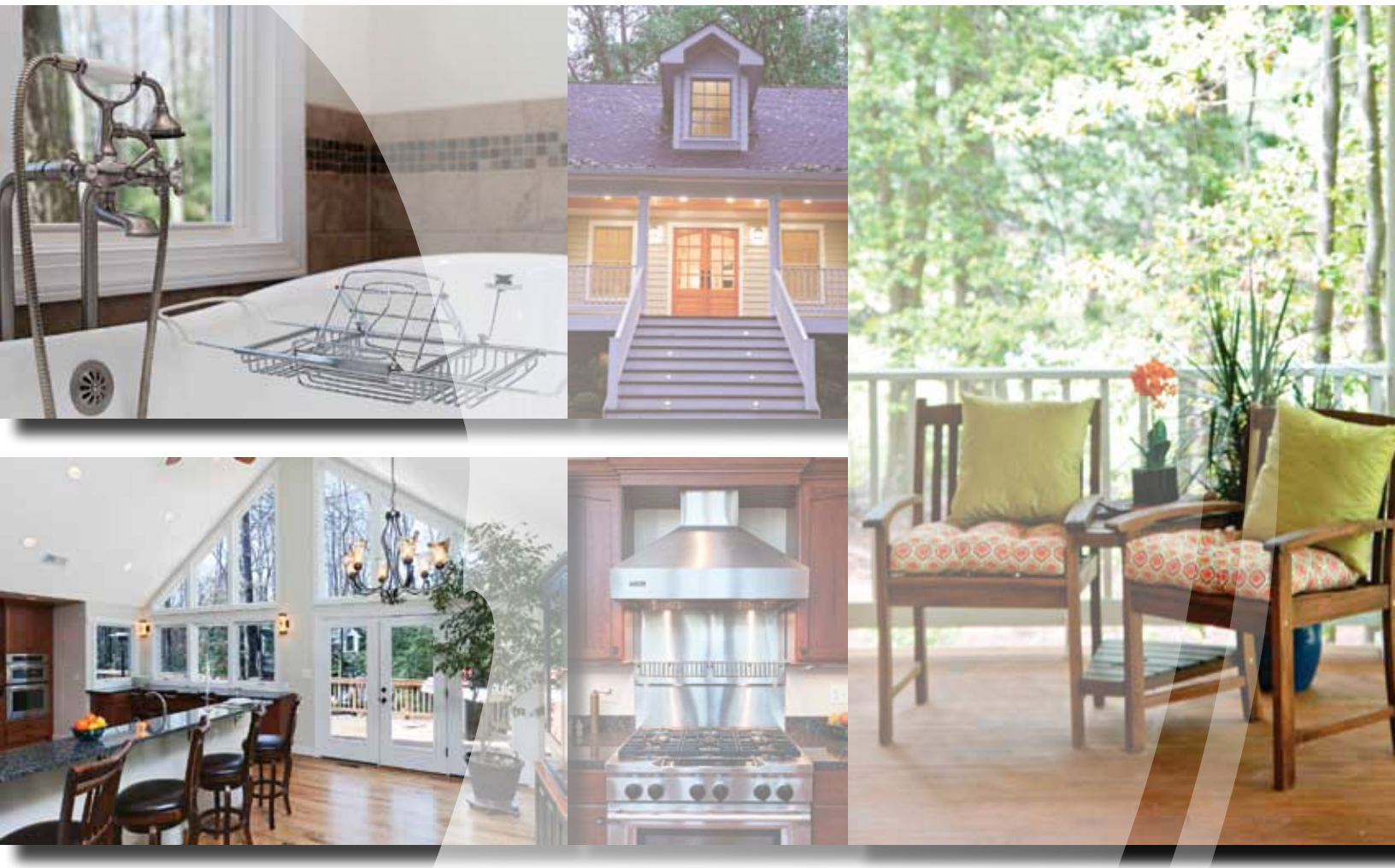
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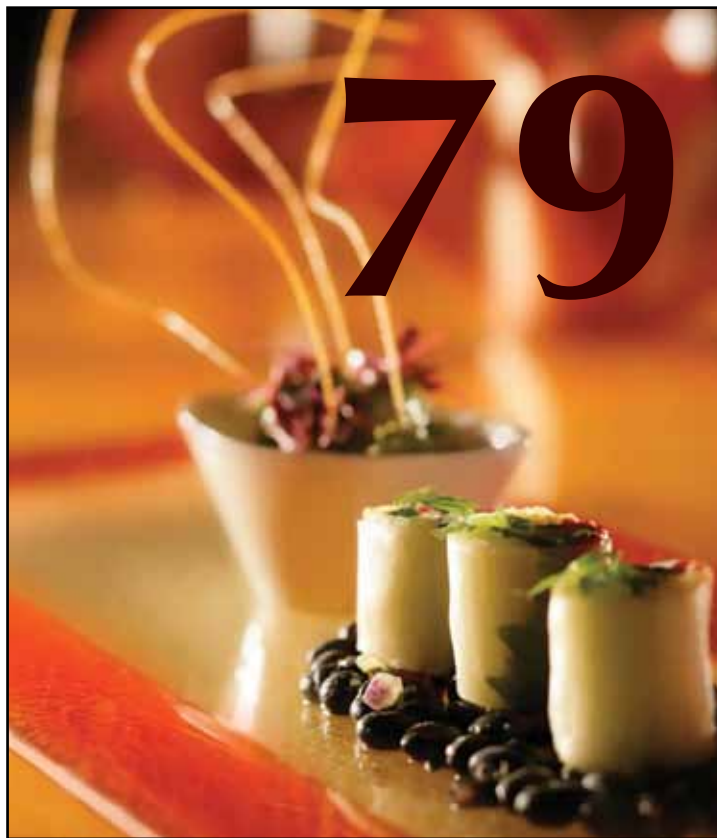
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On the cover: Photo by Len Pas, entree of lamb "en croute" by chef Robert Wiedmaier of Marcel's French-Belgian Restaurant.

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Maddux Lane



MCLEAN
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FAIRFAX
\$895,000 FX7875991
Swarts Drive



OAKTON
\$1,650,000 FX7871064
Vale Road



VIENNA
\$1,675,000 FX7457461
Aryness Drive



On the Potomac &

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



FALLS CHURCH
\$729,000 FX7873215
Greenwich Street



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Kensington Street



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Old Waterford



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Southam Lane



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Locust Hill Drive



VIENNA
\$899,000 FX7816596
Cricklewood Court



NEW HOME TO BE BUILT

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\$3,175,000 FX7890125
Towlston Road





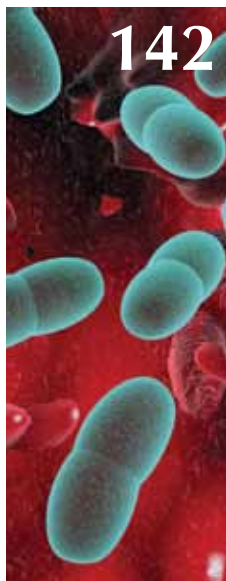
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Amal Lafhal
Principal Broker



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Managing Partner



Our Grand Opening!

Washington Luxury Properties held its 1st Grand Opening Ceremony this past June 28th with a launch party hosted by Amal Lafhal and Alan A. Rezaie. The event was a celebration of success and a thank you to our clients, partners and vendors for their ongoing support. Throughout the evening, the guests were delighted from start to finish with every detail perfectly in place including the incredible food and the breathtaking artwork displayed by a local artist in the office. To top it off, many guests stayed long after the original end time because the event was so much fun.

Washington Luxury Properties offers unmatched services to both international and local clientele. With its close proximity to Washington, DC, Northern Virginia has long been one of the top-performing real estate markets in the area, offering a very popular destination for the International clientele. Washington Luxury Properties is here for you and will provide for you great real estate services whether you are a buyer or seller of residential real estate services. We have a great reputation, well appointed office, and multilingual Realtors® to assist with your move.

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write us at comments@vivatyson.com.

A LETTER FROM THE PUBLISHER

Yesterday's gone. It's so different trying to imagine what Route 7 used to look like only a year ago. As I drive down the pike towards the access road, I can't see the opposite side of the road from the obstructions which are the new stations. This is big city stuff, and I need to look at it that way. I need to see things as they will develop, not the way they were. Marcia McAllister and Mike Salmon keep us posted.

Merrifield too! What was once the spot I went to catch a drive-in is exploding with new living options, and more shopping and dining adventures. And, the new Angelika Theater promises to be a real treat. Keith and Jade fill us in.

Having an event? You, and a few hundred of your closest friends?
We have some places you may want to check out for the holiday party
or office celebration.

Our close friend and local McLean resident singer Holly Shockey and her friends Ginny Carr, Robert McBride, and Andre Enceneater, and their Uptown Vocal Jazz Quartet have hit the Billboards – what a great sound ... Kudos.

I heard Terry McAuliffe speak at a chamber breakfast about the car company his group purchased in China and moved to Mississippi – fascinating story and perfect for the times, please read it.

Want be a movie star? Maybe just a little more confidence in your stride? "The Actors Source," a John Pallotta Studio on Tyco Road, may be something to look in to. Cinema, TV, acting, news casting, what a terrific option and opportunity for those looking to work in media today.

Going to Ireland? Why not stay in castles! Linda Barrett tells you where and how. Are you a sailor? Read the piece on Sailing for Hospice by Allison O'Reilly. Thank you Allison.

Mali Phonpadith has a story to tell. Keith brings us her tale of courage and service. What an inspiration.

And more on real estate, pets, love, health and money.

And a very special thanks to our summer interns Jade Kolker and Jake Koniszewski for their dedication and hard work for us this summer. What a treat it was to have such talent and energy at the office and on the street – what are we going to do without them? Thanks for your help, your focus and ambition is impressive.

Kids are back in school, please drive carefully. Enjoy the fall and upcoming community events – and don't stop thinking about tomorrow.

Cheers,



Correction: In *VivaTysons's* July-August issue the author misinterpreted a statement made by senior Donna Gregory. The Army's discharge policy regarding Army women who married during their service, had already been reversed from dishonorable to honorable discharge prior to her departure, so she did not personally experience such a reversal. When Donna left the Army, she received an honorable discharge. We regret the error.

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Welcome to 12926 *Harrington Court*



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Welcome to 9453 *Deramus Farm Court*



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Welcome to 12832 *Parapet Way*



UNDER CONTRACT
OAK HILL - LISTED @ \$1,345,000

Welcome to 9445 *Brenner Court*



JUST SOLD in VIENNA!
VIENNA - LISTED @ \$1,095,000

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*Licensed in the State of Virginia. **#1 REMAX Rank Based on FY2011 Information Obtained from MRIS

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

Falls Church Community Center

223 Little Falls St

703.248.5077

www.fallschurchva.gov

The State Theatre

220 N. Washington St

703.237.0300

www.thestatetheatre.com

GREAT FALLS

Colvin Run Community Hall

10201 Colvin Run Rd

703.435.5620

www.colvinrun.org

Turner Farm

925 Springvale Rd

703.388.2807

www.fairfaxcounty.gov

OAKTON

Vale Schoolhouse

3124 Fox Mill Rd

703.860.1888

www.valearts.com

SEPTEMBER 4

AN ACOUSTIC EVENING WITH BEN HARPER AND SPECIAL GUEST: RICKIE LEE JONES

Wolf Trap Filene Center

Vienna | 7:30pm | \$35+

Consistently putting a fresh perspective on rock, soul, and the blues, the GRAMMY Award-winning Ben Harper will stage a rare solo performance playing acoustic renditions of songs from his entire career.

rites of ash

Jammin' Java

Vienna | 8pm | \$10

The electronic pop/hard rock outfit Rites of Ash has always been known for accepting nothing less than perfection when it comes to their work. Combining countless influences into a unified and original sound has helped define the band as innovators in an industry desperately lacking originality. No genre or sound is off-limits for the band; this is evident in their extensive list of influences that include Linkin Park, Skrillex, Nine Inch Nails, RedOne, and Lady Gaga. Rites of Ash is comprised of 80-two (vocals), Lazzo (guitars, keyboards, programming/sequencing), Tevey (drums), Toni (vocals), and Tuomas (keyboards).

SEPTEMBER 5

ACOUSTIC STRAWBS

Jammin' Java

Vienna | 7:30pm | \$25+

As Strawbs moves gracefully into their fifth decade of music making, it is still difficult to categorize the unique sound that has made them Britain's most successful international progressive folk-rock band.

David Cousins, who leads the group, has been described by the influential All Music Guide as: "the most talented Dylan-influenced songwriter to come out of England." Strawbs are often mentioned in the same breath as progressive rock bands like Yes, King Crimson, and the Moody Blues.

SEPTEMBER 6

INGRAM HILL + SAM GROW BAND + JARED MCCLOUD

Jammin' Java

Vienna | 8pm | \$12

Memphis-based rock trio Ingram Hill would probably love to have it look as if their latest album, *Look Your Best*, was as easy-breezy to create as the lyrics suggest, but lead singer/guitarist Justin Moore says it was made with a great deal of hard work, determination, and grit. Ingram Hill has toured extensively with bands such as Hootie and the Blowfish, Johnny Lang, Maroon 5, Guster, Better Than Ezra, and Hanson. Says Bogard of their live vibe: "It's a feel-good, good-time show."

SEPTEMBER 7

3MTS

Jammin' Java

Vienna | 7pm | \$10

The 3MTs began as three music teachers in Fairfax County who all had a passion for playing and writing music. They first got together in January 2011 to begin playing covers for fun and then each brought original songs to the group. After only four rehearsals, they had their first show lined up playing for a luncheon at Jack's church and so began their journey. They each bring diverse original songs to the band and

are currently working on songwriting together to create a more cohesive sound within the group. Acoustic guitars, bass, keyboard, and mandolin are just a few of the instruments used during the performances, which are combined with vocals from all three members.

DUB CAMPAIGN

Jammin' Java

Vienna | 10pm | \$12

The Dub Campaign (DC), a musical movement, a battle against Babylon ... Simply put: "Good music, good people, Irie vibrations!" DC is a dub reggae, rock jam band that is out on a mission, to create positive vibes for the masses, no strings attached! DC brings the old school Jamaican dub but also brings vibes from all schools of music - rock, funk, jazz, psychedelic, improvised, eastern, western, whatever you wanna call it they make Irie Music!

SEPTEMBER 8

MATT EMBREE (OF RX BANDITS) + VINNIE CARUANA (OF I AM THE AVALANCHE & THE MOVIELIFE)

Jammin' Java

Vienna | 7:30pm | \$12

Matthew Embree is a singer and guitarist best known as the front-man of the Rx Bandits. Also, he plays lead guitar/vocals for The Sound of Animals Fighting, in which he is known as "The Walrus." He produced their most recent album *The Ocean and the Sun*. In 2008, he released *Waxwane*, his first solo album, under the name Love You Moon. He is also in other acts such as Coke vs. Bills and Apotheke. Embree has, in the past ten years of his career, established himself

as a socially outspoken and musically diverse singer/songwriter/musician.

IN THE LOBBY BAR: IRRESPONSIBLE

Jammin' Java

Vienna | 10pm | Free

Irresponsible, one of our favorite local bands, will be playing a marathon set of mostly jam-tastic covers and some slammin' originals starting at 10pm and going until last call. Expect to hear lots of Sublime, Bob Marley, 311, and the like. Bring some friends to share a pitcher or sip on a Dogfish 60 Minute. There are late night snacks, too. And the best part: the show is FREE!

FACE OF AMERICA™: SPIRIT OF SOUTH FLORIDA PARSONS DANCE TIEMPO LIBRE

Wolf Trap Filene Center

Vienna | 8pm | \$15+

Celebrate Florida's rich cultural and natural landscapes through a multimedia presentation with live contemporary dance from renowned choreographer David Parsons and set to the music of Andrew Bird and Tiempo Libre.

FACE OF AMERICA™: SPIRIT OF SOUTH FLORIDA PREMIERE CELEBRATION AND PERFORMANCE

Wolf Trap Filene Center

Vienna | 6pm | \$150+

Savor a South Florida-inspired gourmet meal, catered by Wolf Trap's Executive Chef Chris Faessen, prior to the world premiere of the Face of America: Spirit of South Florida live performance on the Filene Center stage. Choose between several packages to create a unique Wolf Trap experience!

COLVIN'S DANCE FOR EVERYONE

Colvin Run Community Hall

Great Falls | \$12

Beginner West Coast Lesson 6:30pm to 7:15pm.

Intermediate Lesson 7:15pm to 8:00pm.

Dance 8:00pm to 11:30pm.

DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz, and more. No partner or prior dance experience required.

SEPTEMBER 9

ROCK OF AGES

Wolf Trap Filene Center

Vienna | 8pm | \$25+

Worldwide phenomenon featuring 28 '80s classic rock tunes from Journey, Night Ranger, Styx, REO Speedwagon, Pat Benatar, Twisted Sister, Poison, and many more.

AN EVENING WITH PETER BRADLEY ADAMS

Jammin' Java

Vienna | 7pm | \$12

Peter Bradley Adams was formerly one half of the duo, Eastmountainsouth, signed by Robbie Robertson (of The Band) to DreamWorks Records in 2002. Since then, Adams has released three solo records: *Gather Up*, *Leavetaking*, and *Traces*; and has set to release his fourth *Between Us*, on Mishara Music on June 14th.

SEPTEMBER 12

DOPAPOD + FORMER CHAMPIONS + MOOGATU

Jammin' Java

Vienna | 8pm | \$10

Boston has long been renowned for its fertile music

scene that has sprouted world-class musicians within its musically diverse landscape. One of the most promising seeds to germinate out of the area is Dopapod. Bringing together players from each time zone in the US, the quartet has been thumping up from basement parties all over the Northeast, to bumping the sound systems of major venues all across the east coast. At face value, their sound can be described as a funktronic dance party, but if you dive in a little deeper it's easy to uncover the unique genre-bending blend of funk, jazz, trance, soul, afro-beat, and progressive rock.

SEPTEMBER 13

THE ROCKETBOYS + BEARCAT + ANDY ZIPF

Jammin' Java

Vienna | 7:30pm | \$10

On their previous recordings, "20,000 Ghosts" and "Wellwisher," The Rocketboys perfectly married themes of unity and brotherhood with rich, soaring rock, lifting the band to national critical acclaim. Renee's eclectic talents and triumphant experiences create a compellingly notable project with BEARCAT. With a new album, a spring tour, and a film due out in 2012, this is set to be their year. "Bearcat, the solo project of Renee Yohe, is a sweeping tribute to soul in all its respects. It's impossible to get even a few seconds into the new song "Crazy Fishes" without noting it bursting through her vocals, mixing with a warmth and richness that simultaneously evokes jazz and sixties pop. Add in the twinkling synth, jazz piano lines, and steady drum beats, and you've got yourself

one nostalgic trip that you'll so enjoy taking."
– Purevolume.

SEPTEMBER 14

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

KRIS DELMHORST + SEAN ROWE

Jammin' Java

Vienna | 7:30pm | \$15

Kris Delmhorst's arresting album *Shotgun Singer* began as an act of solitary creation. Holed up in a rural cabin with minimal recording gear and a houseful of instruments, Delmhorst recorded her new songs alone and off the clock, in late night sessions that yielded layers of intimate vocals combined with nylon string and electric guitars, cellos, keyboards, and percussion. Rowe's honest and haunting songwriting has already earned comparisons to Van Morrison's Astral Weeks phase, for his abstract lyric phrasing, and the way he crafts an experience of emotion, rather than telling a linear tale. Most powerfully, he brings to mind Leonard Cohen, with songwriting which tends to build into powerful, yet vulnerable, cathedral-like monuments of sound.

SEPTEMBER 14-16

THE 43RD USED BOOK SALE

McLean Community Center

McLean

The 43rd Used Book Sale at the McLean Community Center will benefit scholarships for women. AAUW still has an urgent need for donations.

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703.760.9000
www.irisloungeva.com

Ritz Carlton Tysons Corner

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703.506.4300
www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd
703.847.7300
www.shoptysonson.com

McLean Community Center

1234 Ingleside Ave
703.790.0123
www.mcleancenter.org

VIENNA**Wolf Trap**

Filene Center
1551 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

Vienna Presbyterian Church

124 Park St NE
703.938.9050
www.viennapres.org

FAIRFAX**Weber's Pet Supermarket**

11021 Lee Hwy
703.324.5424
www.fpow.org

SEPTEMBER 15**2012 WOLF TRAP BALL**

Wolf Trap Filene Center
Vienna | 7pm | \$500+

The Wolf Trap Ball is held on the magnificent stage at Wolf Trap's Filene Center – one of the largest stages in America. All proceeds from the event benefit Wolf Trap Foundation's renowned arts and education programs, including the Wolf Trap Institute for Early Learning Through the Arts, a national and international program that uses the performing arts disciplines of drama, music, and movement to help teach literacy and other academic and social skills to young learners.

FALL FESTIVAL AND THE TASTE OF FALLS CHURCH

Cherry Hill Park
Falls Church | 9am-4pm

The annual Fall Festival and Taste of Falls Church is held each September in Cherry Hill Park. Features include live entertainment, pony rides, amusement rides, crafters, businesses and civic organizations, and cuisine from City Kitchens. The children's activity tent offers face painting and craft projects. Admission is free to the public, but amusement rides require the purchase of one or more tickets. The Fall Festival is held rain or shine!

COLVIN'S DANCE FOR EVERYONE

Colvin Run Community Hall
Great Falls | \$12

Beginner West Coast Lesson 6:30pm to 7:15pm.
Intermediate Lesson 7:15pm to 8:00pm.
Dance 8:00pm to 11:30pm.
DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz and more.
No partner or prior dance experience required.

AUTUMN CHORES

Claude Moore Colonial Farm
McLean | 1-4pm

Help the Colonial farm family prepare for winter with 18th century autumn chores. Clear brush from the fields, stack wood for the coming winter, help repair old fencing, or participate in other colonial farm tasks critical for the coming winter season. The Colonial farm family welcomes all extra hands! Great event for families and small groups. Comfortable clothing and work gloves recommended. Weather permitting – call ahead.

SEPTEMBER 18**MATTHEW PERRYMAN JONES + MATTHEW MAYFIELD + CALLAGHAN**

Jammin' Java
Vienna | 7:30pm | \$12

Matthew has 80,000 active online fans, almost 400,000 YouTube plays to date, with thousands of fan-made videos, as well (which are reaching into millions of views). He has had songs played recently on *Pretty Little Liars*, *Hollyoaks*, *Grey's Anatomy*, *Private Practice*, and many more. MPJ has shared the stage with My Morning Jacket, Shawn Colvin, Patty Griffin, Paula Cole, as well as being a staple feature in the nationally acclaimed "Ten Out of Tenn. Collective" with fellow artists, Katie Herzig, Erin McCarley, Butterfly Boucher, Andrew Belle, and others. He is currently getting ready to start touring in support of his upcoming album.

SEPTEMBER 19**ALAN EVANS TRIO**

Jammin' Java
Vienna | 8pm | \$12

Co-founder, writer, and drummer of Soulive for over 15 years, Alan Evans proudly presents his newest creation, the Alan Evans Trio; an inspiring and fresh organ trio lineup. Enlisting the support of good friends and talented

players Danny Mayer on guitar (On the Spot Trio), and Beau Sasser (Melvin Sparks, Akashic Record) the trio's sound proves hard driving and groovin' with dark funky rhythms and blues lick solos. Alan Evans Trio opens a window into another side - an emotional introspection, as dark as it is powerful. Their passionate progressions emanate an electrified, smoky, 70s-era CTI Records zeitgeist.

SEPTEMBER 20**AN EVENING WITH STREET CORNER SYMPHONY**

Jammin' Java
Vienna | 8pm | \$15

Street Corner Symphony is an a cappella group based out of Nashville, Tennessee. They became internationally known in 2010 after becoming runners up on Season 2 of NBC's all vocal competition, *The Sing-Off*. These southern gents quickly won over *The Sing-Off* judges Ben Folds, Shawn Stockman, and Nicole Scherzinger, and an NBC primetime audience after demonstrating their unique laid back, yet dynamic style of a cappella.

SEPTEMBER 22**THE FABULOUS MARY ANN REDMOND BAND**

Jammin' Java
Vienna | 7pm | \$15

Mary Ann Redmond is an American singer known for her soulful and wide-ranging vocal style in popular and Jazz music. She is based in the greater metropolitan Washington, D.C. area, but has performed in several locations in the United States and in other countries. Both her live performances and her CDs to date have earned her acclaim from audiences and recognition from the music industry. Redmond has won 17 Washington area music awards.

WEST COAST SWING

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

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

SEPTEMBER 26

AN EVENING WITH ADRIANNE GONZALEZ + GARRISON STARR + MAIA SHARP

Jammin' Java
Vienna | 8pm | \$15

A supergroup of female singer/songwriters, Adrienne Gonzalez, Maia Sharp, and Garrison Starr are embarking on a special collaborative tour this fall!

SEPTEMBER 28-30

ARTFUL MEANDERINGS

Vale Schoolhouse
Oakton | 10am-6pm

More than 150 original works by nine local Tysons area artists. Abstract and traditional, quirky and colorful, the ValeArts Fall Show represents a variety of creative fine art. ValeArts has presented a local group show at the Vale Schoolhouse for more than 16 years.

SEPTEMBER 29

BRENDAN JAMES

Jammin' Java
Vienna | 7pm | \$15

A singer-songwriter who accompanies himself on piano, James began writing the songs on his second album after winding up a year and a half on the road in support of his debut album *The Day is Brave*, which was released by Decca Records in June 2008 and debuted in the Top 10 on Billboard's Heatseekers chart, with *Newsweek* and *Entertainment Weekly* praising his debut effort. Several of its songs were featured on various television shows including *Private Practice*, *Bones*, *So You Think You Can Dance*, and *Army Wives*. After releasing the album, James hit the ground running to support it from coast to coast.

COMEDY HARVEST W/CHAD DUKES + DANNY ROUHIER + JUSTIN DANIELS

Jammin' Java
Vienna | 9:30pm | \$15

Chad Dukes is everything the Red, White, and Blue has to offer. A man who calls 'em like he sees 'em, he has no problem putting anyone in their place. Danny Rouhier is one of the hottest standup comedians in the country. With his super high energy and entertaining style, he has been wowing audiences at clubs, colleges, corporate events, theaters, and festivals.

OCTOBER 4

PETER MULVEY + ANNE HEATON CD RELEASE

Jammin' Java
Vienna | 7:30pm | \$12

Over the past 20 years, Mulvey has pursued a restless, eclectic path as a writer and musician - immersing himself in Tin Pan Alley Jazz, modern acoustic, poetry, narrative, and Americana stylings. Relentlessly touring as a headliner - his attitude is, "When you love what you do, you can work all the time." He has also shared the stage with luminaries such as Emmylou Harris, Richard Thompson, Ani DiFranco, Indigo Girls, and Greg Brown. Singer-songwriter and pianist Anne Heaton has amassed awards, praise from critics and fellow artists, as well as a loyal following with her songs that are by turns "tender, barbed and spiritual" - *Washington Post*.

OCTOBER 5

CARSIE BLANTON

Jammin' Java
Vienna | 7:30pm | \$12

Following her heart has worked out pretty well for Carsie, earning her widespread critical acclaim and a coast-to-coast fan following for her clever wordplay and indelible melodies. Her remarkable new album *Idiot Heart* represents

the Philadelphia-based singer/songwriter's finest work thus far, a panoramic collection of exuberant, expansive folk-pop, crafted with uncommon spirit and ingenuity.

ALMOST QUEEN

The State Theatre
Falls Church | 7pm | \$15

Almost Queen succeeds in blending the vocal layering and studio precision that is a signature of the band with the energy and spectacle of a live stage production. Elaborate lighting, effects, and costumes aptly frame the seasoned musicians who step into these very large shoes to effectively render an authentic "Queen experience."

OCTOBER 6

FARM DAY

Cherry Hill Park

Falls Church | 10am-3pm

Farm Day is held one Saturday every October in Cherry Hill Park. This family event features blacksmith demonstrations, horse-drawn hayrides, pumpkin painting, scarecrow making, and a petting zoo. Children can learn basic farming skills such as corn-shelling, beekeeping, and apple butter making. Tours of the historic Cherry Hill Farmhouse and Barn are also offered.

OCTOBER 7

17TH ANNUAL "PAWS FOR A CAUSE" 3K WALK

Weber's Pet Supermarket
Fairfax | 12pm

Proceeds from the walk will go toward recruitment and training, volunteer activities, and insurance. All pre-registered participants will receive a "Paws for a Cause" t-shirt. There will be human and canine treats at each kilometer and sponsored walkers are encouraged. Registration is \$20 prior to September 18th and \$25 thereafter. Register online at: www.tiny.cc/walk2012 or visit www.fpow.org. Walk-in registrations are welcome.

OCTOBER 10

FROM THE JAM FEAT. BRUCE FOXTON WITH DOT DASH

The State Theatre
Falls Church | 8pm | \$25

In 1977, The Jam released their debut album *In the City*, hitting a nerve with the youth of the time. The Jam went on to have amazing chart success with 18 consecutive Top 40 singles in the UK, as well as the distinction of being at the forefront of the mod revival movement until the band's dissolution in 1982. 2012 marks the 35th anniversary of the seminal *In the City*, with The Jam's reformation, *From the Jam*, continuing the tradition.

OCTOBER 12

CHAMBER MUSIC SOCIETY OF LINCOLN CENTER

Wolf Trap
Vienna | 8pm | \$40

Celebrate Founder's Day with the Chamber Music Society of Lincoln Center! These chamber music heavy-hitters bring Bruch, Brahms, and Dohnányi to the Barns.

TANGO MILONGA

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

OCTOBER 13

COLVIN'S DANCE FOR EVERYONE

Colvin Run Community Hall
Great Falls | \$12

Beginner West Coast Lesson 6:30pm to 7:15pm.
Intermediate Lesson 7:15pm to 8:00pm.
Dance 8:00pm to 11:30pm.
DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz and more.
No partner or prior dance experience required.

JACKOPIERCE (AT THE HAMILTON)

Jammin' Java
Vienna | 8:30pm | \$27.50

Breaking up is hard to do. But staying together is nearly impossible. The average marriage lasts about six years, and 95% of new businesses fail within five years. Twenty two years of anything, especially Jackopierce, an acoustic duo that got its start playing frat-parties in the late 80's, is hard to believe. Add-in the fact that Jack O'Neill and Cary Pierce did not speak for nearly five years before reuniting in 2002 makes twenty years a downright miracle.

GUNGOR (AT RAMS HEAD LIVE)

Jammin' Java
9pm | \$18+

Genre titles such as "Pop", "Folk" and "Alternative" are meant to give a listener an idea of what to expect and how to group music together. But, for the musical collective, Gungor it is not that simple. Multiple GRAMMY nominations, magazine covers, and even a few "Album of the Year" declarations for 2010's *Beautiful Things*, proves that listeners are longing for excellent and authentic music, whether it fits the norm or not.

OCTOBER 13

KESTA HAPPENING PRESENTS JARABE DE PALO

The State Theatre
Falls Church | 9pm | \$36

The Latin rock group Jarabe de Palo was formed in Barcelona in the early '90s by vocalist and guitarist Pau Donés with guitarist Jordi Mena, drummer Alex Tenas, percussionist Dani Forcada, and bassist Joan Gené. Their style is a latin/rock combination with a trademark of repetitive lyrics.

OCTOBER 15

WOLF TRAP'S 15TH ANNUAL INVITATIONAL GOLF TOURNAMENT

The Golf Club at Lansdowne-Robert Trent Jones, Jr. Course

Tee Time 9:30am
\$3,000 for a foursome

Wolf Trap offers an opportunity for enthusiasts to spend a day on the course for a good cause.

OCTOBER 18

ANTJE DUVEKOT + PHIL ROY

Jammin' Java
Vienna | 8pm | \$14

For years, her songs have been critically praised for their hard-won wisdom, dark-eyed realism, and street-smart romanticism. Fans will certainly find all of that in *New Siberia*. Blending uncommonly beautiful vocals with one of the sharpest poetic sensibilities in her field, Duvekot has a remarkable ability to make us believe she is whispering secrets in our ear, and we know that she believes every word she sings. After years of writing music for other artists, as well as working on movies and TV shows, Phil Roy knows music. He's been playing guitar since he was nine, attended the Berklee College of Music at 17, and headed to Los Angeles to front two bands during the '80s before focusing exclusively on songwriting. Now, he's struck out on his own as a solo artist.

OCTOBER 19

CAROLINE HERRING CD RELEASE

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

Recently featured on Garrison Keillor's *A Prairie Home Companion*, and NPR's *All Things Considered*, Caroline Herring is on a roll. Her recent album, *Golden Apples of the Sun* was selected as a "top ten" best folk album by the *Boston Globe*, and also earned a composition award from the Mississippi Institute of Arts and Letters. Emboldened by the critical acclaim of her recent work, Herring continues to create what *Vintage Guitar* has called "musical tapestries full of dark landscapes, bittersweet images, and otherworldly moments." As usual,

Herring draws inspiration from a wide range of sources.

OCTOBER 20

COLVIN'S DANCE FOR EVERYONE

Colvin Run Community Hall
Great Falls | \$12

Beginner West Coast Lesson 6:30pm to 7:15pm.
Intermediate Lesson 7:15pm to 8:00pm.
Dance 8:00pm to 11:30pm.
DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz, and more.
No partner or prior dance experience required.

OCTOBER 20 & 21

AUTUMN COLONIAL MARKET FAIR

Claude Moore
Colonial Farm
McLean | 11am-4:30pm

Warm yourself by the fire and enjoy the splendor of autumn with crisp local apples, warm savory meat pies, and hearty breads. Let market fair entertainers, tradesmen, and the militia amuse and educate you. Have your fortune told or take a fencing lesson. Allow Mistress Barrow and Mr. John to entice you with their wares at the Dry Goods and the Gentlemen's Goods stand. Learn to dip a candle or turn a piece of wood on the carpenter's lathe. Stop by the Tavern for a cup of mulled wine before you begin your holiday shopping at the many tradesmen's and merchant's stalls. Period food, beverages, and wares are available for purchase. Weather permitting – call ahead.

