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November-December 2012 | vivatysons.com | \$3.⁹⁵

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Happy Holidays

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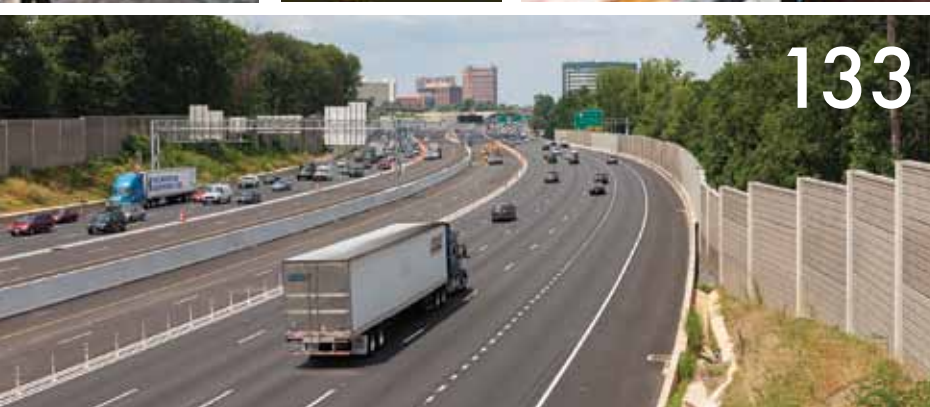
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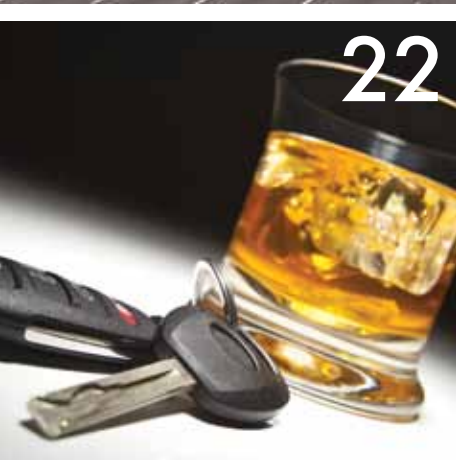
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A LETTER FROM THE PUBLISHER

I can remember when my wife Michelle (then girlfriend) used to say, "let's go shopping in Tysons Corner." We lived in College Park, MD then. It was one level, The Hect Company on one end, Woodies on the other. Then over to Mr. Muggs for a beer. It was Tysons Corner. Not much to do but shop.

So now it's "Tysons" The New Downtown (They dropped the corner). Change. At a recent Tysons Update meeting someone said "If you build it they will come," here they say, "if you don't build it, they're coming anyway." Michael Caplin, Executive Director of the Tysons Partnership shares some thoughts on "The New Tysons."

It's a gift for generations to come. The work and donation of the Liljenquist Family Collection of Civil War Photographs is a treasure to behold. We can never do enough research on the war that was unlike any war fought on our shores, but what the Liljenquist family has put together and given us is something we can behold and study for generations to come. Thank you.

Patsy Norton and Jeanette Sterbutzel are back from Haiti and volunteering with the "kids" – Heartwarming and generous of time and heart (and money). Read about The Helping Haitian Angels-join them if you can.

Speaking of giving-It's the season for it. Local charities, organizations and groups are desperate for your help, both monetarily and physically –Keith explores and gives us ideas. Thanks, Keith.

Take some time to decorate your home and your heart. Carly and Keryn, (our resident Martha Stewarts) have some super decorating suggestions for you. Deck your halls.

Party time? Going to a Go-Go? Get home safely... Keith has some options for you for those late night party rides home.

Save the Forest? We only have one left in Tysons, and a coalition trying to keep it. Read about their efforts by Pamela Kondé, President, of the Greater Tysons Green Civic Association. Thank you, Pamela.

Have you been to MOM's Organic Market yet? Park your leaf, get a charge while you shop! It's here. Foods with old fashioned goodness and flavor and a place to recharge your rocket ship. Check it out.

Jeff Detwiler, VP of Long and Foster helps us understand the dynamics of inventory on our housing market.

Keryn shares some thoughts and traditions on New Year's Celebrations around the world, and Judy Caplan keeps us on track with our weight goals. Some paintings to admire from Jill Banks, and restaurant reviews from Allison and Jeannine.

This is our fourth year publishing our hometown magazine and hope you are enjoying the people and places as much as we enjoy meeting and "illuminating them." Please remember our area independent merchants while shopping this holiday season. They're counting on your support-let's keep them busy!

All of us here at Viva wish you and yours best wishes for a safe and glorious holiday and wonderful years to come.

Cheers,
Johnny, Carly, Keryn, Michelle, and Kenny

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SELECTED EVENTS

LOCATIONS

(referred to in the selected events)

FALLS CHURCH

Cherry Hill Farmhouse

312 Park Ave

703.248.5171

www.cherryhillfallschurch.org

Stifel & Capra

260 W. Broad St

703.533.3557

www.stifelandcapra.com

Red, White, and Bleu

127 S. Washington St

703.533.9463

www.redwhiteandbleu.com

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

MCLEAN

Claude Moore Colonial Farm

6310 Georgetown Pk

703.442.7557

www.1771.org

NOVEMBER 1-30

NOVEMBER VISITING ARTIST KATHLEEN MCFALL

Stifel & Capra

Falls Church

Joining us in the Alcove Gallery on the second floor this month is Kathleen McFall. Kathleen earned a BFA at James Madison University and spent her post-college years working as a graphic designer. It wasn't until her youngest child reached school age that she rediscovered her love for painting. Kathleen works in watercolor, acrylics, and oils, but loves to dabble with drawing media as well. Kathleen draws many of her motifs from the garden and landscape of her home in Virginia, as well as coastal North Carolina, where her grandmother lived.

NOVEMBER 6

WINE FLIGHTS FROM AROUND THE WORLD & CHEF SELECTED CHEESE PAIRING

Ritz Carlton Tysons Corner

McLean | 5:30-7pm

Join us for exceptional wine flights select Tuesdays in Entyse Wine Bar & Lounge. Each series featuring a different wine region of the world with a perfectly paired cheese tasting. Wine Flights include five rare wines presented individually or as a full flight for \$2 (taste), \$8 (flight of 5), or \$10 (full glass). Cheese pairing plate, \$18 per person. Prices excludes tax and gratuity.

NOVEMBER 8

TIM O'BRIEN WITH SPECIAL GUEST: OLD MAN LUEDECKE

Barns at Wolf Trap

Vienna | 8pm | \$24

This expert guitar, fiddle, banjo, mandolin, and bouzouki player is described as "chameleon-like" for his ability to seamlessly shift from one genre to another.

NOVEMBER 9

THE VICTOR WOOTEN BAND AND THE JIMMY HERRING BAND

State Theatre

Falls Church | 7pm | \$30

Jimmy Herring is one of the most acclaimed guitarists of his generation. Plying his skills in context ranging from classically song-driven rock to technically demanding Jazz fusion, Herring's playing combines a restless, Jazz-inspired improvisational zeal with the immediacy and intensity of his rock 'n' roll roots. Five-time GRAMMY Award winner and three-time winner of *Bass Player Magazine's* "Bass Player of the Year" award, Victor Wooten is a virtuoso on the bass. In the midst of his time as bassist for Bela Fleck and the Flecktones since the group's 1988 formation, Wooten has managed to craft an impressive solo career that includes collaborations with a number of artists such as Stanley Clarke, Marcus Miller and Chick Corea, as well as the release of six studio albums.

CHAISE LOUNGE

Barns at Wolf Trap

Vienna | 8pm | \$20

This '60s-inspired big-band Jazz group pairs vibrant melodies with the glowing vocals of Marilyn Older. Chaise Lounge is a D.C.-based, '60s-inspired band whose style is, as described by its members, "music that sounds like it was recorded at Capitol Recording Studios in 1962," "early stereo," or "perhaps lounge with a capital 'L'."

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

FROM THE JAYHAWKS, AN EVENING WITH GARY LOURIS AND THE PINES

Jammin' Java

Vienna | 8pm | \$20

Over the last three decades, singer, songwriter and guitarist Gary Louris has built a deeply compelling body of music whose artistry and integrity has won the loyalty of an international audience and the respect of both critics and his peers. Best known for his seminal work with The Jayhawks, Louris is one of the most acclaimed musicians to come out of Minnesota's teaming rock scene.

NOVEMBER 10

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.

EDDIE FROM OHIO'S JULIE MURPHY WELLS

Barns at Wolf Trap

Vienna | 7:30pm | \$25

With a voice *The Washington Post* says can "growl or purr," Julie Murphy Wells, the soulful lead singer of Eddie From Ohio, showcases her cabaret and Jazz talents. Best known as the lead vocalist of Virginian folk foursome Eddie From Ohio, Julie Murphy Wells has also released solo albums of originals and covers, including a riveting version of "Down to the River to Pray."

CHARLIE HUNTER DUO

Jammin' Java

Vienna | 7pm | \$15

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

Hunter's heart, is woven into the fabric of our collective cultural history. Since the debut of Charlie Hunter Duo in '93, Hunter has recorded 17 albums and worked with Miles Perkins, Les Claypool, John Ellis, Bobby Previte, Leon Parker, Mos Def, Norah Jones, Adam Cruz, and John Mayer to name just a few.

NOVEMBER 10 & 11

36TH ANNUAL MCLEAN ANTIQUES SHOW & SALE

McLean Community Center

McLean | 10am | \$7

An exceptional group of dealers representing American, English, and European antiques, decorative accessories, furniture, folk art, porcelains, silver, paintings, prints, linens, Oriental carpets and rugs. A glass repair service will be available on site, and much more.

NOVEMBER 11

VETERAN'S DAY CEREMONY FALLS CHURCH

Falls Church

Community Center

Falls Church | 11am

Each year the Recreation & Parks Division honors veterans with a ceremony held at the Falls Church City Veterans Memorial (223 Little Falls Street). This tribute recognizes all those who served in the armed forces.

ALEX GOOT

Jammin' Java

Vienna | 7pm | \$15

Alex Goot is a one man band from Poughkeepsie, New York. Goot began messing around

on the piano at age 5 when his parents bought a piano. He started to get serious about piano by the age of 12. Alex performed his first gig when he was only 15 years old and he began recording music in 2004 at the age of 16. Goot soon gained quite a following after posting his songs on his MySpace website. In early 2010, he began posting videos of his covers of popular modern pop songs, and occasionally videos of his original songs. His popularity has continued to soar each time he posts a new video. Today, his videos have been watched over 30 million times, and is now considered one of the top cover artists on YouTube.

NOVEMBER 13

MICHAEL TOLCHER

Jammin' Java

Vienna | 7:30pm | \$15

Hailing from just south of Atlanta, Georgia... Michael Tolcher smoothly blends many genres of music to form his own powerful, hooky, and senses-pleasing sound. His first breakthrough as an original artist/songwriter happened at the Olympics in 1996. In 2003, Michael signed a record deal with Octone Records (now A&M/Octone). He put out his first full CD in 2004, "I Am", and proceeded to tour the country for the next three years selling over 100,000 copies. With over 100 new songs written, Michael recorded his long awaited follow up to 'I Am' after ending his relationship with A&M/Octone.

NOVEMBER 14

DEREK WEBB + PAGE CXVI

Jammin' Java

Vienna | 7:30pm | \$20

With Derek Webb's highly anticipated new album "Ctrl" hot off the presses he's hitting the road for a handful of intimate acoustic performances of the entire album (plus crowd requests), featuring Page CXVI as his opening and backing band. With press and fan reviews already heralding "Ctrl" among his best albums, these rare full-album performances are not to be missed.

NOVEMBER 14 & 15

KARLA BONOFF & STEVE FORBERT

Barns at Wolf Trap

Vienna | 8pm | \$27

Forbert's clever acoustic anthems will complement Bonoff's heartfelt ballads, which have been covered by Linda Ronstadt and Bonnie Raitt. GRAMMY Award-winning songstress Karla Bonoff's resumé includes acclaimed albums, film soundtrack hits, and writing credits for songs like Linda Ronstadt's "Someone to Lay Down Beside Me" and Wynonna Judd's "Tell Me Why." Hailed as "the new Bob Dylan" in the late 1970s, Steve Forbert crafts thoughtful, articulate folk-rock tunes, the themes of which range from the expansive and political to the intimate and personal.

Iris Lounge

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www.irisloungeva.com

Ritz Carlton Tysons Corner

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www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd
703.847.7300
www.shoptyson.com

Capitol Grille

1961 Chain Bridge Rd
703.847.7300

American Girl

1961 Chain Bridge Rd
703.847.7300

McLean Community Center

1234 Ingleside Ave
703.790.0123
www.mcleancenter.org

VIENNA**Wolf Trap**

The Barns
1635 Trap Road
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

NOVEMBER 16**AMERICAN GIRL
HISTORICAL
CHARACTER
SCAVENGER HUNT**

**American Girl
Tysons Corner Center**
McLean | 4-6pm

Your girl will go on a scavenger hunt throughout the store, collecting fun facts about each historical character along the way. She'll discover what it was like to grow up in America's past, and find hidden clues needed to solve a fun puzzle. And she'll get a free American Girl poster at the end!