OCTOBER 23

NAMI-NORTHERN VIRGINIA AN EVENING OF COMEDY JOHNNY RIZZO AND JANE CONDON

The State Theatre
Falls Church | 7:30pm | \$75
Fundraiser for NAMI-Northern Virginia featuring comedians Johnny Rizzo and Jane

Condon. NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support, and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

OCTOBER 27

WEST COAST SWING

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

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

HALLOWEEN CARNIVAL

Falls Church
Community Center
Falls Church | 6pm-9pm

The Halloween Carnival is held each year at the Community Center. The carnival has been a popular event for children for more than 30 years. Infants through sixth graders are invited to enjoy carnival games, a moon bounce, face painting, crafts, a haunted house, movies, candy, and a live creepy creature show featuring the spookiest reptiles in nature.

OCTOBER 28

DOC SCANTLIN AND THE IMPERIAL PALMS ORCHESTRA FEATURING CHOU CHOU

Vienna Presbyterian Church
Vienna | \$20

Join us for an afternoon of unsurpassed sophistication, excitement and fun for a good cause! Doc and the group will recreate the music and the ambiance of the 20's, 30's and 40's. This benefit performance is sponsored by the Shepherd's Center of Oakton-Vienna. Tickets are \$20 in advance and \$25 at the door. Please call 703-281-0538 for ticketing information or email office@scov.org.

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

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 | 5:30-8:30pm

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

SUSHI THURSDAYS

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

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.

NIGHT SKY VIEWINGS

Turner Farm

Great Falls | 8:15pm

Observatory Park is open to the public for viewings of the night sky every Friday night beginning at sunset, weather permitting. To determine whether it is a good night to come out, here is the rule of thumb we go by: If you can see clouds, no. If you can see stars, yes. Please feel free to bring telescopes and cameras. You may also want to bring chairs or blankets and snacks. We usually stay out for about an hour, starting at sunset.

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

11-11:30am

12:30-1pm

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

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](mailto:events@vivatyson.com)



THE SUN SHINES ON GREAT FALLS' ART STUDIOS TOUR

A unique partnership between a community arts organization and a home remodeling company yields dividends for both—and extraordinary fun for area residents.

by Jonathan Fisher

Fine art and the art of home design cross paths this October in Great Falls when a community arts organization and a home remodeling company partner up to present what has become one of Fairfax County's most important arts events.

The Ninth Annual Great Falls Studios Tour will take place October 20 and 21 from 10am to 5pm. "This is an exciting celebration of creativity in which visitors drive the scenic back roads of Great Falls to meet 49 artists and visit their studios," says Laura Nichols, president of the arts organization at Great Falls Studios.

A companion tour to see a house that features rooms renovated by Sun Design, a home remodeling company, will be held concurrently. Since it was founded two decades ago, Sun Design has been remodeling kitchens, bathrooms, basements, recreation rooms, outdoor spaces, and even art studios. "We reinvent spaces that are not only award winning in their beauty, but that dramatically enhance quality of life for years to come," says Beth Walters, Sun's director of communications.

"The idea of a business and an arts organization working hand-in-hand is a win-win for both groups," says Nichols, a Great Falls potter. "Sun Design is our sole corporate sponsor, and its financial help makes our tour possible. At the same time, Sun Design gets public credit for stepping up to help a community group, and potential customers interested in homes and home design learn about its services and see its craftsmanship firsthand."



Large abstract paintings dominate Jo Fleming's studio, one of 30 artist's workplaces or other venues on the 9th Annual Great Falls Studios Tour, October 21-22. In all, 49 artists will take part. Visitors drive from studio to studio guided by a provided map. The tour is free. Photograph by Al Reitan

"One of the benefits for both groups is that we can cross-promote our two tours, benefiting both of us," Walters says. "We're building bridges to Great Falls, one of the communities we serve from our new second office location in McLean, and we're making very positive things happen for the artists in the process."

Great Falls Studios was founded in 2003. It now has more than 100 member artists, including painters, potters, sculptors, quilters, weavers, printmakers, photographers, and jewelry designers. Many of these creative people are leading talents in the DC area.

The art tour was conceived as an educational event. Visitors meet the artists and can enjoy the places where they work. That means visiting historic, rustic, or large homes in Great Falls, or studios in barns, sheds, converted garages—even a multi-artist attic atelier. The artists give demonstrations of their art mediums and sell samples of their work. In its first eight years, the tour has generated more than 21,750 visits to home-based art studios and other art venues in Great Falls. In the process, the community has emerged as a leading center for the arts in Northern Virginia.

The Sun Design home tour provides visitors who may be thinking about upgrading their own homes the opportunity to see how Sun approaches home remodeling and to meet some of its creative personnel. The tour consists of one house where you can consult with experts and another more informal venue in a home art studio created for one of the artists on the tour.

“Designing a remodeled home requires many of the same skills as those that create a fine piece of art,” Walters says.

Visitors interested in the two tours, both of which are free, can go to the artists’ website, www.GreatFallsStudios.com. Starting September 15, you can download a map and tour brochure that pinpoints the locations of artists, the Sun venues, and four local restaurants participating in the tour (printed copies of the brochure will also be available at all tour venues on tour days). You can also learn more at the Sun Design website, www.SunDesignInc.com. The four restaurants are Great Falls favorites: BRX American Bistro, L’Auberge Chez François, The Old Brogue Irish Pub, and Mediterranean Restaurant.

As one way to encourage interest in the tour, the arts group is giving away \$2,000 in prizes in the form of forty \$50 certificates called Art Bucks. These can be used toward purchase of art on the tour. For a chance to win, you must register at the Great Falls Studios website between September 15 and October 18.

The art tour is promoted as a local adventure – family friendly, educational, and fun. Visitors come from around the Metro area, exploring Great Falls neighborhoods, seeing unusual houses, witnessing the change in fall colors, meeting artists and gaining a better understanding of how artists work. The tour is also a creative pre-holiday shopping opportunity to buy quality artwork at reasonable prices.

author: Jonathan Fisher is a sculptor taking part in this year’s Great Falls Studios Tour. He builds wall reliefs, free-standing sculptures, games, and other artworks made from painted wood pieces screwed together. He is also a member of the Washington Sculptors Group.



A newly expanded kitchen with a warm farmhouse feel is on display during a simultaneous home tour conducted by Sun Design, a remodeling company. Sun Design is the sole sponsor of the Great Falls Studio Tour and a corporate partner of the Great Falls artists. The multi-use kitchen it designed features a cherry butcher-block top detail on a cooking island. Photograph by Justin Kriel, Contrast FX



Seeing interesting Great Falls houses hidden on back roads is a side benefit of the tour. This one is the studio home of painter Gurusangat Khalsa. Meeting artists in their workplaces provides visitors with unique insights into the creative process. The tour is a celebration of creativity. Photograph by Al Reitan



Sculptor Jonathan Fisher’s abstract wooden sculptures are bright ornaments, shown here in his backyard. At other studios, you can meet potters, a weaver, a printmaker, jewelry designers, quilters, photographers, and artists working in other mediums. Many have been juried into leading art exhibitions across the country. Photograph by Al Reitan



With help from his canine companion, Benjamin Cheshire, who specializes in wildlife art, transforms pastels into works of art. This year, Cheshire and other select artists will greet visitors at the Great Falls United Methodist Church. A similar group venue is at the Great Falls Library. Multiple artists are also at the Artists’ Atelier, a working group studio in Great Falls. Photograph by Al Reitan

ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER (1STSTAGESPRINGHILL.ORG)

September 9 - October 2 • See website for times
Don't Dress for Dinner

Things are never what they seem in "Don't Dress for Dinner" as fidelity is thrown to the pigs and every lover belongs to someone else. Bernard's weekend tryst is foiled when his wife decides to rendezvous with her lover under the same roof. Mistaken identity, feuding spouses, and unwitting cooks make up this crowded table of cheating dinner guests. A perfect concoction of hilarity and farce, this is one meal that will keep you laughing from aperitifs to after dinner drinks.

THE ALDEN THEATER

October 26 - November 4
Fridays & Saturdays at 8pm • Sunday Matinées at 2pm
What I did Last Summer
The McLean Players

During the final stages of World War II, Charlie, a developing rebellious fourteen-year-old, is summering with his mother and sister (his father is fighting in the Pacific) before going off to an expensive boarding school in the fall. Although he intended to spend the summer socializing with his friends, the need for spending money forces him to take a job as handyman for an iconoclastic, bohemian art teacher. She tries to stretch his mind by teaching him painting and sculpture – and exposing him to "radical" ideas about life and love. The result is a showdown between the teacher and Charlie's conservative mother. A clash of philosophies that in the end, stimulates the self-awareness that will shape the man Charlie is destined to become.

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 Pk. Call 703.450.6760 for more information.

October 20-21 • 10am-5pm both days.
Great Falls Studios Annual Studio Tour

Individual artist studios all over Great Falls Virginia. Fifty artists exhibiting their work including painters, potters, photographers, jewelry artisans, and fiber artists.

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

October 7 - 30

Fridays • 8pm

Saturdays • 2pm & 8pm

Sunday Matinéés • 4pm

Nevermore

Take a dark and mysterious journey into the life of Edgar Allan Poe. This imaginative musical uses Poe's poetry and short stories as its base and his shifting obsession with the women in his life as its catalyst. With hauntingly beautiful melodies, *Nevermore* breathes new life into Poe's work and explores a twisted true-life tale that is as bizarre as his classic stories of the macabre.

September 16th • 3:30pm

Shenandoah Run

Following their recent sold out performance, the Creative Cauldron is delighted to welcome back *Shenandoah Run* for an afternoon of contemporary American folk music.

With their tight, six-part vocal harmonies, intricate instrumentals and engaging presentation, they offer a mix of familiar folk standards and a few surprises, from toe-tapping sing-alongs to ballads that seem to make time stand still. Their June concert was a sell out and this concert is likely to sell out as well. Buy your tickets early to avoid disappointment.

THE JAMES LEE COMMUNITY CENTER THEATRE

October 19, 20, 25, 26, 27, November 1, 2 & 3

Thursday, Friday and Saturday • 7:30pm

October 21 & 28 • 2pm

You Can't Take it With You

The Providence Players

A brilliant, warm-hearted, and critically-acclaimed comedy that is one of America's best. Join Grandpa and his good-natured, though eccentric family as they meet the stuffy and more conservative Kirbys – nothing but hilarity ensues. This revival of PPF's very first production is a Pulitzer Prize winner and tremendous fun for all ages!

VIENNA

VIENNA THEATRE COMPANY

October 19-20 & 26-27 • 8pm

October 28 • 2pm

See How They Run

See How They Run, an English comedy in three acts by Philip King. Its title is a line from the nursery rhyme Three Blind Mice. A hilarious British farce filled with tense comic situations, headlong humor, mistaken identity, doors, and vicars.

VIENNA ARTS SCHOOL (OPENARTSTUDIO.ORG)

September 6 - January 22

Visit website for days and times

Visual Art Class for Adults

This class combines art foundation instruction with individual development. It is primarily designed for adults who would like to enrich their foundation in visual art while developing a comprehensive art portfolio of their own. Instructors in this class can also assist in graduate school admission or exhibition preparation.

September 6 - January 22

Visit website for days and times

Art Foundations Children's Class

Children enrolled in Art Foundations are guided to transform their personal expression toward developing technique. Moving beyond the basics, projects will explore and build upon creativity and self-expression.

September 6 - January 22

Visit website for days and times

Expressionists Children's Class

Creativity and imagination are fostered in children's art classes. Students are given personal attention by 2-3 artist-teachers, and introduced to a wide variety of media and techniques. They are taught the proper use, application and care of artist's materials. Drawing, painting, collage, printmaking, and sculpture are among the media used. Emphasis is placed on process over product, as each student begins to develop his/her personal, unique artistic style.

SO, YOU WANT TO BECOME AN ACTOR?

by Keith Loria



The dream of becoming an actor or model is one that is shared by millions of people, as most love the idea of being on TV or in front of an audience, beloved by the masses.

If you live in New York or Los Angeles, there are plenty of places to pursue a dream like this, as countless acting classes and workshops are around, taught by industry professionals who live in those areas. But for those living in Northern Virginia, these classes didn't really exist—until now.

Earlier this year, The Actors Source opened its doors in Vienna, providing world-class instruction from award-winning actors, directors, playwrights, talent agents, and casting directors.

"This is a place for anyone who wants to be an actor," says studio director, Vincent Fiore. "We offer full service acting training for children, teens, and adults, from beginners to master actors."

A full array of classes are offered, including everything from "Acting for the Camera" to "Improvitational Scene Study" to "Commercial Cold Reads."

"Our workshops, seminars, intensives, and classes are all conducted by top experienced instructors with years of experience in the industry, and each instructor is handpicked for a particular class," Fiore says. "What makes us unique is that each month we bring in visiting instructors who have appeared in TV, films, stage, fashion, and print."

Casting directors and celebrity-endorsed acting coaches also stop by to teach, as the studio offers every possible opportunity for an actor or model to expand their career.

One of those frequent guests is John Pallotta, considered by Hollywood types to be one of the top acting coaches in the country.

"John Pallotta, or 'The Actor Whisperer' as he is called by *Backstage Magazine*, was the reason I tried the place and it was so much better than any other acting school I have attended," says Roberta Harris, a Vienna actress who has been studying for seven years. "His transformational technique class was amazing. I never experienced anything like it. I could not be happier with this school."

The first-class instructors also include Diane Marie, Connie Lamothe, Nancy Cantine, and Grace Thomas.

Lamothe is an experienced actress, filmmaker, and casting director who has been part of the Virginia-area acting community for decades. She teaches workshops and classes in Audition Techniques helping actors learn what casting directors really look for during an audition.

"Some of these classes offer crossover type things for actors who are at different levels looking to do different things," Lamothe says. "Some have experience or a resumé, but need to perfect their auditioning skills, that's what it's all about. You can't get an opportunity to audition and book if you're not working. We offer classes that are specific to that."

Even children as young as 5-7 can take an introductory class to learn how to tell a story in their acting to make it in the business.

"Young children love to perform and this is a chance for the little ones who love to be on stage to take that next step," Lamothe says. "As they get older, they can move on to more advanced classes, as we offer specific classes for children, teens, and adults."

The Actors Source also has its own modeling program, led by the beautiful and talented Patricia Mizen, a very successful working model and actress.

The women's modeling course includes lessons on poise and posture, makeup artistry, speech and voice projection, video fashion modeling, hair care, showmanship, product modeling, on-camera photo shoot, and many other strategies for making it in the business.

For men interested in modeling, a separate program will teach them modeling techniques specifically designed for males.

There are also modeling classes for pre-teens and children.

Models can also take acting classes and vice versa. The Actors Source is about training people for all aspects of the business.

"We are also putting together a musical theatre program for children and teens and at the end of a 12-week training cycle, there will be a performance at a local community theatre," Fiore says. "Our classes are very small in size so there can be individual attention and that helps our actors succeed."

Topics discussed in acting classes include scene study, cold reading, improvisation, on-camera, musical theatre, comedy sketch writing, screenplay writing, and techniques designed to address the specific needs of the individual actor. Attention is also paid to individual acting concerns, monologues, improvisation, and scene study.

"It brings a lot of the New York-style flair to the area. These young children, teens, and adults train according to what the industry is looking for, but also gives them the opportunity to be represented," Fiore says. "We do demo reels for actors

so they can put their auditions on DVD and have them do monologues and scenes that we can videotape and email to casting directors."

Even adults who have never uttered a line on stage or performed in any way are encouraged to come out. Fiore says that many adults taking classes are people who are retired from government or some other profession who have always wanted to see what acting was all about.

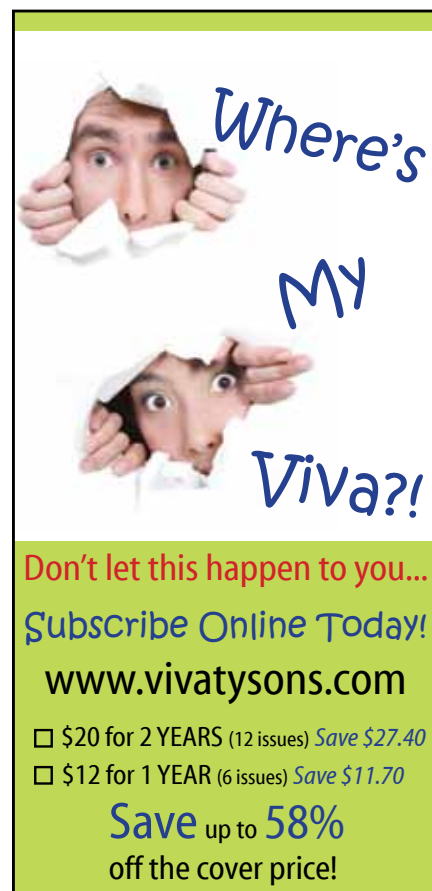
"The beauty of this place is that anyone can learn the skills necessary to become an actor," Fiore says. "We have beginners, but then we have professional actors who have done commercials or been on shows like 'CSI.' It's a big variety and we welcome everyone."

In addition to classes, The Actors Source offers private coaching with all their instructors and master instructors who come in from New York or L.A.

"You have to realize that even Oscar winners like Meryl Streep and Robert De Niro still take acting classes," Fiore says. "In this business, you get out of it what you put into it and learning never ends."

The Actors Source offers a safe and challenging work environment for the beginning or professional actor who is dedicated to training, studying and growing as an actor to achieve a career in film, television, theatre, fashion, or print.

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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ENERGY AND ENTERTAINMENT

First Stage Offers An Exciting Fifth Season

by Rick Mundy

Once again, First Stage Theater has created a lineup of shows that is sure to delight area residents and visitors all season long.

For their fifth season, First Stage wanted a great holiday show and chose *Altar Boyz*, a lively, very funny, and spirited tornado of music and dance. As the search continued for complimentary shows, they chose carefully, creating a lineup that will resonate with subscription clients. Some are funny, some serious, but all will give the growing First Stage audience new perspectives on the capabilities and talent of Tyson's own dynamic theater company. There are both new and older plays which range from frothy to pithy, funny to emotionally forceful. The goal is to offer a range of theater experiences to keep the audience stimulated and delighted.

"We want to remain new, fresh, original, bold, and all the other synonyms that describe an experience that excites and electrifies an audience," says Mark Krikstan, artistic director. "We are surrounded in Tysons by a community of tech and business leaders who are some of the most creative people in America. We want to match that energy and, in fact, inspire even more."

The annual gala for First Stage Theater will be October 28 at the Gannett building. Activities will include songs from the upcoming musical, magic, a Jazz band, a country band, food and dancing, plus a silent auction. Supporters should mark the date now and make plans to attend this not-to-be-missed event.

2012-2013 First Stage Schedule

Suite Surrender

By Michael McKeever

September 14 – October 14, 2012

The season kicks off with a lively farce. It's 1942 and two of Hollywood's top stars are in competition with each other for the same suite at the glamorous Palm Beach Royale Hotel. The audience will delight in the double entendres, mistaken identities, diva egos, and of course, lots of doors closing just in time. A true tribute to those wonderful farces of the 30's and 40's.

Altar Boyz

*Music and Lyrics by Gary Adler and Michael Patrick Walker
Book by Kevin Del Aguila*

November 23 – December 30, 2012

This hilarious musical, featuring boy bands on tour, is the perfect choice for families at the holidays. It is filled with irreverent humor, parody, and lively dancing. The audience will enjoy a presentation of many hilarious songs, lots of laughs, and just plain fun.

Matthew, Mark, Luke, Juan, and Abraham are small-town boys out to save the world. Their repertoire includes such numbers as "Jesus Called Me on My Cell Phone" and "Girl, You Make Me Wanna Wait," which played well at the local Ohio venues. But can they make it in New York?

Altar Boyz itself did make it, as the show enjoyed five years and 2,032 performances before closing in early 2010.

Italian American Reconciliation

By John Patrick Shanley

February 1 – February 24, 2013

A comic romance, this 1986 play is also set in New York. Huey Maximilian Bonfigliano has a problem: while he is safely divorced from his shrewish wife, he feels he cannot regain his "manhood" until he woos and wins her one more time.

Never the Sinner

By John Logan

March 22 – April 14, 2013

Two boys, looking for a thrill, commit a murder for no reason other than the experience of it. Based on the notorious 1924 trial of Leopold and Loeb, *Never the Sinner* tells the story of the boys as well as the story of the famous Clarence Darrow, American lawyer and civil libertarian.

Blithe Spirit

By Noel Coward

May 24 – June 16, 2013

This 1941 classic by Coward is stylish and witty. Charles Condomine, a novelist and socialite, invites the medium Madame Arcati to his house to conduct a séance in order to gather material for a book. Unfortunately, his plan backfires when he is haunted by the ghost of Elvira,

his annoying and difficult first wife following the séance. Elvira attempts to disrupt Charles's marriage to his second wife who cannot see or hear the ghost.

Subscription and Pricing Information:

For those interested in attending multiple performances during the season, First Stage offers two ways to save:

Subscription (one ticket per show to each show of the season) --- \$105 for five plays which would have cost the buyer \$130 (savings of \$25).

Flex Pass (a book of ten tickets which can be used at one show or spread across the season) --- \$250. Comes with two free tickets (Saves the buyer up to \$100).

General pricing for First Stage is \$25 per person for all non-musical shows (\$15 for students). Musicals are \$30 per person.



For information about tickets or attending a show,
go to www.1ststagetysons.org
or call the box office at 703-854-1856



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Photo by Michael G. Stewart

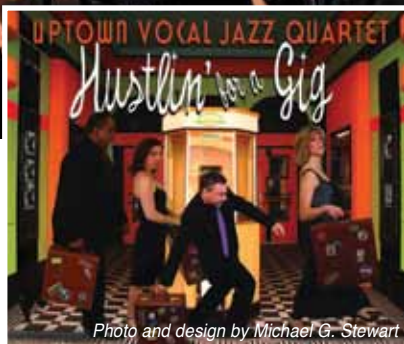


Photo and design by Michael G. Stewart

UPTOWN VOCAL JAZZ QUARTET GOES INTERNATIONAL

by Keith Loria

When Ginny Carr and Robert McBride were students at the College of William & Mary two decades ago, they bonded over a love of Jazz music and decided to form their own Jazz vocal quartet.

“For a long time, we had been listening to some of the iconic vocal Jazz groups out there—such as Manhattan Transfer or Lambert/Hendricks/Ross—and we wanted to do our own group performing in that style,” Carr says. “We did a lot of experimentation and worked with different people and then we finally found our own sound.”

Taking the name the Uptown Vocal Jazz Quartet, the Northern Virginia singers at first worked close to home, appearing at clubs and festivals in the area, but it didn’t take long for their star to rise.

They cut their Jazz teeth singing in small venues and small local festivals and within a few years were playing international festivals.

“You always start out walking before you can run, and we honed our sound to discover what we liked and what we didn’t like and before long, we started getting more national and eventually international exposure,” Carr says. “We knew we were doing something fairly unique and rare that had a real special appeal. It was Jazz, but it was an entertaining sort of Jazz with vocals and harmonies and lyrics, so we were reaching a larger audience than a lot of groups were and we were starting to get noticed.”

For over two decades, the singers and their band have been enchanting listeners and building a loyal audience

across five continents with their tightly harmonized renditions of Jazz and Great American Songbook classics.

“We are a vocal group of four singers plus we have a wonderful Jazz band with top instrumentalists from the area backing us up,” Carr says. “The whole concept of the group is that we think and sing like we are a big band. We are using our voices as instruments and that’s a very joyful sound.”

The group added McLean’s Holly Shockley in 2006 and Andre Enceneat came on board just two years ago, and the harmony and blending of the four voices is better than ever.

The band is currently comprised of Frank Russo on drums and percussion; Max Murray on bass; Alan Blackman on piano and fender rhodes; Steve Herberman on guitar; Chris Vadala on alto sax and clarinet; Leigh Pilzer on tenor sax and baritone sax; Jen Krupa on trombone; and Chris Walker on trumpet.

Recently, the Uptown Vocal Jazz Quartet released *Hustlin’ for a Gig*, original music, lyrics, and arrangements by Carr, in which the quartet stretches group vocal Jazz beyond American Songbook standards and takes the listener on an exciting journey through their own original songbook.

“We really perfected the vocal group sound. In the past, we had done mostly other people’s songs in our own style and arrangement, but now we’re doing original songs that I wrote,” Carr says. “That has really been exciting people out there and we’re getting major attention for that.” Described as basie-infused swing, bop, scat, lush ballads,

Chicago blues, cool jazz, hot samba, and even classic soul, the singers announce the album with "He Was The Cat," the story of the late Jazz singer Eddie Jefferson sung as an original vocalese.

A review on the popular Criticaljazz.com had this to say about the album, "Old school moving to new cool. As versatile and entertaining as any vocal group you may hear. The Uptown Vocal Jazz Quartet takes their original influences of some iconic masters and transforms them into their own unique flavor and unforgettable sound ... Ginny Carr is a lyricist of immeasurable talent."

In August, *Hustlin' for a Gig* ranked No. 18 on the Billboard charts for top 25 Jazz albums, putting them in the same company as musical legends Tony Bennett, Frank Sinatra and Paul McCartney.

It's not the first time that the Jazz group has shared such prestigious musical company. In 2008, Sony/BMG Europe included Uptown Vocal Jazz Quartet in a compilation CD that featured a dazzling array of artists who have defined the vocal genre, including Ella Fitzgerald, Billie Holiday, Sarah Vaughan, Nancy Wilson, Carmen McRae, Frank Sinatra, Mel Torme, Tony Bennett, Nat King Cole, The Manhattan Transfer, and the NY Voices.

Since 2000, Uptown Vocal Jazz Quartet has performed at international Jazz festivals in the US, Canada, and Europe, where they have shared the headliner stages with

Tony Bennett, Nancy Wilson, Sonny Rollins, Dr. John, Chris Botti, Aaron Neville, and many other iconic artists. They have opened concerts for the Four Freshmen, Charlie Byrd, and Ahmad Jamal; been profiled twice on NPR and multiple times on Radio Jazz Copenhagen and Buenos Aires Radio, been profiled on Jazz Smithsonian, and been played on countless radio programs across the world.

In November, the Uptown Vocal Jazz Quartet will be traveling to France to perform with the Cote Ouest Big Band at France's premier Jazz festival, "Les Nuits du Jazz."

Even with all their national and international Jazz festival commitments, the quartet does try to play home in Virginia when they can.

"We don't have a steady gig here because we are a little too big for that now, but we do have one-off performances here," Carr says. "We will be playing at Blues Alley on October 30 and will be in Baltimore in January."

Beginning this fall, Uptown Vocal Jazz Quartet can be heard in permanent rotation on Pandora Radio's Jazz vocal channels.

www.uptownvocaljazzquartet.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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CHAMBER NEWS



John Hurling introduces new McLean Orchestra Conductor Miriam Burns.



Executive Director Sally Cole and Assistant Director Andrea Alder promoting the Chamber's Shop Local Campaign.



The Falls Church Chamber members at the luncheon hosted by Sea Pearl.



GMBA President and Chamber member Ed Hogg addressing the members of the Falls Church Chamber.



Chamber members are treated to lunch at McLean's Evo Bistro and received a tour of our own CIA complex in McLean, VA.

CHAMBER NEWS

September 19th • 5:30-7:30pm

It's 5:00 Somewhere – Promoting Your Business After Hours

Join The McLean Chamber for their monthly mixer, hosted by Main Street Bank. This month's mixer will be hosted jointly with the Central Fairfax Chamber of Commerce to celebrate Main Street Bank's grand opening of its Fairfax branch.

Main Street Bank Fairfax Branch
10089 Fairfax Boulevard, Fairfax, VA

October 2nd • 5:30-9pm

The Third Annual Suits & Sneakers Celebration!

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October 10th • 7:30-9am

***October Chamber Breakfast:
Business Valuation and How to Pinpoint Weakness in Your Business***

Join us Wednesday, October 10th for our monthly Chamber Breakfast at J. Gilbert's. This month's speaker will be Brad Williams, Co-Founder of Business Resources Alliance Group, doing business as The Alternative Board®-West Fairfax-Alexandria.

October 30th • 10am-2pm

The 6th Annual Non-Profit Forum

Join us for The 6th Annual Non-Profit Forum.
Our featured speaker will be Richard C. Shadyac Jr., Chief Executive Officer of ALSAC/St. Jude, the fundraising organization of St. Jude Children's Research Hospital.

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For more information please visit www.mcleanchamber.org



AROUNDTOWN

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



Hot? Take tea and see, especially if it's Pearl Fine Teas. A Saturday morning treat at the Vienna Farmers Market on Church Street in Vienna. With classic blends like Jasmine Pearls and Oolongs, Elise Scott is usually on hand to answer your questions and make recommendations. Our favorite? Fruity Loop!

For more info visit www.pearltees.com.



Keep on Dancing! Fundraising for the Madison High School Dance Program are (left to right) Michelle Barrett, Riley Copans, Sloane Smith, Laura Barrett, Madison August, and Caroline Arnall.



Were you there? Ariana Schibi and Claudia Bahar were. On August 14th at The Vineyard in McLean, the Leukemia and Lymphoma Society held a fundraiser to help fight against blood cancers.

AROUNDTOWN

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



It's Heidi and Courtney, on a lazy Friday afternoon in the city. The Dandelion Patch and Vienna Vintner combined forces and hosted a summer celebration at the Dandelion Patch on Church Street.



Caribou sighting? It's open! Caribou Coffee has arrived. Can you believe a drive-thru coffee shop has arrived in the heart of Vienna?



Utilities moving underground, it's taken a while, but at long last Drainesville District Supervisor John Foust gets the shovels started for the underground lines at the intersection of Chain Bridge Road and Old Dominion Drive.

AUTUMN TEA TASTING SEMINARS WITH GREAT FALLS TEA GARDEN

Saturday, September 29

Intro to Tea Types from Around the Globe

Learn and taste the differences between white, green, oolong, black, puerh, scented, and blended teas from a variety of growing regions. We will discuss some tea history and tea trivia while tasting some tea treats. Location: Historic Forestville Schoolhouse (next to the Grange), 9818 Georgetown Pike, Great Falls, VA 22066, Reserve at 703-759-2771, \$25, 1-3pm.

Saturday, October 6

Comparison of Green Teas from Around the Globe

Chinese Bi Luo Chun, Japanese Gyokuro, Green Tea from the Azores and the USA - are just a few of the styles of green tea we will compare and sample along with some tea infused treats. Location: Historic Colvin Run Mill, 10017 Colvin Run Road, Great Falls, VA 22066, Reserve at 703-759-2771, \$25, 1-3pm.

Saturday, October 20

Oolong Teas

The most intricate style of tea to produce, an oolong, can be lightly oxidized (leaning toward a green tea) heavily oxidized (close to a black tea), or at any degree in between. You will see and taste oolongs from several countries to experience the diverse flavor profiles and brewing techniques within this group. Accompanied by some tasty tea treats. Location: Frying Pan Farm Park Visitors Center, 2709 West Ox Road, Herndon, VA 20171, Reserve at 703-437-9101, \$25, 2-4pm.

Tea as a recipe ingredient will be discussed and tea treats sampled and flowering Artisan Teas will be demonstrated and tasted at each seminar. Every participant will go home with a tea sampler.

CALENDAR OF EVENTS FOR SENIORS

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Bruen Chapel United Methodist Church,
3035 Cedar Lane, Fairfax, VA

Event Contact: Colleen Turner, 703.324.5489, TTY 711

Special Accommodations Contact:

Colleen Turner, 703-324-5489, TTY 711

September 11, 2012 • 5:30pm – 6:30pm

ALZHEIMER'S SUPPORT GROUP

The Sylvestery, McLean VA

September 13, 2012 • 7:00pm – 9:00pm

Panel Discussion on Caregiving

Reston Community Center at Lake Anne, Reston VA

September 19, 2012 • 1:30pm - 3:00pm

Financial Considerations of Caregiving

Alzheimer's Family Day Center, Fairfax VA

September 20, 2012 • 12:00pm - 2:00pm

ProAging at The Virginian - Annual Elder Law Event

The Virginian, Fairfax VA

September 30, 2012 • 6:00pm - 8:30pm

*Alzheimer's Association Walk to End Alzheimer's
in Northern Virginia*

Reston Town Center, Reston VA

October 4, 2012 • 6:30pm - 9:00pm

Paintings & Pairings

Stacy C. Sherwood Center, Fairfax VA

October 9, 2012 • 5:30pm - 6:30pm

ALZHEIMER'S SUPPORT GROUP

The Sylvestery, McLean VA

October 17, 2012 • 1:30pm - 3:00pm

Keep Them Busy - and Happy: Activities with a Purpose

Alzheimer's Family Day Center, Fairfax VA

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ROLL THROUGH TYSONS CORNER ON A BIKE

by Jake Koniszewski



Biking is a good way to exercise and to get from one place to another. However, Tysons Corner is known for being clogged with cars at most hours of the day, which can make biking in the area a hassle. “Currently biking into Tysons isn’t great, but there are many bike friendly routes that lead into Tysons,” said Bruce Wright, Chairman of The Fairfax Advocates for Better Biking (FABB). “It’s just at a few critical points where cyclists have the most problems, such as at Gosnell and Westpark Roads at Route 7, International Drive, and Route 123.” Thankfully, plans are in progress to make Tysons Corner, as well as all of Fairfax County, a better place to bike.

The FABB have been trying to make Fairfax County more bike-friendly since their formation in 2005. In February 2008, they presented a plan to the Fairfax County Planning Commission for more bike paths Fairfax County, starting with Tysons Corner. It served as an outline for the county’s Greater Tysons Corner Area Bicycle Master Plan.

According to the Master Plan, there are four goals that must be met. The first is to integrate bike planning into the construction currently in progress in Tysons and in future development. This includes the support of current and future bike programs and addressing parking issues. The first full service bike station will also be built in Tysons.

The second goal is creating bike safety and connectivity throughout Tysons. To meet this goal, signs with bike paths will be placed around Tysons and roads will include

designated bike lanes. There will also be bike safety campaigns around Fairfax County to teach people bike safety.