AER

State Theatre
Falls Church | 8pm | \$13

Aer's reggae-pop-rap is straight out of Brighton, Massachusetts, so don't expect gun talk and Crip Walking from the aptly titled album. "Bright Side" which is sunny, breezy, suburban stuff, influenced by rooftop smoking sessions — probably overlooking the Boston College campus — plus folks like Sam Adams, Asher Roth, and other frat rap that's feel-good-till-you-die.

**HOWARD LEVY WITH
CHRIS SIEBOLD**

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

A founding member of Béla Fleck and the Flecktones now releasing his own acclaimed recordings, this Jazz master is one of the most important harmonica players alive. Musical mastermind Howard Levy has developed his unique harmonica style over the course of a storied career, revolutionizing the instrument and taking it into new territory. From rock and bluegrass to his signature Chicago Jazz styling, guitarist Chris Siebold has shared his mastery of multiple genres with musicians such as Howard Levy over his 20-year career.

**AN EVENING WITH
ELLIS PAUL**

Jammin' Java
Vienna | 7:30pm | \$20

Ellis Paul is one of the leading voices in American songwriting. He was a principle leader in the wave of singer/songwriters that emerged from the Boston folk scene, creating a movement that revitalized the national acoustic circuit with an urban, literate, folk-pop style that helped renew interest in the genre in the 1990's. His charismatic, personally authentic performance style has influenced a generation of artists away from the artifice of pop, and closer towards the realness of folk. Though he remains among the most pop-friendly of today's singer-songwriters - his songs regularly appear in hit movie and TV soundtracks - he has bridged the gulf between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger more successfully than perhaps any of his songwriting peers.

NOVEMBER 17**LEZ ZEPPLIN**

State Theatre
Falls Church | 7pm | \$20

Lez Zeppelin is a New York City-based all-female tribute band, performing the work of Led Zeppelin. It sounds like too much of a gimmick to be any good; four women get together and form a Led Zeppelin cover band. Maybe good for a laugh or two, but that's about it. Except these girls rock. Shannon Conley can croon and caterwaul just as well as Robert Plant. Steph Paynes manages to match Jimmy Page's guitar note for note, not only technically, but passionately as well.

**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.

CHEW THE FAT

Claude Moore Colonial Farm
McLean | 1-4pm

What can you do with fat? Many things! Come help the farm family make soap, candles and dubbin, all of which use lard (pig fat) or tallow (beef fat). Weather permitting - call ahead.

**LUCY WAINWRIGHT
ROCHE + LINDSAY
FULLER**

Jammin' Java
Vienna | 7pm | \$12

Lucy has been compared to Joni Mitchell and Patti Griffin by NPR -- was born in NYC into an influential musical family. She rebelled against the family business by teaching elementary school for several years before getting involved in music. Since 2007, Lucy has released two EPs and a studio album entitled "Lucy" (2010), toured the U.S., Canada, and Europe, and has performed with a number of musicians including the Indigo Girls, Neko Case, and Over the Rhine. Lindsay plays a raw nerve of an acoustic guitar on every tune but one. Her deep mournful vocal style, which has garnered comparisons to Patti Smith, Gillian Welch, and Nick Cave, sounds as though it comes from a place of necessity and nowhere else. The result is a rowdy yet affecting telling of stories involving all the things that make the beauty and violence of the human experience so damn curious. Fuller sings,

"Some folks can't help but build a bomb or leave a wake." Indeed.

NOVEMBER 18

AN EVENING WITH TOM RUSSELL

Jammin' Java

Vienna | 7pm | \$22

Tom Russell is a master storyteller and "Mesabi," his new release for Shout! Factory, corrals some of the acclaimed singer-songwriter's most compelling tales to date. A thread runs through its songs, a zigzagging but determinedly solid line that connects the perilous bordertown of Juarez, Mexico to the real and faux glitz of L.A., and the bleak iron range of Minnesota-the Mesabi of the album's title.

NOVEMBER 20

WINE FLIGHTS FROM AROUND THE WORLD & CHEF SELECTED CHEESE PAIRING

Ritz Carlton Tysons Corner
McLean | 5:30-7pm

Join us for exceptional wine flights select Tuesdays in Entyse Wine Bar & Lounge. Each series features a different wine region of the world with a perfectly paired cheese tasting. Wine Flights include five rare wines presented individually or as a full flight for \$2 (taste), \$8 (flight of 5), or \$10 (full glass). Cheese pairing plate, \$18 per person. Prices exclusive of tax and gratuity.

NOVEMBER 23

THE NIGHTHAWKS

State Theatre

Falls Church | 7pm | \$20

Washington's favorite bad boys, the Nighthawks are masters of electric Chicago Blues and the kings of sh*t kicking roadhouse rock. They're not called "America's Best Bar Band" for nothing.

THE GRANDSONS

Barns at Wolf Trap

Vienna | 8pm | \$18

An acclaimed quartet committed to producing the best of Americana rock 'n' roll, bolstered by top-notch horns and clever, perceptive lyrics. Dubbed "the hardest working band in D.C.," the Grandsons are a celebratory mainstay of the metro area's thriving music scene.

STOMP STATUS CD RELEASE + FUTURE

Jammin' Java

Vienna | 10pm | \$10

Stomp Status formed about a year ago after a jam session. The members are comprised of four George Mason University Jazz alumni/students. They decided to create a music that blended each members creative juices, and brought about a style that is deeply rooted in funk, soul, Jazz, and blues. Future is a genre-melting soul infused progressive rock band; featuring two extraordinary guitarists, a stellar rhythm section, phenomenal and vibrant female vocalist/instrumentalist. Together they deliver an energetic and connected performance every show. Future has a style drenched in eclecticism each musician adding their own influences to the "wall of sound" style of groove oriented, vivid and elevating music.

NOVEMBER 24

CIVIL WAR THANKSGIVING REENACTMENT

Cherry Hill Farmhouse

Falls Church | 11am-2pm

Cherry Hill Farmhouse hosts this event the Saturday after Thanksgiving. Visitors can drop by any time to experience Thanksgiving circa 1863, complete with reenactors and parlor entertainment. This is a

fascinating event that brings history to life! The event is free, but donations are appreciated.

JOHN EATON

Barns at Wolf Trap

Vienna | 7:30pm | \$25

Renowned piano player, vocalist, musicologist, and humorist with a reverent and inventive take on the great American songbook. *Cotton Club Blues & Concert Hall Rhapsodies: The Music of George Gershwin & Harold Arlen*. An evening of classics by these two genius composers including "Fascinatin' Rhythm," "Someone To Watch Over Me," "I Got Rhythm," "Stormy Weather," "Over the Rainbow," and "Blues in the Night."

LOCAL SCENE: HEATHER MAE + THEYCALLMEPIANO + AMANDA LEE + SARA DAVENPORT

Jammin' Java

Vienna | 5:30pm | \$10

Heather Mae has been called one of the "best songwriting voices of our generation" and "one to watch." This uke-wielding singer-songwriter has a charm when she is on stage and with her band, The Make Believe, by her side, her sound will break into your heart while you tap your toes. THEYCALLMEPIANO is a rising artist who writes a diverse blend of songs based on her personal experiences. Her music style is difficult to label but generally falls into the pop-rock genre. Ranging from acoustic ballads to heavy synth beat driven dance songs, she colors her music to best portray the often hidden messages within. Amanda's dynamic voice can calm you like lullaby and then surprise you when she lifts into a high soar. In her live performances, she incorporates the looper pedal to layer sweet, haunting vocal harmonies. Her lyrics are simple yet

rich with meaning. Like an Edward Hopper canvas, Sara Davenport's songs speak of loneliness and separation, but her voice delivers the promise of a brighter day. Sara draws inspiration from singer-songwriters such as Sara Bareilles and Michelle Branch, and colors it with her own life experiences.

FEED GOD CABBAGE + POOR MAN'S COPYRIGHT

Jammin' Java

Vienna | 10pm | \$10

The Washington DC area has watched Feed God Cabbage blossom into an established group that is vital to the local music scene. The bands blend of music is a unique combination of punk-rock/reggae and has distinguished the group as a local favorite. This four piece out of Northern Virginia has continued to pack venues, rock crowds, and play some of the most incredible events on the east coast. FGC has shared the stage with many on-demand national acts including: SOJA, Tribal Seeds, Passafire, HR from Bad Brains, and Ballyhoo! Be on the lookout for more to come.

NOVEMBER 25

NATALIE YORK + LEXIE HAYDEN

Jammin' Java

Vienna | 7:30pm | \$10

Natalie York is a singer/songwriter who combines the sass of the Stax soul sound and the sensitivity of contemporary folk to produce viscerally romantic songs to tug at your heartstrings and haunt your dreams. Eighteen year old singer-songwriter Lexie Hayden has been singing and playing music since she was about eight years old. Even though she was born and raised in Northern Virginia, she has an unforgettable country twang to her voice that you won't forget.

NOVEMBER 28

CHURCH STREET HOLIDAY STROLL

Historic Church Street
Vienna | 6-9pm

Stroll amid the sights and sounds of the holiday season and visit our Church Street merchants. The Freeman House, caboose, train station, Knights of Columbus hall (former 1st Baptist Church) and Vienna Presbyterian "little chapel" will be open. Santa will arrive around 6:30 p.m. and help Mayor Seeman light the holiday tree. Afterwards, Santa will visit with children on the front porch of the Freeman House! Holiday entertainment by Wolf Trap Elementary Singers, Emmanuel Lutheran Church King's Kids Choir, Louise Archer Elementary Singers, Town of Vienna Community Band, Green Hedges School Jazz Ensemble, First Baptist Church Men's Choir, Vienna Choral Society, and Fairfax Jubilaires. Roast marshmallows at supervised bonfires. Free hot chocolate, and petting zoo. Bring a toy to donate! There will be a Toys For Tots collection on site, sponsored by Coldwell Banker.

NOVEMBER 29

MEN WITHOUT HATS

State Theatre
Falls Church | 7pm | \$19

Men Without Hats bouncy classic "The Safety Dance" remains one of the defining moments of the early 1980's with its irresistible catchy bass line and addictive lyrics. Beyond "Safety Dance", the band received international success with their 1987 hit "Pop Goes the World". Led by charismatic front man Ivan Doroschuk, the band has re-emerged, starting with a breakout show at the 2011 SXSW and followed by an extensive, well-received tour across North America with 80's stalwarts the Human

League and The B-52's. The band recently released its seventh studio album *Love in the Age of War*.

NOVEMBER 30

EILEEN IVERS & IMMIGRANT SOUL

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

This nine-time All-Ireland Fiddle Champion blends traditional sounds with contemporary pop and world music.

TRACY GRAMMER

Jammin' Java

Vienna | 7pm | \$15

Folk music authority Andrew Calhoun of Waterbug Records comments: "No one sings Dave Carter's songs better than Tracy. He chose her to be the voice of his songs. His vision, their vision, was that they shared something they both saw. She is half the reason why they were great."

NOVEMBER 30-DECEMBER 2

30TH ANNUAL MCLEAN HOLIDAY CRAFTS SHOW

McLean Community Center

McLean | \$2

Friday, 11am-7pm

Saturday, 10am-6pm

Sunday, 11am-4pm

80 fine American artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings, and more!

DECEMBER 1

CHILDREN'S HOLIDAY SHOP

Cherry Hill Farmhouse

Falls Church | 10am-2pm

Volunteers will help children purchase and

wrap inexpensive holiday gifts for friends and family. All gifts are priced between \$1.00 - \$6.00.

BIG SAM'S FUNKY NATION

Barns at Wolf Trap

Vienna | 7:30pm | \$22

Proclaimed the "hot purveyors of funk" by *Miami New Times*, this New Orleans-based band performs high-octane jams electrified by a mighty horn section. The five-member band is led by trombone master "Big Sam" Williams (formerly of the Dirty Dozen Brass Band) who the *San Francisco Chronicle* hailed as "the top man on the slide trombone in the birthplace of Jazz."

SET IT OFF + SPARKS THE RESCUE + HANDGUNS

Jammin' Java

Vienna | 6pm | \$10

In just three short years, Set It Off has grown from a humble start on YouTube to writing and releasing original music that has garnered over 24k fans on Facebook, over 250k music video views, millions of song plays, and earned themselves performances alongside My Chemical Romance, A Day To Remember, Against Me!, and more. Channeling modern rock influences into anthemic choruses and themes of lust, loss, and embracing your inner demons, Sparks The Rescue return with 12 impressive edgy pop-rock tracks on new album "Worst Thing I've Been Cursed With."

THE SOULJAZZ ORCHESTRA + 8 OHMS

Jammin' Java

Vienna | 10pm | \$15

Canada's hardest-working super-group, the Souljazz Orchestra, have been perfecting their signature sound for over a decade now: a percussive explosion of

Soul, Jazz, Afro, Latin and Caribbean rhythms, driven by majestic horn-drenched melodies, all backed by an arsenal of overheated primitive keyboards.