A healthy biking community cannot be created without fostering a bike culture. Programs such as bike sharing, the “Bike-to-Lunch” program, and the “Bike-Friendly Employer” program will help to increase the amount of bikers around Tysons. Visitors can rent bikes to travel

around Tysons and bikers will have access to public and private bike parking places.

Finally, biking must be made into a viable transportation option. Potential programs include “It’s About Time!” – a program that highlights the benefits of bike travel over motor or transit travel. “Bike-to-Work Day,” a program already in progress, hopes to increase the number of participants. There will also be

trail expansions and upgrades for the “Safe Route to School” programs. The plan hopes that by 2030, five percent of all trips to, from, and around Tysons will be by bike.

Although people will have access to these new bike paths, it does not guarantee people will use them. However, according to the master plan, there are many benefits to bike travel. People will spend less time in the car, which creates less motor traffic and less air pollution. Bikers will also spend less money on gas for cars. Plus, biking promotes exercise, and it’s better than sitting in traffic for an hour.

The integration of biking in Fairfax County is one of many ways Tysons Corner is improving. It’s a wonderful opportunity, so why not give it a try?

A healthy biking community cannot be created without fostering a bike culture. Programs, such as bike sharing, the “Bike-to-Lunch” program, and the Bike-Friendly Employer program, will help to increase the amount of bikers around Tysons.

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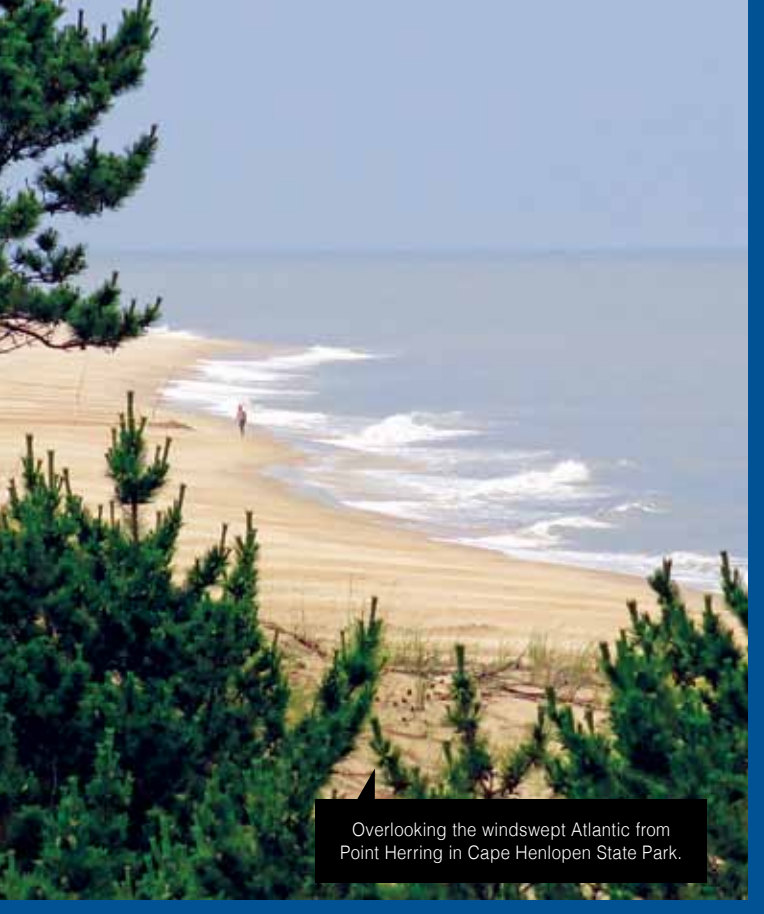
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Overlooking the windswept Atlantic from Point Herring in Cape Henlopen State Park.

THE ALLURE OF THE *Blue* *Atlantic*

by Allison Chase Sutherland

Cape May, New Jersey

In 1609, Henry Hudson, in his exploratory search for a sea route to the Spice Islands of Indonesia, (then the Dutch East Indies), chanced upon Cape May. Fortunately for us, the navigational charts of the day were most incomplete. Upon hearing of the discovery, the Massachusetts pilgrims soon had the sense to follow. Presently, Cape May retains almost none of the colonial buildings of the whalers and fishermen that once inhabited these lands because of the fierce fires and ocean winds which granted them no mercy. They say you have to have good fire department when you have a town full of wooden structures – and now they do. Live and learn. Later, steamships from Philadelphia bound for Baltimore and Washington dropped off happy holiday-going passengers in all their Victorian finery. The Nor'easter of 1962 destroyed the boardwalk, and now, with the exception of one amusement arcade, there are no buildings on the beach side. The Cape May - Lewes Ferry started operating in 1964, and the town was further revitalized – and protected at the same time – due to the efforts of some very forward-thinking individuals. The elements conspired well to preserve the beauty of this turn-of-the-century seaside treasure forever.

Cape May was originally the summer playground of wealthy industrialists from Philadelphia and New York. Then, as now, these families sought an escape from the emerging cities beginning to burgeon during their time at the helm, to benefit from the fine and healthful air of the seaside. And that air does indeed feel just right.

Cape May is known as America's oldest seaside resort town. With 600 Victorian buildings, those built between 1830 and 1901, within just a few blocks, Cape May has been designated a National Historic Landmark City. Enjoy a Victorian garden tour. Or, for just ten dollars, jump on a trolley tour to get an informative overview of the Cape May Historic District

and the Victorian homes of the wealthy Philadelphians and riverboat captains before the turn of the last century. One fine example is the Italianate Southern Mansion built in 1863 during the Civil War by a competitor of John Wanamaker – a businessman so savvy he sold jackets to both the North and the South – hence the grand opulence of the structure.

Built in 1892, 931 Beach Guest House is a treasure from late 19th century Victorian Cape May architecture and has stood throughout the eras as a cherished place for guests and their families to enjoy the sights and sounds of Cape May. Situated directly across from the Atlantic Ocean, 931 Beach Guest House is coastal living at its best – just the right amount civilized, just the right amount barefoot. 931 Beach Guest House offers guests an elegant and relaxing beachfront experience.

Just drive into town from the sleek, unexpectedly modern terminal of the Cape May-Lewes ferry, 302.644.6030, and slide into the driveway from Beach Avenue into a neatly paved parking lot immediately behind the house. Nice and easy, just like a beach vacation should be. You will be welcomed into a home with freshly cut flowers, hydrangeas and daisies from the gardens that surround the place, growing happily in the ocean breeze. Who wouldn't?

931 Beach House's eight spacious guest suites have a refreshing décor, including artisan-quality shell art and beachy pastel-painted interiors, each conveniently equipped with nicely appointed kitchenettes and bathrooms. The beachfront is just at your doorstep with spectacular views of the Atlantic Ocean. LiZa, the innkeeper, will happily supply you with beach chairs and towels.

Open the French doors of the balcony of the Seashell Room to hear the soothing sound of the waves of the Atlantic, day or night – or preferably both. Catch up on a book, watch the surf,



The rooftop pool at Hotel Blue in Lewes offers a quiet respite atop the world.

or doze off for a nap while absorbing the sea breezes. It's time to relax, with the blue Atlantic Ocean directly at your feet in the quietness of this stretch of beach just blocks from the promenade.

You may opt to take your continental breakfast, consisting of tea, coffee, bagels, jam, and cream cheese, on the wrap-around porch with rocking chairs and a hammock, or perhaps in the great room with its plush seats, fireplace, and board games. The lovely LiZa, originally from Sweden, gives 931 Beach Guest House its personality. Right there when you need her, yet simultaneously unobtrusive, LiZa is a kind spirit and great conversationalist, and imbues the place with a peacefulness and calm in keeping with its natural and uncluttered setting. Lovely touches include snugly blankets in a basket by the door in the case of a chillier evening breeze on the porch.

The historic Cape May promenade is just around the corner. For a seaside lunch, savor the mahi mahi fish tacos at Cabanas on the Beach, and in the evening, head over to the eclectically decorated Gecko's, 31 Perry Street, and eat on the deck by torchlight. Gecko's presents an irresistible house salad, field greens with onion dressing, garnished with tomatoes, carrots, cucumbers, onions, roasted corn, and feta. You can even get the dressing to go. This place brings the flair of New Mexico Southwestern / Mexican cuisine with Native American influences to Cape May, with chilled gazpacho, great on

a hot September day, and authentic Mexican pork posole, made with New Mexican yellow and blue lime-cured corn kernels, stewed pork, and green chiles.

Guests who opt to stay at the elegant Queen Victoria may enjoy afternoon tea, British-style. The ever-so-regal Queen Victoria teapot presides over the afternoon array of kiwi, grapes, and strawberries, various cheddars, and a go-back-for-seconds (okay, thirds) chunky tomato bacon spread. On a delightful September day, one might select from black mango or blueberry herbal iced tea to sip leisurely on rocking chairs on the porch, just out of the still-strong September sun, basking in the cooler breezes it brings. Just a block from the beach, and an easy stroll from restaurants and shops, the Queen Victoria is a bed-and-breakfast comprised of four lovingly restored 1880s historical houses decorated with Victorian-era antiques, cozy parlors, and the friendly welcome of Doug and Anna Marie. Enjoy a horse-drawn carriage ride through town and enjoy the pace of a bygone era.

Or opt for the convenience of complimentary bicycles (for guests of the Queen Victoria) and head out to the World War II Fire Control Tower, also called the World War II Lookout Tower, a tribute to the men and women who bravely served in the armed forces, where they have a wall of honor dedicated to local veterans, and then climb the Cape May Lighthouse built

in 1859 – one of the oldest continually operating lighthouses in the United States. Make a stop to check out the bird-watching trail which begins adjacent to the light – a well-known location for viewing the fall bird migration. Then continue on to the end of Sunset Boulevard to Cape May Point State Park for sunset, where each evening in the warmer months – for the last forty years – a local Cape May veteran has conducted a flag ceremony to honor a veteran as the bright orange sun sets over the water – a very rare and special sight on the East Coast, hence a fitting place for such a tribute.

Enjoy a Philadelphia Water Ice, (lemon is the most refreshing), and play a round of putt-putt at the Sunset Beach Mini Golf at Cape May Point overlooking the Delaware Bay, a most natural, beautiful setting. And on the way back to the ferry, if you find you have a few minutes to spare, try to squeeze in a quick stop at the Cape May Winery, although it begs a longer visit under its lovely umbrellas in the garden.

Other activities for the outdoor enthusiast include kayaking, paddle-boarding, hiking, whale-watching and dolphin-watching, but if you're lucky, Atlantic dolphins may accompany you during the 85-minute ferry back across the Delaware Bay, as you lounge in the sunshine and the ocean breeze, or perhaps by sunset, on the top deck of the ferry, guiding you, as did the river pilots of yore – safely and surely back to Lewes.

Lewes, Delaware – First Town in the First State

The tranquil, almost sleepy, beachside town of Lewes, Delaware quite belies its stormy past. Pirates like Blackbeard and Capt. Kidd once plied these shores and plundered the town of Lewes in their raids up and down the Atlantic coast. And in fact, the Delaware River and Bay were so difficult to navigate that, for centuries, river pilots have been needed to guide ships through its narrow and treacherous channels, steering many a mariner clear of its dangerous shoals, thus affording them the wealth manifested in the beautiful Victorian homes lining the streets, such as Pilottown Road.

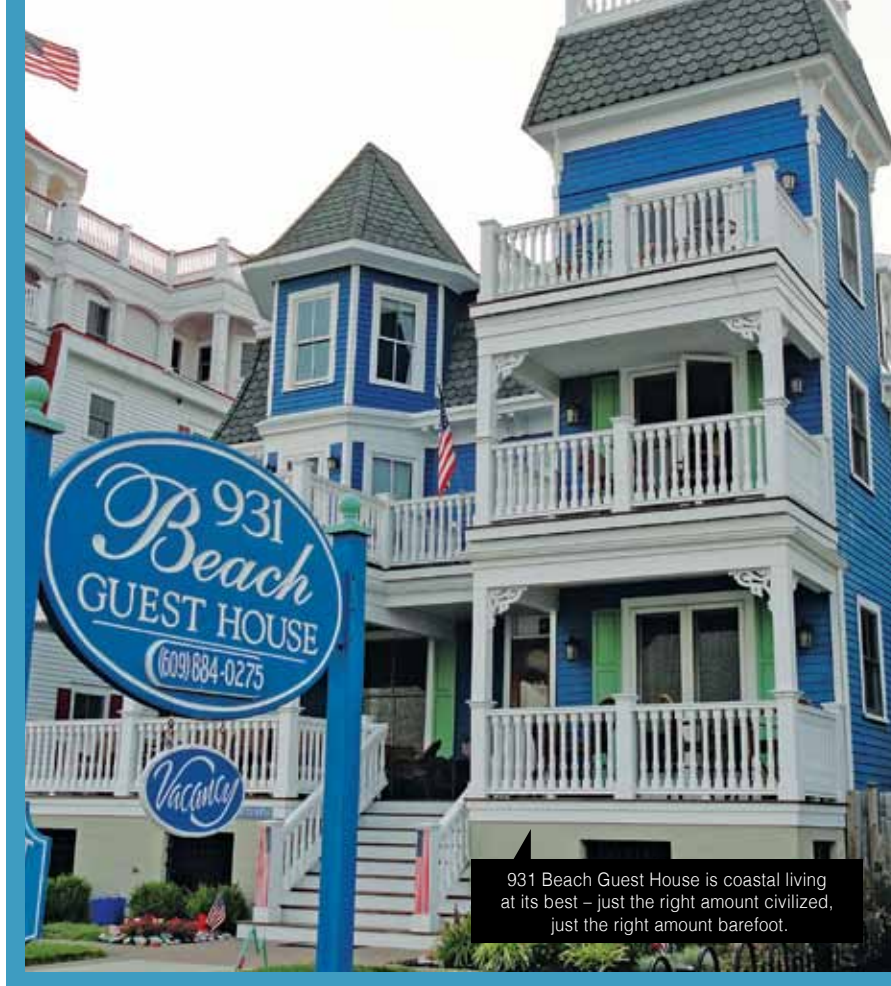
Hotel Blue, described as a simple palette of unpretentious luxury, lends the unexpected touch of the modern flair of a contemporary boutique hotel to its historical surroundings – without feeling a bit out of place. Tucked in

beside the Lewes-Rehoboth Canal just a block over the drawbridge from Second Street with its upscale restaurants and shops (even an authentic Italian salumeria/pasticceria with a little bar), Hotel Blue situates you nicely between the quaint, historical town on the canal and peaceful fields edged by pines and marsh grass. Not every inch is built up here. How refreshing, indeed. As viewed from your perch of the rooftop pool, (complete with outdoor fireplace for those chillier nights,) a quiet lane slices a line toward the bay, beckoning you to jump on your beach coaster bicycle. Here you can ride in your blue gingham dress and a straw hat. Be as you are. And at this pace, you can expect a smile or two.

Fun, whimsical touches include glow-in-the-dark blue sinks and ice buckets, beach ball pillows, and the soothing sound of koi fountains with Buddha statues outside the balconies. Guest rooms are equipped with romantic fireplaces, pillowtop mattresses, luxurious linens, and private balconies – not to mention a hassle-free parking place, just for you.

Rent a beach cruiser at Lewes Cycle Sports, 302.645.4544, (oceancycles.com), in the little shopping center beneath the Beacon Motel just around the corner (within walking distance) from Hotel Blue, and ride to the Delaware Bay beaches (with bathhouse) just a few blocks down, or continue the two miles to the spectacular 5,000-acre Cape Henlopen State Park with its myriad of tree-lined bike trails – a haven not just for cyclists and hikers, but also for naturalists, campers, surfers, and surf-fishermen. There is even a bathhouse on the Atlantic Ocean for beachgoers. The Great Dune is the largest sand dune between Cape Hatteras and Cape Cod. Off the coast on the bay side are the Delaware Breakwater East End Lighthouse, which can be seen from Cape Henlopen, and the Harbor of Refuge light, a beacon to mariners since 1926, which marks the Delaware Bay entrance, continually welcoming the ferries to Lewes.

A great place to catch the sunrise is Herring Point, with views down through the coastal pine forest to sweeping vistas of the Atlantic gently rolling in. Originally part of World War II U.S. Army Fort Miles, built to protect him the Delaware Bay entrance, this land is now in the hands of the U.S. Park Service. Lookout towers here and at the entrance to Cape May attest to their shared history. Karen and Rich Tarpley, who migrate



between Fairfax and Lewes, really go for Agave Mexican Grill / Tequila Bar at 137 Second Street, 302.645.1232. The Steak Quesadilla with caramelized onions and bleu cheese was nothing short of luscious. In the fall months, getting a table may no longer be, as Rich puts it, “a two-Margarita wait” as in the summer months. With three distinct areas, the Mexi-rustic interior, the plush, sleek upstairs bar area, (a prime spot for people-watching) or the beachy wooden back deck, you can relax in just the right ambiance for your mood. In a short space of time, chef/owner Chris McKeown has transformed this space into an authentic taste of Mexico, deliciously influenced by his stints cooking in what I remember as the City of Eternal Spring – Cuernavaca, Mexico.

For millennia, the prehistoric horseshoe crabs have laid their eggs in the sand at Slaughter Beach in the Delaware Bay, which falls along the migratory bird route. In November, birdwatchers flock to see the spectacle of tens of thousands of Snow Geese descend from the skies and blanket the fields in white. Other birding sites, particularly for the fall migrations of ducks and geese, include the national wildlife refuges of Prime Hook, located on Delaware Bay just north of Lewes, which offers the largest freshwater marsh systems on

the east coast, and Bombay Hook an hour farther north. Cape May is also a top bird-watching destination, having recorded over 400 bird species.

Other fun fall events include the Cape May Food and Wine Celebration from September 15-19, the Cape May Film Festival, October 19-21, (capemayfilm.org) and the Rehoboth Beach Independent Film Festival from November 7-11 (rehobothfilm.com), the Cape May Victorian Week celebration from October 5-9, the Lima Bean Festival in West Cape May on October 6, and later, Victorian Christmas, including candlelight house tours, making Cape May and Lewes the perfect beach destinations to visit any time of year. Indeed, the allure of the blue Atlantic is just as strong as ever.

931 Beach Guest House
931 Beach Avenue,
Cape May, NJ 08204
609.884.0275

Hotel Blue 110 Anglers Road,
Lewes, DE 19958
302.645.4880

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



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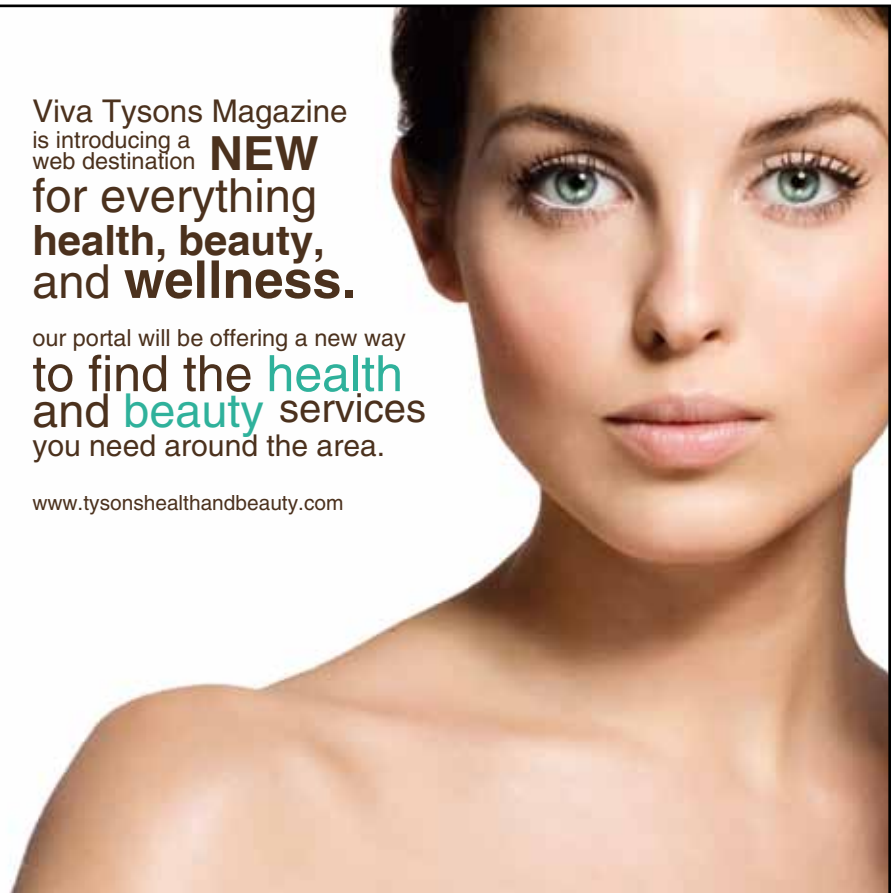
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Dr. Lawrence Markovitz, Virginia Vein Care

Do you experience leg discomfort, swelling or varicose veins? If so, you may be one of 25 million Americans who suffer from venous reflux. Traditional painful vein stripping surgery is now outdated and has been replaced by simple outpatient procedures that are available at Virginia Vein Care. With local anesthesia, these procedures can be done with very little discomfort or downtime and are usually covered by private insurance and Medicare.

Although a variety of physicians offer vein care, the consumer should know that vein disease is not a cosmetic problem. Varicose and spider veins are often the result of an underlying disorder of the circulatory system known as venous reflux. Veins are part of the circulatory system, as are the heart and arteries, and deserve the care of a cardiovascular surgeon with specialized training, knowledge and experience in treating disease of the heart and blood vessels.

At Virginia Vein Care, we focus exclusively on disease of the veins. Dr. Lawrence Markovitz, the founder of Virginia Vein Care, is a Board Certified cardiovascular surgeon and a Fellow of the American College of Surgeons. He has been a practicing cardiovascular surgeon since 1990.

Varicose veins are known for their bulging appearance on the skin and characteristic blue color. Spider veins are a mild form of varicose vein disease. The cause of both is venous reflux. Normally, the veins carry blood from the feet to the heart, against gravity. A series of paper-thin valves keep this process functioning properly. Varicose veins are caused by damaged valves and the backward flow of blood within the legs, a condition known as venous reflux. This leads to the formation of varicose and spider veins. Besides being ugly, varicose veins can cause significant symptoms which include swelling, aching, throbbing, and itching as well as leg heaviness, tired legs, and restless legs. Left untreated, they can lead to venous ulcers, phlebitis, and bleeding.

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LET IT GO

Fall into a healthy rhythm this autumn.

by Laurie Young

In my back yard, a miniature weeping cherry tree has held center stage for years. In October, it is pruned to a tight, organized shape and rests quiet and steady through the snowy winter until white blossoms erupt in spring. As summer unfolds to autumn, it grows heavy with green leaves that magically transform to golden orange and then fall to the ground, reminding us it is time to prune once again.

But not this year. Fewer blossoms appeared in spring, leaves emerged reluctantly, and by mid-summer it was obvious that something was very wrong. Tufts of deep green were punctuated by an equal amount of stark, leafless branches. When I consulted my landscape professional, he noted spots on the tree indicating that it was beginning to shut down. We discussed a variety of ways to treat it, but all of them would cost more than replacing the tree itself and might not work anyway. He looked at me and said simply, "It's time to let it go."

When clients come to me for health counseling, I begin by having them add in whole, fresh foods and new movement activities. Like the growth of spring and summer, adding in is a joyous process of exploration, finding new practices and ways of eating that nourish the body and soul. The equally important partner to that process is crowding out—cutting back and in some cases getting rid of less healthy foods, sedentary indulgences, or even activities and relationships that are no longer working.

In autumn, nature reveals the ease and necessity of this mindset, as trees release their leaves and plants turn inward, toward earth, for winter. Though we have a model in nature, the process of letting go can still be challenging, particularly when habits, foods or relationships are familiar and comforting. To support the process, identify a few significant things that are no longer serving you. Focus on pruning those habits or situations

carefully, or even thoughtfully letting them go in the interest of healthy growth.

Crowd Out an Unhealthy Food

You probably already have in mind at least one less-than-stellar eating habit you've held onto for years. For some of us, it may be low-nutrient, packaged snacks like cake or chips, for others, fast food or lattes. Most of us know specifically what our weakness is, and a tremendous amount of energy is spent justifying why we keep consuming that thing rather than cutting it out.

Great Reads

The following books offer new perspectives on eating and nourishing our health. By letting go of old ways of thinking, we make space for the new to flourish:

The Slow Down Diet by Marc David

David offers a new way to understand our relationship to food, focusing on quality and the possibilities of pleasure in eating to transform and improve metabolism.

The Yoga of Eating by Charles Eisenstein

A practical and inspiring manual that offers original insights on the physical and spiritual functions of food, dieting and the deeper principles of self-nurture. This book appeals to a higher authority—your own body—and shows how to access and trust the wisdom your body has to offer.

Integrative Nutrition by Joshua Rosenthal

Stop judging your own health, weight, and way of eating and living, and strive to understand who you are as an eater—and WHY. Integrative Nutrition is loaded with valuable insights into your relationship with food, nutritional theories, and holistic approaches to maximizing health.

But just like my cherry tree, you may be reaching a point where the effort of keeping it in your life, no matter how enjoyable it has been in the past, is simply too costly for your health.

To be successful at crowding out, get very specific about your goal. For example, rather than “cutting out sugar” all at once—which can be a daunting task—determine your major vulnerability, something you indulge in regularly or habitually. Is it a doughnut or muffin eaten as a snack, a tendency to order a soft drink with meals? If you can narrow it down to a specific tendency or even a particular time of day, it will be easier to develop strategies to eliminate problematic choices by adding in healthy options that fill you up instead.

Evolve Your Health Routines

I see a number of clients who developed their idea of optimal fitness and weight control when they were in their 20s, yet their bodies have changed over time and they are now encountering problems as they struggle to maintain a rigorous exercise routine or restrictive diet just because it worked in the past. The first thing I ask them to do is slow down and focus on gaining more awareness of their bodies. Activities such as yoga, or even a practice of simplified stretching with awareness, can give you information about the nuances of your body, your weak areas and your strengths. (See below for an idea of how you can begin this at home.)

Even if you aren't a fan of yoga, meditation or gentle exercise, devote some time to honoring what your body was like at a younger age while also respecting the gifts of aging, so that you can thoughtfully let go of the past. This will prepare you to either design a more balanced approach on your own or seek help from a professional

who can assess where you are, help eliminate what's not working, and guide you towards a routine that will best benefit you now.

Let Go of Too Many Social Obligations

Friends, family, and community are wonderful, nourishing elements in your life and health, and the summer months offer an abundance of opportunities for socialization and activity. If momentum continually increases unchecked, however, our schedules may reach a fever pitch, becoming so crowded and busy that there is hardly time to enjoy anything or anyone. Activities that were once pleasurable can then take on a heavy sense of responsibility. Autumn offers a natural opportunity to reflect on the volume and quality of our commitments, and observe what needs to be lessened or released so that we can settle easily into the quiet of winter. Take this opportunity during fall, before you are swept into bustle of the holiday season, so that you can maintain balance. And look forward to enjoying family, friends and the spirit of the season in the way it is meant to be celebrated.

If we lose our sense of rhythm with the natural world, we also lose touch with our own inner nature. And without realizing it we may fall out of sync, hanging onto outworn habits, unhealthy ways of eating and social obligations that simply aren't serving us. But like a tree in autumn, there is a sacred grace to letting go when the time is right. In such moments, we find the stillness of what is essential and the promise of new opportunities and growth, in tune with every season.

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.

Two Simple Yoga Poses for Letting Go

By practicing a few simple yoga poses you can “embody” the process of “letting go.” Through the poses and relaxed breathing, “letting go” becomes not just an idea, but an integrated experience for your body, mind and spirit.

As you settle into each pose, observe your breath. Pay special attention to your exhalations. Imagine you are releasing negative habits, thoughts or emotions each time you exhale.

Child's Pose

This is a simple kneeling pose that fosters humility and surrender of the ego. It also symbolizes reverence to the Divine within.

- 1) Kneel, knees on the floor, and bow your head down. Let your head rest on the floor, and extend your arms forward and overhead.
- 2) If you have pain in your knees or thighs, place a folded towel behind the backs of the thighs. If your head does not reach the floor, place a folded towel under your forehead so that it is supported.

- 3) Remain in the pose 3-5 minutes. Breathe slowly. Let your exhalations be long and relaxed.

- 4) Imagine negativities flowing out with each breath.

Reclining Chest Opener

In this pose you lie on your back with support under the upper back. It opens the chest, heart, diaphragm and abdomen to release physical and emotional tensions.

- 1) Fold one towel 8” wide and 1 to 2 inches thick. Lie on the floor with the towel under your shoulder blades.
- 2) Extend your arms out in a “T” formation. Take a second folded towel and place it underneath your knees.
- 3) Lie over the towels for 3-5 minutes. Breathe slowly. Let your exhalations be long and relaxed.
- 4) Gradually let go of any tension you may be holding in your body or mind. Relax more deeply each time you exhale.

Courtesy of: Ann Teresa Thomas, MA, E-RYT 500, Iyengar Certified Instructor. www.integrativefamily.com.



COOKED VS. RAW

The great vegetable divorce?

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

Recently I asked a group of my chef friends what is their personal produce preference: cooked or raw? Did this affect their opinion or emotional reaction towards these earthy ingredients?

The general chef consensus was that while fruits and raw vegetables are healthier, you need to cook them (with the exception of berries and platter garnish) for the dish to be fine cuisine. I mentioned a friend of ours who carves beautiful displays – tableaus straight from storybooks – from fresh produce. They agreed with her genius, but reminded me that her visually stunning displays are still just plain produce (with mouthwatering dips) when you eat them. Of course, we all agreed that nothing tastes better than freshly ripe fruit, but you won't find a recipe for, "Just go to a farm and eat a peach!" in any cookbook. Are we horrible snobs for saying this can't be called fine dining? Why do we chefs shudder at the thought of including raw diet recipes with our fine cuisine? When did veggies become so polarized, living in a segregated state of raw and healthful vs. cooked and sophisticated? As we Americans enter the vegetative state of inactive obesity, it is time to embrace the digestively productive produce, both cooked and raw, in all its glorious states of nutritional bounty. Cooked vs. raw; healthful vs. fine dining ... Can't we all just get along?

I found it interesting that the chefs did not consider raw and vegan recipes fine dining, but they are thought to be healthier. Hmm ... To quote Porgy and Bess: It ain't necessarily so! As we all know (especially if you read the July issue of *VivaTysons*), not all calories are equal. You will process the calories from a cupcake very differently than a flax seed cracker. Food nutrients are in the same situation. Take the carrot: If you eat 100 calories worth of carrot (4 large or 28 baby), you will be very full! But you will also only process the amount of nutrients and calories that your body can grab out of that carrot while it flows through the assembly line we call a digestive tract. This nutrient grabbing process also dictates the speed that you digest. A cooked carrot will process a lot quicker than a raw one, plus provide a greater yield of absorbable energy (calories) and key nutrients. A raw carrot will provide lots of insoluble fiber (which keeps your digestive tract clean) and sustained energy, but almost no calories or nutrients. Which is better? Take your pick! Or mix and match your veg

temps! When you eat both cooked and raw produce together, you provide your body with both immediate and enduring energy. You give your gut a great variety of fiber and broaden your nutritional platform. Combining cooked and raw produce feeds both your palate and your body with harmonious synergy.

Another reason we should include raw fruits and veggies with every meal is to make sure we imprint our children with this message. Recently I was helping a summer camp fix some menu issues. One glaring problem was that their menu was based on a school cafeteria program. You would think this should be okay, as someone who designs dietitian-approved and kid-friendly meals on a daily basis set them up ... and I

mean "set them up" ... for failure! Every meal was a combination of starch, cholesterol, sugar, and fat with a side of canned fruit. My favorite was pizza, french fries, cake, applesauce, and Kool-Aid. Apparently, when our government publicly volleyed the concept that pizza, french fries, and ketchup could be classified as vegetables, childcare professionals listened! This misinformed crew was thrilled that they could serve a "healthful and veggie-filled" menu that the kids

As we Americans enter the vegetative state of inactive obesity, it is time to embrace the digestively productive produce, both cooked and raw, in all its glorious states of nutritional bounty.

would enjoy. I felt really bad when I taught them the basics of digestive pathways and nutritional processing ... and watched their facial expressions as understanding crept in. Needless to say, we immediately set up a salad bar and revised the menus to add real cooked vegetables. This mind blowing experience started me thinking about produce imprinting. How can today's children learn to appreciate a concept as evolved as cooked vs. raw if they don't even get near the real product?

When I was a child, my parents hosted a lot of formal dinner parties. The first course was often a very light soup with a side dish of finely cut fresh vegetables to sprinkle into the piping hot soup. It was wonderful to explore the evolution of taste and texture while crunchy gave way to flavorful. As the hot soup cooked the raw garnish, the dining room filled with wisps of an increasingly piquant aroma adventure. Later, after the main course, we would have a simple salad followed by an aperitif (port, cognac, or a dessert wine) served with a display of fruit, cheese, and rustic bread. This would soon be joined with a light, creamy, berry garnished dessert and dark coffee. This fusion of produce was not just for fancy meals. To this day, every meal at my parents' home includes a variety of fresh

fruits and vegetables, both cooked and raw. My parents are masters at including farm fresh ingredients in a myriad of ways that would make my chef friends mouth-wateringly jealous.

Personally, I think that fine cuisine is only about the effort, detail, and love that you put into your dish. Some of my favorite uncooked recipes require more labor than you would imagine! My Raw Confetti Chips with Semi-Dried Tomato Pesto makes a beautiful display and is fun to serve at cocktail parties. Fresh Berry Mélange Tart on a raw nut crust drizzled with sweetened lemon oil is a beautiful and very sophisticated dessert (and a LOT of effort for such a small berry plate). When cooking haute cuisine, I always ask myself "How many healthful ingredients can I add to this recipe?" I will whisk raw apple cider vinegar into my salad dressing. My quiche batter is blended with tofu. My Veal Marsala is made with seitan or quorn (chewy vegetable proteins – great substitutes for meat).

My morning fried egg is served on a small spinach salad with a side of whole grain toast. These are not recipes, but rather culinary techniques. This is just a matter of thinking about each meal as an opportunity to include greater health value.

The next time you make a (veggie rich) stir fry with brown rice, try it served on a bed of baby spinach or power greens, shredded raw carrot, and diced tomato. Looking forward to a summer fresh salad? Instead of dressing, toss it with the leftover cooked veggies in your refrigerator. About to serve up a big bowl of pasta? Make sure your plate is $\frac{3}{4}$ dark green vegetables (cooked broccoli, green beans, or kale) and only $\frac{1}{4}$ pasta under your tomato sauce. Garnish your meal with a small salad or a fresh selection of fruit. Yum! That is the kind of collaborative produce relationship that I love to wrap myself around.

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.

Raw Confetti Chips with Semi-Dried Tomato Pesto

Ingredients:

2 fat carrots
1 large daikon radish (you can substitute parsnip or jicama)
Frozen asparagus spears
Frozen haricot vert (small and skinny green beans)
4 large tomatoes
2 Tbsps olive oil
2 cloves garlic, crushed
Salt and pepper to taste
A large bowl of heavily salted ice water

Method:

- 1) Core and slice the tomatoes in half. Toss with the olive oil, garlic, salt, and pepper. Place on a sheet pan and leave in a 120 degree oven for up to one day, or until the tomato is dried down to half its volume (The more you dry it, the less acidic and more intense the taste will be).
- 2) Puree the tomato in a blender or food processor. You can add fresh herbs or seasoning as desired. Add more olive oil or a little water if the pesto is too thick for your taste.
- 3) Thaw in refrigerator the amount of green beans and/or asparagus you desire for the platter display. (You can also use frozen broccoli and cauliflower florettes.) NOTE: The act of freezing and thawing ruptures the vegetables' cell membranes and mimics the act of cooking and blanching.
- 4) Thinly-slice the carrots and daikon radish into thin chips and drop in the salted iced water. Soon they will start to curl up. Remove the chips to rest in refrigerator on a cloth lined plate so they can drain before service.
- 5) Design your platter as decoratively as you like with the bowl of tomato pesto in the center for dipping.

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HALLOWEEN: WHO WILL WIN THE CANDY WARS?

by Judy Caplan

No matter how hard you try, it is almost impossible to avoid candy at Halloween! Candy at Halloween is like Easter eggs at Easter, gelt at Hanukkah, and candy canes at Christmas. It is a fact of life. So this year, instead of battling with the kids over when, where, and how to eat the candy, here are some suggestions that might help sweeten this ghoulish holiday.

Limit the container size: With young children it is easy to control the amount of candy by limiting the container size. Pick a small plastic pumpkin with a strong handle or a mini-sized shopping bag. Make a rule that kids have to carry their own candy. This will help limit the amount. When they start complaining that the container is too heavy, it's time to go home.

Separate the candy: It is always fun to separate the candy when kids get home. They can make piles of ones that are not acceptable, like unwrapped or damaged candy, types they love, and kinds they dislike. Throw out the inedible candy and tell them you or dad will take the candy they don't like to work. That leaves only the candy they want.

You can take this sorting process a step further and look for candy that contains partially hydrogenated or trans fats. These types of fats are artery clogging fats. So if much of the favorite pile is full of hydrogenated fats, this would be a good time to cut back on other artery clogging fats like French fries, nuggets, and burgers.

Limit the amount: Over the first few days most kids go hog wild eating candy, but then it usually tapers off. In fact, by week two many kids have forgotten about the candy all together. If the candy obsession lasts more than a week or two, it can be helpful to set up guidelines to deal with the remaining supply. Limiting candy to a

piece or two after dinner is a good idea. If it is not gone by Thanksgiving, throw it out!

After the first few days, do not allow your kids to bring candy to school. Many schools will have policies prohibiting bringing in Halloween candy at all.

Brush your teeth: This is an opportunity to explain to kids how cavities form. Tell them they need to brush their teeth within a few minutes of eating candy because the sugar in the candy reacts with bacteria in their mouths to form acids which attack the teeth causing cavities. If you have not already banned sodas from the house, this might be a good time to start.

Adjust snacks: Since you know your kids will be eating candy, if not theirs probably someone else's, make snacks healthy. Offer sliced fresh fruit, trans fat-free popcorn, low-fat cheese sticks, fresh veggies and hummus, or whole grain pretzel sticks. Don't keep sweets like ice cream or other sugared snacks around at this time.

Adjust meals: During the first week or so, make meals that are lower in carbohydrates to adjust for the extra candy intake. Avoid pasta, potatoes, rice, and breaded foods. Definitely avoid sweets and junk food. Don't send packaged snacks to school. Eat more protein, vegetables, and healthy fats like olive oil, avocado, and nuts. While this may seem like a lot of work, it beats the alternative of turning into a witch by disallowing candy. Candy at Halloween, as long as kids are eating other healthy food, will not permanently ruin your child's health. This balanced approach leads to happy memories and a cease fire.

author: Judy Caplan is a registered dietitian with a private practice in preventive health in Vienna, VA. Her latest books are available on iTunes and at www.gobefull.com.

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Cardio, Strength, Core, and Balance

by Cindy Pavell M.S.

Would you be interested in one piece of equipment that can offer a full body workout AND cardiovascular work? This is it! The BOSU Balance Trainer has been in the fitness industry since early 2000. Many physical therapists and fitness trainers use this innovative piece of equipment for a variety of exercises. From the beginner to the advanced, the BOSU can offer a great workout! Along with this article, there are DVD workouts available; some are designed towards strength and balance, while others are more cardiovascular. If the BOSU is totally new to you, be patient. You may think you will never get the hang of it. You will! I have clients who are 78 years old working out on the BOSU!



Begin on the BOSU by just standing on it. You may want to hold onto something at first. I encourage you to do this barefoot or with socks. The sensory feedback from your feet will be at a much higher level than with shoes. You will feel your feet, ankles, and legs working hard to balance you. As we age, balance and coordination are the first to deteriorate. BOSU can greatly assist you to maintain these valuable facets of our bodily function. Once you can stand on the BOSU for a solid minute, do some type of step-up. A cardiovascular workout is as easy as doing various combinations of step-ups and compressions.

The following are a mixture of strength, core, and balance work. You can do these movements for time or for repetitions.



Beginner: In this abdominal crunch, you can also move your buttocks closer to the floor to make this movement easier. Place hands behind the head if you need neck support, but don't push your head forward.



Beginner: This movement works your back, buttocks, and hamstrings. Don't concern yourself with lifting your hips this high. Just lift as high as what is comfortable for you.



Beginner to Advance: The lower your hips go, the more advanced the movement becomes. Core, legs, and balance are being challenged.



Beginner to Advanced: For beginners, hold this position while on your knees. Your shoulders, arms, and core are working. You can also do a pushup.



Advanced: Major core work here. Your balance is also challenged.



Advanced: Your balance and core is majorly challenged in this movement.



Advanced: Mixture of strength, core, and balance work. The rotation of the torso adds a higher demand for balance in either position.

I have offered you just a few positions and movements you can perform on the BOSU. I hope you take advantage of this very versatile piece of equipment (only about \$100). Start slow and give your body time to adapt. It will get better! Feel free to contact me if you have any questions: cpavell@cox.net.

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: [cefitwell](https://twitter.com/cefitwell), www.fitnesspluswellness.com.

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- 2 eggs
- ¼ cup milk
- ¼ cup pumpkin purée
- ¼ tsp vanilla
- ½ tsp cinnamon
- ¼ tsp ginger
- ⅛ tsp cloves
- ⅛ tsp nutmeg
- 2 Tbsps brown sugar
- 8 slices of bread

Directions:

- Mix the eggs, milk, pumpkin purée, vanilla, cinnamon, ginger, cloves, nutmeg and brown sugar in low flat bowl for easy dipping.
- Heat a pan over medium heat.
- Dip the bread into the egg mixture on both sides and grill in a pan until lightly golden brown, about 2-3 minute per side.

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Ingredients:

- 1 ½ cups pitted dates
- ⅓ cup unsweetened cocoa powder
- ⅓ cup whole chia seeds
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ¼ tsp almond extract
- ½ cup slivered almonds (unsalted)
- ½ cup chopped pecans (unsalted)
- ½ cup dried cherries
- optional: sprinkle of sea salt

Directions:

Purée dates in food processor until a thick paste forms. Add cocoa powder, chia seeds, cinnamon, along with vanilla and almond extracts. Pulse until all ingredients are combined. Add the almonds and pecans; pulse until nuts are well incorporated into date mixture. Stir in dried cherries.

Spread large sheet of wax paper on work surface. Transfer date mixture to wax paper and press mixture into ½-inch-thick rectangle. If desired, you can even out the edges by trimming them with a knife. Wrap tightly in wax paper and chill overnight. Unwrap block and cut into 8 bars. Sprinkle with a bit of sea salt (optional). Re-wrap each bar in wax paper and refrigerate leftovers in an air-tight container.

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Ingredients:

- 1 lb of pasta your choice
- 8 oz of shredded cheddar cheese
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- 8 oz plain yogurt any style, add more for creaminess
- Cayenne pepper to taste (optional)
- Salt and cracked pepper to taste

Directions:

- Cook the pasta to just under your liking in a large saucepan.
- Add both types of cheese reserving about a half cup for the topping.
- Melt cheese thoroughly while adding yogurt a bit at a time.
- Stir until creamy and fully melted.
- Add cayenne, salt, and pepper to taste.
- Transfer pasta and cheese to glass pan, cover with reserved cheese and broil for about five minutes, or until cheese topping is bubbling and browned. Serve warm.



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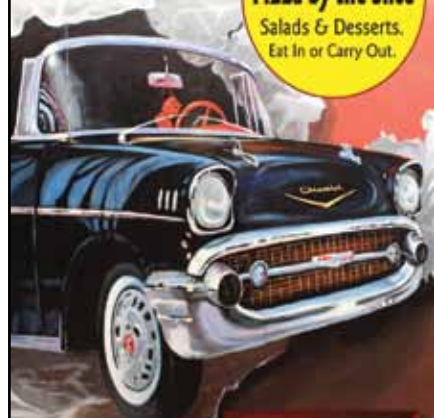
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A BITE-SIZED TREND: *Customcakebites*

Dining with Jeannine • by Jeannine Bottorff



About a year ago, I got together with a few friends and our husbands at Wolf Trap to sit on the lawn, listen to music, sip a little merlot and – of course – eat! As it happened, it was one husband's birthday. His wife brought "cake pops" to celebrate instead of the usual birthday cake or ever-popular cupcakes. As I sunk my teeth into the first one and the rich sweetness awakened my taste buds, I knew these were not just the run of the mill confection.

After reaching the luxuriously rich center of a lemon-laced pop (my second or maybe third!), I asked where she got them. She told us they were ordered from one of our high school friends whose business is based in Fairfax, VA. Since I like promoting small businesses (especially those with unusually delicious desserts!), I began ordering these little goodies for my parties and raving about them to anyone who would listen.

Most people don't realize that to make cake pops the right way, cakes must be baked, crumbled, and infused with flavor. They are then rolled by hand into balls, dipped in chocolate or candy coating, and decorated. This is time-consuming process that enlists both creativity and baking skills.

But the real talent is being able to make them as delicious as they are beautiful; Customcakebites does both.

Customcakebites come in a variety of flavors. Classic flavors include chocolate, vanilla, red velvet, and lemon. Classic combo flavors are cookies and cream, carrot-nutty (or not) and chocolate/peanut-butter. S'mores and gluten free brownie flavors are also on the expanding menu, as well as dipped Oreos® cookies. Have them custom designed for any celebration – weddings, bar mitzvahs, birthdays, and more.

Mercedes Campos Bockman, the owner of Customcakebites, is a former Nordstrom buyer who stumbled into the food world after baking these treats for her Christmas baskets one year, impressing numerous friends and relatives. The response was overwhelming as everyone who tasted them put in orders – even before she was officially in business. Her first order was for 150! She knew immediately that she had a new opportunity in her life – one she was ready for.

Growing up in Puerto Rico, Mercedes worked along side her father at the family store learning all the ins

and outs of an entrepreneur. She continued that education process through her years in the retail and corporate worlds. These, along with a tremendous talent for baking and attention to detail, have brought her to the Customcakebites juncture in her life. Now the "CCBs," as I like to call them, are popping up at various events, parties, and restaurants around the DC area.

You can find Customcakebites at StarNut Gourmet in McLean. This fall you can also find them at the Metropolitan Food Show (Nov 3-4), the Junior League Christmas Boutique (Nov 16-18), the American Heart Association spring event, Hearts Delight (May 4, 2013) and the Dominion Guide (Oct 23-24). But the best (and fastest) way to try these delicious treats is to contact Mercedes at 703-216-0295 or by email info@customcakebites.com.

Learn more about Customcakebites at www.customcakebites.com

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



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**Old Firehouse Teen Center
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Friday, Sept. 7, 7-10 p.m.

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Free admission

Jammin' Juniors
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19 and 26, 12:30 p.m.
Free concerts for ages 2-5
McLean Central Park

Harvest Happenings
Saturday, Sept. 22, 11 a.m.-2 p.m.
\$5 per person

**5K Run with the
Warriors**
Saturday, Oct. 6, 8 a.m.
McLean Square Shopping Center

**Haunted Gingerbread
House Workshop**
Thursday, Oct. 18, 6:30-8 p.m.
\$45/\$35 MCC district residents

**Hobey Ford's Golden
Rod Puppets in
"Migration"**
Saturday, Oct. 27, 2 p.m.
\$15/\$10 MCC district residents

**Sunday Soiree Dance
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Yield: 8 servings

Ingredients:

- ½ cup sugar
- 3 Tbsp all-purpose flour
- 4 cups chopped peeled ripe pears (8 to 9 medium)
- ½ pkg refrigerated pie crusts (1 crust) softened as directed on box
- 1 tsp sugar
- 2 Tbsp sliced almonds

Directions:

- Heat oven to 450°F. In medium bowl, mix ½ cup sugar and the flour. Gently stir in pears to coat.
- Remove one pie crust from pouch; unroll crust into ungreased 15x10-inch pan with sides.
- Spoon pear mixture onto center of crust to within two inches of edge. Carefully fold two-inch edge of crust up over pear mixture, pleating crust slightly as necessary. Sprinkle 1 tps sugar over crust edge.
- Bake 14 to 20 minutes or until pears are tender and crust is golden brown, sprinkling almonds over pear mixture during last five minutes of bake time. Cool 15 minutes. Cut into wedges; serve warm.

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ITALIAN MEATBALL SLIDERS

Ingredients:

- 1 Tbsp olive oil, divided
- 3 garlic cloves, minced
- 3 shallots, finely diced
- $\frac{1}{3}$ cup part-skim ricotta cheese
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup panko (Japanese breadcrumbs), toasted
- $\frac{1}{2}$ tsp freshly ground black pepper
- $\frac{1}{4}$ tsp crushed red pepper
- $\frac{1}{8}$ tsp salt
- 8 ounces lean ground pork
- 2 (4-oz) links turkey Italian sausage, casings removed
- 1 large egg
- $1\frac{1}{2}$ cups lower-sodium marinara sauce
- 12 slider buns, toasted
- 12 basil leaves

Directions:

- Heat one tsp oil in a large skillet over medium heat; swirl to coat. Add garlic and shallots to pan; sauté three minutes or until shallots are softened, stirring frequently. Combine shallot mixture, ricotta, and next eight ingredients (through egg) in a medium bowl. Shape mixture into 12 (one-inch) meatballs; flatten each meatball slightly.
- Return pan to medium-high heat. Add remaining two tsps oil to pan. Add meatballs to pan; cook six minutes, turning once. Add marinara sauce; bring to a boil, scraping pan to loosen browned bits. Cover, reduce heat, and simmer eight minutes or until meatballs are done. Top bottom half of each bun with $1\frac{1}{2}$ Tbsps sauce, one meatball, one basil leaf, and top half of bun.

www.MyRecipes.com



SPICE UP YOUR LIFE

by Jade Kolker

In a community where going out to eat can be a daily option, don't forget that you can make your own delicious meals at home! Don't be scared of the bland chicken or plain vegetable recipe; using spices and seasonings from stores around the area, you can give that tasteless meal incredible flavor.

Exploring these various stores can be its own adventure before you even set foot in the kitchen to prepare your food! With so many sights and smells, your senses will go into overdrive as you pick the perfect complement to your meal. For example, Penzeys Spices is a company that started in Wisconsin, but you can find the local shop at 513 West Broad Street in Falls Church. When you walk in the door, you can immediately smell a myriad of spices. Containers with different kinds of seasonings, ranging from ground cumin to paprika, are in each section, and each label includes information on the spice and suggests what you could use it with. As a novice in spices, I learned so much simply from walking around and seeing all they have to offer.

If you're intimidated by so many options, the recipes on their website are a good place to visit. Penzeys provides easy to follow recipes and capitalizes the certain spices that you would use. Conveniently, you can order them online from the same page as the recipe if you don't have time to run by the store.

"Under the Olive Tree," which opened in March 2012 at Tysons Corner Center, is another unique store. Instead of picking up that regular olive oil from the grocery store, discover the unique selection of olive oils and vinegars offered here. Every weekend they do a sampling of their products so you can taste the extraordinary flavor for yourself. They also provide recipes online for you to try for yourself, and they

describe the perfect way to incorporate their interesting olive oils and vinegars. They are very interactive with their customers and want to create an open dialogue for cooking. General Manager and owner's daughter, Marie Claire Béraud explained that the store was inspired by a family passion for cooking. She added that they wanted to open a place with "true, authentic products" and that "brought European culture to this area." The family built the company from scratch and wants to show customers how they can make their own healthy meals and replace those store-bought salad dressings and glazes.

The olive oil is infused with different flavors to make for an interesting dining experience. Again, if you do not have time to make it to one of their tastings, they have explanations of each of their products on their website and in the store so you know what to expect when you purchase it! They also offer different kinds of pastas and spices such as oregano and thyme to enhance whatever dish you are preparing.

If you are interested in ethnic food and culture, then Priya Fashion and Spice is the perfect place for you to discover a different kind of spice. A family-owned business for twenty years, they not only sell spices and food, but also clothing and herbal beauty items, which make for an enlightening experience.

If you're not feeling as adventurous, you can even explore places like Balducci's or Whole Foods as they offer an extensive amount of spices and seasonings to enrich your cooking. There are so many ways to enhance your food, and it's not as difficult as you might think! Simply see for yourself the opportunities you have in this area, and you'll be on your way to impressing people with your seasoning skills.



FUN FOR THE WHOLE FAMILY

in Falls Church

by Rick Mundy

There's fun for the whole family at the Falls Church Fall Festival and Taste of Falls Church, Saturday, September 15, 10am - 4pm.

For the 37th year, vendors, crafters, restaurants, and entertainers are gearing up for the annual Fall Festival and Taste of Falls Church. The festivities will take place at Cherry Hill Park (by the Community Center). The Farmers Market will run as usual, so come early to take part in that weekly ritual also.

Over 90 booths for the Festival will include local civic groups, both local and regional crafters offering their wares, the high school seeking support of athletic boosters, as well as the Falls Church Police and Sheriff's Departments.

Local area restaurants will be presenting delectable tastes of food that will be available for \$3 per taste or ten tastes for \$25. What a fantastic opportunity to sample many different cuisines on the same day for just a few dollars! The restaurants plan for the large crowds, but due to heavy demand, they end up serving every bit of food they prepare. Once again the restaurants will vie

for overall best restaurant with local dignitaries serving as judges. Ireland's Four Provinces will be defending their 2011 title.

Live musicians and groups will be on hand to entertain throughout the day. Children will also find plenty to keep busy; there will be the ever-popular pony rides and a number of other amusement rides. The children's tent is free and includes many activities.

Entertainment groups that will be on stage: Puppet Show by Blue Sky Puppet Theatre, Nicolo Whimsey (kid's entertainer), Shenandoah Run, Swamp Poodle, and Dimitri Nassar Trio.

The event is put on by the Falls Church Recreation and Parks Department. Jenny Paxton from Recreation and Parks manages the event and predicts a turn-out between 5,000 and 7,000 people.

The Falls Church Festival and Taste of Falls Church is sponsored by Dominion Virginia Power, Chesterbrook Residences, Sislers Stone, Capital Remodeling, and MoBu Kids (sponsoring the Children's Tent).

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Dr. Magassy, who completed his residency in surgery at the Washington Hospital Center and in plastic surgery at the University of California, San Francisco, is an assistant clinical professor of plastic surgery at George Washington Medical Center and Georgetown University. He is also an attending surgeon at Washington Hospital Center and Inova Fairfax Hospital and holds privileges at Suburban and Sibley Hospitals. Repeatedly selected as one of "America's Top Plastic Surgeons" by the Consumers' Research Council of America, Dr. Magassy specializes in facial and body rejuvenation.

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Having trained at the Mount Sinai Medical Center in New York, and the Hospital of the University of Pennsylvania, he has served as the chief of cardiovascular surgery at the Midelford Clinic (a Mayo Clinic subsidiary). Since his arrival in the area in 2003, Dr. Markovitz has been consistently recognized by *Washingtonian Magazine* and *Consumer CheckBook* as one of the area's best surgeons. His practice has two offices, one in McLean and one in Purcellville.

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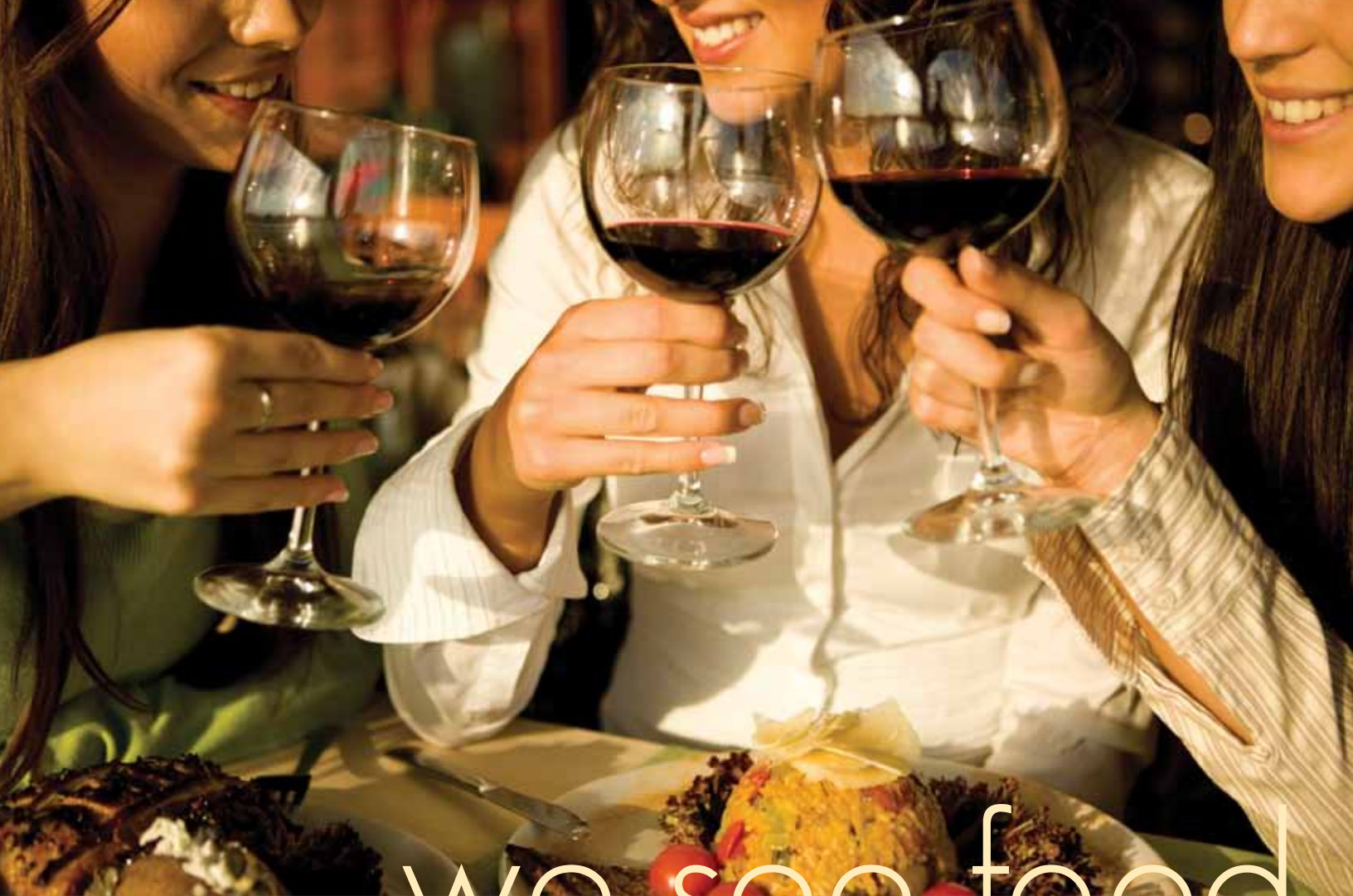
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If you find yourself in Benedictine Court in Vienna, Virginia, and walk behind house number 2224, you will find a small graveyard. According to one of the tombstones, it is the final resting place of Franklin Williams. His tombstone, nestled between a bouquet of white artificial flowers and a weather-beaten American flag, contains many curious abbreviations and no date of birth or death. Who was Franklin Williams?

Unabbreviated, Williams' tombstone reads: First Lieutenant, Company B of Mosby's Rangers (the 43rd Battalion), Virginia Calvary of the Confederate States of America. Williams fought under Confederate Colonel John S. Mosby during the American Civil War. Those under Mosby were often called "Mosby's Rangers" or "Mosby's Confederacy."

Lieutenant Franklin Williams stood at five-foot-six with hazel eyes and a dark complexion. He left home at age 26 and joined Mosby's Rangers on February 6, 1863 as one of Mosby's earliest recruits. His first task in the war came on February 11, 1863, a mission to scout Herndon Station. He was involved in many skirmishes during his time with Mosby's Rangers, such as the attack on a picket post at Thompson's corner on February 26, 1863, the raid of the Fairfax Courthouse, and the capture of

General Stoughton. Stoughton forgot his watch while being taken away by Mosby's Rangers. Williams went back into Stoughton's room to retrieve the watch. He also escaped capture in June of 1863 when a Ranger's safe house in Piedmont (now Delaplane) was ambushed. Williams led a skirmish in May 1864 near Waterford and fought in a skirmish on August 24, 1864 while being pursued by the Yankee Calvary.

Lieutenant Franklin Williams stood at five-foot-six with hazel eyes and a dark complexion. He left home at age 26 and joined Mosby's Rangers on February 6, 1863 as one of Mosby's earliest recruits.

Williams' time with the Rangers did not end on a good note. While lobbying for the position of Captain, he had his father write a letter to the Adjustment and Inspection General on his behalf. Mosby passed over Williams for the position. After Williams failed to become a captain a second time in January 1865, he resigned his commission.

He was paroled in Winchester, Virginia, on April 21, 1865, the day Mosby disbanded the command. After the war, Williams ran a hotel in Vienna, Virginia from 1895 to his death in 1909.

Although he was not a perfect man, Lieutenant Franklin Williams fought for what he thought was right. Despite having no record of combat experience, he entered the Civil War to fight what he believed in. He has earned his final rest.



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TO THE *Manor Born*

A Five-Star Trip Through Ireland's Castle Properties

by Linda Barrett

You've heard the saying, "A man's home is his castle." Well, what if his home-away-from-home was a castle? We travelled to Ireland to see just what it was like to stay in real-life five-star castles and estates.

DROMOLAND CASTLE



Photo by Linda Barrett

Flying into Shannon Airport, it's only eight miles to **Dromoland Castle**, one of the most famous baronial castles in Ireland and one of the world's "Leading Castle Hotels." Dromoland is the ancestral home of the O'Briens, one of the few native Gaelic families of Royal blood, and direct descendants of Brian Boru, the 11th-century High King of Ireland. Lord Inchiquin still lives on the property; if you're lucky, you might see him.

Just walking the richly appointed passageways stirs excitement. The walls are lined with original portraits of family members, tapestries, and trophies, and there are plenty of overstuffed couches and chairs to drop into for a cup of Irish tea. Don't miss afternoon tea at any of these properties—it's a real treat. Book the grand Queen Anne Suite, one of 22 uniquely different rooms in the castle itself, including a vertical Tower suite.

Service is top priority at all these estates and not a detail is overlooked, from the accommodations to the formally-dressed staff. "The staff really makes the experience. It's like being royalty in a way," says traveler Kate Gerard. Enjoy the brogue where locals say, "I tink," instead of "I think."

We enrolled in Dromoland's School of Falconry to learn the ancient "Sport of Kings." On our Hawk Walk, we saw the large Harris Hawk before we heard it. It made almost no sound as it landed on my gloved fist to retrieve the treat I held up. Royals come from around the globe to learn falconry skills from director Dave Atkinson.

Visit nearby **Bunratty Castle** and Folk Park for a rollicking medieval banquet where you might be crowned Lord or Lady. Sample the mead and eat with your fingers while enjoying period entertainment.

SIDE TRIPS:

- Cliffs of Moher, Durty Nelly's Pub, and Burren National Park.

CASTLEMARTYR RESORT



Photograph courtesy of Castlemartyr Resort

We next travelled to **Castlemartyr Resort**, built in 1210 by the Knights Templar under Richard de Clare, known as "Strongbow." Castlemartyr was also owned by Sir Walter Raleigh, and is one of Ireland's 2012 Top 25 Luxury Hotels.

The hotel today is housed in an 18th century manor house adjacent to the original castle ruins, with 220 acres of mature landscaping and classical parterre beds. Explore the ruins, then hop aboard a pony and trap for an exhilarating tour given by your local guide, if you can keep up with him! The speech pattern around here is fast and distinctly Cork.

After all this excitement, we opted to relax in the 25,000-square-foot Wellness, Spa, and Fitness Center for their signature Gaelic Body Experience and massage. All mentioned properties feature luxurious spas.

At both Castlemartyr and Dromoland, children are V.I.K.s—Very Important Kids. They receive a special check-in, teddy bear, pint-sized robes and slippers, their own high tea each evening, and children's menus and activities. Enroll them in the V.I.K. program.

SIDE TRIPS:

- Fota Wildlife Park, Cork, and Cobh—the Titanic's last stop.

THE K CLUB



Photo by Linda Barrett

We were awestruck by the **Kildare Hotel**, known as the **K Club**, a sprawling 1700s French manor featuring the most stunningly beautiful grounds imaginable. It was AA's "Hotel of the Year" in 2011. Besides the opulent décor, note the many portraits and historical documents lining the halls inside the K Club, including a Belfast Agreement document signed by all who attended and Christopher Columbus' diary.

We enjoyed horseback riding through adjacent fields, then tried our hand at fly fishing taught by the resident Ghillie along the banks of the serene River Liffey. For great golf, each property features outstanding courses in both Irish and American styles. The K Club hosted the Ryder Cup in 2006.

The best part about our castles tour is that these properties are surprisingly affordable, especially with the various packages offered throughout the year. The best rates are November through March.

SIDE TRIPS:

- National Stud and Japanese Gardens, and Old Jameson Distillery.

THE FITZWILLIAM HOTEL



Photograph courtesy of The Fitzwilliam Hotel

We opted for contemporary elegance at **The Fitzwilliam Hotel**, a boutique Dublin hotel adjacent to St. Stephen's Green and Grafton Street, the city's vibrant shopping scene. It won the 2012 Travelers' Choice award in the "Trendiest," "Luxury," and "Top 25" categories. Splurge on the 1,800-square-foot Penthouse with your own private 24-hour butler and private dinner service from Ireland's "Chef of the Year" Kevin Thornton from Thornton's Michelin Star restaurant.

We didn't stay in our final castle, rather, we visited it.

Dublin Castle was built in the 13th century and was used as a military fortress, prison, treasury, and law court, and remained the seat of English Administration for 700 years. View the State Apartments, craft shop, and heritage center.

THE IRISH ARE KNOWN FOR THEIR FOOD



Photo by Linda Barrett

Thanks in part to a country-wide food initiative called "**Good Food Ireland**," Ireland has been hailed as one of the top foodie destinations in Europe. No longer are lamb and potatoes the fare of choice. Today, in addition, fresh seafood, farm-fresh artisanal cheese, Irish-grass-fed meats, aromatic breads, and homegrown vegetables delight even the most discriminating palate.

Each estate outdid the next with its delectable, fresh menus. Most properties offered several dining options, ranging from elegant to casual, including special children's menus, and afternoon tea.

And speaking of food, no visit to Dublin would be complete without visiting the Guinness Storehouse, Ireland's #1 visitor attraction. Founded over 250 years ago, the name Guinness® is practically synonymous with Ireland.

Even Guinness has gotten in on the foodie movement, with four on-site restaurants highlighting Guinness pairings. Pair seafood with Guinness Foreign Extra Stout, Beef with Extra Stout, and Draught with dessert. Learn to pour the perfect Guinness here, then lift a pint with the locals and shout "Slainte" (pronounced "slan-sha"), meaning "Cheers!"

SIDE TRIPS:

- Trinity College and the Book of Kells, St. Patrick's Cathedral, and Queen of Tarts tea room.

CONTACT

Dromoland Castle

Newmarket-on-Fergus, County Clare, Ireland
www.dromoland.ie

Castlemartyr Resort

Castlemartyr, County Cork, Ireland
www.castlemartyrresort.ie

The K Club

Straffan, County Kildare, Ireland
www.kclub.ie

Fitzwilliam Dublin Hotel

St. Stephen's Green, Dublin 2, Ireland
www.fitzwilliamhotel.com



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Celebrate AT TYSONS

Throughout the Tysons area, there are many options for private dining functions - from small gatherings to huge events, casual to formal, all offering their unique atmosphere and cuisine. *VivaTysons* wants to make it easier for you to consider the area's great variety of offerings. We have compiled a list of restaurants, country clubs, and special venues that are ready to help you celebrate your special occasion (If we've missed any, we apologize in advance).



Sea Pearl Restaurant and Lounge

Falls Church

2941 Restaurant

2941 Fairview Park Dr | 703.270.1500
www.2941.com

2941 Restaurant is a special venue with several stunning rooms where you can host a business gathering or family occasion. Their private rooms can accommodate anything from an intimate gathering of eight to large private parties of up to 100. The entire restaurant and outdoor patio areas are also available for parties of up to 200. Water scenery and spectacular decor will make any event special.