DECEMBER 1 & 2

HOLIDAY CRAFT SHOW

Falls Church Community Center

Falls Church

9am-4pm

11am-4pm (Sunday)

Deck the halls during the holiday season with special gifts from the annual Holiday Craft Show. More than 60 crafters show their wares at the Community Center selling unique handmade items and baked goods during the first weekend in December.

DECEMBER 1-31

DECEMBER VISITING ARTIST SANDRA HILL

Stifel & Capra

Falls Church

Joining us in the Alcove Gallery on the second floor this month is Sandra Hill. Sandra Hill is an award-winning artist working primarily in watercolors and acrylics. Recently she has been creating abstract collages and has won several awards for her work in this genre. Sandra teaches watercolor through the Arlington Artists Academy.

DECEMBER 5

AN INTIMATE ACOUSTIC EVENING W/ TYRONE WELLS

Jammin' Java

Vienna | 8pm | \$25

Tyrone Wells' fourth full-length album, *Where We Meet*, ushers in a new beginning for the critically acclaimed singer-songwriter. Not only is it his first full-length release since leaving a major label, it signifies his next evolution. Embracing both sides of his sound,

Wells seamlessly balances acoustic vulnerability and pop rock irresistibility over the course of eleven unforgettable anthems.

DECEMBER 6 & 7

SCHOONER FARE

Barns at Wolf Trap

Vienna | 8pm | \$27

Lauded by The Kingston Trio and The Clancy Brothers, this folk duo wins audiences over with spectacular harmonies and imaginative arrangements. Schooner Fare's delightful display of vocal harmonies and maritime melodies is one of the longest-running annual acts at The Barns at Wolf Trap, first performing in 1985.

DECEMBER 7

FIRSTFRIDAY

Stifel & Capra

Falls Church | 5-8pm

Falls Church artist Elizabeth Loftis will be featured this month at Stifel & Capra. Elizabeth's painting was initially inspired by the beautiful colors and patterns of southern Africa. For 30 years, Elizabeth accompanied her Foreign Service husband to postings on four continents and one South Pacific island. Her paintings frequently reflect images found in nature, and to these she adds patterns or colors derived from her experiences and imagination. Elizabeth has studied art in New Zealand, Switzerland, France and the US. Her paintings remind some people of block prints, batiks, or weavings. Elizabeth will have many of her popular cards for sale, along with her paintings and prints. Also on hand FIRSTfriday, meet our resident artists and enjoy the newest art & artisan offerings along with tasty snacks. Free, open to the public.

DECEMBER 8

A CIVIL WAR CHRISTMAS

Cherry Hill Farmhouse

Falls Church | 10am-3pm

Come experience a Civil War Christmas at Cherry Hill. Costumed reenactors will discuss the latest news, events and trends of the period. Join in the conversations or watch as they welcome friends, neighbors and soldiers who have gathered for some holiday cheer in the midst of the conflict. The house will be decorated in period decorations including a patriotic tree. Visitors will enjoy music, readings, and parlor games. There will be a craft room for children, which will include ornament making. Light refreshments will be offered. Admission is free. Donations are appreciated.

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.

DECEMBER 9

WASSAIL

Claude Moore Colonial Farm

McLean | 1-4pm

In the dead of winter the apple trees need encouragement to bear well during the coming year. Gather in the Farm's orchard to wassail the trees with singing, dancing and chants to ensure a "howling crop." Enjoy hot spiced cider, sugar cakes, a bonfire and 18th

century games. Weather permitting – call ahead.

THE FARM GOES INTO HIBERNATION

Claude Moore Colonial

McLean | 4:30pm

The 18th century visitor site at The Claude Moore Colonial Farm at Turkey Run closes for the winter months and will open to the public for the 2013 season on April 1 at 10 am. The GateHouse Holiday Shop will remain open through Sunday, December 23, 2012.

TYLER WARD

Jammin' Java

Vienna | 7pm | \$12

Tyler Ward has transformed his life and music in the last two years from living in his parent's basement, to living in his parent's basement as an industry leader for the new wave of music. Currently, ranked as the 26th Most Popular Musician on YouTube with over 920,000+ subscribers, Tyler releases one new video each week. Combining original music, covers, and showcasing featured artists, Tyler's passion is to connect with people through music.

DECEMBER 9 & 16

HOLIDAY TEA

Cherry Hill Farmhouse

Falls Church | 2-4pm | \$28

Enjoy this special holiday tea at Cherry Hill. This year we will have Civil War period holiday decorations, including a patriotic tree. The tea as always will include tea sandwiches, assorted sweets, warm scones, and a bottomless cup of tea.

DECEMBER 11

THE DANGEROUS SUMMER

+ YOUNG STATUES

Jammin' Java

Vienna | 7:30pm | \$10

Straightforward, earnest

rock music seems to be a contradiction from the direction popular music has strayed as of late. The need for genuine lyrics, purposeful direction, and accessible melodies has been long overdue. The Dangerous Summer have crafted a throwback to the days when music was charged with hope and contained a much-needed brand of sincerity.

DECEMBER 12

WILL HOGE: LET ME BE LONELY TOUR 2012

Jammin' Java

Vienna | 7:30pm | \$18

Will Hoge has made a career of writing and singing powerful songs about life's cruel and dark turns. Not long ago, he fell victim to one such turn. As Hoge rode his scooter home from the studio, he was struck by an oncoming van that had veered into his lane. There were no skid marks. Launched off his bike, Hoge ended up bloodied, broken-boned, temporarily blinded, and near death.

DECEMBER 14

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

DECEMBER 15

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.

DECEMBER 16

LITTLE CITY STUDIOS HOLIDAY OPEN HOUSE

Stifel & Capra

Falls Church | Noon-5pm

Join the 14 artists of Little City Studios for an Open House, just in time for last minute holiday shopping. Artists will be on hand, giving demonstrations and talking about their work. Featured will be paintings, jewelry, fused glassware, cards, prints, and other artist made unique items. Artists will be offering special items and discounts for the Open House only. Stop by and visit the artists in their Little City Studios. Open to the Public. More info at: littlecitystudios.com.

DECEMBER 24

GOOD FOR THE JEWS: PUTTING THE HA! IN HANUKKAH TOUR FEAT. ROB TANNENBAUM + DAVID FAGAN

Jammin' Java

Vienna | 7pm | \$20

They've appeared on "The Today Show" and on NPR (twice!), and have played in rock clubs and synagogues, at the Boston Jewish Film Festival, and the Brown University Hillel, the Kansas City JCC, and the historic Sixth & I Synagogue in D.C., as well as the Leeds (U.K.) International Jewish Arts Festival. They have an especially strong appeal with young Jews, though our following extends to anyone with an unorthodox sense of humor.

RECURRING

WAGYU BURGER & WINE

*Capitol Grille**Tyson's Corner Center*
McLean

Famed Wagyu beef, crafted into a burger of the highest order, paired with a glass of renowned Silver Oak Alexander Valley Cabernet Sauvignon or Belle Glos "Las Alturas" Pinot Noir, for a mere \$25. Enjoy this refined duo at the bar. Now through November 11th.

REINHARDT LIEBIG, CONSUMMATE PIANIST

Maplewood Grill

Vienna | 8pm

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'awlings-style funky piano music. Our piano bar is an "institution" in the area - don't miss it! If you can't go to the 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.

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.

If you would like to submit an event for the months of January and February, please send an email to: events@vivatyson.com

Spend less to find yourself in hot water more often.



GET A REBATE OF UP TO \$250 ON NATURAL GAS WATER HEATERS FOR A LIMITED TIME.

Replacing an electric water heater with a high-efficiency natural gas model can save serious money on utility bills. In fact, natural gas heats water up to twice as fast at about half the cost of electricity. And now, for a limited time, the rebates on high-efficiency natural gas water heaters, can keep up to \$250 in your pocket.

ONCE THESE REBATES ARE GONE, THEY'RE GONE.¹

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

REBATES ON OTHER NATURAL GAS PRODUCTS.

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

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

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



**Washington
Gas**

NEW THIS FALL

Pazzo Pomodoro
Pizzeria · Cantina



Pazzo Pomodoro
(pot · so pomodoro)
“The Crazy Tomato”

Come and enjoy our Neapolitan inspired menu of
made-from-scratch dishes that represent a modern,
but traditional authentic cuisine.

BUON APPETITO!



118 Branch Road SE
VIENNA

www.PazzoPomodoro.com



ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

1ST STAGE THEATER (1STSTAGESPRINGHILL.ORG)

November 23 – December 30 • See website for times
Altar Boyz

Hailed as "high-octane entertainment" (*Talkin' Broadway*), Altar Boyz is a holy inspiring story of five small-town boys - Matthew, Mark, Luke, Juan, and Abraham - trying to save the world one screaming fan at a time. Their pious pop act may have worked wonders on the Ohio bingo-hall-and-pancake-breakfast circuit, but when fate brings them to New York City, they find themselves up against the hard edges and soft temptations of the Big Apple. With angelic voices, sharp parody, sinfully spectacular dancing, and a touching story, Altar Boyz is destined to rock the masses of all ages and all denominations!

THE ALDEN THEATER

November 14 • 7:30 pm
Silent Stocking Stuffers

As we enter that part of the year that's all about the holidays, Ben and Bruce look into their bag of silent cinema and pull out some apropos short films as a prelude to the seasonal onslaught. Rarities such as "The Courtship of Miles Sandwich" presenting a travesty on how Thanksgiving began and the "Our Gang" kids getting into the spirit during a snowstorm in "Good Cheer" are just a couple of the delights that will be on tap during this festive and (mostly) funny program.

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.

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

November 2-18

Fridays • 7:30pm

Saturdays • 2:00pm & 7:30pm

Sundays • 2:00pm

Oliver Twist

Creative Cauldron celebrates the bicentennial year of Charles Dickens birth with an original adaptation of one of his most vivid and compelling stories. Told through the lens of a contemporary graphic novel, this production will shed new light on the tale that has captured the imaginations and pierced the hearts of audiences for over two centuries. It is presented as part of our Learning Theater Workshop, a program that provides opportunities for student actors to perform with professionals.

December 7-23

Fridays • 7:30pm

Saturdays • 2:00pm & 7:30pm

Sundays • 2:00pm & 4:00pm

Christmas Cabin of Carnaween

This delightful Irish folktale has become our signature production for the holidays! Set in the days of the great potato famine, the tale follows the journey of a tinker's child who longs for one day having a home of her own. The years go by and her dream would go unfulfilled were it not for the wee people who come to her aid on a beautiful snowy night on a hillside in Carnaween. *The Washington Post* called it "poignant and bracing...a reminder of the season's rich ideals," when it first premiered in 2009. Accompanied by live traditional Irish music and just the right measure of Irish charm, this Christmas classic is sure to warm even the hardest hearts this holiday season.

VIENNA

VIENNA ARTS SOCIETY

November 16 • 7-9pm

43rd Annual Treasury of Art

Vienna's largest art show of the year, a juried exhibition featuring over one hundred artists from around the region. Meet the artists and enjoy light refreshments and music by the Serenada String Quartet at the awards reception Friday, November 16, 7:00 pm - 9:00 pm.

Show hours are:

Friday, November 16 • 10:00am-9:00pm

Saturday, November • 17, 10:00am-9:00pm

Sunday, November 18 • Noon-4:00pm

Vienna Community Center, 120 Cherry Street, Vienna, Virginia, 22180. Free and open to the public. Call for more information 703-319-3971 or visit www.ViennaArtsSociety.org.

MAVERICK MOSAICS

December 8 • 10am-4pm

December 9 • 10am-2pm

Mixed Media Mosaics

Using collections of natural and man-made materials you are guided through the creative and technical process to embed materials into a setting bed. This is a wonderfully spontaneous and freeing approach to mosaic creation. Works are not grouted.

December 3 • 4pm-6pm

Sunday, December 9 • 3pm-5pm

Children's Make a Gift Workshop

A longtime Maverick tradition - drop the kids off and give them the thrill of making their own holiday gifts. We will have several projects for the children to choose from including small mosaics, sculptures, jewelry, and ornaments. Suggested ages 8-12. Materials and use of tools are included.



BANKS

FOR THE MEMORIES

by Keith Loria



If you're in Reston and notice someone staring at you, fear not, it could just be Virginia artist Jill Banks, who finds great inspiration for her paintings in those around her.

"When I'm sitting around, I'm always looking at the people around me and interested in finding out more," she says. "The chance to do portraits and figurative work is a way to stare at people in a whole new way."

A self-proclaimed "city person," Banks has lived on the outskirts of Chicago, New York, and now Washington, D.C., and enjoys talking to the people that she meets.

"Sometimes it's hard to talk to people and get their life stories in our everyday lives," she says. "That's one of the things I love about painting. I paint what I want, but I want a lot of different things."

Last year, Banks completed her "100 Faces in 100 Days" project and blogged about each subject at jillbanks.blogspot.com. The exhibit has been shown at the Great Falls Library and at the Gallery in the Artists' Atelier.

"I'm a realist, sort of. I paint a lot of figurative work and I love urban scenes. Even if I do landscapes, it's always

involving people," Banks says. "When I painted 100 paintings in 100 days, it really was a commitment. I continue to work at learning new skills."

One of the things Banks is pursuing is being able to paint street scenes and interiors with people moving about and figuring out compositions on the fly.

"I enjoy seeing what new things I can learn," she says. "I am inspired by the subject I am painting and it leads me towards the next one I want to paint."

Banks wasn't always an artist, although she admits to having a curiosity about the field when she was a child. "But then you grow up and pursue other things," she says.

For Banks, that was a marketing and communications firm she started and ran for 16 years.

"It was a firm I started to make slide presentations for businesses to help them visually express their ideas," she says. "I think I bring a lot of those skills over to this new career of mind. It makes it easier to relate to people, to talk to them about art and marketing and making it as a professional artist."

When Banks retired in 2003, she decided to try her hand at painting. She studied with master artists Danni Dawson, Robert Liberace, and Nelson Shanks and took classes for five years at the Torpedo Factory.

"I started taking classes nine years ago and I didn't know what would grow out of that," she says. "I learned how to work with different materials and make what you see come alive on canvas. I studied and painted almost every day for nine years."

Now, Banks' work is exhibited nationally, has garnered many awards and is in collections throughout the U.S. She also teaches through the Great Falls Foundation for the Arts.

Banks shares studio space at the Artists' Atelier with 13 other talented artists in Great Falls, allowing her the chance to talk and share with other professional artists about supplies, shows, and philosophy.

"It's a big open modified space and we can come and go as we please. This was an opportunity to share studio space and although we are in our different corners, I find lots of inspiration in that environment," she says. "You can walk in and have a sense of what you want to paint, but it's interesting to walk around and see what's on other people's easels and new on their walls."

In 2012, Banks juried into the Visiting/ Guest Resident Artist Program at the Torpedo Factory, spending her time interacting with visitors from around the world and gaining some new fans.

She also tackled the challenges of plein air painting, painting in and around Hilton Head and Beaufort, SC, in the glass shower and on the balcony of a hotel room in NYC, and on farms in Maryland and Virginia.

"I love what I do and painting what I see," she says. "Making a change to this career has been a wonderful thing and I am excited about the opportunities ahead."

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

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Sergio Domestici

OWNER & HOST- Sergio attended Santa Margherita culinary school in Ligure, Italy. After traveling the U.S., he opened his first restaurant, Michelangelo, in Arlington in 1979.

428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.com

GETTING HOME SAFELY

by Charles S. Donnavan



Holiday season is full of fun parties and events, and while it's perfectly fine to enjoy some cocktails with your family, friends, or office mates, it's vital that you don't get in a car and drive after you do.

On average, someone is killed by a drunk driver in the U.S. every 48 minutes. That number rises during the holiday season. Plus, out of nearly 1,000 automobile fatalities recorded in Virginia last year, almost half were the result of drunk drivers.

These are alarming statistics and something that can be avoided with simple common sense, and a phone call.

Thanksgiving Eve, sometimes referred to as "Black Wednesday," is unofficially considered the busiest bar night of the year, which means it's also the biggest night of the year for drunk driving. Thanksgiving weekend is the most traveled holiday period of the year with almost 90 percent of those traveling by car. This combined with the busiest bar night of the year is a deadly mix.

While law enforcement has done its part by actively enforcing existing 0.08% BAC (blood alcohol content) laws, using sobriety checkpoints, and holding those serving alcohol responsible, it's not enough.

There are three tips that the Center of Disease Control and Prevention offers for individuals set to spend the night on the town drinking: Prior to any drinking, friends should designate a non-drinking driver within the group. If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver. If you have been drinking, get a ride home or call a taxi.

While that last step is a vital one, there are several local organizations and companies that have made getting a ride when you're impaired easier and more convenient.

Safe Ride, LLC

Safe Ride, LLC was created as a Public Safety Project to safeguard the life and property of citizens in the Washington, D.C. Metro area.

The company's founder Alan Guevara lost a friend in a drunk driving accident and wanted to do something to help keep people from getting behind the wheel. He found people with similar goals, and the company was born.

The Safe Ride Project was conceived out of sheer concerns for his friends and family in hopes that none of his loved ones will ever become a horrific statistic.

"What we do is show up with two drivers so one can pick them up and another can drive the vehicle home," Guevara says. "Our cost is basically the same as a roundtrip fare, which is what you would be spending to get home and then go back the next day to get your car back."

Those who call on SafeRide's professional drivers will incur a pickup fee of \$25 with a \$3 per mile charge to your predetermined destination. One destination is included with this service and each additional destination thereafter that will incur an additional \$5 per stop requested by the client.

You can even make a reservation up to a week in advance if you know you are going to be at a party or bar and will be drinking heavily and unable to drive home.

Plus, with a taxi, you risk your vehicle being towed due to confusing local ordinances or perhaps you will find a vandalized vehicle upon your return.

"It's truly time to institute this invaluable community service so that fewer families and friends will have to endure the loss of a loved one due to alcohol-related vehicular accidents," Guevara says. "We plead with you, the next time you are out having a good time, keep in mind that at the end of the night to stop the madness!"

WRAP's SoberRide

The Washington Region Alcohol Program's SoberRide program is a non-profit that helps ensure Washington, D.C. and Virginia-area residents aren't risking their lives or the lives of others by driving impaired during the holidays.

Since 1993, the McLean-based program has provided more than 52,000 rides home on days such as Christmas, New Year's Eve, Halloween, St. Patrick's Day, and The Fourth of July. That's a lot of drunk drivers off the road and statistically probably saved more than a handful of lives.

"Those in need of a designated driver can receive a cab ride of up to \$30. If the ride costs more than \$30, customers just pay the difference," says Kurt Gregory Erickson, President and CEO of WRAP. "We make it as easy as possible with an 800 number. This year we will start on Dec. 16 and run nightly 10 p.m. to 6 a.m. all the way and including New Year's Eve. I'm not too sure we can be more convenient to the would-be drunk driver out there."

All anyone has to do to receive the free or discounted cab ride is call 800-200-8294 or #8294 on an AT&T cell phone. Those who use the service must be 21 or older.

"I wish everyone knew about it," Erickson says. "It's all privately paid for and we have some great sponsors who have helped us keep the program going."

Last New Year's Eve, almost 1,400 people used the service, a 43 percent increase over 2010.

All calls must originate in Montgomery and Prince George's Counties in Maryland; the Cities of Rockville, Bowie, College Park, Gaithersburg, Greenbelt and Takoma Park in Maryland; the District of Columbia; Arlington, Fairfax, Prince William and Eastern Loudoun Counties in Virginia; and the Cities of Alexandria, Falls Church, Fairfax, Manassas and Manassas Park in Virginia.

You cannot reserve a SoberRide or schedule a pickup in advance.

"You don't need to worry about waiting long, either. It's the same as if you were calling the cab yourself," Erickson says. "If you live in McLean but are in Rockville, the closest cab company to you will be dispatched. The cab companies are being reimbursed 100 percent so you are the same as any customer."

Participating Taxi Companies in the program are:

- Alexandria Yellow Cab (Alexandria)
- Barwood, Inc. (Montgomery Cnty)
- Fairfax Yellow Cab (Fairfax Cnty)
- Loudoun Yellow Cab (Eastern Loudoun Cnty)
- Manassas Cab Company (Prince William Cnty)
- Red Top Cab Company (Arlington Cnty)
- Silver Cab of Prince George's County (Prince George's Cnty)
- Yellow Cab of District of Columbia (District of Columbia)
- Yellow Cab of Prince William County (Prince William Cnty)

Drivers Incorporated

Another company offering safe rides home is Drivers Incorporated, which has been operating out of McLean since 2007.

The organization has partnered with more than 100 area bars and clubs to ensure that diners and club goers have a safe and convenient ride home when they drink too much.

Drivers Incorporated's mission is to provide a great, fully vetted driver for anyone who would like to ride in the comfort of their own car, as the company provides designated drivers.

"Whether celebrating an extraordinary day or having a night with friends, this service is the easiest way to achieve peace of mind," the company says in a press release. "With our service, no one chooses between drinking and driving, and there is absolutely no reason not to enjoy the night."

Prices are \$20 for pickup plus three dollars per mile.

The service doesn't need to be used exclusively for drunk drivers. Those going in for outpatient surgeries, Lasik, or even need rides to the airport can take advantage. Any situation where you can drive to the location but shouldn't drive back, Drivers Incorporated will help.

According to its mission: "When you make us a part of your night, you can enjoy yourself without worrying about getting home."

For details or rides, call 703-994-3931.

Driving people home in their cars has been a widely known concept around the world. In South Korea, a hundred thousand replacement drivers make the streets safer. From mutual-assistance associations in France to drivers in Italy with foldable motorcycles, drivers for your vehicle have been getting people home safely.

With options like these available, anyone who drinks and drives is irresponsible.

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

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(703) 883-0707
embassysuites.com

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8401 Westpark Dr
McLean, VA 22102
(703) 734-2800
book.bestwestern.com

Vienna Wolf Trap Hotel

\$
440 Maple Ave W
Vienna, VA 22180
(703) 281-2330
viennawolftrapmotel.com

Courtyard Tysons Corner Fairfax

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1960A Chain Bridge Rd
McLean, VA 22102
(703) 790-0207
marriott.com

Fairview Park Marriott

\$\$
3111 Fairview Park Dr
Falls Church, VA 22042
(703) 849-9400
marriott.com

Courtyard Dunn Loring Fairfax

\$\$
2722 Gallows Rd
Vienna, VA 22180
(703) 573-9555
marriott.com

Inns of Virginia

\$\$
421 W Broad St
Falls Church, VA 22046
(703) 533-1100
innsofva.com/
fallschurch.aspx

The Westin Tysons Corner

\$\$
7801 Leesburg Pk
Falls Church, VA 22043
(703) 893-1340
thewestin.com

Comfort Inn

\$\$
1587 Spring Hill Rd
Vienna, VA 22182
(703) 448-8020
comfortinn.com

Staybridge Suites

\$\$
6845 Old Dominion Dr
McLean, VA 22101
(703) 448-5400
staybridge.com

Residence Inn

\$\$
8616 Westwood Center Dr
Vienna, VA 22182
(703) 893-0120
marriott.com

Crowne Plaza Hotel Tysons Corner - Mclean

\$\$\$
1960 Chain Bridge Rd
McLean, VA 22102
(703) 893-2100
crowneplaza.com

Hilton McLean Tysons Corner

\$\$\$
7920 Jones Branch Dr
McLean, VA 22102
(703) 847-5000
hilton.com

Ritz-Carlton

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CHRIS DUARTE **SAT NOV 10**

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'TIS THE SEASON FOR GIVING

by Keith Loria

People love the holidays; visiting with family, enjoying lavish meals and exchanging gifts are looked forward to all year long.

But not everyone is lucky enough to have a hot meal, a family member to see, or even a warm place to sleep.

That's why the holiday season often pulls a little harder on the heartstrings of people's charitable nature. There are thousands upon thousands of charities available, and no shortage of different organizations close to home that are looking for help.

Even though Northern Virginia is considered one of the wealthiest jurisdictions in the country, it still faces a poverty rate of about five percent. This means, based on U.S. Census figures, that more than 90,000 people are living in poverty and 30 percent are children.

Here is a list of local charities helping people and animals in all sorts of ways. Even if you can't decide on a favorite, every little bit helps. And remember, charitable donations are needed all year long, not just when the rest of us are feeling festive.

National Capital Area's Holiday Project

The Holiday Project of the National Capital Area, Inc. is an all-volunteer non-profit organization, serving people in Washington D.C., Maryland, Virginia, and Delaware, that organizes groups of people to visit with nursing home residents and hospital patients. During the holiday season, they sing carols and hand out gifts.

*The Holiday Project of the National Capital Area, Inc.
513 Bashford Lane #5, Alexandria VA 22314
703-370-0370
www.holidayproject.org*

Center for Children and Families Holiday Sharing program

The charity looks for people to sponsor a family or a disabled or senior resident and provide them with gifts. Register online by December 3rd to receive their wish list. Volunteers are also needed to deliver gifts.

*703-746-5663
www.alexandriava.gov/holidaysharing*

Arlington-Alexandria Coalition for the Homeless

The Arlington-Alexandria Coalition for the Homeless, Inc. (AACH) does more than offer shelter to homeless people, it provides them with a foundation to rebuild their lives. Created in 1985 by concerned citizens of Arlington and Alexandria, AACH works in coordination with public agencies, businesses, and community groups to give homeless people the support, shelter, counseling, and employment training they need to regain self-sufficiency.

*AACH
3103 N. Ninth Rd.,
Arlington, VA 22201
703-525-7177*

PRS, Inc.

For the past 48 years, PRS has been providing support to individuals with mental illnesses, emotional and/or behavioral disorders, through wellness, recovery, and community integration.

PRS clients are persons living with severe mental illnesses such as schizophrenia, bi-polar disorder or major depression, mild intellectual disabilities, substance abuse disorders, or pervasive developmental disorders who can benefit from skill training and supports.

With PRS supports, clients are taking critical steps to lead strong and fulfilling lives.