Idylwood Grill and Wine Bar

2190 Pimmit Dr | 703.992.0915
www.idylwoodgrill.com

A perfect neighborhood restaurant. Idylwood Grill offers a customized menu and excellent service for special affairs and gatherings. From just cocktails and appetizers to semi-private seated dining, this casual yet upscale restaurant will happily meet your needs for up to 40 guests.

Open Kitchen

7115 Leesburg Pk | 703.942.8148
www.openkitchen-dcmetro.com

This unique venue is a bistro/cooking school/timeshare kitchen offering many options for private dining. They can seat an intimate customized dinner for 12 or take the entire restaurant for up to 80. E-mail Hue Chan-Karels at hcl@openkitchen-dcmetro.com to get the planning started. They have fantastic programs for corporate team building, cooking classes for groups, and more.

Sea Pearl Restaurant and Lounge

8191 Strawberry Ln | 703.372.5161
www.seapearlrestaurant.com

For parties of 10 to 200, Sea Pearl is the perfect place to host your event. Choose from a number of semi-private areas for dining, or reserve the bar or lounge for cocktails and hors d'oeuvres. They can customize a menu or bar option to meet your needs.

The State Theatre

220 N. Washington St | 703.237.0300
www.thestatetheatre.com

From 50 to 500, from a class reunion, to a wedding, to the corporate product launch party, The State Theatre is the venue for you. All the accommodations are available, including all of the high-tech A/V and communications equipment you'll ever need. Put a band on the stage, let them customize your menu, and put your event to bed!

Great Falls

Brx American Bistro

1025-I Seneca Rd | 703.433.9050
www.brxgf.com

Host your event at Brx and let them take care of making it a memorable occasion for you and your family and friends. The large dining room and outdoor patio offer a casual and comfortable place to host your special event.

Dante Ristorante

1148 Walker Rd | 703.759.3131
www.danterestaurant.com

This Italian staple of Great Falls is the perfect setting for your special social gathering or business need. From rehearsal dinners to corporate team-building, this fine

restaurant can handle up to 60 in a single room or up to 110 guests in multiple rooms.

Forestville Schoolhouse

9812 Georgetown Pk | 703.827.0269

www.fairfaxcounty.gov/parks/hprs/schoolhouse.htm

Forestville Schoolhouse offers large sunlit rooms with hardwood floors. It may be rented individually or with the adjacent Great Falls Grange. Capacity for the indoor banquet room is 49. Forestville Schoolhouse is wheelchair accessible.

L'Auberge Chez François

332 Springvale Rd | 703.759.3800

www.laubergechezfrancois.com

This is one of the finest restaurants in the area and a prominent chapter in the history of DC fine dining. L'Auberge Chez François is available for weddings and special events Tuesdays through Saturdays, 11am to 4pm. Parties can range in size from 40-80 guests and, weather permitting, the garden terrace can be used for the ceremony and cocktails, prior to moving indoors for a sit-down luncheon. The restaurant also provides service for corporate and private dinners Tuesday, Wednesday, and Thursday evenings. A private dining room is available for groups of 25-45 guests, after 5pm. On Monday nights, L'Auberge Chez François can host private parties from 60 to 100 guests.

Riverbend Country Club

375 Walker Rd | 703.759.1672

www.rbgcc.org

The club offers private dining and banquet facilities supporting events of up to 250 people. Non-members will need to be sponsored by an attending member. River Bend Country Club is home to Four Seasons-trained Executive Chef Tom Hayes.

The Serbian Crown

1141 Walker Rd | 703.759.4150

www.serbiancrown.com

Private parties and special affairs are always welcome at the Serbian Crown Restaurant. They offer several different arrangements for group functions to satisfy both your tastes and your budget. Accommodations can be made for up to 150 seated guests. The Serbian Crown restaurant also offers private dining rooms, an elegant piano bar, and live music to entertain while you enjoy your dining experience.

Great Falls Grange

9818 Georgetown Pk | 703.827.0609

www.fairfaxcounty.gov/parks/hprs/greatfalls.htm

This classic public assembly hall, now listed on the National Register of Historic Places, offers two stories, a barrel vaulted ceiling with fans, large windows which allow for lots of natural light, a full stage, and catering kitchen.

This unique venue can handle 200 for a reception, 120 for an indoor banquet, or up to 200 for a banquet using both floors. This facility is not wheelchair accessible.

McLean

Assaggi Osteria

6641 Old Dominion Dr | 703.918.0080

www.assaggiosteria.com

This great Italian addition to McLean has three options. The Loggia, a semi-private room can accommodate 10 to 30 people. The Wine Room, a private room, can accommodate 20 to 40 people. The main dining room can accommodate 60 to 70 people comfortably. All menus are customized to meet your needs.

Café Oggi

6671 Old Dominion Dr | 703.442.7360

www.cafeoggi.com

Café Oggi has been the Italian restaurant in McLean for nearly two decades. They offer private dining for up to 50. The exquisite cuisine and attentive service will make any special occasion, well, special.

Da Domenico

1992 Chain Bridge Rd | 703.790.9000

www.dadomenicova.com

This Tysons landmark is ready to prepare an authentic Tuscan menu for your guests. From 10 to 60 people, they will work to accommodate every specific request. Office gatherings, rehearsal dinners, family celebrations, and more.

Evo Bistro

1313 Old Chain Bridge Rd | 703.288.4422

www.evobistro.com

A private tasting room for up to ten people is available for very intimate groups. They can also accommodate larger semi-private parties.

Fleming's Steak House

1960-A Chain Bridge Rd | 703.442.8384

www.flemingssteakhouse.com

From small social gatherings to a large business function, Fleming's can customize your affair for up to 90 guests. For businesses that need it, Tandberg video conferencing is available to connect you and others around the world.

Iris Lounge

1524 L-M Spring Hill Rd | 703.760.9000

www.irisloungeva.com

Iris Lounge caters to a variety of business and social gatherings. For true private dining, they have a unique, glass-enclosed dining room located on the upper level that hosts events for groups from 25 to 150 people, and for sit-down dinners up to 100 people.



Da Domenico



DIYA

J. Gilbert's

6930 Old Dominion Dr | 703.893.1034
www.jgilberts.com

J. Gilberts offers semi-private dining for up to 50 guests or cocktail parties for up to 150. Personalized menus made especially for your event with your company name or personal heading. A warm, inviting atmosphere with a seasonal wood-burning fireplace will make any event special.

Lebanese Taverna

1840 International Dr | 703.847.5244
www.lebanesetaverna.com

Offering private and semi-private group dining, Lebanese Taverna can comfortably accommodate groups of up to 110. The Galleria location has three rooms, a lounge, and an outdoor cafe available. For groups of over 12 guests, a preset menu is required. The menu is served family-style and offers a variety of their most popular mezza plates and entrées; including a wide range of vegetarian and non-vegetarian options. Customized menus are available.

Maggiano's

2001 International Dr | 703.356.9000
www.maggianos.com

Upstairs from the bar at this busy Italian restaurant are a variety of rooms to handle 15 to 50 guests each and they can easily be configured to hold as many as 300. Family-style Italian is the menu and their three-course offerings can be customized to suit your needs.

Mylo's Grill

6238 Old Dominion Dr | 703.533.5880
www.mylosgrill.com

Located in Chesterbrook Shopping Center, Mylo's Grill offers authentic Greek and American cuisine. Their spacious private dining area is perfect for a social or office gathering for up to 40.

Panache

1753 Pinnacle Dr | 703.748.1919
www.panacherestaurant.com

Come and allow Panache's dedicated and friendly staff to host your next gathering or social event. Their diverse menu and spirited atmosphere is sure to impress you and your guests with a memorable experience. Their goal is to provide their customers with a dining experience that consistently exceeds expectations. Private events for up to 250 can be arranged.

Pulcinella

6852 Old Dominion Dr | 703.893.7777
www.pulcinellarestaurant.com

Their spacious banquet room can accommodate up to 100 people for dinner, presentations, and dancing. From wedding rehearsals to holiday parties, they can help you plan the perfect evening with all trimmings.



Chef Geoff



Clyde's

The Capital Grille

1861 International Dr | 703.448.3900

www.capitalgrille.com

Located in the heart of Tysons, The Capital Grille offers their superior service and signature menu in two private dining rooms. The McLean room is available for an intimate setting for up to 14 guests. The Wine Room offers the complete private Capital Grille experience for up to 30 guests. Extensive wine selections and A/V equipment are available.

Gannett/USA Today Headquarters

7950 Jones Branch Rd | 703.854.3802

www.gannett.com/eventspace

The conference, dining, and event space at the Gannett/USA TODAY corporate headquarters is available for special events, meetings, and conferences. The striking lobby space is available for your weeknight events. Available space includes eight conference rooms, a state-of-the-art auditorium for up to 290, six dining rooms (the largest can seat 200), and the beautiful atrium lobby that can hold up to 1,800 for receptions. Not available for weddings.

Vienna

Bonaroti Restaurant

428 Maple Ave E | 703.281.7550

www.bonarotirestaurant.com

An Italian gem nestled in the heart of Vienna offering elegant dining within a warm and intimate setting. They offer quiet, comfortable, relaxing private dining and function rooms that will accommodate up to 50 people.

Bazin's on Church

111 Church St | 703.255.7212

www.bazinsonchurch.com

Bazin's on Church is an 85-seat restaurant and is available for private dining only by "buying out the entire restaurant." They do not have private dining rooms, but a beautiful, open space that works well for special events.

Their restaurant may also be rented out on Mondays, day or night, and on Saturdays, from 11am-3:30pm.

Café Renaissance

163 Glyndon St | 703.938.3311

www.caferenaisance.com

Café Renaissance offers a unique setting for any occasion. Whether you are looking to host a private dinner or a cocktail reception, they are totally flexible and will tailor-make each event to suit your individual requirements. Their private Gold Room seats 14, and their main dining room seats 55. Cocktails and hors d'oeuvres for up to 75.

Chef Geoff

8045 Leesburg Pk | 571.282.6003

www.chefgeoff.com

Chef Geoff's Tysons Corner loves to party! They offer three beautiful rooms at their Fairfax Square location from which to choose, accommodating any size group from 10 to 350 guests.

Chima Brazilian Steakhouse

8010 Towers Crescent Dr | 703.639.3080

www.chima.cc

Located in the heart of Tysons between Route 7 and Tysons Corner Center, this Brazilian-style steakhouse offers a huge salad bar and fresh grilled meats sliced at your table. They can accommodate up to 130 guests for a private banquet in their VIP room.

Clyde's of Tysons

8332 Leesburg Pk | 703.734.1901

www.clydes.com

An upscale art deco setting for groups up to 150. Centrally located in Tysons Corner, this is a great choice for business and social gatherings. Their private upstairs room provides the perfect venue for special family affairs, corporate functions, and more.



Maggiano's

DIYA

2070 Chain Bridge Rd | 703.970.7500
www.diyatyson.com

This popular Indian restaurant offers banquet facilities for up to 260. The variety of Indian cuisines and other offerings make this a wonderful and unique choice. Centrally located at 123 and Old Courthouse Road.

Dunn Loring Volunteer Fire Department

2148 Gallows Rd | 703.745.8645
www.dlvfrd.org

This rental hall in Tysons can host your event for up to 300 people. There is a full commercial kitchen, a raised stage, A/V equipment, and plenty of parking. Not available Wednesdays and Saturdays.

Grand Atrium at Tysons Corner

2236 Gallows Rd | 703.698.0228
www.grandatrium.com

Grand Atrium is the premier banquet facility for a wedding reception, party, or other special event. The basic event package includes use of facility and parking garage, buffet service, professional staff, bar service, and linens. The Grand Atrium specializes in events that require a dance floor, and can hold 90-190 people comfortably.

Hunter House

9601 Courthouse Rd | 703.827.0269
www.fairfaxcounty.gov/parks/hprs/hunterhouse.htm

Hunter House began as a small-frame farmhouse. Over the years, the original house was enlarged, but still retains much of its character. Hunter House provides main floor accommodations, a sunlit screened porch, beautiful border gardens, and spacious lawns for outside occasions. The indoor banquet room holds up to 40 people while an indoor/outdoor event holds up to 200.

Marco Polo Restaurant

245 Maple Ave W | 703.281.3922
www.marcopolocaterers.com



Maplewood Grill

Smaller groups of 25 or larger groups of over 1,000 can enjoy the imaginative presentation and professional service of the Marco Polo catering staff. Their facilities offer expert planning for weddings, corporate meetings, and everything in between. Located in the heart of Vienna since 1973.

Maplewood Grill

132 Branch Rd SE | 703.281.0070
www.maplewoodgrill.com

From just hors d'oeuvres and drinks, to a hot fork buffet menu, Maplewood Grill can provide for your catering needs. Private and semi-private options are available for your special event. Formerly Le Carnard restaurant, the new American menu will delight.

Nostos

8100 Boone Blvd | 703.760.0690
www.nostosrestaurant.com

The elegant Mediterranean atmosphere offers a perfect place to host your next event. Their private dining room can seat up to 30 people (40 standing).

Ruth's Chris Steakhouse

8521 Leesburg Pk | 703.848.4290
www.ruthschris.com

Offering the ultimate private dining experience with four private areas perfect for business presentations or functions, celebrations, or simply an intimate family dinner. Their rooms can accommodate 10 to 50 guests available Sunday-Thursday, excluding holidays.

The Atrium (at Meadowlark Gardens)

9750 Meadowlark Gardens Ct | 703.255.3631
www.nvrpa.org

The Atrium quickly became one of the premier venues in the region for beautiful wedding receptions. The glass walls of the building look out on the 95-acre Meadowlark Botanical Gardens with some of the best ornamental collections right outside the venue's walls. The Atrium holds 190 seated or 300 standing and features a two-thousand square foot skylight, indoor stream, and

fountain. While wedding celebrations are most common, the Atrium is also host to corporate banquets, holiday celebrations, and more.

Tower Club

8000 Towers Crescent Dr, Suite 1700 | 571.335.1377
www.clubcorp.com/Clubs/The-Tower-Club-Tysons-Corner

The Tower Club Tysons Corner, located in Vienna, is the perfect venue for a special corporate affair or social event. Several room options are available for the smallest meeting to a wedding. The exquisite views, the attentive staff, and excellent menu selections, make this a premium option in the area. Spaces can serve five to 150 comfortably.

Vienna Volunteer Fire Department

400 Center St | 703.938.2678
www.vvfd.org

The Vienna Volunteer Fire Department rents out its meeting hall to individuals, local businesses, community groups, and organizations. The Community Hall is available for rent on most Mondays through Saturdays and is an excellent venue for wedding receptions, children's birthday parties, anniversaries, or business conferences. Able to accommodate up to 250 people, this downtown Vienna location is a choice often overlooked. You would be amazed at how beautiful this room can look when decorated.

Wolf Trap Center for the Performing Arts

1645 Trap Rd | 703.938.8463
www.wolftrap.org

There are five options at Wolf Trap for renting private event facilities. The Barns (English and German) can handle private events, meetings, and receptions for up to 300. The Center for Education is geared more for meetings with a capacity of up to 300 including a 100-fixed-seat auditorium for speakers. The Associates Deck overlooks Wolf Trap's beautiful meadow and the world-renowned Filene Center. It is available for private functions on performance evenings during Wolf Trap's Filene Center season. This space can accommodate 300 seated or 400 standing. The Terrace at Wolf Trap can hold events for 25 to 125 guests for a pre-show reception, cocktail party, or other affair. It is only rented in conjunction with a performance at the Filene Center and guests must have a ticket to the performance. The last venue is the Meadow Pavilion. The Meadow Pavilion is available for rental for your special event prior to performances at the Filene Center. The covered stage and surrounding facility can seat up to 130 and fit 150 standing.

Woo Lae Oak

8240 Leesburg Pk | 703.827.7300
www.woolaekoak.com

Woo Lae Oak has been called the best Korean restaurant in the Metro area. Party rooms can accommodate up to 300 to enjoy authentic Korean cuisine in a wonderful atmosphere. Menus can easily be customized to your taste.



2941 Restaurant



Panache



Grand Atrium at Tysons Corner

HALLOWEEN

W

OKTOBERFEST

Oktoberfest is best known for its array of German sausages, traditional costumes, and of course beer! But where did this tradition originate from? No, it's not a holiday developed by the brewing companies or an old Germanic tradition. Oktoberfest originated as a wedding celebration for Prince Ludwig I and his bride, Princess Therese of Bavaria, in 1810. The townspeople of Munich were invited to the festivities for the wedding on the lawns in front of the city gates. Celebration activities included a royal horse race. The decision to continue the horse race each year after the wedding is what spurred the annual Oktoberfest celebration. The simple wedding celebration and royal horse race of 1810 has grown into one of the largest and most well-known festivals worldwide. Every year, thousands of visitors descend upon Munich eager to join in on the revelry.

- ✿ Oktoberfest has only been cancelled 24 times in its 202 year history. The only two reasons Oktoberfest was cancelled throughout the years was due to either war or a cholera epidemic.
- ✿ Beer was first served in glass mugs during the 1892 Oktoberfest.
- ✿ The beer hall tents at Oktoberfest started out as small booths selling different food and drinks. The festival goers wanted more space so the tents were introduced.
- ✿ The largest Oktoberfest beer tent can accommodate up to 12,000 people.
- ✿ Oktoberfest beer has an average alcohol content of 5.8 to 6.3% and contains a higher sugar content than normal German beer.
- ✿ Oktoberfest revelers who pass out due to too much alcohol are often called "Bierleichen," German for "beer corpses."
- ✿ In 2010, there were approximately 100,000 seats in the beer tents.
- ✿ 6.9 million people attended the 16-day festival in 2011.
- ✿ In the beginning, there was no beer available at the Oktoberfest. Alcohol could only be purchased and enjoyed outside the festival gates.
- ✿ Security guards recover 150,000 beer mugs annually from would-be souvenir hunters.
- ✿ There is a \$60 fine for stealing a souvenir mug.
- ✿ Oktoberfest has turned into a celebration of Bavarian tradition and the only beer you find at the festival is brewed within Munich city limits.
- ✿ There is a lost and found children office on the premises of the festival.
- ✿ Water and soda costs almost as much as a beer during the festival. A liter of water averages around 7.30 Euros (approximately \$9).
- ✿ The landlords that host the festival are allowed to charge their guests to use the toilet.
- ✿ The drinking age for beer in Germany is sixteen.
- ✿ The world record was set by Anita Schwarz for carrying nineteen full beer steins at once.
- ✿ It takes two months to set up the festival and a month to disassemble it.
- ✿ To start the festival, the mayor of Munich taps the first keg. Festival goers bet on how many times it takes him to tap the keg.

TREND

NEWEST FALL BAGS

by Lauren Simmons

Z Spoke by Zac Posen
www.Bloomingdales.com



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www.Zara.com



Emile Haircalf Satchel
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www.Saks.com



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www.JCrew.com



Embellished Peaks Clutch
www.Anthropologie.com



*Floral-Applique
Shoulder Bag – Prada*
www.NeimanMarcus.com



GADGETS GIZMOS & GOODIES

by Lauren Simmons



Crust Be Dreaming USB Hand Warmers www.modcloth.com

On those mornings when it's just too chilly to sit at your computer, pop on these sweet toast-shaped hand warmers to keep all ten fingers snug while you type! Powered by USB cords that connect to your computer, these plush cuties feature three levels of coziness to satisfy any taste or temperature. Just slip a delightfully dozing slice on each hand and secure it with its adjustable wrist strap, before devouring that blizzard of emails or avalanche of homework without a single shiver!



Lunch Pot – Black + Blum www.Black-Blum.com

The two lunch pots have an ingenious watertight locking seal that allow you to separate your yogurt and granola or noodles and fruit salad, and is the perfect vessel for carrying your breakfast or lunch to work.

The set includes a spork and carry strap. They're microwave and dishwasher safe and made from polypropylene and copolyester (BPA free). The smaller pot fits in the larger pot for compact carrying when empty.



Unplugged Coffee Machine - Koziol www.AllModern.com

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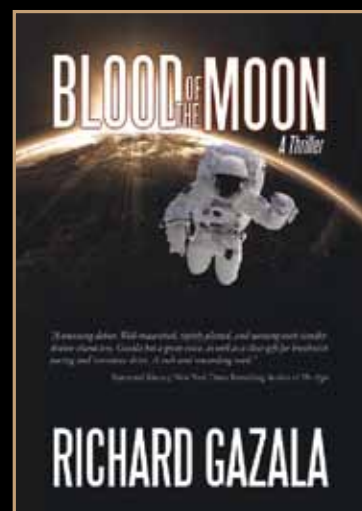
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SENIOR SPOTLIGHT

Newer housing options for seniors

by Gary Huges

Who are the “seniors” and how does one write to, for, or about these people? Seniors are an extremely diverse group: culturally, financially, socially, and even in terms of age. Consider that AARP (which used to be the American Association of Retired Persons but now is just AARP) will take fifty-year-olds as members. In Virginia, elderliness is a protected class for housing discrimination where elderliness is defined as age 55 and over, even though we generally think of retirement age as about 65 to 67. So somewhere between 50 and 67, we enter a new demographic - and stay there for the rest of our lives. Given that some of us may live to be centenarians, it is possible to be a senior for four or five decades. No wonder there are so many seniors!

Where will they live? Traditionally we think of three alternatives: alone, with family members, or in some form of congregate living. The new big buzz term is to “age in place,” which generally means to stay in your house. In this model, what we really mean is that the very old will end up being alone. The experience of community will reside in memory. Their caregivers will become their friends and, if they are lucky, a neighbor will occasionally visit. They will learn to adjust to the loneliness because that is the price to be paid for their “independence.”

A modified version of staying at home is living with family. A recent paper published in the *Gerontologist* took a look at subjective measures of happiness in older adults and found that the least happy were mothers living with daughters. Can you imagine a more surprising result? Happiest were fathers living with daughters - go figure. The single most important factor affecting happiness for people in assisted living or nursing homes were the relationships with the care staff.

There is a small but growing group of people, both seniors and pre-seniors, who are looking at a different way of aging. They want to age in community, not in place, and they are influencing the way communities are built. Typically, a developer or builder builds units (houses, condos, or townhouses) and creates a homeowners association (HOA) or condo association, then finds people who will accept the covenants and purchase the units. This emerging group wants to find their neighbors first, then through discussion and dialogue, decide what the community should be and then build it. At Blueberry Hill on Route 7 in Vienna, the residents live in detached homes. The HOA has a community center and owns the open space. At Takoma Village in DC, there are condos with common space that includes gardens, a woodworking shop, indoor and outdoor children’s areas, as well as a TV room, kitchen, and dining area. They also have guest apartments that can be used for visitors or if someone needs a place for a caregiver to rest.

Those who like to do things differently, whether senior now or pre-senior, who want to live in a community, to age in a community, to be around people who *care about* each other, and who want to experience both independence and interdependence, can look into these resources: Charles Durrett’s book, [Senior Cohousing: A Community Approach to Independent Living](#), 2nd edition; Kathryn McCamant & Charles Durrett’s book, [Creating Cohousing: Building Sustainable Communities](#); [cohousing.org](#); [blueberryhill.org](#); or, [midatlanticcohousing.org](#).

author: Gary Huges, MAGS is a realtor® with Weichert, Realtors® in McLean and is Managing Partner of Hansen-Hughes, LLC which specializes in older adult transitions.

ANNIE LAULER

Looking back on real estate with Annie Lauler

by Nancy Lauler

Annie Lauler, whose name is synonymous with real estate in McLean, turned ninety-six on July 12th this year. A native of Atlanta, Annie started in real estate in 1962. After ten years, Annie struck out on her own with some agents, and in 1972, she had a building constructed at 1421 Dolley Madison Boulevard, the building that bears her name to this day. And it's that building Annie still occasionally visits to keep in touch with the company.

"I just decided it was time to move on and try things on my own," said Annie in a recent interview. "Some people went with me because they knew that I knew how to sell." These were the first agents of The Annie Lauler Corporation.



Annie's husband was in no way a salesperson. "He was an Air Force officer," she explained. "Since he was in the service, we travelled extensively. When we got here, someone let us move into a place without even a deposit and from there we got started. I can't understand why it didn't bother me that we had nothing. We just had a good time."

Annie has fond memories of the early days in McLean, though it was a very different place from what it is today. "It was pretty much all woods until Route 123 and Route 7 were built," she remembers. "There were a few prefabricated houses on Elm Street and there were some stores. There were only two things in Tyson's Corner -- Brown's Veterinarian and a meat market. That's all there was until the roads connected everything. Then things happened really quickly."

"At first, selling real estate was very hard. Houses went for very little in the

1960s and there wasn't much to sell. In the second phase of development, people got into real estate because they could see an opportunity to make money."

But through both the rough and the easy times, Annie loved sales and excelled at it. In fact, she believes it's in her genes. When she was a girl and her father lost his eyesight, Annie's mother opened a dress shop. Annie worked behind the counter, which is where she learned her first lessons in hard work and service to the public.

After years of success, including being the first female non-broker to be elected to the Northern Virginia Association of Realtors, Annie handed over the company to her son, Bill Lauler, in 1992. "Although his degree is in criminology, Bill worked with me for awhile, learning everything from sales, to how to avoid stepping on bricks that absorb water and ice over," said Annie. "Now he knows everything and heads up the company, with the help of his wife, Nancy, who is the property manager."

In addition to real estate, Annie's interests include her family and traveling. "We lived in Japan and England, and I got to go to Egypt and Russia," said Annie fondly.

But clearly the main passion in Annie's life has come through her associations with work.

"My life has been fun because of the people I've met," she said, "and because I enjoy it. That's the key—enjoying what you do. I still stay in contact with some of those people I first met in McLean. It's true that real estate is hard work, but it's also fun and I've had a good life doing it. I wish everyone could have as much fun at their jobs as I've had!"



KATHY TUGENDHAT

Educating and serving others

by Rick Mundy

Kathy Tugendhat has always lived an adventurous life. At the tender age of 14, she traveled by train alone from her family's home in Montana to a boarding school in Massachusetts to attend high school. At the Cambridge School of Weston, she met another 14-year-old, a boy, whose family had also traveled - from their native Czechoslovakia to Switzerland to Venezuela to escape Nazi tyranny.

After attending the University of Wisconsin for two years, she married that high school sweetheart and they left for Venezuela in 1953 when Kathy was just 20 where she remained for 45 years. She started teaching at one of the many private schools, but found it inadequate. The owner was more interested in making money than providing a quality education in decent facilities. Kathy taught first grade in a room with just three walls, so that when it rained, she had to move all the children to the corner to try to keep them dry while proceeding with the lessons.

Along with another teacher, they pooled some money, rented a small house, and opened their own school, doing much of the work themselves. They created a small library from donated books and they painted blackboard paint on the walls. They found a way to get textbooks shipped on credit from the U.S. The school opened with 60 students and had 150 kids by year's end. The public schools in Venezuela were of poor quality, which is why there were more than 600 private schools in Caracas alone.

In that first year, the bi-lingual Washington Academy offered seven grades. Venezuelan law dictated that lessons were to be taught in Spanish, but somehow they managed to get by.

Kathy, along with the other owner-administrators, continued to teach. She always spoke to the students in English so they had a total immersion experience.

Over the years, the school became well-known for high academic standards and was presented Venezuela's highest education award, the First Class Andres Bello, by President Perez. It grew to include a secondary school and has an enrollment today of 500 students.

Kathy continued to teach first grade, plus singing to all the lower grades as well as transactional analysis, feeling that the students' emotional well-being was as important as their academic achievement. When she retired in 1998, she took the shares she had accumulated from other owners' early departures and established the school as a non-profit institution.



Kathy returned to the U.S. after retiring where she is able to see her family more easily. She has three children, two boys and a girl, all of whom she is extremely proud. "They have all turned out to be superb human beings," she boasts. She lives in Vienna, near her son Eduardo, so she can see her three grandchildren often. A full supply of blocks and other toys are stashed in the living room, awaiting their visits.

Kathy is very busy with other endeavors these days. She chairs the Adventures in Learning program at the Shepherd's Center, she sings with the Vienna Choral Society, she reads stories and sings songs with children on the Vienna Town Green, and teaches ESL at the library.

"What would I do if I weren't busy?" she asks. "I don't want to sit around and do nothing. Anyway, I like people and, you know, it's fun. I've been so lucky to do so many things that have been interesting."



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THE MERRIFIELD EXPLOSION

by Keith Loria

For more than 15 years, there has been talk of a rejuvenation of Merrifield, with the hope of turning it into a walk-friendly community with shops, restaurants, and apartments that could take advantage of the nearby metro.

After years of meetings, plans, starts, stops, visions and dreams, the talk is finally a reality.

Originally referred to as the Merrifield Town Center project, the Mosaic District will consist of an array of clothing boutiques, high-end restaurants, two parking decks, a luxury Hyatt hotel, a Target, and of course, a movie theatre. The area is segmented into four districts—Fashion and Retail, Film and Dining, Market, and Residential.

“The goal is to make an urban setting, one where people could walk and gather and go to great shops and restaurants,” says Ed Hogg, president of the Greater Merrifield Business Association (GMBA), who has been in the Merrifield area since 1984. “When completed, it will be 33 acres in total. It will bring in a diverse amount of businesses and professionals and more people are going to want to live in proximity to all of this.”

There is also the development of 250 apartments opening around the Dunn Loring-Merrifield Metro station on Gallows Road and much more on the way. Currently under construction is a 531-unit apartment building by AvalonBay, 112 townhouses from EYA, and a Harris Teeter grocery store.

“It’s really an explosion in Merrifield and will change over the entire area,” Hogg says. “It used to be a



commute-in, commute-out area, but it’s going to bring a change that hasn’t been seen in decades as it turns into a live, shop, eat area.”

Also opening soon will be a MOM’s Organic Market, Taylor Gourmet, Black’s Bar & Kitchen, Matchbox Pizza, Red Apron Butchery, Neiman Marcus Last Call Studio, Bellacara, and Anthropologie.

“Aside from the Target store, they were very selective as they didn’t want the average everywhere franchise coming in,” Hogg says. “A lot of these stores were selected because they are unique, maybe having 1-2 other locations in the DC Metro area. They felt that was a better attraction than all the franchise-type representation you normally see.”

“The goal is to make an urban setting, one where people could walk and gather and go to great shops and restaurants,” says Ed Hogg, president of the Greater Merrifield Business Association

At a recent luncheon for the Greater Merrifield Business Association, Tom Kiler, vice president of Edens, the developer of the site, explained how the project was stalled for the past few years, but the positives of the area kept increasing.

“Sales numbers from surrounding businesses like a Home Depot and CVS kept rising. These signaled the potential of this project, and so we were able to move ahead,” he said.

Kiler went on to reveal that Mosaic provided approximately 3,175 jobs during construction and will create up to 3,150 permanent jobs after completion, resulting in some heavy cheering from the GMBA members.

A Plan Formulates

The genesis of all of this development activity dates back to the mid-’90s, when Bob Mortensen,



then-president of the Greater Merrifield Business Association, began a series of town meetings with then-Supervisor Gerry Connolly.

“We got together and wondered what we could do about Merrifield. It’s in a fantastic location, has major hospitals, a golf course, metro station, and kind of an industrial area,” Mortensen says now. “At our town meetings, we got some ideas and learned that people were jazzed by it.”

As the awareness of Merrifield conditions and potential became known, Connolly appointed a 28 person Task Force to come up with a comprehensive plan, with Mortensen serving as chair.

“We met for three years and developed a sound strategic plan and essentially we wanted to develop a core with some sort of town center that would identify the core of Merrifield,” he says. “We wanted it to be traffic neutral and wanted to maintain as many community services as possible.”

Shortly after the board adopted the plan in June 2001, there was almost \$2 billion of development and improvement dollars committed to what would become a new Main Street. But things were halted due to the recession and other financial worries.

Over the ensuing 11 years, Supervisor Linda Smyth has been a relentless champion of the plan. She was on the original task force and graduated to the Planning Commission and then to Supervisor.

“The market is starting to indicate that now is the time,” Mortensen says. “Merrifield stands as a great example of private interest and investment and political will. It will become much more popular and user friendly than Tysons.”

Movies Play a Role

The GMBA was founded in 1984 when a small group of concerned business and landowners came together to oppose a bus warehouse that Fairfax County had proposed in Merrifield. The group was successful in stopping it and a drive-in movie theater was put up instead.

A few years later, the drive-in was turned into a multiplex cinema featuring 14 screens, and that was a big draw for people nearby.

In the new Mosaic District, the Angelika Film Center will open an eight-screen cinema, keeping the tradition of the cinema alive.

There will also be room for an outdoor screen so families can watch free movies at select times and events.

All of this is within a mile’s walk from the Metro station, but there will be a shuttle that takes people back and forth and plans for improved sidewalks and a walkover over Gallows are being discussed.

Most of the stores and restaurants will be open by Labor Day, and the area is only going to grow and expand.

“I’m excited that we are finally seeing what we had set in motion so long ago,” Mortensen says. “We always knew that this was an area that could be something special and I think everyone is going to agree that Merrifield is going to be the place to go.”

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.



MERRIFIELD'S ANGELIKA FILM CENTER

Sets the Standard for Movie Theaters

by Jade Kolker

Trendiness of New York City is coming to Merrifield in September with the Angelika Film Center and Café in the Mosaic District. After spending time going through the boutiques and restaurants of the neighborhood, you will be able to venture into the spacious three level multiplex which houses eight screens. Each auditorium features the latest technology in digital projection and sound as well as comfortable, plush stadium seating. In similar fashion to the other three Angelika Film Centers (In New York, Dallas, and Plano, Texas) the theater will show

independent, foreign, and art films which surpass the usual Hollywood blockbuster that can be found in movie theaters across the nation.