The organization collects money through its Friendship Campaign, an ongoing appeal for charitable contributions. These dollars make a difference in every program and service they offer: allowing more clients access to Day Program Services, Employment Services, and Residential Services.

To make a donation, checks can be written to the address below. For more information, visit www.PRSinc.org.

*PRS, Inc.
1761 Old Meadow Road, Suite 100
McLean, VA 22102*

Food for Others

Food for Others is the largest distributor of free food directly to people in need in Northern Virginia. The charity provides the assistance vitally needed by unemployed and low-income neighbors in the community.

The 501(c)(3) tax exempt nonprofit organization provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse.

Food for Others is funded in part by the Fairfax and Arlington County governments and also receives funding from foundations, churches, and many generous individuals.

Financial contributions to Food for Others are tax-deductible. Donations can be made to the address below. For more information, visit www.foodforothers.org or call 703-207-9173.

*Food for Others
2938 Prosperity Avenue
Fairfax, VA 22031*

MAG America

MAG America removes landmines and unexploded ordnance from countries recovering from conflict.

This Christmas you can help MAG during its "All I Want is MAG for Christmas" promotion. In addition to sales of

its trendy skull and crossbones branded merchandise, including T-shirts, hoodies, and yoga pants, MAG is also partnering with other organizations committed to improving the lives of those struggling in contaminated countries, particularly in southeast Asia.

Via its partner Hill Tribe Art, you can buy beautiful hand woven silk ceremonial scarves or intricately-designed jewelry created by hand by artists in villages in SE Asia.

Through another partner, MAG is also offering Laotian cookbooks to help promote Lao culture with proceeds going to clean up bombs left behind in that country from the Vietnam-era conflict.

And for those on your list who have been very good and are looking to really help change the world, MAG is offering a Citizens Diplomacy Trip to Laos, Vietnam, and Cambodia where you can view the sights with well trained guides and also view MAG's operations close up and see how people's lives are truly changed when their land is finally cleared.

To donate or for more information, visit www.maginternational.org/usa/MAGforChristmas.

The Abused and Homeless Children's Refuge

The Abused and Homeless Children's Refuge sponsors Alternative House, which exists to provide immediate shelter and crisis intervention to children and youth who have been abused, abandoned, are homeless, or who have run away.

Since 1990, Alternative House has provided emergency shelter, food, clothing, counseling, and crisis intervention to more than 2,000 youth and their families. Alternative House provides shelter and counseling for abused and homeless children and adolescents, as well as community outreach programs to prevent drug use and violence.

Its programs strive to help young people live in stable family settings that offer nurturing parents or caregivers.

Donations can be made to the address below. For more information, visit www.TheAlternativeHouse.org.

*The Alternative House
P.O. Box 694
Dunn Loring, VA 22027*

Sexual Minority Youth Assistance League (SMYAL)

The only Washington, D.C. metro area service organization dedicated to supporting lesbian, gay, bisexual, transgender, and questioning youth.

The organization provides life skills development, counseling, health/wellness education, and community outreach/education. It also has spent a great deal of its efforts lately on stopping bullying, a growing concern in our area.

Last year, SMYAL had thousands of interactions with more than 900 young people and educated more than 2,500 adult professionals.

Donations can be made to the address below. For more information, visit www.SMYAL.org.

SMYAL
410 7th Street SE
Washington DC 20003-2707

Food & Friends

Food & Friends helps people with cancer, HIV/AIDS, and other life-challenging illnesses by providing free, home-delivered, freshly prepared meals and groceries in conjunction with nutrition counseling by registered dietitians.

Food & Friends is a volunteer supported, regional nonprofit organization that meets the daily nutritional needs of people living with life-challenging illnesses, and their families and caregivers in the Washington metropolitan area through the following three programs: Freshly-prepared meals, Groceries-to-Go, and Nutrition Education.

Since its inception, Food & Friends has provided over 7.5 million meals to more than 10,000 individuals living with HIV/AIDS and other life-challenging illnesses in the Washington metropolitan area.

Donations can be made to the address below. For more information, visit www.FoodAndFriends.org.

Food & Friends
219 Riggs Road, NE
Washington, DC 20011

The Black Student Fund

The mission of the Black Student Fund is to offer African-American children in grades Pre-kindergarten through 12, particularly those from low-income households, the opportunity to attend and graduate from the metropolitan D.C.-area independent schools.

Established in 1964 to racially desegregate the independent schools of the National Capital area, the Fund serves as an advocate for all black children and strives to assure that black students and their families have equal access to every educational opportunity.

The Black Student Fund has provided scholarships to over 3,000 black children influencing and changing their lives.

Donations can be made to the address below. For more information, visit www.BlackStudentFund.org.

The Black Student Fund
3636 16th Street, NW
4th Floor
Washington, DC 20010

Friends of Homeless Animals

Friends of Homeless Animals (FOHA) is a no-kill animal shelter located in Northern Virginia, dedicated to caring for abandoned and abused dogs and cats while they wait for their permanent, loving homes.

FOHA works to find qualified adoptive homes for all the animals in its care, while keeping the commitment to providing a safe and healthy haven for as long as necessary. Approximately 500 dogs and cats per year have found permanent, loving homes with its help.

Donations can be made to the address below. For more information, visit www.FOHA.org.

FOHA
P.O. Box 415
Aldie VA 20105

WETA

For those that enjoy watching and listening to the programs of the not-for-profit public broadcasting station, WETA, funding is always needed to keep the words going.

WETA serves the Greater Washington community, producing and broadcasting radio and television programs of intellectual integrity and cultural merit that inspire, enlighten, and entertain.

For 50 years, WETA TV has provided compelling, in-depth programs that not only enrich and enlighten but also inspire many individuals to become informed and vital contributors to their communities.

In addition to being the sole broadcaster of beautiful classical music in the Washington region, Classical WETA 90.9 FM is also the only source in local radio for opera, and live and recorded classical concerts.

For more information, visit www.WETA.org.

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.



VOLUNTEER OPTIONS

by Keith Loria



A Helping Hand

For those of you who want to help but may not have any extra money to give, volunteering your time can be just as helpful and rewarding.

As a volunteer, you can make a difference in another person's life.

Fairfax Government offers an array of volunteer opportunities in the county ranging from helping to clean up the parks to neighborhood watch programs, and fire and rescue. Information can be found at www.fairfaxcounty.gov/volunteering.

Here are some other local places to lend your time and help someone in need.

Bethany House

Bethany House of Northern Virginia, Inc. was organized to help women and their children, who have suffered from domestic violence, regain health and dignity and become reestablished in their community by providing temporary housing and support. Volunteers donate an average of 2-16 hours weekly and assist with office and clerical services, outreach assistance, and help to facilitate small group activities. Other volunteers help to maintain the shelters and put on special events. Some volunteers also help in Joseph's Coat to receive, sort, price, and tag donated items. For more information, visit www.bhnv.org.

VITAS Innovative Hospice Care of Northern Virginia

VITAS in Vienna is looking for kind and caring professional beauticians to pamper hospice patients living at home, in the hospital, or in long term care facilities. All VITAS volunteers receive comprehensive training that includes hospice philosophy, caring for the terminally ill, and grief and loss education. Pampering can include: filing, polishing and buffing nails; gentle shampoo, set and style; haircut; helping with makeup. For more information, visit www.vitas.com.

Alzheimer's Family Day Center

Volunteers are needed at the Alzheimer's Family Day Center in Fairfax to do a variety of things such as visit with participants, entertain, assist with activities, and help with meals. Hours of operation are Monday through Friday, 7:30 a.m. to 5:30 p.m. Saturday club volunteer opportunities are also needed. Volunteers must be at least 16 years old, complete an orientation, and have a negative TB test. For more information, visit www.alzheimersfdc.org.

Habitat for Humanity

Since 1990, Habitat for Humanity has built or renovated 50 homes for families in need in the city of Alexandria, and Fairfax and Arlington Counties. The goal of the organization in the next five years is to build on this success by adding another 50 homes in the area. Construction experience is helpful but not necessary. For more information, visit www.habitatnova.org.

Literacy Council of Northern Virginia

The Literacy Council is the oldest nonprofit adult literacy program in Virginia, serving the counties of Arlington and Fairfax and the cities of Alexandria, Falls Church, and Fairfax. Since 1962, the Literacy Council has trained thousands of volunteers to provide one-on-one tutoring to adults in our community. It is an affiliate of Laubach Literacy International, a national literacy organization that certifies trainers and provides instructional materials and support. For more information, visit www.lcnv.org.

In2Books eMentor

For those with little time on their hands, you can mentor a child without ever leaving your home. The ePals Foundation is currently accepting virtual volunteers from around the country to participate in an exciting program called In2Books, a curriculum-based eMentoring learning experience for high-needs students that has been shown since 1998 to raise participating students' standardized reading test scores and help them become better readers, and writers. The commitment lasts for the full school year, from September-June. Duties are fulfilled on your time from home, and take about 1-2 hours a month. For more information, visit www.in2books.com/penpal.

Northern Virginia AIDS Ministry (NOVAM)

Be a friend and a mentor to a child affected/infected by HIV/AIDS. NOVAM matches a qualified adult with a child to spend time together doing fun activities like going to movies, museums, biking, etc. twice a month. Volunteers must be 18 years or older, have their own transportation and complete an application process. Training is required. Mentors interested in being matched with a teenager and bilingual mentors are especially needed. For more information, visit www.novam.org.

AROUND TOWN

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



At The Grand Opening Party of Lofty Salon's "Chic Boutique," friends and customers wow at the fab unique items and beauty accessories. A great time and a super selection.



Georgia Mechlin from Janet Iredale Mineral Cosmetics demonstrates the newest in skin care options.



Michelle Doherty shares a smile with Beth and Amy from Dr. Mary Gharagozloo's table at the McLean Chamber's "Suites and Sneakers" event on October 2 at Claude Moore Colonial Farm in McLean.

AROUND TOWN

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



The Viva Tysons Team and guests, celebrate it's fourth anniversary at Westwood Country Club in Vienna.

Tom Ivy and Joan Fletcher share a laugh at the McLean Orchestra's "Instrumental to Business" function on Wednesday, September 12th, 2012 at Panache Restaurant in Vienna.



It's coming to Church Street, Stacie Meruvia and Sam Aboulhosn plan to open Vienna's "New Chocolate Shoppe," Cocoa Vienna, this December.



CHAMBER NEWS

.....

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11:00 AM - 1:00 PM**

The Westin Tysons Corner
7801 Leesburg Pike, Falls Church, Virginia

\$30 Chamber members; \$35 Future members

Join us for the November installment of our Real Estate Education Series.
We will discuss contract review and conduct a standard forms update.

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

**November 15, 2012
6:00 PM - 9:00 PM**

Claude Moore Colonial Farm
6310 Georgetown Pike, McLean, VA

Chamber members: FREE; Future members: \$10

Our November mixer will be held at Claude Moore Colonial Farm,
in conjunction with their Holiday Open House.

Held at the farm's GateHouse Shop, the event includes a festive holiday buffet and eggnog.
Shopping opportunities abound, Farm and Chamber members receive 10% off purchases during the event.
The Farm is a great place to shop for both adults and children, with unique gifts at great prices.
Estate items and used books will also be available for sale.

For more information on the farm, visit www.1771.org.

.....

Building Blocks: Giving Children a Strong Foundation

**Thursday, November 8, 2012
6:00 PM - 9:30 PM**

Westwood Country Club
800 Maple Ave. E, Vienna, VA

Join us for a chance to:

Build colorful block towers for a chance at prizes -- a Kindle, designer jewelry, event tickets, and more!
Snag exclusive auction items, such as a weekend at an exclusive boutique hotel, a behind-the-scenes
tour of a CNN production, and a wine tasting for you and up to 20 friends.
Honor Retiring Executive Director Elizabeth Page and Center supporters.
Meet Celebrity CBS Radio Host Jenny Glick, mistress of ceremonies.

For more information please visit www.mcleanchamber.org





Left to right: Walter Alcorn (at Podium), Sharon Bulova, Barbara Byron, Tim Steinhilber, Marcia McAllister.



Tim Steinbilber, Marcia Twomey, Pierce Coffee.



Chamber members and Chamber President Marcia Twomey.



Chamber members and guests enjoy their lunch.



Delegate Jim Scott, and Marcia McAllister (Communications Director Dulles Metro Rail Project).



Marcia Twomey, Marcus Simon, Marcia McAllister, Sharon Bulova and Delegate Jim Scott.



You may well be greeted by dogs Phoenix and Bernadette upon arrival at the rustic Villa la Campagnette.

DESTINATION *Provence*

L'Auberge Provençale Country Inn
& French Restaurant, circa 1753

by Allison Chase Sutherland

Discover the scenic byways of Virginia as you escape on a romantic weekend getaway to this irresistible French Country Bed & Breakfast Inn in the Shenandoah Valley, at the edge of Skyline Drive, a stone's throw from Tysons Corner. Upon your approach, you will pass fields of Black Angus cows gathered around tall trees and rock outcroppings in the fields nearby. You will find yourself at a most elegant inn of historical note. If you keep your eyes peeled, you will spy a stone marker at the entrance engraved with original name for the main house, Mt. Airy, dating back to around 1753.

Innkeepers Celeste and Alain Borel will welcome you to this tranquil hideaway with fresh fruit and cookies, cocktails, wine, coffee, tea, or juice on the porch or terrace (in the warmer months), or in the inviting sitting room any time of year. Cozy up beside the fire on chillier afternoons in the fall or winter. As eloquently articulated at www.laubergeprovencale.com, the inn "beckons you to explore the growth of spring, the deep shade of summer, the brilliance of fall, and the solitude of winter." It may snow in Virginia, but at least you need not brace yourself against the Mistral, that strong, wintry wind that inspires poets and imbues the character of Provence with a feisty and hardy spirit.

It is clear that the engaging Alain, originally from Avignon, where I studied many years ago, thoroughly enjoys this enclave that he has infused with the very essence of Provence. The lilt of his accent du Midi, that familiar hint of the undulating intonation of the South of France, is a memory brought to life. I suddenly realized that I missed Provence more than I knew. **So for those who dream of spending a year in Provence, or a semester, as did I, the inn is just over an hour's drive and you're there. No passport required.**

Select from among eleven meticulously appointed rooms and suites, in the main house or the Petite Auberge. Just imagine the sun-drenched colors of the paintings of Cezanne and Van Gogh, Provençal fabrics, and faux-painted walls with ochre from Roussillon, all thanks to the talents of the savvy Celeste. Sink into a heavenly bed anytime you feel like a nap. You're on Provence time. You can even purchase these ultra-soft sheets and pillowcases to continue the luxurious experience chez vous.

Skip the spa and hit the in-room steam shower with aromatherapy. Invigorate your day with essences such as energizing ginger and cooling spearmint. Just fill up the little

receptacle of the steam shower with the Hydro Therapies fragrance and breathe. Then snuggle up to your own fireplace – some with real firewood – which you don't often chance upon in an inn. From your overstuffed armchair, you may sip your green tea and gaze upon a view of the orchard, gardens, fields, mountains, sky, and beyond. I can almost hear the sound of the gales...

In the warmer months, the inn can provide gourmet picnic baskets for two. Or visit Locke's Store and pick up a gourmet sandwich in the tiny village of Millwood on your way to visit the historic water-powered Burwell-Morgan Mill. You can still get grits and flour milled by the original mill, so as to bring a little history home.

Pencil in a visit to the world-class, truly state-of-the-art Museum of the Shenandoah Valley and its neighboring Glen Burnie, the stately home of the founder of Winchester, with its impressive house and gardens. Just a hop from the inn, literally five minutes, you'll find the State Arboretum of Virginia with walking and driving tours. Venture out to the surrounding Virginia wine country, with gems such as Veramar with its breathtaking mountain vistas, just outside of Berryville, or possibly explore the nearby Shenandoah Caverns. Wherever you turn, you'll find opportunities for cycling, antiquing, golfing, horseback riding, and even hot air ballooning over the beautiful Blue Ridge, if you're so inclined.

After a day out in the fresh air of the valley, you'll start to anticipate the exquisite dinner that awaits you back at the inn. The cuisine of talented Executive Chef Benedict Zappone is described as French Provençale Moderne and it will equally tantalize the eyes and the palate. Savor five- or seven-course dinners Wednesday through Monday. I would have to suggest skipping lunch altogether. It's really the only way to do it.

The amuse-bouche at times seems to be the most intriguing aspect of dinner. Envision dollops of beet purée, luscious soft and creamy goat cheese, diced fresh beets, radish, turnip, zucchini, carrots, and tomato strewn with flower petals. On your artisan cheese plate you may find blueberry mint jam, pear and raisin chutney, a flavorful tapenade, balsamic reduction, fresh Thai basil, baked garlic cloves, champagne grapes, and crostini artistically placed among cheeses such as a pungent Roquefort, the king of blues, P'tit Basque from the Pyrénées, luscious Saint André, buttery Camembert, and a mild goat cheese, Le Chevro.

Standouts included herbed gnocchi with zucchini purée, roasted beets, and manchego, local Fields of Athenry pork belly with fennel, lavender, and compressed peach, Atlantic salmon with corn and fava bean succotash, tomato and basil, and Fields of Athenry New York strip with Swiss chard, Royal Trumpet mushrooms, onion soubise, and sauce Rouennaise. Your intermezzo may feature champagne sorbet with basil leaf and candied Meyer lemon and a shortbread cookie or a light and refreshing chilled watermelon soup. The affable and knowledgeable son of the owners, front manager and sommelier Christian Borel, would be delighted to help you navigate their extensive award-winning wine list.

Your cheerful gourmet breakfast in the sunflower-hued Sun Room may include fresh fruit, house-made granola, thinly sliced pork tenderloin medallions with sautéed mushrooms, a delicately sweet crêpe with seasonal golden delicious apples and fresh whipped cream, local farm-raised eggs over a fried green tomato, and an inimitable applewood smoked bacon. One thing is for certain – here you will always get an authentic homemade French croissant, so be sure to save just a little room. And don't forget the bistro brunch on Sundays.

With their own vegetable and herb gardens, as well as a fruit orchard, replete with cherries, Anjou pears, peaches, apricots, persimmons, and even pawpaws, you can't really get more local. They strive to support sustainable farming in the area by using fresh organic meats, cheese, eggs, and produce. In keeping with this respectful environmental philosophy, the inn was not surprisingly designated a Virginia Green inn as certified by the state.

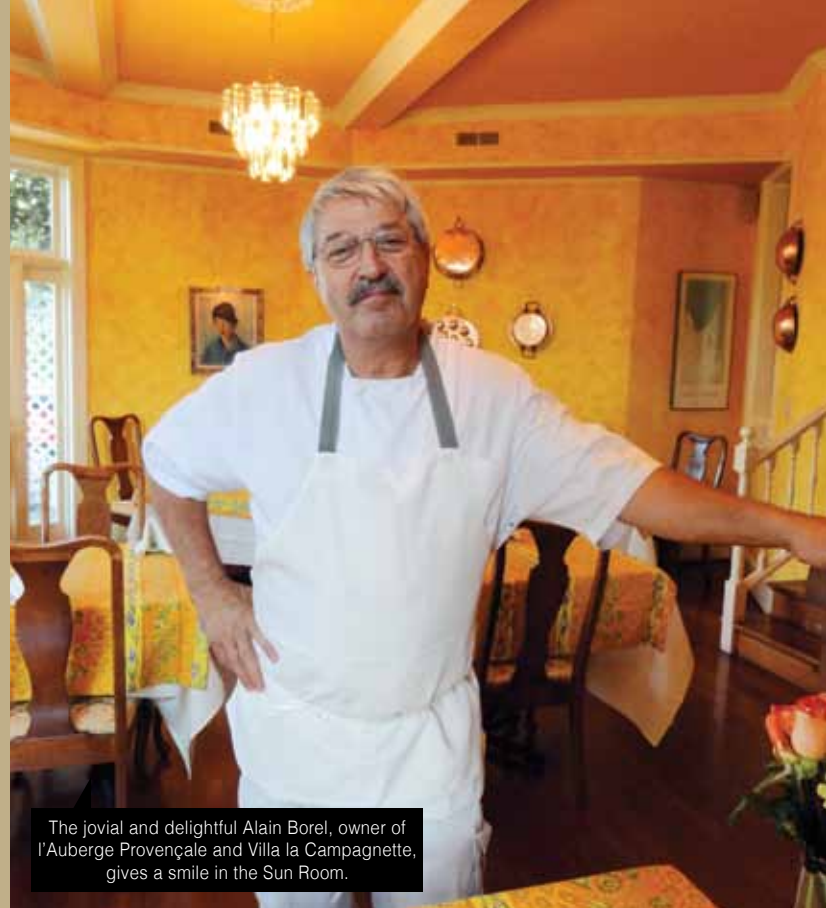
So refresh your spirit and nurture yourself with a little Eau de Puits – pure, natural deep well water from their own well. There's a bottle in your room. And on the wall, a sketch of Pont St. Bénézet brought me back to – yes that's right – the Pont d'Avignon. On y danse et on y danse. So go ahead and dance. You're in Provence.



With window views on three sides, overlooking countryside, horse barns, and the beautifully landscaped pool terrace, La Chambre Ensoleillée, the Sunsplashed Bedroom of Villa la Campagnette is bright and sunny year-round.



Villa la Campagnette provides the perfect romantic escape.



The jovial and delightful Alain Borel, owner of L'Auberge Provençale and Villa la Campagnette, gives a smile in the Sun Room.

Villa La Campagnette, 1890

Meander just three miles from the inn, past rolling fields edged by black rail fences with graceful grazing horses, on the country roads that lead to the ever-charming and more secluded Villa La Campagnette. Enjoy the sound of gravel under your tires on the pine-lined drive up the shady lawn as you approach the villa. You may be greeted by the dogs, Bernadette, a Bernese Mountain dog, and Phoenix, a Basenji, who are just as friendly as their owners, and a plaque reading "On this site in 1897, nothing happened," attesting to the whimsical nature of the place.

The original wood plank flooring reminds you of the true history of the place. In the parlor, each santón, each rooster, each objet d'art is lovingly and artistically placed. Here again you'll find the rich Provençal ochre hues, from crimson to burnt orange to golden yellow. This sun-splashed villa is illuminated by sunlight – from the terrace by the pool to the skylights in the Provençal-tiled bathrooms.

With eighteen well-tended landscaped acres, horse barns in the back fields, and magnificent flower gardens in the summertime, including the more gently scented white lavender, here you really

get to experience the countryside. The journey, of course, is quite nice, but sometimes life is a destination. You may need to frequently pinch yourself. I already know, as with Provence, that I will yearn to return here.

The old-growth maple shades the pool like an Old World tree. How restorative it is to wake up to morning mist over the fields out your window, and to walk and breathe among the old growth trees that have stood the test of time – that have seen history. Hawks fly overhead in poetic synchrony. And in the late afternoon, you might just hear the distant whistle of the train – on its own journey with its own story. Now it's time to make your own.

So that dream you keep having – about taking that trip to France like you've always talked about. Well, now it's just around the corner. So as for that dream – it's time to live it.

Thanksgiving & Christmas

Head over for Thanksgiving dinner between noon and seven to partake in a feast of local wild turkey with roasted chestnuts, quail, and venison. Enjoy a brisk walk in the crisp countryside air and then warm up before a cozy fireplace.

Starting December 12, the Inn presents the 13 desserts of Provence. Pick out your Christmas tree from the field from several Christmas tree farms nearby. Some even serve hot apple cider to take the chill off. Christmas Eve dinner is served at the festively decked halls of the inn and a holiday breakfast basket for two is delivered Christmas morning, just like Père Noël, with little gifts from the Inn. Joyeux Noël!!

**L'Auberge Provençale
Country Inn
& Fine Dining Restaurant**

**Chef Alain & Celeste Borel
13630 Lord Fairfax Hwy,
White Post, VA 22620**

**Phone: 800.638.1702 or
540.837.1375 Fax: 540.837.2004**

**www.laubergeprovencale.com
celebrate@laubergeprovencale.com**

**Scenic byways map
www.virginiadot.org**

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



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THE GIFT OF TIME

Design a nourishing holiday season.

by Laurie Young

One winter my grandmother gave me a quilt, every stitch hand-sewn and created especially for me. It is a beautiful thing, a balancing act of thoughtful design and uninhibited riots of color. The fabric swatches she used in the design contain scatterings of bright florals from the 60s and vivid geometrics from the 70s, all carefully harvested from clothes my mother, aunts and uncles wore growing up.

My grandmother worked on a large quilting frame in the living room. When neighbors and family dropped by to visit, they would scoot their chairs close together and sew a few squares as they talked, each topstitching their own unique design into it. For my grandmother and her community this was a leisurely social activity, as much about enjoying the quilting process as completing it. There was a sense of pride in giving their gifts, coupled with the equally satisfying promise of beginning anew each time. In this way, those who created my quilt became a part of its story and design, receiving as much joy as they gave.

In the few quiet weeks when autumn has just turned to winter, there is time to thoughtfully design your holiday season, time to consider how much of yourself will be crafted into moments with friends and family, and time to plan how you will give and receive gifts that nourish you. Nourishment comes in many forms, and is about more than just food. It is as much about feeling connected to your values, work, friends and family as it is about eating well. Consider how other areas of life “feed” you, just as my grandmother found sustenance through quilting and community. Following are some ideas to consider as you design your holiday:

Real Nourishment Lasts

The holidays are often a time of overindulgence in food and drink. Indeed, overindulgence may even be considered part of the merriment, as we step away from our regular routines and escape the demands we normally place upon ourselves. By choosing to add in other forms of nourishment, though, you may find that gatherings become less about food and drink, and more about sharing in community and creating sustained connection. By slowing down—our eating, our schedules, our conversations and ourselves—we can truly savor the moments that make up the holidays.

Seek out quiet moments to settle your mind and nervous system, so that you can focus not only on giving to others but also receiving from them openly and in equal measure. This calming and awareness supports all forms of healthy nourishment, and feeds the underlying craving we all feel at this time of year: the desire to create meaningful moments with those we care about.