This Angelika Film Center “will be the crown jewel of all of them,” describes Rachel Gibson, its promotions and events manager. She explains that “everything we’ve learned from those three theaters, plus the 26 other mainstream theaters the company runs, went into this.” Moviegoers of all ages can come and enjoy the films offered, but keep in mind that they will also offer student nights with discounted tickets and free popcorn, and the “Wake Up with the Angelika” program where they host pre-matinée films geared toward senior citizens. Another event they have hosted in other venues is called the “Crybaby Matinée,” where they will dim the lights and turn the sound down, so new parents can bring their babies in for an afternoon movie. It is a friendly atmosphere geared toward the parents so they can enjoy a movie they want to see. This attention paid to different demographics makes the Angelika Film Center a place to come out and see for yourself.

Angelika Film Center will feature a café, lounge, and concession stand that will offer more than the usual popcorn and candy. Don’t worry, your usual movie snacks will still be there, but Chef Lee Anne Wong will also make some modifications on the typical snacks. “She is a genius; she’s designing the menu with foods that can be enjoyed in a dark movie theater. Nothing too messy!” says Gibson. Guests can enjoy small plates and gourmet hors d’oeuvres paired with



beer, wine, and champagne in the café and lounge. Wong graduated from the French Culinary Institute and participated as a finalist on Bravo Channel's "Top Chef." She is partnering with Angelika to create a menu inspired by her global fusion cuisine, and although the menu has not been revealed yet, she has been known to blend cuisine from Mexico, Asia, and the Mediterranean. We can't wait to see what she has in store for Angelika at Mosaic!

"We're definitely hoping to create a new standard in the movie theater experience," explains Gibson. To do so, many components came together to make it a state-of-the-art venue. Adjacent to the theater, a one acre park will be the perfect place to enjoy the outdoors and watch a movie! The outdoor screen enables Angelika to host outdoor events and screenings which enhances the experience offered at this state of the art movie theater. However, if you just want to take advantage of the inside of the theater, you can do so by exploring the three levels.

When you walk in on the ground level, the atrium makes the space incredibly open and modern. You can find the indoor box office on this level, as well as the café. The concourse level features the concession stand and entrances into the various auditoriums. Finally, the third level presents the mezzanine with the lounge. The lounge will be available for private rentals, as well as have rear entrances to the larger auditoriums. In their press release, Ellen Cotter, chief operating officer of the US Cinema division of Reading International, Inc. explains that "We are committed to offering exceptional service and a superior and different movie-going experience at Mosaic." From what we have seen thus far of the Angelika Film Centers, the Mosaic venue will be a wonderful addition to the growing Merrifield area.

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INTRODUCING MYCAR

This All-Electric Vehicle Delivers Jobs
and Energy Efficiency

by Hubie Cram

MyCar is a new creation by GreenTech Automotive (GTA) to address the need for an environmentally friendly, energy-efficient vehicle to be used for local driving. MyCar is a two-seat, all-electric vehicle which produces zero emissions and provides a range of up to 115 miles. It can be recharged via a common 110 wall outlet, a 220 wall outlet, or a fast-charging system with re-charge times ranging between three and twelve hours depending on the charging system used. In the European Union, MyCar has a top speed of up to 45 miles per hour. In the U.S., MyCar has a top speed of 25 miles per hour due to regulatory restrictions, classifying it as a Neighborhood Electric Vehicle (NEV). MyCar meets and exceeds all safety standards for its vehicle class.

“Too many people have given up on American manufacturing, saying manufacturing jobs are not coming back, but GTA set out to prove them wrong,” said Terry McAuliffe, chairman of McLean-based GreenTech, at the recent Mississippi unveiling of MyCar. “For too long, America has been inventing products here and sending the production jobs overseas. But we’re part of a rebirth for American manufacturing. We’re proud to bring manufacturing jobs back and prove that the U.S. is still the world leader in technological innovation and manufacturing.”

GTA purchased Hong Kong-based EuAuto in 2010 and relocated the company’s operations and manufacturing to the U.S. The move was part of the company’s strategy to create jobs in the U.S. and to have a positive impact on a local economy in need of revitalization. GreenTech’s manufacturing facility is located in Mississippi where it has leased a shuttered factory at which skilled workers are now producing vehicles.

GTA projects it will create 426 direct jobs by 2014, and an independent analysis by Evans, Carroll & Associates Inc. found that GTA’s operations would create more than 7,400 indirect and induced jobs by 2014. As of July 2012, GTA had more than 840 employees, and the company is on track to employ more than 900 people by the end of 2012.

“Our strategy is to create manufacturing jobs across the United States,” said McAuliffe. “Our philosophy



illustrates the kind of jobs-before-politics attitude that will get America back on track by restoring manufacturing to its rightful place at the core of our economy. We’re looking forward to continuing our model in other locations. We believe that by placing the manufacturing of new green technologies in areas of economic need we can spur the type of job creation that made our country great and economy strong.”

Affordability is a key element of GTA’s strategy for product development. With an expected base price of \$15,500, MyCar will be considerably less expensive than other all-electric vehicles. GTA’s commitment to affordable alternative energy solutions earned the praise of former President Bill Clinton who, along with former Mississippi Governor Haley Barbour, attended the Mississippi unveiling.

“MyCar is just the beginning of GTA’s efforts to produce a wide range of environmentally friendly, energy-efficient, affordable vehicles,” said Charles Wang, CEO of GreenTech. “Many electric carmakers have tried to force electric vehicle technology into the existing transportation paradigm, which invariably results in vehicles that are environmentally friendly, but prohibitively expensive. GreenTech has broken the mold by adopting the revolutionary strategy of creating an affordable electric car that will reshape how Americans think about meeting our daily transportation needs.”

MyCar is targeted to corporations, government entities, rental car fleets, and corporate and college campus fleets, as well as individuals who see the advantage of MyCar for use in commuting and going on daily errands. MyCar is expected to evolve into other vehicle models, including a micro pick-up and delivery vehicle, beginning in 2013. GTA also plans to manufacture a larger MyCar EV beginning in 2014.

GTA is a U.S.-based automotive manufacturer whose core values encompass green technology, affordability, and U.S. job creation. GTA operates a 376,000-square-foot manufacturing facility in Horn Lake, Miss., and is developing a 300,000-square-foot manufacturing facility in Tunica, Miss. For more information, visit www.greentechforamerica.com.



LOCAL LAOTIAN LEND A HAND

by Keith Loria



As president of the Reston-based Mali Creative, McLean resident Mali Phonpadith leads a global messaging firm that helps businesses develop powerful messages to communicate their vision with passion, clarity, and impact.

The company's mission is to help entrepreneurs and executive management teams form written linkages between clarity and creativity, enabling clients to effectively market their core values through written expression.

Mali Creative has established a winning reputation in the business community, and her success is even more impressive when you consider how Phonpadith, a Laotian, first came to our country.

"As a refugee from Laos, I crossed the Mekong River on a small boat in the darkness of night with my family in 1979," she says. "We were very fortunate that less than one year later, a Unitarian Church in Maryland sponsored my entire family to come to the United States. I arrived in the winter of 1980 at the age of five."

Phonpadith chronicles her journey and life after leaving Laos in her memoir, "A Million Fireflies."

"I grew up not really understanding why we were here. I never really asked my parents because it was too hard for them to speak about what they went through with the Vietnam Conflict," she says. "One of the many reasons I wrote this was to share what really took place and help people understand that Laos is the most bombed country in history."

A strong work ethic was something instilled in Phonpadith from an early age. She worked years at a Taco Bell, helped

out at a real estate agency, and picked up odd jobs here and there to get through college.

"We were very poor when we got here and my parents worked lots of jobs, so all of my life I have chased after being secure," she says. "I worked full time and went to school full time."

Her hard work paid off. Phonpadith earned Bachelor's Degrees in International Business, Marketing, and Spanish from the University of Maryland, College Park.

"I graduated with three degrees and came out of college speaking four languages because I wanted choices my parents did not have," she says. "My whole life has been about security and safety."

Although she considers herself more of an artsy person—enjoying writing, singing, and poetry—she developed and trained her left brain to carve out a successful career in business.

Phonpadith has over a dozen years of marketing, sales, and business development experience with such companies as Century 21 Realty, Universal Systems & Technology, Inc., and Izar Associates, Inc.

"I started my business after running a financial services practice for seven years because I was ready to live more vibrantly," she says. "I wanted to explore my passions in life and share my natural gifts and talents with others and the world. I wanted to take ownership of my destiny doing what I love while helping people share and communicate more freely and effectively."

For those unfamiliar with Laos, it's a small country nestled between Vietnam and Thailand in Southeast Asia. Phonpadith spends a great deal of her time working with the Laos community in the DC Metro area, helping to preserve the culture and heritage of her people.

"It's a smaller community compared to other Asian communities in the area, but still represents approximately 8,000," she says. "It's a tight community and we are really connected through Lao associations and programs."

On September 29th, she will play host to "Inspiring Cultural Unity and World Peace," at 6:30 p.m. at the Rosslyn Spectrum in Arlington.

The event is a collaboration between Mines Advisory Group (MAG) and Race Man Tell-A-Pictures, and the night is designed to increase awareness about countries around the world—including Laos—which are affected by active landmines and unexploded ordinance (UXO).

The documentary, "Surviving the Peace" will be shown, a film produced in collaboration with MediaStorm, that follows a family in Laos struck by the tragedy of UXO and shows the journey of a father who tragically lost his sight.

Once Phonpadith saw the documentary, it became her personal mission to ensure others also saw this heart-breaking film and raise money to support MAG's work. While her immediate family escaped during the war from Laos, she is drawn to helping those who are left behind, who still are

in personal danger from UXO 40 years after the Vietnam Conflict ended. She is also aware that UXO prevents farming and building from occurring, making her home country one of the poorest in Southeast Asia.

She also introduced MAG to the Lao Heritage Foundation and Sowande Tichawonna, CEO of Race Man Tell-A-Pictures. Tichawonna had recently used Laotian music in his film, "The New N Word," a satire on modern day race issues in the work place.

The idea for an event showing both films came to fruition with hope that their screening would bridge cultural gaps and encourage all U.S. citizens to actively strive for world peace.

Money raised will go to support the work of MAG America, a DC-based 501 (c)(3) organization, and Race Man Tell-A-Pictures. Proceeds will also be provided to the Lao Heritage Foundation, a 501 (c)(3) whose mission is to ensure that Lao music and culture is preserved, promoted, and transmitted for future generations.

Tickets are available at
<http://inspiringculturalunity.eventbrite.com>
or go to www.magamerica.org
for more information.

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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SAILING FOR HOSPICE

Saturday, September 22 • 2012

by Allison O'Reilly

There can be a natural hesitation when it comes to picking up the phone to ask for help. If you are considering accessing hospice services, it's likely because you want experienced, high-quality, comprehensive care to stay in your home. This does not just mean expert medical care. It may also mean emotional and spiritual support.

About Hospice

Hospice is specialized medical care for people who have less than six months to live. Hospice is not about giving up. It's about giving care. Hospice services include medications, medical supplies, and equipment to manage patients' symptoms and promote comfort. Hospice provides 24-hour-a-day support for patients and their families, as well as bereavement (grief) counseling for families and friends following the death of a loved one.

About Palliative Care

Palliative care is designed to reduce suffering caused by the symptoms of advanced illness. The goal of palliative care is to anticipate, prevent, and relieve suffering—regardless of the stage of the disease—and to enhance a patient's quality of life. Palliative care is generally low-tech and high touch, focusing on the right care at the right time.

In addition to alleviating the patient's discomfort, palliative care can also provide an opportunity for family and friends to gather information about how an illness is likely to progress and to begin planning for long-term care needs. Hospice Cup is a charity sailing regatta, raising funds for hospice programs throughout Maryland, Washington, D.C., and Northern Virginia. Participating hospices use funds raised through Hospice Cup to continue to offer quality, end-of-life care to patients, their families, and friends. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so. Since the first race in 1981, Hospice Cup has raised over \$8 million. The money ensures that all patients and families receive care, regardless of insurance coverage or other ability to pay.

Hospice Cup relies on corporate sponsors and individuals interested in donating funds and services to make the

event successful. The organization also works to educate the general public about hospice care and how it works. However you choose to participate, your contributions help realize the mission of raising funds and awareness for hospice care.

Hospice Cup, Inc., supports all not-for-profit hospices that wish to participate. The Board of Directors invites regional hospices to learn about how they can get involved with the regatta raising funds for various programs such as children and family bereavement services, uninsured hospice patients, volunteer staff training and other hospice related services provided by individual hospices.

Hospice Cup sponsors enjoy a variety of benefits and privileges. Hospice Cup is not just for seasoned racers. The event offers three options for sailing:

- **Hospice Class:** Perfect for the novice sailor, this non-spinnaker race gets you close to the action. Shearwater hosts a "get ready to race" session shortly before the regatta. You and your team vie for first place and several sponsored trophies especially for your race class. For added fun, invite a hospice caregiver aboard to celebrate their commitment to patient services.
- **CYBRA sanctioned Class:** Sanctioned by the Chesapeake Yacht Racing Association, Hospice Cup has been a favorite end-of-season race.
- **Junior Racers:** In 2009 Hospice Cup started the Junior Regatta Championships. This regatta consists of 12-20 Opti racers racing in a team format. The junior regatta is really growing, new divisions of junior racers are being added each year.

Attend as a spectator. It's not your usual event; enjoy a wonderful day, while helping a great cause. **Save the Date: Saturday, September 22, 2012.** Watch the racers and then head to the Shore Party for the much anticipated live auction, lively band, fine catered fare, spirits aplenty, and awards ceremony honoring the accomplishments of sailors and fundraisers.

For more information or to order tickets,
visit www.hospicecup.org
or email hospicecup@aol.com.



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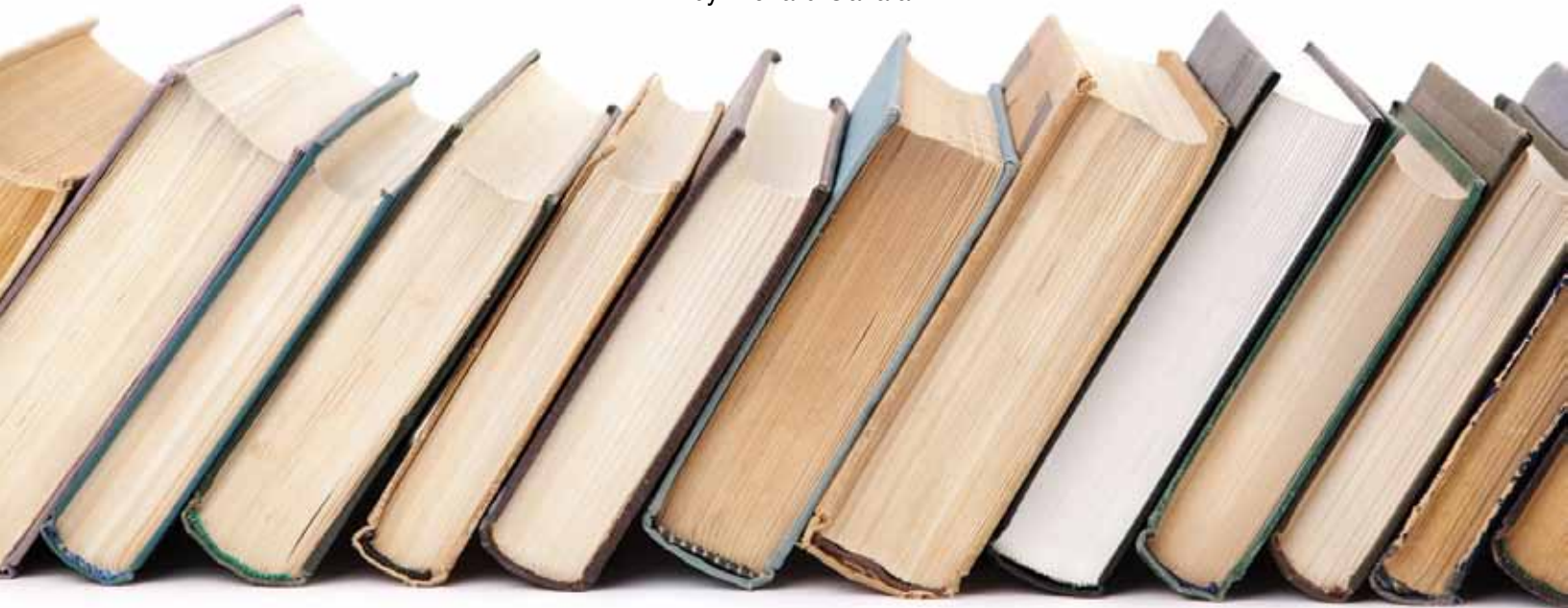
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THE 88 BOOKS THAT SHAPED AMERICA

by Richard Gazala



There are endless lists of must-read literature propagated in newspapers, magazines and Internet sites all over the world. Nonetheless, you'd be hard-pressed to find one that contains both Dr. Seuss' *The Cat in the Hat* (1957) and Alfred C. Kinsey's *Sexual Behavior in the Human Male* (1948). That is, until the United States Library of Congress recently released its tally of the "Books That Shaped America."

In conjunction with the Library's 2012 National Book Festival, to take place this coming September 22nd and 23rd on the National Mall in Washington, D.C., the Library tasked its librarians and curators with assembling a list of the books written by American authors over the past 26 decades that have most significantly influenced the way Americans perceive themselves and the world, and in turn, the way the world views America and its people. After due deliberation and debate, the Library's team presented its conclusions. Beginning with the 1751 publication of Benjamin Franklin's *Experiments and Observations on Electricity*, and finishing with *The Works of Cesar Chavez*, published in 2002, the list sets forth 88 books of nonfiction, fiction, and poetry that reflect the evolution of American thought on an array of subjects including politics, culture, race, sexual relations, child-rearing, and even cooking.

(Note, the list is restricted to American authors. Were it not, it would be difficult to explain the absence from it of scads of books such as the Bible, J.K. Rowling's "Harry Potter" series, and maybe even -- based on recent sales data -- *50 Shades of Grey*.)

So, who made the list? You can check that out for yourself by visiting the Library of Congress website at www.loc.gov/bookfest. But until you make that click, some highlights are in order. The "author" who appears most frequently on the list is Anonymous, for his (or her) four works *Alcoholics Anonymous* (1939), *A Curious Hieroglyphik Bible* (1788), *The Federalist* (1787), and *New England Primer* (1803). Only one other author makes the list more than once, and that is the afore-mentioned Mr. Franklin. In addition to his book on electricity Ben charts twice again, with *Poor Richard Improved* and *The Way to Wealth* (1758), and *The Private Life of the Late Benjamin Franklin, LL.D.* (1793). The remaining 79 entries run the gamut of tastes, styles and mores over the past two and half centuries of American composition. Some of those other books, you might well expect to find on the list. Mark Twain's *Adventures of Huckleberry Finn* (1884) is there, as is Harriet Beecher Stowe's *Uncle Tom's Cabin* (1852), J.D. Salinger's *The Catcher in the Rye* (1951), Ralph Ellison's *Invisible Man* (1952), and Ernest Hemingway's *For Whom the Bell Tolls* (1940).

On the other hand, some of the books that made the cut might leave you curious, bemused, or even aggrieved. Two cookbooks are on the list (Amelia Simmons' 1796 culinary guide *American Cookery*, and Irma Rombauer's 1931 tome *Joy of Cooking*). *The Common Sense Book of Baby Care*, released in 1946 by Benjamin Spock, joins the ranks along with Maurice Sendak's *Where the Wild Things Are* (1963), Ralph Nader's *Unsafe at Any Speed* (1965), *Our Bodies, Ourselves*, published in 1971 by the

Boston Women's Health Book Collective, Margaret Wise Brown's *Goodnight Moon* (1947), and Allen Ginsburg's 1956 beat poetry anthology, *Howl*.

As interesting to contemplate as the authors and books that are included on the list, are those that aren't. The hugely prolific and popular Stephen King is arguably the modern American counterpart to the Brothers Grimm, but the list features not one of his novels. None of *The Godfather* (Mario Puzo, 1969), *The Last of the Mohicans* (James Fenimore Cooper, 1826), Bernstein & Woodward's *All the President's Men* (1974), or *Jaws* (the novel Peter Benchley published in 1974 that forever changed our relationship with saltwater beaches and effectively launched Steven Spielberg's career) are on the list. Nor is any collection published by Edgar Allan Poe, who is routinely credited with the invention of the detective story that has been the bread-and-butter of a massive swath of literary, and later television and movie entertainment, since "The Murders in the Rue Morgue" first came to light in 1841.

Incidentally, if cookbooks are eligible to make the list, I'm comfortable venturing just a bit further afield. *Action Comics #1* (1938) wove inextricably into the American fabric Jerry Siegel's and Joe Shuster's seminal creation, the virtually indomitable hero Superman. It should be on the list. So too should Richard Sears' *Sears Catalog*. First published in 1888, the hefty catalog (and its later Sears & Roebuck Company editions) helped fuel

westward continental expansion, and paved the way for the American mail order business so vital to Internet behemoth Amazon.com and its ilk to this day.

You'll agree with some of the selections on the Library's list, disagree with others, and lament like me over exclusions that seem arbitrary, myopic, or unjust. Besides, 88 is a strange number for a "best of" type list, don't you think? Round it up to an even century, if for nothing but appearance's sake, and at least some controversy could be stilled. That said, Librarian of Congress James H. Billington cautions that this list is merely "a starting point." Billington says the list is intended to "spark a national conversation on books written by Americans that have influenced our lives, whether they appear on this initial list or not."

Nothing by Hunter S. Thompson? I'm feeling grievously sparked already.



author: Richard Gazala "The 88 Books That Shaped America" 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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- 1 cup of washing soda
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Homemade Fabric Refresher


- 1/8 cup of fabric softener
- 2 tablespoons baking soda
- Hot tap water
- Spray bottle

Use a funnel, pour fabric softener and baking soda into the spray bottle. Fill spray bottle with hot tap water and shake well.

Kitchen Disposal Deodorizer

- Lemons
- White Vinegar
- Ice cube tray

Slice lemons including peel, and put a piece in each ice cube mold. Pour vinegar over lemons and place tray in freezer. Once frozen, pop ice cubes out and place in plastic bag in freezer. To clean disposal, throw a couple in and run until cubes dissolve.



Sun Design Remodeling removed a rear “bearing wall” in a circa 1955 ranch, co-opting a seldom-used back porch to create an expanded new kitchen. The dining counter is a *de facto* space divider and convenient serving station.

ENLARGING YOUR LIVING SPACE

without adding on

Photo by Bryan Burris

The Kourils significantly increased the usable space and functionality of their circa 1950’s ranch while staying within the walls of the original structure.

by John Byrd

Nineteen years may seem like a long time to wait for an interior custom-suited to your lifestyle, but Gail and Doug Kouril are satisfied that everything has come together perfectly, and at just the right time in their lives.

“We moved into this house in 1992,” Gail says, referring to a circa-1955 ranch house quietly situated on a tree-shaded Arlington cul-de-sac. “Our main pre-occupation, though, was raising and educating three sons—who have now finished college and moved on.”

Kouril is quick to add that the couple’s decision to make over the entire house wasn’t simply “empty nest syndrome,” but finds it verifying that they were introduced to a top design/build remodeling firm at exactly that point when moving forward on long forestalled plans made sense economically and personally.

“The house is in a neighborhood that has really appreciated,” Gail says. “So we attended a workshop

sponsored by Sun Design Remodeling, and were surprised at how quickly the outlines of a working plan came together.”

For starters, the solution called for converting a first floor 2,000 square foot primary living area into a more spacious, bright and better rationalized interior without ever breaching the envelop of the original structure.

Among key problems with the existing house: the master bathroom was tiny; the kitchen cramped and dated. There was no place to have a meal save the dining room. The rear porch was of minimal use. Traffic patterns were constricted. The interior was too dark. There wasn’t even an organized place to store beach chairs and Christmas decorations.

Moreover, the ever-promising lower level—which featured windows at-grade and a rear walk-out—was only half finished, and the accessing stairway was too steep and out-of-code.



The new kitchen presents a warmly textured ambiance. Maple built-ins, floor-to-ceiling glass-facing cabinets and marble surfaces are set off by newly-refinished hardwood flooring.

Photo by Justin Kriel

“We were pretty aware of the shortcomings,” Doug recalls. “We just weren’t sure what was feasible within our budget.”

So it was a revelation when planners at Sun Design proposed a spatial reconfiguration --- which made the home’s existing footprint seem vastly enlarged, without adding an inch of new enclosed square footage.

“It’s now a kitchen-centric plan,” explains Roger Lataille, the remodeling firm’s design consultant. “We rotated the kitchen into the north corner of the house, switching places with the dining room, then converted part of the seldom-used back porch into a breakfast room with a two-stool dining counter facing into the kitchen.”

Results: the kitchen now easily serves the living room, the new dining room, and a back patio where the family spends a lot of warm weather time.

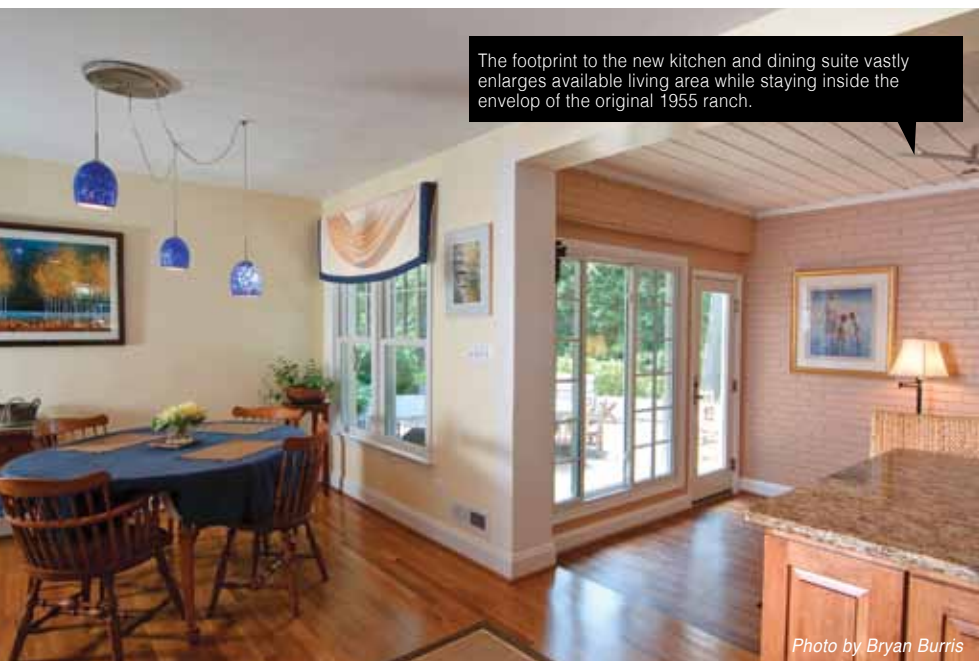
Better yet, with several interior walls deleted (including a section of rear elevation bearing wall), the new layout yields a significant increase in natural light.

Convenient serving stations are thoughtfully integrated into well-equipped food preparation zones. As Doug, the household’s preferred chef, explains: “when you’re cooking and entertaining ... this plan makes it really easy to multi-task.”

Aesthetically, the new kitchen presents a warmly textured ambiance. Maple built-ins, floor-to-ceiling glass-facing cabinets, and marble surfaces are set off by newly-refinished hardwood flooring. A stovetop backsplash comprised of Santa Cecilia granite and glass-accented ceramic tile makes a particularly fine interior design statement.

“The designer helped us to make informed choices,” Gail recalls. “They pre-selected finishwork options in our budget range, and their guidance was spot-on.”

Converting the original electric range to a five-burner gas cooktop has been a creative windfall for Doug, who now has both a convection oven and a traditional baking oven at his fingertips.



The footprint to the new kitchen and dining suite vastly enlarges available living area while staying inside the envelop of the original 1955 ranch.

Photo by Bryan Burris



Photo by Bryan Burris

Sun Design’s lower level solution provides for a new guest room, an upscale bath, a larger home office, an upgraded family room and substantial storage space.



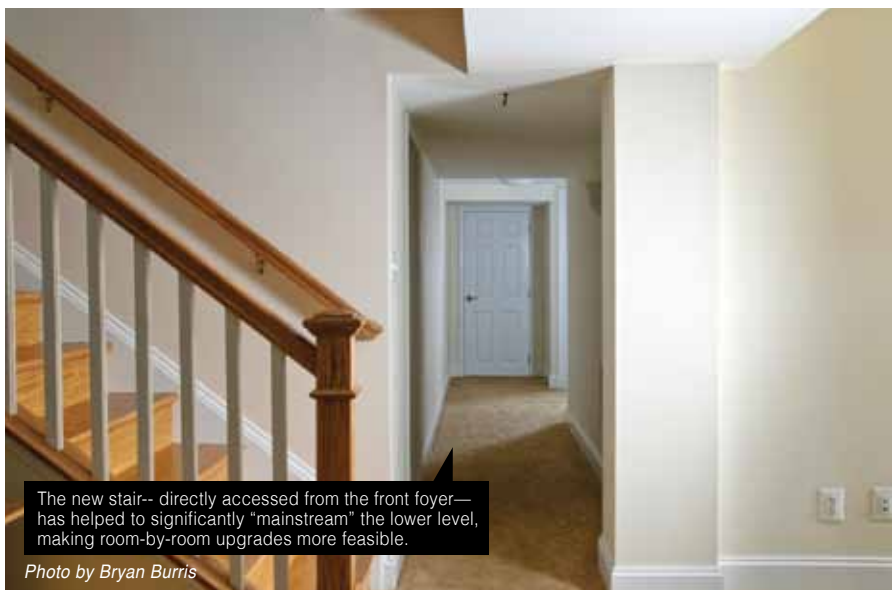
The glass-encased walk-in shower features a textured "river rock" floor, a bench and two spray fixtures.

Photo by Justin Kriel



The remodeling team converted an adjacent back corner bedroom into an adjoining master bath which features radiant-heated flooring, a glass-encased walk-in shower and a generously-sized vanity and bench.

Photo by Justin Kriel



The new stair-- directly accessed from the front foyer-- has helped to significantly "mainstream" the lower level, making room-by-room upgrades more feasible.

Photo by Bryan Burris

Expanding the master suite was a separate challenge, inspired by Gail's interest in retaining all four bedrooms while adding a large master bath and two walk-in closets.

"The designer immediately identified the bedroom adjacent to the existing master suite as the appropriate spot for the master bath," Gail says. "In fact, the arrangement actually creates an extra bedroom window and space for sizeable *his* and *her* closets."

The 12' x 11' master bath features a glass-encased walk-in shower; each partner now has a basin of their own; and Gail gains a generously-sized vanity and bench.

Eliminating the former back corner bedroom also deletes an end-of-the-hall foyer, gaining 20 square feet for the re-made hall bath.

So, where's the fourth bedroom?

In the thoroughly mainstreamed lower level -- which now includes a beautifully-appointed guest bath and a home office as well as a newly carpeted and upgraded family room complete with working fireplace.

Doug notes that the lower level—with its ample available light -- was always a pleasant gathering place. But Sun Design's better-rationalized stairway has made this part of the house as functional as any other -- one of the reason the makeover has really worked for everyone.

"Developing ways to get existing space to perform better is always one of the strategic initiatives we explore," says Lataille. "Clients are often amazed at how much unused square footage we find within the envelope of the existing home, and at how quickly the design solution comes together."

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



Source: dailydecoratingtips.com

DESIGN TIPS & TRICKS

For Sprucing Up Your Home

Live Stylish • Decor by Denise
by Denise Willard

As summer comes to a close and cooler weather settles in, we start to stay indoors more frequently and begin to consider ways to make small improvements in our homes. Simple items like changing out a light fixture, adding an area rug, or hanging artwork can go a long way toward giving our homes a whole new aesthetic. While these tasks sound simple and easy, many homeowners feel overwhelmed when making these decisions.

- What size should my light fixture be?
- How big an area rug should I purchase?
- How high should I hang my lighting and artwork?

Have you ever swirled these questions around in your head, causing analysis paralysis?

Well, fret no more! These decisions don't have to be daunting if you just follow my simple designer tips and tricks. I have compiled a few of my favorites that will give you the confidence you need when sprucing up your home this fall.

is 12' by 16', add the 12 plus 16 to get 28. The proper size chandelier would then be 28" in diameter. This works for most rooms. Make sure the bottom of the fixture does not hang more than 7' from the floor. If windows are present, center the fixture in the window so it can be seen from the outside.

FOR DINING ROOMS

There are two common methods for properly sizing your dining room chandelier. One way is to choose a chandelier with a diameter that is 50 percent of the table width or greater. This assumes the table is sized appropriately for room. It should be hung with the bottom of the fixture 30-32" above the tabletop for an 8' ceiling. Go up 3" for each additional foot of ceiling. For ceilings 9' or higher, consider a two-tier style chandelier to fill the space from the fixture's top to the ceiling. However, the distance between the table top and the bottom of the fixture should not exceed 36".

A second way to properly size a chandelier for your dining room is to measure the length and width of the room and add those figures together. The sum, converted to inches, will equal the diameter of the correct-sized chandelier. If the resulting measurement (room length + width, converted to inches) seems inappropriate due to the size of your table, size your chandelier three quarters the width of your table.

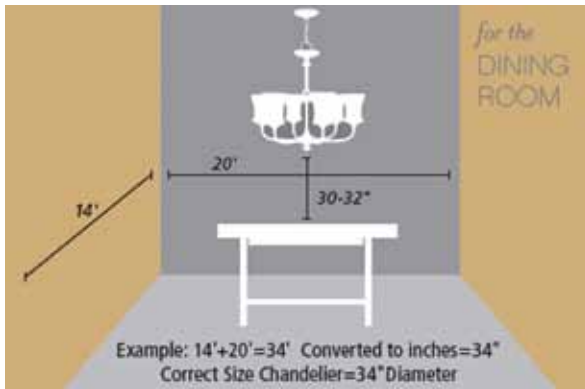
WHAT SIZE CHANDELIER SHOULD I BUY AND HOW HIGH SHOULD I HANG IT?

Chandeliers are designed to float in a room as an important part of the decor. Too large and this fixture will overpower the space. Too small and it will look out of place. To make sure your chandelier is the right size for the room in which it will hang, consider the following questions:

- How high is your ceiling? Taller ceilings demand larger fixtures.
- What is the size and shape of your table or island? The chandelier should complement, not overpower, anything you plan to suspend it over.
- How big is the room you are trying to illuminate? Again, be sure the chandelier is not too big or too small for the room.
- What is the form and design of the chandelier? Light, airy fixtures tend to look larger.