For a mindful eating practice that offers a simple, enjoyable experience of slowing down and savoring the moment just as it is, see the sidebar on the next page. Let this be a guide for your eating, and just as importantly, the pace of your holidays and interaction with others.

Simple Stovetop Apple Crunch

Keep it simple, sweet and healthy with this easy recipe you can make in minutes.

1 apple, sliced into 8 or 12 wedges
 ½ cup chopped nuts of choice (walnuts, pecans and pine nuts combine well)
 1 tsp. extra virgin olive oil
 ½ tsp. vanilla extract
 1 Tbsp. maple syrup or honey

- 1) In a sauté pan on medium-high heat, sear the apple slices in olive oil so that they are browned on both wedge sides.
- 2) Add nuts but do not stir too much or you will break up the apples. Sauté until the roasted nut aroma starts to bloom.
- 3) Add vanilla and honey, toss well and remove from heat. Enjoy!

Recipe courtesy of: Bonita Woods Wellness Institute

Time is a Gift

It's not uncommon to feel increasingly hurried as Thanksgiving arrives and quickly turns into December. There is so much to do. And yet, when we speed up during the holidays, we are actually fighting against nature itself. It is in the season of winter that the natural world gracefully slows down and settles in, resting quietly until spring. In this place of stillness, nature gains strength for the warmer energetic months. And so do we.

Struggling against nature causes stress. Achieving a balance of thoughtful activity and quiet time, eases it. You may find that you actually get more done, or certainly that what you choose to do is expressed in a more relaxed, enjoyable way. And consider, too, that for many of those closest to you, the gift of time—time to gather together, engage in unhurried conversation, and exchange stories—is far more meaningful than anything you can buy.

Gifts Hold Stories

I remember the excitement of the holidays as a child and, in those years, receiving an equal balance of store-bought presents and handmade gifts—gifts like honey from my aunt's beehive, a poem written by my father about the moment of my birth, and of course my grandmother's quilt. As the pace of life has increased, however, personal or locally made gifts—the ones where you know the maker and can tell a story about their origin—seem to have dwindled in number.

It takes time and thought to give gifts that have meaningful stories attached to them. When the focus of our gifting is grabbing last-minute items at the mall and figuring out how to check each person off our list, something important is lost. Gifts that hold stories are both functional and sentimental, meant to be used, loved, and remembered by the recipient.

I have forgotten many presents I received over the years. But I know that my aunt's honey tastes like home, and I can read my father's poem and sleep under my grandmother's quilt. In one way or another, the whole of my family history is woven into the gifts they shared with me.

Certain things last. The things in which love, gratitude, and authentic elements of self are sewn in. Objects are simply small tokens that represent the deeper, more lasting meaning embedded within them. In this way, my grandmother's quilt is much larger than the space it occupies in my room. It contains her heart and soul, the pattern of my family, and expands past the boundaries of room and memory, extending throughout time.

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.

Savoring Food and Life Just as It Is

For many of us, slowing down doesn't come naturally; it takes practice. Begin by choosing a simple, healthy food that you enjoy eating such as dark chocolate or ripe fruit. Remember, the purpose is to slow down and use each of the five senses to fully experience food and how we eat it. Find a quiet space in your home, where you can devote at least five uninterrupted minutes of time. Get comfortable in your seat, and place the chocolate or fruit in front of you.

Look

- Take a deep breath and ask yourself what you see. Mentally describe the shapes and colors. What visual memories do you associate with this food?

Smell

- Pick up the food. Continue slow, deep breathing as you close your eyes and smell it. Is it pungent or sweet? Linger, enjoying the complexity of its scent. Anticipate what it might taste like. What memories do you associate with smelling this food?

Feel

- Is your mouth watering? What is the texture of the food? Now take a bite and describe to yourself how it feels in your mouth. Breathe.

Taste

- Chew slowly. Begin exploring the “subtle” flavors of your food, those you may not usually notice when you are eating quickly. Like a fine wine, many foods are complex and take time to release all of their flavors. Make mental notes of flavors you recognize. Take a deep breath and pause. What's different?

Listen

- Listen to all sounds—the sound of chewing, the breaking of the food as you take another bite. Listen to what's going on in the world around you. Does it affect your experience? Hear your own thoughts. Notice how different it is to eat with all senses engaged. Can you experience the next bite just as fully? Even more deeply?
- Repeat, slowly and with awareness.

Use the pattern of this eating exercise as a model for experiencing the world. When you slow down and savor food mindfully, engaging all the senses, you savor life. Mindful eating leads to mindful living. Food is much more than a means to satisfy hunger; it feeds your body and your soul. Cherish the act of slowing down and savoring the experience of eating food in a way that will shape your destiny.

Courtesy of: Matthew Corrigan, CMT, RYT – Certified Massage Therapist & Registered Yoga Teacher, www.pранаhealthworks.com

THE JOY OF THE POTATO

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



We are in the full embrace of fall and going in to winter. The days are increasingly shorter and the air is dramatically cooler. We bid a fond farewell to summery salad and yogurt cravings, then dive head first into the cold weather comfort food season. One simple way to help curb those carb cravings is to bump up on your potato intake. Often maligned as an unhealthy starchy carb, this misunderstood tuber has more to offer than culinary folklore admits.

We have all know that a fully loaded baked potato owes its fat and calories to the butter, sour cream, cheddar cheese and bacon. The actual potato is an energy sustaining treat filled with fiber, protein, vitamins, and micronutrients. One medium potato (3.5 ounces) has about the same calories as a piece of bread but takes a lot longer to digest. (Just remember: don't peel your potato! Most of the fiber and nutrients are in and just beneath the skin.) The starch in a white potato can ferment when teamed with dietary sugar or other starches...but when teamed with vegetables, the potato fermentation helps to break down the produce and allow for better nutrient absorption. What does this mean? A baked potato slathered in sautéed onion, garlic and broccoli then topped with a sprinkling of cheddar cheese is a super healthful meal! Yum. You can make me a plate of that.

While we generally associate potatoes with Ireland, you will find them in recipes for almost every cuisine in the world. Originally from Peru, all potatoes, sweet potatoes, and yams started in the Andes Mountains and spread across the globe. Just think about this. Potatoes are so yummy; every culture that met them kept them and made the potato part of their culinary culture. If you look through international cookbooks, you will find a wonderful variety of interesting and healthful recipes. I also love to read through American cookbooks from 50 to 100 years ago, when potato was a common addition to baked goods like sandwich bread and chocolate cake.

There is such a wonderful variety of potatoes available these days. A visit to the grocery store can reveal all the colors of the rainbow represented in the potato bins. You will also find a luxurious spectrum of taste and texture that can be really fun to combine together with your meal. While sweet potatoes and yams are not related to the other potatoes, they can be combined or substituted equally in most recipes. FYI- sweet potatoes are higher in fiber and nutrients and lower in starch and calories than the white variety, but both are great when combined with a produce rich meal.

Adding potato to your meals can be easy and simple. Sauté some diced potato, vegetables, and meat; then, add broth and gently simmer for at least an hour. Viola! You have a delicious and hearty stew. The starch from the potato will thicken the broth, so cut them large enough that you don't mind losing half the volume of each slice. The best thing about stews is that they taste better the day after they are made.

I like to bake a few potatoes on the weekend and keep them in my refrigerator to add to my meals through the week. I slice and sauté sweet potato with shredded kale and ginger. Or, I will slice up a baked potato then roughly mash it with my fork and form into patties to pan fry with my dinner. Or, I will peel the potato and blend its "meat" with my pancake batter. Or, I will simmer a diced baked potato with canned white beans, a bag of frozen vegetables and some oregano, garlic, and onion. So many opportunities to add potato health with very little effort. Let the creativity commence!

author: Chef Bonita Woods teaches the fun side of nutrition through her nonprofit wellness education center, the Bonita Woods Wellness Institute. Chef Woods also manages nutrition and corporate wellness programs with the Soma-Solutions Wellness and Nutrition Centers. You can learn more about her projects at www.BonitaWoods.org.

Mashed Potato and Cauliflower

Ingredients:

- 1 small head cauliflower, chopped (or one bag frozen cauliflower florettes), cooked and hot
- 2 cooked potatoes, peeled, cooked and still hot
- ¼ cup olive oil or butter
- 1 head garlic, peeled, roasted, sautéed, or steamed
- Salt and pepper to taste
- ¼ tsp paprika
- Steaming hot water, broth, or hot milk

Method:

- 1) Mix all the ingredients (except the liquid) together in a large mixing bowl. Add enough butter and/or oil so the mixture is not too dry.
- 2) Mix in the hot liquid, just enough to get desired texture.
- 3) Adjust seasoning to taste.

Note: You can make this in a bowl using an electric mixer or in a food processor on pulse.

Lentil and Potato Stew

Ingredients:

- 1 onion, chopped
- 2 medium carrots, diced
- 2 stalks celery, sliced
- 2 tsps olive oil
- 1 - 2 tsp paprika
- 3 - 4 garlic cloves, crushed
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 carton (32 ounces) vegetable broth
- ¾ cup dried lentils, rinsed
- 2 cans (10 ounces each) diced tomatoes
- 3½ cups potato (any variety), cubed
- ½ tsp salt
- ¼ tsp pepper

Method:

- 1) In a stew pot or high sided frying pan, sauté onion, celery, potato, and carrots in oil for three minutes.
- 2) Add the herbs and spices; cook one minute longer to activate the aromatics in the seasoning.
- 3) Stir in the tomatoes and bring to a light boil. Cook until the acidity is cooked out, about three to five minutes.
- 4) Stir in broth and lentils. Bring to a boil. Reduce heat; cover and simmer for 18-22 minutes or until lentils are tender. Reduce heat; cover and simmer 10-15 minutes longer or until potatoes are tender.

Luxurious Chocolate and Sweet Potato Torte

Ingredients:

- 1½ cups sugar
- 1 cup packed cooked, skinned, and mashed sweet potato
- 1 cup almond flour
- ½ cup unsweetened dark-chocolate cocoa powder
- 1/8 tsp. salt
- 4 large eggs
- 2 oz. bittersweet chocolate
- 1 Tbsp coconut oil
- 1 Tbsp raw honey

Method:

- 1) Preheat oven to 375°F. Coat 9-inch springform pan with cooking spray.
- 2) Blend sweet potato, one cup sugar, almond flour, cocoa, and salt in food processor 30 seconds, or until smooth, scraping bowl as necessary.
- 3) Separate the eggs, placing whites in bowl of electric mixer. Add yolks to sweet potato mixture; pulse to combine. Transfer sweet potato mixture to large bowl.
- 4) Beat egg whites with electric mixer at medium-high speed until it starts to firm up. Add remaining ½ cup sugar one tablespoon at a time and beat until stiff, glossy peaks form.
- 5) Fold one-third egg white mixture into sweet potato mixture with spatula. Gently fold in remaining whites. Pour batter into prepared pan. Bake 45 minutes, or until toothpick inserted in center comes out clean. Cool ten minutes in pan on wire rack. Remove springform sides; cool completely.
- 6) Melt chocolate in small saucepan over low heat. Whisk in coconut oil and honey. Spread chocolate mixture over top of cake. Let stand until chocolate icing sets.





TRAINING TO EAT FOR THE HOLIDAYS

by Judy Caplan

The holidays are fast approaching. This wonderful time of year is filled with good fellowship, food, and fun... and lots of calories often leading to weight gain and weight loss resolutions. How can you make this year different and avoid that beginning of the year regret?

Here are five simple tips:

Be Aware: Make awareness part of the holiday spirit. Ask yourself, "Where do I want my weight to be to on January 2nd?" Jot the answer down on a piece of paper and post it where you can see it every day; on your bathroom mirror, on your dashboard, or on your computer screen. For example: "I want to weigh 135 on January 2nd." Now don't lose sight of that goal.

Exercise: Set into motion actions that will lead to achieving your goal. For instance, continue your exercise program. If you don't have one, now is the time to start. Don't wait until the first of the year to begin. Exercise is a great calorie burner. Exercise also increases endorphins which promote a sense of well being, something you will need lots of at this stressful time of year.

Set a Carb Limit: Depending on your activity level, allow yourself a daily total of four to six carbohydrate servings (including alcohol). Think of a drink as a piece of bread (one carb serving) with a pat of butter on top. Since there will be sweets and alcohol everywhere you go, each time you eat a cookie or have a drink, you have to subtract some other carbohydrate from your diet that day, so plan ahead. Here are some other examples of one carbohydrate serving:

One slice of whole wheat bread
½ of a hamburger bun
8 pretzel sticks
3 Hershey kisses
¼ of a medium order of French fries
One can of soda (2 carbs)

Keep a Food Log: This helps you know how many carbs you have eaten and how many you have left. One strategy is to limit carbs during the week. Fill up on salads, fresh veggies, lean protein, and healthy fats.

Here is a sample menu:

Breakfast: Egg white omelet with spinach and low fat cheese, topped with salsa and 2 slices of avocado.

Or
½ cup cooked oatmeal or whole grain cereal with sliced fruit and almond milk plus one teaspoon ground flaxseed.