FOR FOYERS

To determine the proper size chandelier for the foyer, add your room dimensions together. For example, if your foyer



Source: chandelierlightingexperts.com

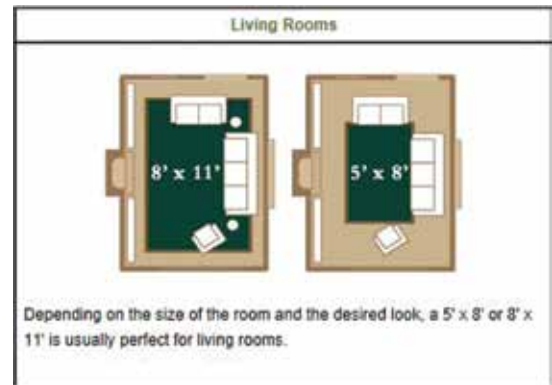
HOW MUCH WATTAGE DO I NEED TO PROPERLY ILLUMINATE A ROOM?

You may want to add a new light fixture, a few sconces and/or table lamps, but how much is enough to properly light up a room? Well, for a 12' x 16' room, multiply the room dimensions to get your total square footage (12 x 16 = 192). Then multiply the square footage by 1.5 for total illumination needed (192 x 1.5 = 288 watts). For specific task lighting within a space (for instance, the light needed on an island in your kitchen) multiply the square footage of the island (example: 8 by 4 = 32 sq feet) by 2.5 = 80. Two 40-watt pendants would do the job.

WHAT SIZE AREA RUG SHOULD I BUY?

When using one large rug in a living or family room, make sure there's an even border of flooring around all four sides, or at least the borders of flooring opposite each other are even. Don't get a rug so large that it touches the baseboard around the room. If your room is large enough, use two rugs to define different areas or seating areas within it. They don't have to match. In fact, it's more interesting to see coordinating area rugs versus ones that are a perfect match. As a general rule, put the front legs of furniture pieces on the rug and the back legs off. More importantly, however, is to make sure the rug is placed in a balanced fashion in the room; the furniture can fall either on or off of it.

The perfect size of a dining-room rug is four feet larger than the width and length of the table. As long as the rug is large enough to move the chairs away from the table without them falling off of the edge, the rug is the right size. Any surrounding furniture, such as a china cabinet or serving pieces, should be on the floor, not on the rug.



Source: Orvis.com

HOW HIGH DO I HANG MY ARTWORK?

One of the biggest mistakes I see homeowner's make is hanging their artwork too high. The average human eye-height is 57", which is the standard that most galleries and museums use when hanging artwork. If you always hang your art at 57" on center, meaning that the middle of your picture is at 57" (obviously, the hook will be higher), then your art will not look as if it is hanging in outer space. If you stick to this standard, you create a harmony among all the pictures in your home, as they will always hang in relationship to one another from their centers, not their sides.

What do you do if you are hanging a very tall vertical picture, panel, or poster? In this case, it may be better to think about placing the art so that the top one-third area of the picture is near eye level. However, the actual height of the piece and ceiling will determine the best position on the wall. Have someone hold it lower and higher so that you see what looks best. Or, create a paper template and tape it to the wall to test out the placement first before committing to it.

This 57" rule also applies to groups of pictures. Think of a group as one picture. After you arrange how you want them all to hang (doing this on the floor makes it easier), start with the center picture or pictures and get them at 57" on center. Then surround them with the rest of the group.

Do you need to relate artwork to the furniture below it? Absolutely! Using a large framed piece over a sofa or sideboard relates more easily when hung so that the bottom of the frame is positioned 6 to 12 inches above the top of the sofa back or tabletop. This won't work, however, if your artwork is small. In that case, consider hanging the piece in a group of other objects such as plates, mirrors, or decorative items. When working with a grouping of pictures or objects, think of the grouping as one large picture and relate the bottom of the entire grouping to the furniture underneath it.

As you look for ways to spruce up your home this fall, don't fret. Follow my simple designer tips and you will be able to make decisions and see results with lightning speed.

Happy decorating!

author: Denise Willard is the founder of Décor by Denise, a full service interior decorating firm. Denise was named one of Home & Design's 2011 Top 100 Designers and was selected to participate in the 2011 DC Design House show house. Her work has been showcased on local TV talk show, *Let's Talk Live*, and in *Home & Design*, *Washington Home & Garden*, *The Washingtonian*, *Elan* and *The Washington Post*. To learn more about Denise and her team, visit DecorbyDenise.com.

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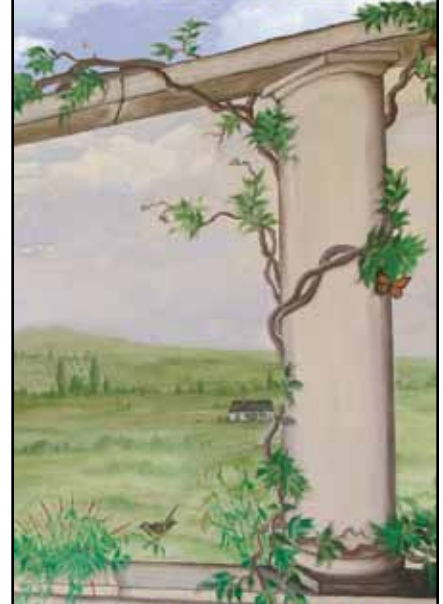
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Washington Luxury Properties and its Top Producing REALTORS® were recently involved in the successful sale of these two properties located in the Madrillon Manors and Williams Hill subdivision in Tysons Corner, Virginia. The 22182 real estate market is fairly healthy. The median list price is \$924,950 and the average home has been on the market for 84.2 days. In the past month, there have been 25 real estate transactions in 22182, with a median sale price of \$764,000. The recent sales activity in 22182 represents a +6.5% change over the prior month.



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INVESTMENT CAPITAL FLOWS INTO REAL ESTATE



Investors and second-home buyers are putting their cash to work with residential real estate.

by Jeffrey S. Detwiler

Today's market could offer opportunity unlike we've seen for generations to consumers who are considering investing in a second home.

In the past few years, real estate has increasingly become an investment option that's difficult to ignore. With moderated pricing and historic financing conditions, the costs associated with acquiring investment properties are within reach of more consumers today than at any point in recent history. At the same time, rental rates are increasing and vacancy rates are dropping, sparked by the additional demand that comes with declines in homeownership. More renters in the market make the potential return on investment properties even more enticing.

The result is that investment property purchases surged more than 64 percent from 2010 to 2011, according to the National Association of Realtors®. In fact, more than one quarter of all residential real estate transactions in 2011 were investment-related sales, NAR reports.

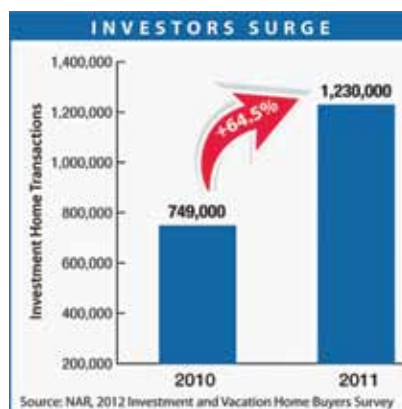
"During the past year, investors have been swooping into the market to take advantage of bargain home prices," NAR chief economist Lawrence Yun said recently. "Rising rental income easily beat cash sitting in banks as an added inducement. In addition, 41 percent of investment buyers purchased more than one property."

INVESTMENTS ARE UP

NAR also reports that nearly half of all real estate investors are paying for their

properties with cash. Paying with cash makes it easier for investors to take advantage of discounted distressed assets in the marketplace since they avoid the time and complexity that mortgage financing can entail.

For those who do opt to mortgage their investment purchases, the median down payment was sizeable, NAR reports—27 percent of the purchase price.



"Clearly, we're looking at investors with financial resources who see real estate as a good investment and who aren't hesitant to use cash," NAR's Yun noted.

Long & Foster® is home to one of the largest property management organizations in the country. Our property management division currently has more than \$1 billion worth of real estate under management throughout the Mid-Atlantic region and parts of the Northeast U.S. Our experts report that investors aren't necessarily targeting the least expensive homes as investments—they're looking for

appealing homes in good locations so they can attract responsible tenants who may be interested in longer-term leases.

In markets like Washington, D.C., and other metropolitan areas, for example, tenants in the upper-end of rental properties can include government workers, doctors who come to the region to complete residencies, CEOs pegged to lead companies through transition, and embassy officials. With desirable rental properties and a professional partner to help them maximize their investment, local landlords are experiencing returns that wouldn't have been possible without today's market conditions.

WHO IS INVESTING?

The housing downturn left many homeowners underwater on their mortgages and, thus, tied their hands in terms of making a housing-related change. Still, people moved for job transfers and other personal reasons, regardless of how much they owed on their mortgages. In this vein, the "accidental landlord" phenomenon sprang up in the housing market in the last few years. Many people in this situation retained their underwater property (a property where the mortgage is greater than the market value) and rented it out, enabling them to perhaps rent or buy a different primary residence for their own use.

Long & Foster's property management team has extensive experience working with landlords in this situation, often helping them manage their properties from a distance. Given that managing rental properties is often not a full-time



endeavor for “accidental landlords,” having the right team of experts to help maintain the property, find the right renters, and manage the transfer of rental payments certainly reduces the risk and uncertainty that can come with being a landlord.

While individual investors are entering the rental property market in record numbers, we’re also seeing significant investment from real estate fund managers. These big players aim to buy hundreds of rental properties all at once to balance an investment portfolio on behalf of their investors. These larger purchases of investment homes, particularly involving distressed properties, not only serve the increasing demand in the rental market, but also help the market clear out the distressed properties in the queue that continue to affect average sales price in a market.

Flipping homes quickly—buying homes at a discount, perhaps doing some renovation work, and then putting them back on the market to sell at a higher price—is a trend of the past, it seems, as many investors have taken a longer-term outlook on owning their properties. NAR notes that the typical investment buyer plans to own their properties for at least five years, a statistic we are seeing play out among our clients at Long & Foster®. Investors we work with have found that the pricing and financing conditions they’re experiencing today will deliver significant returns over time so their investment horizons are longer than the “flipping” conditions of past markets.

RENTAL MANAGEMENT

Meeting increasing demand in the rental housing market will rely on technology and marketplace expertise more than ever before. Investors—

whether they have one investment property or dozens—will get the most from their investments when they have the right tenants in place and the most efficient systems handling payments, maintenance and marketing of the properties.

Long & Foster’s property management division (www.LNFPM.com) draws on Long & Foster’s network of more than 12,000 sales associates along with national and global marketing affiliations to help gain exposure for clients’ rental properties. Our marketing reach and experience in the property management segment has resulted in an extensive asset portfolio, which includes single-family homes, townhomes and condominium units.

Since most investors do not own rental property as their sole source of income, having the team and the technology in place to make property management as efficient as possible is key to maximizing returns. Information about payments, condition of the property, and status of marketing efforts should be available to landlords at all times. Long & Foster® is a leader in real-time information systems—investments we value so that our clients can make informed financial decisions about their properties.

Investors need effective, reliable counsel and the expertise of a competent, capable business partner to thrive in a real estate market of complex challenges and increasing regulatory constraints. Long & Foster® is positioned to deliver the complete range of investment services property owners need, expect and deserve—everything from the best-trained, best-equipped sales associates to help investors find the right property to buy, to the mortgage and title professionals to

complete the transaction, to insurance professionals who will ensure that rental properties are covered with the right insurance vehicles designed to minimize landlord risk. This full-service, total homeownership approach to the residential real estate business—one that has enabled The Long & Foster® Companies to thrive and continue to grow for more than 40 years—is what makes owning investment real estate a rewarding experience.

SECURING SECOND HOMES

The opportunities that exist for investors apply to consumers who are interested in second homes or vacation homes as well. The National Association of Realtors® survey findings show that 35 percent of vacation-home buyers buy within 100 miles of their primary residences. The vast majority of vacation-home buyers do so to use the property for vacations and family retreats and about 30 percent of those surveyed indicate that they plan to use the vacation property as a primary residence in the future, perhaps as a retirement location.

The number of vacation-home buyers is likely to increase in the future, NAR predicts, as more buyers with the resources to invest in vacation homes come to the marketplace. “Given that the number of people who are in their 40s is somewhat larger than the 50-somethings, the long-term demographic demand for purchasing vacation homes is favorable,” says NAR economist Lawrence Yun.

Today’s market could offer opportunity unlike we’ve seen for generations to consumers who are considering investing in a second home. Many of the luxury sellers who work with Long & Foster® find that our worldwide marketing reach not only targets qualified buyers looking for a vacation property within 100 miles of their primary residences, but the largest pool of buyers across the country and the globe as well. Vacation properties, particularly those at the high end of the market, require the specialized attention and expertise that comes with working with a notable luxury brand.

author: Jeffrey S. Detwiler, is president and chief operating officer of The Long & Foster Companies, the parent company of the largest independent residential real estate company in the United States, Long & Foster® Real Estate, Inc. The group of companies is the Mid-Atlantic region’s leading provider of homeownership services. Visit longandfoster.com for more information and complimentary industry-leading market data.

IS BUILDING A NEW HOME FOR ME?

by Susan Hussey, Realtor Partner, The Belt Team



At one time or another, many of us have found ourselves falling for the romantic notion of building our own home. We dream about what it will be, an illusion of perfection every bit as pronounced as when we first dreamt of who our children would become. Remember the attention to detail as you prepared for your first-born child? Now you may remember the endless number of granite selections you previewed before finding that perfect sample with just the right blend of exotic warmth and uncommon familiarity!

In my experience, no home is completely perfect, even when you build it yourself. So, how do you know if it is worth the experience, the highs and lows, the excitement and disappointment? Following is my list of “thinking points” based on building my own home and working with others who want to do the same.

#1 – NO HOME IS PERFECT

I know I’ve already said that, but it is worth repeating, especially when home buyers get those dreamy eyes. It can be wonderful, but it’s not for everyone. I’ve talked to many people who say they want to build a home so that they will have less maintenance to do. While it is true, an older home may require a longer “to-do” list, a newly built home will still have a list. You’ll have a “punch list” for the builder to do after you’ve moved in. Your new home will still require maintenance to keep it in top shape. And you may be hanging blinds, painting walls, and installing ceiling fans for quite a while (or hiring someone to do it for you).

#2 – IS THE PROCESS FRUSTRATING OR FUN?

The process can be tedious or it can tap into the best of your creativity. Do you have the time to invest? Who will take the lead, you or your partner? Do either of you enjoy looking at hundreds of samples to find just the right one? Honestly answering questions like these before you sign the new construction contract can save a lot of frustration during the process. Sometimes home buyers are surprised by how many details are involved. For some, making decisions on what color carpet or what color hardwood floor stain to choose is fun. But when they realize the magnitude of the options, along with the large number of other selections necessary – they get lost in the minutiae and overwhelmed by the time required. Others enjoy making trips to all the various suppliers – looking at slabs of granite in Merrifield, heading over to Springfield to check out faucets, driving to Manassas to see tile options, and more. An honest evaluation of what is required and who will handle it is imperative.

#3 – WHICH BUILDER SHOULD I CHOOSE?

This question can be crucial to how you experience the process of building. It is becoming increasingly more important when so many new builders are popping up with lots on your street and on the street where you want to be. How do you choose? What are the decision points? For every person, the answer can be different, but generally it is best to work with a builder who has long-term experience, an excellent reputation, and who will likely be around long enough to address warranty and other issues

after you move in. It's also important to look at the quality the builder provides in terms of standards and finishes. When the builder sends you out to drive by homes to look at the exterior color selections, get out of your car and walk the neighborhood. Talk to previous homebuyers to get a sense of their experiences with the builder. What were the issues? How did the builder respond to them after the sale? Would they do it again?

#4 - TAKE A LOOK AT A FEW RESALE HOMES

There are so many great options in our market for homes built in the past five years. These homes are sometimes better than new because they have all the kinks worked out. They have blinds and window treatments, mature landscaping that can be lovely, and you can get a sense of what your neighborhood will be like. When my husband and I built our home in 2008, we chose a lot in a neighborhood of 15 "to-be-built" homes. Ours was the first built. We had no sense of what our community would be like. Fortunately for us, it turned out great. We have a wonderful neighborhood. It is the right place for us, but it is much easier to know that in an established neighborhood. New is not for everyone. You may find a near perfect match in a nearly new home.

#5 - SHOULD I HIRE A REALTOR?

Of course the answer to that is "YES." However, you may wonder why. Some builders will tell you they will give you a discount if you work with them without hiring a Realtor.

Is that true? You certainly don't want to pay more than you should. The simple answer to that is that builders (not buyers) save money when they do not have to pay commission. In my experience, builders sell their homes for market price and do not discount homes for any reason not having to do with market factors. They may say they are reducing the price, or even rebate you some of what the commission would have been. But when it's all netted out, you've added your options, and come to a final price – it's still a market price. Adjustments are made in other areas. And the price you pay is usually not any different than what a Buyer with a Realtor would have paid. In fact, in our experience, it's often more.

Working with a Realtor with experience in new construction can help you sort through all of the issues I've discussed here. We know the market, know which options are worth the money, and negotiate on your behalf to get the absolute best price. Because we represent builders in our practice as well as buyers, we also know a lot of the "behind the scenes" calculations. And we may be able to get you more for your money because of that. In addition, we can also advise you about things such as pre-drywall inspections and resale issues. It may be in the builder's best interest if you don't hire a Realtor ... but it is NOT in yours.

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*~ Meryl Streep,
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~ Joseph Donofrio, "Goodfellas"

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The Dulles Corridor Metrorail Project has brought another very large, interesting device to Tysons Corner. This time the equipment will be used to install pedestrian bridges across Route 7 and 123, two of the busiest roads in the region. In fact, the machine literally will lift the bridges in to the air and march them into place.

Pre-fabricated components are now being delivered to a staging area behind the site of the McLean Station's pedestrian pavilion and Kiss-and-Ride lot on the south side of Route 123 at Colshire Drive.

"While still on the ground, crews will assemble the bridge components in a special cradle, install the utility lines, and place the roof and floor decking," said Bechtel's Paul Goguen, station task manager for Dulles Transit Partners, the design-build contractor on the project. "Then, when everything is ready, the assembled bridge will be lifted and secured onto jacks mounted on a special piece of equipment called a Self Propelled Modular Trailer [SPMT] system," Goguen said.

The SPMT is actually a grouping of four-or six-ax modular vehicles that can be quickly connected together on-site to form huge transporters of the required size and capacity for each bridge unit.

Each axle on each module can turn 360 degrees, allowing a wide variety of unconventional movements to suit the particular requirements of pedestrian bridge installation at any location. A specially trained engineer uses a hand-held central computer to control the movement as he or she literally walks the SPMT into position.



LET THERE BE LIGHT: Crews install light fixtures and conduit in the inbound and outbound tunnels that will carry trains from Route 123 to Route 7. Dulles Corridor Metrorail Project Photo by Stephen Barna.

SILVER LINE PEDESTRIAN BRIDGE INSTALLATIONS BEGIN IN THE FALL

by Marcia McAllister

Although the date for the installation of the bridge that will start serving the McLean Station (also known as Tysons East) is still to be finalized, it is expected to take place mid-September.

Project officials have worked with the Virginia Department of Transportation to minimize the impact of the installation of these bridges to the businesses and travelers in the area is minimized. The first placement will be done at night in order to further minimize the time that Route 123 and Colshire Drive will be closed.

According to DTP, here's how this will work. The pedestrian bridge will be jacked to the height at which it will be installed, before it moves into the roadway. When in motion, the full height of the transporter and bridge combined will be 43 feet, the length 144 feet, the width 24 to 34 feet, and it will weigh 182,000 pounds. All dimensions and weights are approximate, DTP says.

During installation, stop lights at the intersection of Colshire and Old Chain Bridge Road will be removed and then re-installed after the bridge has passed by.

The public will be advised of exact times, dates, and detours when the installation plans are finalized.

When this bridge placement is complete, the SPMT will be remobilized at another location.

Phase 1 of the Dulles Corridor Metrorail Project began in 2009 and is owned and managed by the Metropolitan Washington Airports Authority. The project is currently on schedule for construction completion in mid 2013.



Rendering of future McLean Station (Tysons East) shows pedestrian bridge connecting the station to the pedestrian pavilion on the southeast side of Route 123 near the Colshire Drive/Scotts Crossing intersection. Rendering –Dulles Corridor Metrorail Project.

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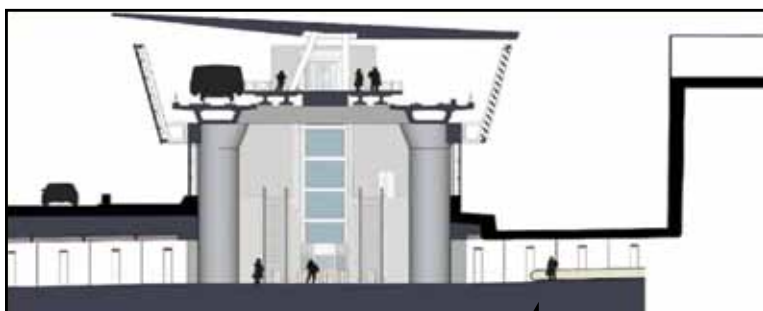
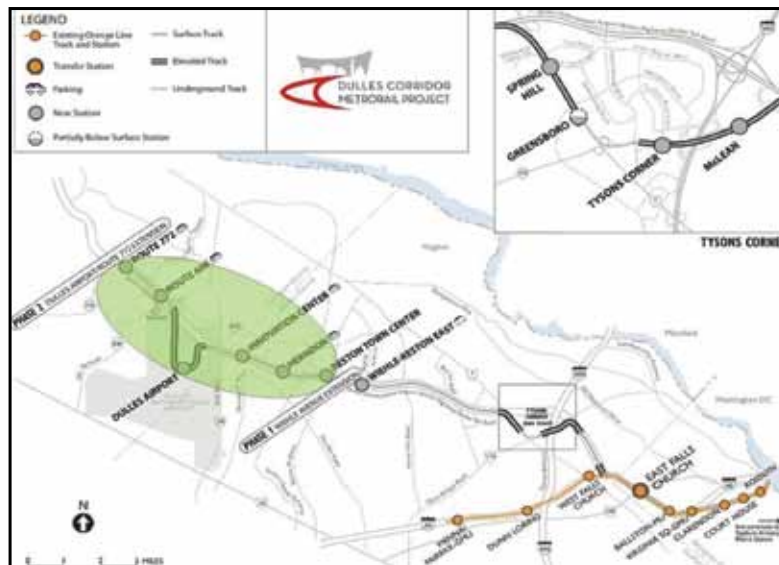
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SEARCH BEGINS FOR DESIGN-BUILD CONTRACTOR

for Phase 2 from Reston to Ashburn.

by Marcia McAllister



Dulles airport station exterior



Dulles airport station interior

The procurement process to select a design-build contractor for Phase 2 of the Dulles Corridor Metrorail Project is moving forward with an eye toward awarding a contract in late spring 2013.

This is an important milestone for the project to extend Metrorail to Dulles Airport and Loudoun County. Phase 2 will run from Wiehle Avenue on the eastern edge of Reston west to Reston Town Center, Herndon, Route 28, Washington Dulles International Airport, and into eastern Loudoun County where stops will be located at Route 606 and in Ashburn.

The Metropolitan Washington Airports Authority has issued a Request for Qualifications Information (RFQI) to solicit qualifications statements from potential bidders on the 11.4 mile extension that will include six Metrorail stations.

Patrick Nowakowski, executive director of the Dulles Corridor Metrorail Project said, "We are grateful to our project partners in the Federal Government, Virginia, Fairfax and Loudoun Counties who have helped keep this project moving forward. We will conduct a process to select a highly qualified team to design and build Phase 2 in the most cost-effective manner."

The RFQI has been posted on the Airports Authority website at <http://www.mwaa.com/5015.htm>.

More than 200 potential contractors and subcontractors attended a late July pre-submittal conference to hear details about the RFQI process. The event was held at the Marriott Hotel at Dulles Airport.

Statements of Qualifications will be gathered from prospective bidders and those documents are due in early September. After those documents are received, a "short list" of no more than five teams will be developed, according to the Airports Authority.

Next, a Request for Proposal (RFP) seeking both technical and price proposals will be issued to the short-listed teams. The contract will then be awarded to the team that meets the technical requirements and has the lowest price.

It is currently estimated that a contract could be awarded next spring and construction of Phase 2 could be completed approximately five years after the contract is awarded.

Phase 1 of the project runs from the East Falls Church area through Tysons Corner, where there are four stops to Wiehle Avenue on the eastern edge of Reston. Phase 1 construction will be completed in the summer of 2013 and is expected to open for revenue service in late 2013.



Photos by Trevor Wrayton, VDOT

At the Dulles Toll Road, motorists from Dulles will have a quick access to the 495 Express Lanes as well as the general purpose lanes of the Beltway.



From the air, the 495 Express Lanes ramp to Route 7 in Tysons Corner is one of the last ramps to be completed.

MEGA TRANSPORTATION PROJECTS

improve commuting in a mega way.

by Mike Salmon, Virginia Megaprojects

In late 2012, the 495 Express Lanes are opening, giving commuters in Northern Virginia transportation choices they've never had before. Drivers on the Capital Beltway in Fairfax County will have an option to ride in the free-flowing Express Lanes for free with at least three people on board, or pay a toll when traveling with one or two people. These Express Lanes are just one addition that will improve transportation in this growing region.

In early August, Governor McDonnell (R-VA) signed a deal to build approximately 29 miles of Express Lanes on I-95 from Garrisonville Road in Stafford County to Edsall Road in Fairfax County. The project will expand and improve the existing HOV lanes from Dumfries Road to Edsall Road and extend new HOV lanes from Dumfries Road to Garrisonville Road. Vehicles with fewer than three passengers can choose to pay a toll to use express lanes or they can ride the general purpose lanes for free.

In addition to the 95 Express Lanes in this busy east coast corridor, there are several military-related employment centers connected to the Base Realignment and Closure Act (BRAC) that resulted in an increased need for transportation upgrades along I-95/395. These projects include:

I-95 CORRIDOR FACTS AND STATS

- 110 million people live in the I-95 corridor from Maine to Florida.
- The corridor is home to 38 percent of all jobs in the United States.
- 46 major seaports and 103 commercial airports lie in this area.
- 5.3 billion tons of freight shipments run through the corridor.
- 35 percent of the nation's vehicle miles traveled.

Source: NPR analysis of U.S. Census Bureau Data

- I-395/Seminary High Occupancy Vehicle (HOV) lanes transit ramp
- Additional lane on northbound I-395 between Duke Street and Seminary Road
- Mark Center short and mid-term improvements
- I-95 Defense access road HOV ramp in Springfield
- U.S. Route 1 widening at Fort Belvoir
- I-95 shoulder improvements in Prince William County
- Upgrades and maintenance projects
 - Bridge mounted sign replacement
 - I-395 bridge painting
 - Eads Street I-395 HOV exit ramp widening in Arlington
 - HOV upgrades from Edsall Road to the 14th Street Bridge
 - Intelligent Transportation Systems

Construction on some of these projects began this summer while others are scheduled to begin in the next few years. In addition to the road improvements, Metro is heading into their final year with Phase I of the Silver Line, a metrorail line that will branch off the existing Orange Line and eventually head into Loudoun County. Phase I of the Silver Line, which will go as far as Reston, is scheduled to open in the summer of 2013. Phase II will have a station at Dulles Airport and finally end in Ashburn.

TECHNOLOGY NEWS



Mobile payment using PayPal

EBay-owned PayPal's recent announcement of another 15 major retail partners for its offline checkout payment service is just the start of its point-of-sale push against credit card giants. Many retailers already use it. PayPal became eBay's standard for processing payments online after it was acquired by eBay in 2002. The new credit card reader for PayPal is a blue triangle-shaped unit that plugs into the jacks of smartphones. The company wants to move its dominant online-payment business to offline payments as well. It will compete with Square by charging merchants a little less to process a sale. Square, to date, has helped merchants process sales for \$4 billion worth of goods this year. The Square plugs into iPads, iPhones, and Android devices. It's available in Apple stores. The overall mobile payment market is surging. It's forecast to grow from \$60 billion in 2011 to more than \$170 billion in 2015, according to Juniper research.

Gaming: an exciting new world for makers and players

Ever since the Super Nintendo Entertainment System came to be in 1991, the owners, along with owners of Sony Playstations and Microsoft Xboxes, which came later, have happily upgraded their gaming systems with each passing year. As Nintendo introduces its new Wii U, however, it arrives at a time of uncertainty for the industry, which has seen much of its recent growth come from beyond the console game market. The "free" price tag is a big selling point for millions of players who have gone to mobile

phone and online games played on smartphones, tablets, and Facebook. Playing is cheaper than buying a \$300 console and paying \$50 to \$60 for a single game. Ease of play has increased the number of people who say they play games at least one hour a month to 125 million, double the 56 million in 2008. To get in the game, all a new player has to do is hit "Start." People want to play whenever and wherever they want. Console makers have an ace or two up their sleeves this year as well. For real living room entertainment, Nintendo's Wii U has a new wireless tablet-shaped controller with a touch screen and a traditional game control that allows expanded game-play options. For instance, players can tilt the new motion-sensitive control tablet's screen to make on-screen characters move. It also serves as a window to a game world that exists virtually beyond the TV screen. It's around you and above you. Microsoft has added Amazon Instant Video to Xbox Live's apps, which include HBO Go, the "NFL Sunday Ticket," and extensive on-demand movie and TV libraries.

New PCs and Macs coming this year

Unless your computer is really on its last legs, you might want to wait until later this year to replace it. Microsoft will introduce Windows 8, the most radical new version of Windows in years. It should be out by late October. PC makers will be offering new laptop designs to take advantage of it, says tech expert Walter Mossberg. Windows 8 will work with a mouse or touch pad and keyboard, but it will be heavily oriented toward tablet-type touchscreen navigation. Many PC makers are planning new models for the holiday

shopping season that can act as either tablets or clamshell laptops. For Macintosh users, Apple has brought out a new operating system this summer. Called Mountain Lion, it isn't as big a change as Windows 8 because Macs already have a lot of touch gestures and tablet-type features in the Mac. New Mac laptop designs are due out later this year, especially for Mac Book Pro line.

No-mirror SLR digital cameras are taking the lead in sales

What camera is smaller, snappy-looking and selling like hotcakes to young people? It's a new hybrid version of digital cameras. Previous hybrids were fixed-lens SLRs, smaller than traditional SLRs, but larger than point-and-shoot cameras. They have mirrors like professional SLRs. The new hybrids are smaller but slightly more bulky than point-and-shoot digitals. Though they cost more than point-and-shoots, they are still less expensive than the professional SLR models offered by Nikon, Canon, Sony, and others. Like the professional cameras, they offer high-end all-glass interchangeable lenses. One feature that sets them apart: they use an electronic viewer, through the lens to the sensor, without the use of a mirror, which allows them to be smaller and faster. This type of hybrid was first released more than two years ago by Olympus with its Ep models and Sony with NEX models. But earlier this year, Nikon was the first major marketer to offer them among its lines of digital cameras. And while Sony and Olympus have stuck to traditional colors of blacks and silvers, Nikon boldly offers bright colors with its Nikon 1 JVs and Vs. Young women

in Japan, known as "camera girls," quickly started snapping them up to acquire not only a more sophisticated degree of picture taking, but also to add a fashion statement. Pink is one of the hottest sellers. Point-and-shoot cameras sell for \$49 to \$500; older fixed-lens mirror-equipped hybrids sell for \$200 to \$600; and professional SLRs cost \$500 to several thousand dollars. The new mirror-less breed drops in at a mid range of \$300 to \$1,700, according to the *New York Times*. Sales of compact point-and-shoot cameras declined in 2011. Sales of the new breed of hybrid are projected to increase fivefold by 2015, according to the market-research firm, International Data Corp. Nikon has boldly gone where most camera makers have not gone before in the market of digital photography.

What is an SLR?

A single-lens reflex (SLR) camera typically uses a mirror and prism system (hence "reflex," from the mirror's reflection). It permits the photographer to look through the lens and see exactly what will be captured in the photograph. With viewfinder cameras, the image could be significantly different from what will be captured. The historic 1949 Zeiss Ikon VEB Contax S, manufactured in Dresden, Germany, was the first pentaprism SLR for eye-level viewing. In the United States, this and many other 35mm cameras became the most-used SLR cameras. In recent years, digital and hybrid SLR cameras have become popular with amateur photographers and the general public.

New twist on social gaming

'Draw Something' gets players to cooperate. It's like Pictionary for the iPhone, but there's more to the game 'Draw Something' than that. It lets players cooperate in the game so they both do well. It must be fun, because more than 35 million people downloaded the app in its first six weeks of existence. It's addictive, easy to play, but still challenging, appealing to everyone from children to seniors. Each round offers players three options to draw. If it asks you to sketch Lil Wayne, but you never heard of him, you can draw something familiar, like a bear or a closet. Game designers are preparing to let players save and share their creations in online galleries, according to *Time*.

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"NOW" IT'S THE LENS THAT MATTERS

Nice Shoes • No Drama by Leigh Macdonald

Now is a funny thing. In fact, *now* is less about the events around us and more about the lens through which we see those events.

Are you up for a road trip? To the Florida Keys? Have I got an example for you ...

Several years ago, my husband and I lived on two levels of a tiny three-level townhouse in Key Largo. The carpets were dyed—teal, no less—and the first floor of the townhouse was home to an Irish drunk. And actually, to say that we “lived” there is a bit inaccurate. You see, I spent Sunday through Thursday nights living 70 minutes away in tiny maid’s quarters that we’d rented close to the University of Miami, where I attended law school. While I was living it up [translation: studying all the time] in the maid’s quarters—which were about 10’ wide by 11’ long—my sweetheart was likewise living large. On rice and beans. Literally.

Each Sunday evening, he’d make a large pot of rice and beans, and that was his dinner for every night of the following week. Now and again, he’d cut up hot dogs and throw those in for a little protein. During those years, we had no extra money and very limited time together. We conceived in that little townhouse and experienced the heartbreak of my first miscarriage there. All in all, times were really challenging in that townhouse. They just were.

But now that the memories of that townhouse have faded some, I’m better able to appreciate another side of it. We lived on the top two floors. And our third-floor bedroom slider, while only somewhat functional, allowed for the passage of gentle

and steady ocean breezes. On weekends, we awoke to swaying palm trees, and the local radio station even played Jazz every Sunday morning. While the color of our dyed carpet never really grew on us, we appreciated the fact that there was never any stress about ruining a beautiful rug. Short walks to a nearby rocky point fit well within our budget, and there, we saw ocean forever and witnessed amazing sunsets. We moved out of that townhouse just weeks after my miscarriage, and soon thereafter, we conceived our wonderful son, who’s now a thriving eleven-year-old boy.

The reality of that now—that period of our lives—didn’t change from one paragraph to the next. All that really changed was the lens through which I remembered.

So nowadays, I make it a point to use my rosy lens, the one that looks for good, rather than bad. For growth rather than hard knocks. Because no matter the challenges I’m given, I’m certain—altogether certain, in fact—that there’s good happening now. Right now. And if I use the wrong lens, I might just miss it.

After all, hindsight’s okay, but it’s filtered. Because the moment—that *now*—is over.

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 in my mid thirties, an attractive, professional woman. I meet men and I don't seem to get past the first date. I don't get many second dates and then I never seem to be asked out after that. Why is it so hard to find a man who wants a relationship with me?

--Rejected in Reston.

DEAR REJECTED,

The good news is you are meeting men and getting dates. Unfortunately, you are not progressing towards a significant relationship. Something is definitely amiss in your dating and you may be turning off your date in some way or he is not seeing you as girlfriend potential. Here are several reasons why you may not be getting beyond a first date.

1. You may not appear genuinely interested in your date nor seem happy to see them. Most people feel your energy (or lack of) and perhaps you are not being perceived as "into" him. I recommend you become curious about your date and ask him questions about himself. Also, keep the conversation light and fun in the beginning and don't get into deep heavy personal stuff like your dislike for your brother's wife. (Although you may be justified, you may want to wait until you develop a closer bond before sharing this).
2. You do not show interest in what your date is saying and you seem bored. What does your body language say? Are you leaning towards him or is your body pulled back signaling that you're somewhat removed from the conversation? Do you smile and show you are having a good time?
3. Do you show good manners toward your date and others that you come into contact such as the wait staff? If you seem pushy or rude, that can be a huge turnoff.
4. Do you offer to pay part of the bill or at least the tip to show that you

don't want to take advantage of the situation? Okay, some guys may take this that you are not interested so you may not want to do this on your first date and wait until other opportunities to pitch in arises on subsequent dates.

5. Do you express appreciation of the date, especially when the guy pays, by emailing him (or calling him, or texting him) to say you appreciated his efforts?
6. Are you choosing people who share your values and have the same life goals as you do? When you do this, you will have a bond that connects you. Find a way to weed out those guys who are not seeking a serious relationship.

If you are doing all these things then, I am scratching my head and wondering what else you can be doing. Unfortunately, I am not "Hitch" and I can't be there to observe you. Perhaps you can get one of your close girlfriends who have been successful with dating to observe you secretly and give you feedback. Even better if one of your guy friends can do this!

Bottom line, men need some signal to let them know you are interested in them. Most people who are serious about a relationship do not want to play games. We all want to feel special and desire to see responsiveness from someone we are dating.

Keep trying, he is out there!

Intentionally yours,
Coach Amy Schoen

COACH AMY

Getting a second date.

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.



SOMETIMES IT PAYS TO BUY A NEW CAR INSTEAD OF USED

High prices for some small, fuel-efficient used cars mean you have to carefully calculate the actual costs of the used car versus a new one.

Vincentric, an auto data company, calculated the three-year ownership cost for a new and a used Toyota Corolla LE, including depreciation, interest on the loan, insurance, fuel, maintenance, and repairs.

Reported in Kiplinger's Personal Finance, the three-year costs of a 2009 Corolla bought from a private party were \$20,520. If bought from a dealer with a comprehensive warranty, the used car cost rises to \$22,015.

For a brand new Corolla, the three-year costs were only \$20,944. When you factor in the higher price you'd get for your trade-in, plus the costs of maintenance and repairs, the new Corolla appeared to be a better deal.

SAVING FOR THE LONG TERM, WHICH COULD BE REALLY, REALLY LONG

At age 65, a man's average life expectancy is 20 additional years; at the same age, a woman has an estimated average of 22 additional years.

Planning your life on averages, however, is risky. Remember the story of a man who drowned crossing a river where a sign said the average depth was 3 feet (it was 12 feet in the middle).

Using average life expectancy to estimate how long your savings will last could leave you with no savings and a lot of living left to do. About 40 percent of women and 30 percent of men will live to age 90.

Some will live to 95, and a few will pass the century mark. So if you think you've already saved enough to retire, don't stop. Save some more. Another consideration: the chance that at least one member of a 65-year-old couple will reach age 90 is 60 percent.

Deciding whether to plan for an average lifespan or a long one is your decision. But providing for a longer life could save you from skimping near the end or living on the kindness of others, say financial planners quoted on CNNMONEY.com.

Unless you have a family history of dying young or a condition that's bound to shorten your life, it's best to plan on living into your mid-nineties. Online life-expectancy tools could help, such as one by Northwestern Mutual (Google "Longevity Game"). It calculates life expectancy based on your health, behavior, and family history. It takes just 2 or 3 minutes and it's entertaining.

To hedge your bets once you retire, advisors recommend devoting part of your savings to an immediate annuity. It will provide guaranteed income no matter how long you live.

THE PERILS HOMEOWNER'S INSURANCE WON'T COVER

If your house burns down, the insurance company will pay. Ditto if a tornado blows it away.

Some homeowners have been surprised to discover that their homeowner's insurance does not cover flood damage, or damage from earthquakes and landslides.

Other common exclusions include damage from mold, broken pipes due to lack of routine maintenance, and sewage backups.

If you live in a high-risk area for floods, your mortgage company will require you to carry flood insurance. Even if the risk is fairly small, flood insurance is a good idea, though it can cost \$1,700 a year or more on a \$150,000 building and \$50,000 in coverage for contents.

Consider what problems place your home at the greatest risk and beef up coverage by adding endorsements, say experts at thisoldhouse.com.



A SMART WATCH FOR CHRISTMAS?

Smart Watches give people access to news, weather, sports, stocks, horoscopes, messages, the Internet, and more, all from a wristwatch.

A few smart watches are available right now, and experts predict more brands will be available by holiday time.

The Sony SmartWatch is an elegant Android watch. Bluetooth enabled, it works beautifully with both Sony and non-Sony Android-based smartphones. It costs \$149.

The Pebble E-Paper Watch will be out soon. (Right now, the \$125 model is sold out. The next ones will cost \$150). It connects to both iPhone and Android smartphones using Bluetooth. It alerts the wearer with a silent vibration for incoming calls, emails, and messages.

While designing the watch, Pebble Technology says they "strove to create a minimalist, yet fashionable product that seamlessly blends into everyday life."

BANKS OFFER NEW TYPES OF PREPAID CARDS

J.P. Morgan Chase is now selling prepaid debit cards at its 5,541 branches.

It is the largest bank so far to sell prepaid monthly cards, which target consumers who don't want to pay the fees typically attached to regular checking accounts.

The new "Liquid" card has a \$4.95 monthly fee and carries a Visa logo. Customers aren't charged to load money onto the card or to withdraw cash from Chase ATMs or tellers.

They can also have paychecks deposited directly onto prepaid cards and use the cards to pay bills.

That means a customer could pay less for the prepaid card than for a checking account. Chase charges customers \$12 a month if they don't meet minimum balance rules.

Many other financial companies are promoting their prepaid cards, including U.S. Bancorp, BB&T Corp, and American Express. At BB&T, they say sales of prepaid cards are exceeding their expectations.

Banks are attracted to prepaid debit cards, in part, because they are exempt from the recent federal law that roughly halved the amount they can charge merchants for accepting debit transactions. That means merchants must pay the banks more when a customer uses a prepaid card instead of a debit card.

At the National Consumer Law Center's Washington office, they are glad to see banks offering prepaid cards as long as they are not a substitute for their duty to serve the entire community with traditional bank accounts.



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SHOULD I BE WORRIED ABOUT TOXOPLASMA?

by Sanford Christmus

Dear Doctor Christmus:

I've read a lot about Toxoplasma in the news lately. Should I be worried?

~ Bobbie Mass, Oakton, VA

I've also seen some news articles zipping around the web concerning Toxoplasmosis. A recent study appears to show that Toxoplasma may cause neurologic changes in people, causing thoughts of suicide or even schizophrenia. Unfortunately, every article I saw made it appear that people are infected directly by cats. Thankfully that's not quite true. Read on to learn more.

Toxoplasma gondii is a microscopic parasite with a very interesting life cycle. Cats are the definitive host, which means Toxo needs them to be able to reproduce and spread. The oocyst (fertilized egg) of the organism is excreted in cat feces. This egg shedding occurs a few days to a few weeks after infection, and it lasts for one to three weeks. The cat has already recovered from the infection by the time it sheds oocysts. Most importantly, it takes at least 24 hours for the oocyst to become infective outside the cat. Any warm-blooded animal can be infected by Toxoplasma, but the organism can be directly spread only by cats.

Infection typically causes a mild, barely noticeable infection. In people it can cause flu-like symptoms, but in animals, most wouldn't be perceived as being ill at all. Unfortunately in very young or immunocompromised animals, it can be fatal, because of the cellular damage it causes in multiple tissues. In the vast majority of cases, though, the immune system stops the infection and the organism hides by forming microscopic cysts. These cysts last for years in the tissues and can possibly even last a lifetime.



It is these cysts that have generated some press lately. If the cysts are in muscle tissue, they cause no problems for the animal. Unfortunately, the cysts prefer to be in neuronal tissue, such as the brain and spinal cord, where they can cause behavioral changes and other problems. It's been shown that rodents infected with *Toxoplasma* lose their fear of cats and thus are caught and eaten more readily, thus spreading the organism. Once an animal has been exposed to Toxo and survived, it is immune for life. This fact is very important to remember when I talk about your risk later in the article.

The most common way animals, including humans, are infected by *Toxoplasma* is by ingesting tissue cysts of infected animals. People are most commonly infected by eating undercooked beef and pork.

This is a typical cycle: a cat lives on a farm helping control the rodents; the cat is infected by ingesting Toxo from the environment or by eating infected vermin; the cat spreads Toxo in his stool; the cow or pig ingests Toxo while eating off the ground; cysts form in the animal's tissue; and people eat the cysts in undercooked meat. The organism is killed if exposed to temperatures over 152°F or below 9°F, so if you eat any fresh beef cooked less than medium-well, you are at risk for Toxoplasmosis. If the meat has been frozen or is cooked to a temperature above 152°F, then Toxo is not a concern.

As disturbing as it is to consider, the other way animals are infected is by ingesting items contaminated with cat feces. Humans can ingest it from eating fresh vegetables grown in a garden where an infected cat has eliminated. It can occur when we're less than hygienic and don't wash our hands after touching cat stool. It can happen when the dog eats cat stool and then licks our face or hands. We can be infected when we garden without gloves and don't wash up thoroughly afterwards. Thankfully *Toxoplasma* oocysts are killed rapidly by soap, so washing your hands before eating and after gardening and washing fresh veggies with soap and water will eliminate the risk. If using soap on your vegetables sounds offensive to you, try an all-natural fruit and vegetable wash, such as Fit, which is available in most supermarkets in the produce department. I haven't been able to confirm that Fit kills Toxo, but it does include sodium laureth sulfate (among other ingredients), which is the main surfactant in soap.

The concern most people think about when they hear about Toxoplasmosis is the risk of fetal birth defects, when a pregnant woman is infected. It is a serious concern, but it's a problem only for pregnant women who aren't immune and who become infected during their pregnancy. If the woman is already immune, there's no concern with Toxo.

The common thought is that living with cats increases a person's risk of infection. This assumption is just not true.

- If your cat hunts outdoors, it's very possible that the cat has already been infected and is immune now, thus no longer shedding oocysts. Once he's been infected, it's rare that a cat ever sheds any oocysts again.

- If your cat stays indoors and doesn't eat raw or undercooked meat, raw eggs or raw milk, then the likelihood is almost zero that he will be infected. He'll have to eat an infected rodent that enters the house.
- If you're living with a cat that has been infected with *Toxoplasma*, it's possible that the people in the house are already infected and immune. In this case, there's no risk to the fetus, because Mom can't get re-infected—she's immune.
- Because it takes at least 24 hours for oocysts in feces to become infective, cleaning the litter box once daily almost eliminates the risk of infection to the person doing the cleaning, whether or not the person wears protective gloves.

Here are my recommendations for minimizing risks of Toxoplasmosis infection in cats and people:

1. Cook all meat, especially beef, pork and venison, to a minimum temperature of 160°F.
2. Don't eat uncooked eggs or raw milk or feed any of these items to your cats.
3. Wash hands, utensils, countertops and cutting boards with soapy water after touching raw meat.
4. Wash fruits and vegetables with soapy water or a commercial fruit and vegetable wash.
5. If you are pregnant, avoid contact with garden soil, sandboxes and raw meat.
6. If you are pregnant, do not clean litter boxes (although if they are cleaned daily, the risk is tiny).
7. Clean the litter box daily and don't put the waste in compost piles or in the garden.
8. Keep cats indoors to prevent them from hunting outside.
9. If you are planning to get pregnant, get tested for immunity to *Toxoplasma*. If you are immune, there's no risk to the fetus. If you are not, then focus on minimizing the risks by following the guidelines listed above.



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.





CHOOSING THE PERFECT PET

Questions to consider when choosing what type of pet is perfect for your family.

1. Why do I want a pet?

Consider the reasons why you want a pet. Make sure you understand the reasons you are deciding to get a pet. Have you recently lost a pet or moved to a new area? Are you looking for a constant companion or more of a decorative family addition? All of these factors will help you decide on what type of pet you are looking for.

Is your pet ready for their close up? Send photos to articles@vivatyson.com.



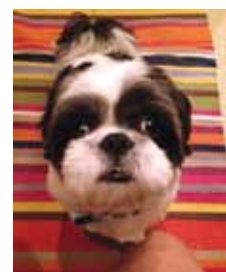
Minnie
Owners: Koniszewski
Family



Simba and Savi
Owner: Jade Kolker



Eli
Owner: Marta Hoodz



JoJo
Owners: Manny & Ellie
Pelaez



Lucy
Owner: Constance Bernard



Cody
Owner: Christy Belt Grossman



Daisy
Owners: Bernie & Maria Smith



2. Will a pet fit into my budget?

Pets cost a lot of money, and some pets cost more than others. The initial cost for a pet may be relatively inexpensive, such as adopting, but further bills can add up quickly. Make sure you know and take into account how much the pet you want will cost and if it fits into your budget.

3. What type of home can I provide for a pet?

Do you have a large backyard or a small apartment? A large dog would thrive with room to run, but a guinea pig or cat would be fine living in a smaller space. If you are renting, take a look at your rental agreement so you know what pets are allowed and which ones are not.

4. How much time can I commit to my pet's care?

Think about your lifestyle now; do you like to sleep in late or go out to happy hours right after work? A pet could change this. Are you ready for that to happen? A fish would be fine waiting for dinner, but a puppy would need a good walk and some cuddle time. Keep in mind your own happiness and the well-being of a pet when deciding how much of your time you are willing to commit to care.

5. Who else in my household will this effect?

A pet is a serious commitment and does not only affect your living environment, but those around you as well. Do you live with roommates, small children, or someone with allergies. Think about how the pet you want will affect the people around you. Also take into consideration any existing pets in your household. Will they get along with a new pet and if so, what kind would they get along with best.

6. What level of commitment am I willing to offer?

A dog takes a high level of commitment and would require a flexible schedule to fully meet their needs. A lizard, however, would require less of a lifestyle overhaul and wouldn't require the time commitment that other pets need. Be honest with yourself when considering what type of pet will suit your lifestyle, home, and level of commitment. If you are honest, you will choose the best pet for you and your family.



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BREEDER VS. SHELTER

Where you pick your pet is just as important as the pet you pick.

by Gaby Oser



Choosing a pet is always a tough decision, but an even harder decision is selecting where to get your new pet. The two most popular places to adopt are from breeders or from shelters or rescues. While there is debate surrounding these options, the choice comes down to individual preference and what you are looking for.

Buying from a breeder is an option for people who already know the breed of the animal they are in search of. People who are looking for a specific hybrid animal are also more likely to find them through a breeder.

Most breeders have been breeding the same lineage for years or at least have a thorough knowledge of the animals' history, and therefore, can provide a detailed report of the pets' genetic history including the parents'. Additionally, since the animal has most likely not left its parents and siblings since birth, these interactions are able to be viewed first-hand and are important determinants when selecting your pet.

It is also important to be aware that the price of your chosen pet is up to the breeder's discretion, based on the size and color or markings, the dollar amount may vary from pup to pup. Additionally, since the age at which the pet goes home is up to the breeder, this can impact vaccinations: which ones and when they are administered. This also holds true for the spaying or neutering as breeders do not usually have their animals spayed or neutered before sending them home so be prepared for that additional cost of getting them spayed or neutered unless you plan on breeding yourself.

The choice of adopting your pet from a rescue or pound has appeared to have increased tremendously in popularity over the past few years. Be aware that when choosing adoption, as you are literally choosing to save an animal that without you, may not have the option of living a fun and love-filled life.

Choosing to adopt your new pet delivers an array of options for you to choose from; a variety of breeds, ages, and sizes are all available, including the ability to choose from various backgrounds and temperaments, such as animals that are good with children or other pets or some that require a more sedentary lifestyle or need special attention - the options are endless.

In many cases, the animals' full genetic history is not always available, but some are lucky and may have records from the previous owner animal's history. And even in cases where this information is not available, an animal in a rescue has had the opportunity to work with a multitude of different people and evaluations of the animal are recorded.

Once you have found your match, you can be confident that you are receiving a healthy pet with up to date vaccinations and guarantee having been spayed or neutered. The cost of these procedures is sometimes included in the pet fee.

Furthermore, whether you are a first-time pet owner or even an experienced one, you will receive pre and post adoption support and rest-assured, this support usually comes without an expiration date.

No matter your choice, make sure that you have fully researched and taken a tour of the facility before continuing with your pet choosing experience.

Local adoption agencies:

Humane Society of Fairfax County
www.hsfc.org

SPCA of Northern Virginia
www.spcanova.org

Friends of Homeless Animals
www.foha.org

Homeless Animals Rescue Team-HART
www.hart90.org

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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.

Massage Heights recently opened at the Idylwood Plaza on Leesburg Pike in Falls Church. Massage Heights offers three levels of massage memberships plus aromatherapy and elevations such as hot stone therapy and foot scrubs. Stop by for a one-hour massage at a special introductory price.

Find love and romance on September 7, from 8pm to 1am at **Mimi's 40 Plus Upscale Professional Singles Event** at the elegant Hidden Creek Country Club, 1711 Clubhouse Road, Reston, Virginia 20190. Fine dinner cuisine, dance to romantic live music from the Moonlight Serenaders plus DJ music by Bruno. Personalized matchmaking by Mimi -- 55 engagements, 435 marriages. A portion of proceeds benefit local shelters. Call for details and RSVP to your caring hostess, Mimi at 301.229.7772 or email Evan Seigel at evanseigel@gmail.com.

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!

Vincent Pastore (Sopranos) and Johnny Alonso (Dawsons Creek) will be appearing at **The Actors Source** on Sat, Sept 29th. Johnny will do an actors workshop and Vincent will do a lecture and Q & A on breaking into the business, etc. **Vincent Pastore:** Goodfellas, Sopranos, Vegas, One Life To Live, General Hospital, Everybody Hates Chris, and much more. **Johnny Alonso:** All My Children, Dawsons Creek, Safehouse, Click on This, Rise of The Fallen, Coffin, and much more.

The Shops of Spectrum in the 400 block of West Broad Street in Falls Church will soon feature two new businesses: the newest location of **Moby Dick Kabobs** featuring all of your menu favorites, plus **Beadazzled**, a jewelry and craft store, which will be their fourth location in the DC Metro area.

Always There Pet Care will soon be opening its new doggy daycare at 8305 Merrifield Ave in Merrifield (22030). To celebrate the new facility and their 18th Anniversary, ATPC is hosting an open house Sat, Sept. 4th from 11am-3pm complete with snacks, tours of the facility and opportunities to "Ask the Trainer."

OpenArt Studio just finished the build out of their studio space at 225 Mill Street, NE, Vienna. As a former GMU professor and with a MFA from Yale, the director Taek Lee is has successfully helped students with their high school portfolios. Now with a new space in Vienna, he opens the doors to children and adult art programs as well. www.openartstudio.org.

The Vienna-Tyson Regional Chamber of Commerce presents The Fourth Annual **Oktoberfest** Family celebration on Saturday, October 1st. Oktoberfest has quickly become one of our town's premier events and is not to be missed! For More information contact VTRCC office at 703.281.1333 or via email info@vtrcc.org.

C Wonder, opening in Tysons Corner. With only two other locations in NYC and CT. This store is the creation of Tory Burch's ex-husband and features affordable clothes and decor.

InCircle Travel recently opened at 1953 Gallows Road in Tysons Corner. They are a full-service agency providing worldwide service including packages, business travel, and vacation travel.

If you have a hankering for an authentic French baguette, you won't need to catch a flight to Paris to get one. Soon, you can just hop over to Tysons Corner.

PAUL Bakery is opening a new location in Tysons Galleria.

Located at the Tysons Station shopping center (where Trader Joe's is located), family-owned **Lava Yogurt** is the new "Hot Spot for Cool Treats" in the Tysons area. They opened in August and are planning for a full-scale grand opening later in September. Owners Denise and Michael Shochet have been a part of the McLean/Falls Church/Tyson's community for the past 15 years and this is their foray into the restaurant business. Their goal is to create a place for the community to come, choose from 16-flavors of self-serve yogurt and over 60 toppings, and enjoy in the contemporary, fresh setting with great music, free wifi and good vibes! Visit www.lavayogurt.com.

Fairfax Pets on Wheels has announced their 17th Annual "Paws for a Cause" 3K Walk. This Local group raises funds supporting pet therapy for long-term care residents. The walk and the doggone fun begins at Weber's Pet Supermarket, 11021 Lee Highway, Fairfax, VA. Proceeds from the walk go toward recruitment and training, volunteer activities, and insurance. Registration is available on line at www.tiny.cc/walk2012 or www.fpow.org.

Open Art Studio has moved to 225 Mill Street NE in Vienna. OpenArt Studio is a private art studio offering classes in portfolio development and art foundations. For more information on classes and registration visit www.openartstudio.org.

The Town of Vienna is proposing a new Church Street parking structure to facilitate the parking needs of the merchants and service providers on Church Street. Information on this proposed project is available online at www.viennava.gov.

Spanx has announced that it is to open its first standalone retail stores in October. They will open three locations on the East Coast including one in Tysons Corner Center.

Washington Luxury Properties celebrated their grand opening at 1953 Gallows Road, in Tysons Corner. This real estate boutique specializes in the marketing, purchase, and sale of luxury real estate in the Tysons area.

By the end of the year, 11,000 **electric car charging stations** will be installed across the country and, according to the *Washington Business Journal*, two of the newest are located right in Tysons Corner at the Tysons Corner Marriott.

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offers "Unbelievable Neighborhood Offers" to residents in the Tysons Corner area of Northern Virginia. In partnership with

VivaTysons magazine, **CelebrateTysons.com** works to "illuminate and celebrate" local merchants and service providers by offering consumers introductory and special offers.

Around 35 million children in the U.S between 5 and 13 years old go trick or treating every year, which is around 90% of all children in that age group.

Historical Happenings

Sept 2 1666 - The Great Fire of London.

Sept 19 1893 - New Zealand became the first country to give women the right to vote.

Oct 2 1933 - The five-day work week was officially sanctioned by the American Federation of Labor.

Oct 22 1911 - Airplanes were first used on battlegrounds.

Oct 23 2001 - Apple releases the iPod.

What do the following words have in common?

Assess
Banana
Dresser
Grammar
Potato
Revive
Uneven
Voodoo

Bizarre Holidays

Sept 19th International Talk Like a Pirate Day
Sept 28th Ask a Stupid Question Day
Oct 5th World Teacher's Day
Oct 29th National Frankenstein Day
Oct 30th National Candy Corn Day

How to solve wordoku puzzles

To solve a wordoku, you only need logic and patience.

There are 9 letters used in this puzzle:

A S T E O W H Y R

They make a word in the shaded row. The title is a clue to the word.

Here's now to play: Simply make sure that each 3x3 square region has letters that occur only once in each square.

Each column and row of the large grid must have only one instance of any letter.

The difficulty rating of this puzzle is easy.

Seaworthy wordoku

	A			T	W			
		W	O		S			
	S							O
Y	T		A					
	E						H	
					Y		R	E
O							W	
			Y		T	S		
			H	W			Y	

Complete these words by inserting the same three letters in each. TE---ER S---ET EAR---E

ACH - Teacher, Sachet, Farache

What should the tenth number in this series be?

3, 3, 5, 4, 4, 3, 5, 5, 4, ?

"People who are crazy enough to think they can change the world, are the ones who do."
- Apple Computers



"Everything looks good. Now, we'll just bring in our company psychic to see if you have any pre-existing conditions from a previous life."

Trivia Teaser • Dollars and Sense

- Which of these is worth the most money?
A- Fin B- Sawbuck C- Simoleon D- C-note
- What actor starred in the movies *A Fistful of Dollars* and *Million Dollar Baby*?
A- William Shatner B- James Garner C- Telly Savalas D- Clint Eastwood
- Which U.S. President appeared on a \$1 coin minted in the 1970s?
A- Dwight Eisenhower B- Calvin Coolidge C- Thomas Jefferson D- Ulysses S. Grant
- Which denomination of U.S. paper currency was retired in 1963 and revived in 1976?
A- \$2 bill B- \$100 bill C- \$1000 bill D- \$10,000 bill
- Who was pictured on the American half-dollar before being replaced by John F. Kennedy in 1964?
A- Statue of Liberty B- Davy Crockett C- Alexander Hamilton D- Benjamin Franklin
- What was the name of the bionic hero played by Lee Majors on *The Six Million Dollar Man*?
A- Steve Austin B- Steve Canyon C- Steve Zodiac D- Steve Zahn
- What movie character said, "They said it was a million dollar wound, but the army must keep that money 'cause I still haven't seen a nickel of that million dollars"?
A- Forrest Gump B- Hud Bannon C- Harry Bailey D- Fred C. Dobbis
- What comic book character owns a dog named Dollar?
A- Scrooge McDuck B- Richie Rich C- Jughead Jones D- Mark Trail
- What star of the 1952 movie musical *Million Dollar Mermaid* titled her 1999 memoir *The Million Dollar Mermaid*?
A- June Allyson B- Ava Gardner C- Esther Williams D- Maureen O'Hara
- What bird is depicted on the Canadian \$1 coin?
A- Osprey B- Owl C- Loon D- Pelican

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

Answer: Throw it straight up

Athletic Word Search

BO	J	B	R	A	S	O	B	I	K	E	E	
O	L	Y	M	P	I	C	D	S	G	M	C	G
S	O	C	K	S	A	I	S	L	H	N	N	
R	A	C	E	R	A	Y	O	P	A	I	O	S
S	O	T	E	T	O	V	T	R	N	H	S	S
I	Y	T	S	U	E	D	U	N	N	E	E	U
J	A	R	B	S	I	D	U	I	X	L	P	N
W	I	G	T	H	N	R	A	E	G	M	L	G
F	S	H	O	E	S	R	O	G	K	E	U	L
H	Y	D	R	A	T	I	O	N	S	T	G	A
Y	F	I	H	S	U	G	A	H	M	W	S	S
G	D	I	S	T	A	N	C	E	E	A	I	S
G	A	O	W	E	T	S	U	I	T	S	N	E
Y	R	B	I	W	O	R	K	O	U	T	S	S
C	C	Y	C	L	I	N	G	T	O	P	S	U
T	N	I	R	P	S	W	I	M	M	I	N	G

BAG	IRONMAN
BIKE	NOSE PLUGS
BRAS	OLYMPIC
BUOYS	RACE
CROSS TRAIN	RUNNING
CYCLING	SHOES
DISTANCE	SOCKS
ENDURANCE	SPRINT
FIRST AID	SUNGLASSES
GLOVES	SWIMMING
GOGGLES	TOPS
HELMET	WATER
HYDRATION	WETSUITS
	WORKOUTS

When tempted to fight fire with fire, remember that the Fire Department usually uses water.

Loyal Citizen Crossword

Across

- Vim
- Pirates' exclamation
- ___ de toilette
- Extra
- Best guess: Abbr.
- Navigational aid
- Kind of network
- Pine Tree St.
- WWI French soldier
- Travel
- Light-haired
- Tiny organism
- Apex
- Burdened
- "Rocky ___"
- Quick drink
- And so on: Abbr.

Down

- Hammer part
- "___ on Down the Road"
- Tolerate
- Attacker
- Artemis's twin
- Campaigned
- Fat unit
- In this place
- Thief
- Loosen, as laces
- Young ladies
- Arab League member
- "Go ahead!"
- "Beowulf," for one
- Tokyo, once

The title is a clue to the word in the shaded diagonal.

For The Foodie

Pound for pound, hamburgers cost more than new cars.

The World's longest carrot recorded in 2007 was 19 feet 7/8 inches.

Five hundred and fifty hot dogs are eaten every second of the day in the United States.

Coffee is the world's most recognizable smell.

Five Jell-O flavors that flopped: celery, coffee, cola, apple, and chocolate.

Someone living in New York could eat out every night of their life and never eat at the same restaurant.

In Eastern Africa, you can buy banana beer. This beer is brewed from bananas.



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www.LeesburgAnimalPark.com

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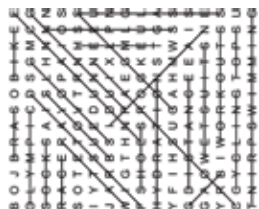
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3. (The numbers show the number of letters in the words ONE, TWO, THREE etc.)

Answer to Words in common: If you take the first letter and move it to the rear of the word, you get the same word when read backwards.



Answer to

'Dollars and Sense'

1-d, C-note (\$100)

2-d, Clint Eastwood

3-a, Dwight

Eisenhower

4-a, \$2 dollar bill

5-d, Benjamin

Franklin

6-a, Steve Austin

7-a, Forrest Gump

8-b, Richie Rich

9-c, Esther Williams

10-c, Loon

HOROSCOPES

SEPTEMBER

ARIES: It's your month to move forward, so reach out and grab the opportunities. Distance yourself from the crowd when you need to draw conclusions.

TAURUS: Beginning with September, the last months of 2012 will be a time of hits and misses. Fear not; you have a good plan. Sail over the hurdles and stay with it.

GEMINI: Never mind what the world says, go ahead and enjoy the off-beat things you like, whether they are trains or pickles. Ask a friend for advice, then do the opposite.

CANCER: Partners and spouses are entering a period of great collaboration. Projects done together will be satisfying and successful. Get on with what you need to plan.

LEO: When co-workers seem to be a little testy, give them a break. Be kind and ignore it if you can. You don't know what situations are causing them stress.

VIRGO: Fate will offer you a certain amount of protection, but even so, be prepared for a significant transformation this month. It could be at work, at home or in a relationship. Tackle related problems head on.

LIBRA: Labor Day and what seems to be the end of summer could be bothering you. Put uncertainty aside and have a relaxing four-day break. Your energy will return!

SCORPIO: Life is full of big decisions and small ones. It makes you feel like thinking twice before choosing a snack or a partner, which is actually a pretty good idea.

SAGITTARIUS: Your energy is high now, so utilize it to complete a project or start a new one. Let go of any tensions that hold you back. Forget the past and live in the now.

CAPRICORN: After the work stresses of the last month or two, circumstances are changing for the better. Away from work, remember this: love will be yours if you open your heart.

AQUARIUS: It's not too late to re-evaluate your decision. You might think that rushing into something will cause you to regret it later. Evaluate it in the light of what you want your life to be in two years or five.

PISCES: You will be highly intuitive, especially at mid month. If answers to problems just seem to come to you, don't ignore them. Sometimes the subconscious mind knows the right steps to take.

OCTOBER

ARIES: You have both analytical skills and a perceptive understanding of others. It is hard to put anything past you. But when you care about someone, you're too generous.

TAURUS: It's true that you tend to be rather selective when it comes to your social life, but it's simply because your work is very important to you. You value your time.

GEMINI: Committed relationships require a certain amount of freedom. Resist the temptation to try to control a partner's time. Afford yourself some freedom as well.

CANCER: It's good to raise your own profile at work, but don't overdo it, especially early in the month. When making a presentation, avoid coming on too strong.

LEO: Your no-nonsense directness inspires trust in others. They think you are honest and dependable. Though you are basically creative, you can do well in practical matters.

VIRGO: While you are aware of the self-indulgent side of your nature, you are not always in control of it. Curbing excesses is what you may have to spend a lifetime doing.

LIBRA: Have you noticed that starry-eyed person in your work or career? That means it's time to put on your rose-colored glasses so you can ignore it. It will pass. Focus on career expansion and creating more satisfying schedules.

SCORPIO: Well, you have charisma and an insight into human nature that some people find fascinating. But you are rarely successful in your attempts to be tactful.

SAGITTARIUS: At the time of the full moon on the 15th, you'll wonder whether to tell all or keep quiet about a situation. There's really no right or wrong way to play it.

CAPRICORN: To achieve fulfilment, try flexibility, effective communication and settling into a situation that is balanced, including your needs as well as those of others.

AQUARIUS: Authoritative words let people know how serious you are, but it's important not to be intimidating. Let the humanitarian side of your nature show through.

PISCES: Though you possess business sense and ability, you are not the usual businessperson because of your idealistic nature. In some cases, however, idealism compliments your other talents.

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