Or
2 slices (45 calories each) whole grain toast with one tablespoon natural peanut or almond butter and natural fruit spread.

*Coffee or skinny latte

Lunch: Large salad with lean protein – grilled chicken, low fat cheese, shrimp, salmon, or beans. Vinaigrette (made with olive oil).

Or
If you did not have carbs at breakfast (oatmeal, cereal, toast), eat a sandwich on whole wheat bread with nitrite free turkey, a dab of olive oil mayo, lettuce, tomato, onion, pickle (if non meat eater make with hummus or low fat cheese).

Or
Chipotle bowl with chicken or beef, beans (no rice), peppers and onions, salsa (no corn salsa), cheese, no sour cream, and a dab of guacamole.

Dinner: Green salad with vinaigrette, lean protein of your choice, and steamed or roasted veggies (no potatoes).

Snacks: One piece of fresh fruit with 12 raw almonds, cashews, or walnuts or fresh cut up veggies dipped in 1/3 cup hummus.

*Coffee is a calorie free food but can lead to hunger pangs, so limit intake.

Make a Party Plan: Have a plan before you attend a party because good intentions can quickly fly out the window. Alcohol, besides adding calories, diminishes your ability to stay focused on your goals. Set a number of drinks for the night and stick to it.

You never want to go to a party hungry. Telling yourself you won't eat all day so it is okay to indulge at the party is a formula for disaster. At the party avoid fried food, any appetizer that sits on bread, and creamy dips. That leaves veggies and protein. Save the carbs for your set amount of alcohol or a bite or two of something yummy.

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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EXERCISE AND REDUCING RISK FOR OSTEOPOROSIS

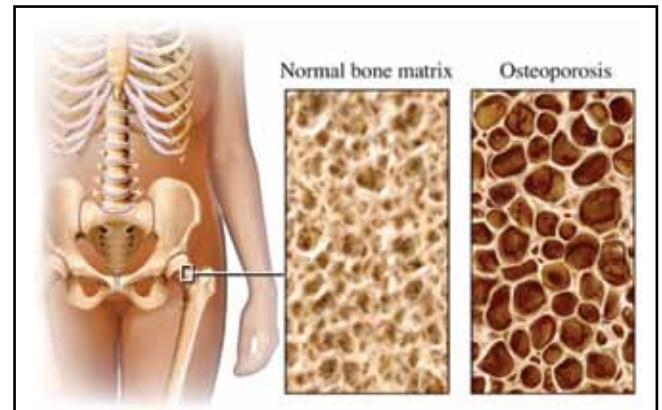
by Cindy Pavell M.S.

What is osteoporosis?

Did you know that 44 million people have osteoporosis? (*Cleveland Clinic*). Osteoporosis gradually deteriorates your bones. It is a disease of which you may not be aware, since bone is lost without any signs, until a bone breaks and you fall.

"The word osteoporosis literally means "porous bones." It occurs when bones lose an excessive amount of their protein and mineral content, particularly calcium. Over time, bone mass, and therefore bone strength, is decreased. As a result, bones become fragile and break easily. Even a sneeze or a sudden movement may be enough to break a bone in someone with severe osteoporosis." (*Medical-dictionary.com*).

What does it look like?



What are the risk factors for osteoporosis?

- Gender – Women are higher risk than men
- Age – Older people at higher risk
- Body size – Petite women are at greater risk
- Ethnicity – White and Asian women at highest risk
- Genetics – If family members have had it, you are at greater risk
- Medication – "Long-term use of corticosteroid medications, such as prednisone and cortisone, interferes with the bone-rebuilding process" (*Mayo Clinic*).
- Smoking
- Inactivity
- Anorexia
- Alcohol – Too much can cause bone loss
- Sex hormones – Low estrogen levels in women and low testosterone levels in men increase risk
- Calcium and Vitamin D intake – Low intake makes you more prone to bone loss.
 - Recommended calcium intake for ages 9-18
1,300 mg/day; vitamin D 600 IU/day.
 - Recommended calcium intake for ages 19-50
1,000 mg/day; vitamin D 600 IU/day.
 - Recommended calcium intake for ages 51-70
1,200 mg/day (males 1,000); vitamin D 600 IU/day
 - Recommended calcium intake for 71+
1,200 mg/day; vitamin D 800 IU/day.

How does exercise impact osteoporosis?

Exercise increases your bone density. If you were an exerciser as a child you helped greatly to increase the health of your bones. The bulk of your bone production happens by the age of 35.

Your bones require the proper amount of "overload" in order for the bone to respond; this is key to increasing density and strength.

According to the National Osteoporosis Foundation, the best exercises for building and maintaining bone density are:

- Weight-bearing exercise, such as walking - that makes you work against gravity while staying upright. High impact (jumping rope, plyometrics) is best for building bone for those who do not currently have osteoporosis.
- Muscle-strengthening exercise, such as weight-lifting - that makes you work against gravity in a standing, sitting, or prone position. These exercises should be done 2-3 days per week using the overload principle.

Choose an activity you enjoy! Dancing, hiking, tennis, walking, team sports are several options. Our bodies and our bones NEED movement to stay healthy!! Your health is worth the time and effort!

author: Cindy Pavell, M.S. is a health educator and fitness specialist since 1988, Cindy welcomes any questions, suggestions for topics, and/or feedback. Fitness + Wellness, cpavell@cox.net • Twitter: cepfitwell, www.fitnesspluswellness.com.

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VACATION-FRIENDLY WORKOUTS

No equipment needed, just a few minutes of motivation to keep you healthy during the holiday season.

by Keryn Dohanich

During the holidays, we often find our schedules unpredictable, full of travel, and full of delicious food. All of these factors lead to leaving behind our normal gym and exercise schedules and opting for a more sedentary lifestyle. However, this doesn't have to be the case, here are three easy workout routines that require no equipment, other than yourself. A little self-motivation and a few minutes between holiday parties can make a big difference to your health during the holiday season. Make a goal to keep the weight off this holiday season, rather than a resolution to lose it in the New Year.

Vacations range from the hustle and bustle of a set schedule, to plenty of leisure time with family and friends. No matter what the speed of your vacation we have the right workout for you. Even fitting in a few exercises will make a difference to your overall holiday health. Opt for a longer workout when you have the time and you will be healthy and ready to face the New Year.

10 MIN

10 Squat Jumps
50 Jumping Jacks
20 Alternating Lunges (per leg)
10 Push-ups
50 Crunches
60 Second Plank Hold
2 Minutes Stretching

Repeat this exercise routine as you have time during the day.

25 MIN

50 Jumping Jacks
20 Squats
20 Squat Jumps
20 Alternating Lunges (per leg)
25 Push-ups
30 Mountain Climbers
50 Crunches
60 Second Plank Hold
2 Minutes Stretching

Repeat this exercise routine until you reach the 25 minute mark.

45 MIN

50 Jumping Jacks
30 Butt Kicks
25 Alternating Lunges (per leg)
10 Push-ups
15 Tricep Dips
30 Leg Raises
15 Standing Calf Raises
40 Crunches
20 Bicycle Crunches
60 Second Plank Hold
4 Minutes Stretching

Repeat this exercise routine until you reach the 45 minute mark.

In addition to adding exercise into your vacation, use metabolism boosting foods in your holiday recipes to increase your battle against the holiday bulge. This list of metabolism-friendly foods should also be a guide when attending holiday parties or going out to eat. Making smart decisions during the holiday season will have you enjoying the festivities without the inevitable guilt on January 1st.

METABOLISM BOOSTING FOODS:

- Tomatoes
- Beans
- Soybeans
- Spinach
- Fish
- Chick Peas
- Cottage Cheese
- Flax
- Sweet Potatoes
- Ginger
- Lemons
- Egg Whites
- Oats
- Lima Beans
- Olive Oil
- Brussel Sprouts
- Almonds
- Avocado
- Apples
- Garlic
- Yogurt
- Cinnamon
- Cocoa
- Blueberries



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Ingredients:

- 4 cups sugar
- 1 can (14 oz.) evaporated milk
- 1 cup butter
- 1 bag white chocolate chips
- 1 pint marshmallow cream
- 1 tsp. vanilla
- 1 bag Andes Peppermint Crunch Baking Chips

Directions:

Melt butter in a large pan and add the milk and sugar. Cook over medium heat until it reaches 236 °F, stirring constantly. Be sure and use a candy thermometer so your consistency turns out right. You don't want rock hard fudge or soft runny fudge either! Remove from heat and add chocolate chips, marshmallow cream and vanilla. Stir until melted and blended. Gently fold in about ½ the bag of peppermint crunch then pour into a buttered 9 x 13 pan. Sprinkle the remaining crunch on top. Cool completely.

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- 1 ½ oz bourbon
- 1 ½ oz butterscotch schnapps
- 1 oz Godiva chocolate liquor
- Dash of cream
- Marshmallow Fluff, for rimming the glass
- Graham cracker crumbs, for rimming the glass

Coat the rim of a martini glass with Marshmallow Fluff. You may need to add some water in order to get the consistency to coat the rim. Once rim is coated with Marshmallow Fluff, coat the rim once again with graham cracker crumbs.

Add all liquor and cream into a martini shaker filled with ice and shake vigorously before pouring into decorated martini glass.

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PUMPKIN PIE CUPCAKES

Ingredients:

- $\frac{2}{3}$ cup all purpose flour
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- 2 tsp pumpkin pie spice
- 1 15-oz can pumpkin purée
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- $\frac{3}{4}$ cup half and half (or evaporated milk)

Directions:

Preheat the oven to 350° F. Line a 12-cup muffin tin with paper or silicone liners.

In a medium bowl, whisk together flour, baking powder, baking soda, salt, and pumpkin pie spice.

In a large bowl, whisk together pumpkin purée, sugar, brown sugar, eggs, vanilla, and half and half until well combined. Add in dry ingredients and whisk until no streaks of flour remain and batter is smooth. Fill each muffin cup with approximately one third cup of batter.

Bake for 20 minutes. Cool cupcakes in pan. They will sink as they cool.

Chill cupcakes before serving. Top with whipped cream.

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RICOTTA, CHIVE & TOMATO MINI TARTS

Ingredients:

- 1-2 sheets of store bought pastry dough
- ½ cup of ricotta
- ¼ cup of cheddar cheese
- 1 Tbsp freshly cut chives plus longer pieces to decorate
- 1 egg
- 10 cherry tomatoes, cut in half
- 1 mini cupcake baking tray with holes lightly greased with butter

Directions:

Preheat oven to 400 °F. Using a round cutter, cut out rounds of slightly defrosted pastry and place in lightly greased baking tray holes. You may have to re-roll the ends a couple of times if you're only using one sheet of pastry.

Mix together the two cheeses, egg and chives in a bowl. Top with tomato half if desired (or put the tomato on after its had its time in the oven). Spoon ½ teaspoon into each case. Bake for 10-15 minutes until pastry and cheese is golden. Decorate with chive pieces.

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PLAKA GRILL

An Authentic Little Greek Taverna in Vienna

by Allison Chase Sutherland

allicucina – culinary impressions

Tracing his origins from the islands of Chios and Crete, my friend Demetrios can never get enough Greek food. Don't mention that you went to a Greek festival without him. Those key Greek flavors – lemon juice, olive oil, oregano, and ground black pepper – keep calling him back. "It's Greek 101." So what better person to check out the Plaka Grill in Vienna. Demetrios immediately honed in on the importance of using authentic Greek ingredients. "When I go to a Greek place, I want Kalamata olives." Peter Drosos, owner of Plaka Grill, agrees. He first picked up his Greek family's culinary secrets and then went on to earn his culinary arts degree just outside Athens, gleaned the culinary wisdom of the ages. He later did stints in Thessaloniki and Ioannina to, as he puts it, "learn the nuances of making gyro and souvlakia." Indeed, this is far beyond your average gyro joint. From the imported Greek yogurt, olive oil, feta cheese, and oregano to, yes, the Kalamata olives, "the goal is to prepare all dishes using ingredients that are indigenous to Greece." Here, Demetrios also liked the fact that the Kalamata olives were pitted. "Nice touch," he noted.

One wall is a vivid, colorful painted scene of the Plaka in Athens, reaching up into the hills of the Acropolis up to the Parthenon. The mural even includes the family dogs Athena and Tanner. A little Greek background music added to the ambience, making Demetrios feel right at home. "It made you feel like you were in a little taverna in Greece – not rushed, a place where you could relax and take it easy. That's a great thing that people just don't get here."

Constantina Koukios, whose family roots hail back to ancient Olympia, loves how "the Mediterranean cultures tend to look forward to gathering together with family and friends to really savor a meal nicely prepared with the freshest ingredients." Plaka Grill offers an inviting setting to dine, with its sleek granite tables and modern wooden chairs.



The Meze Platter is a quick way to take a tour for two of Greek starters, with light, whipped taramosalata, a dip of caviar blended with lemon and olive oil; tzatziki, Greek yogurt with cucumbers, garlic, and herbs; hummus with its hint of cumin but no tahini; tyrokafteri, a spicy blend of feta cheese with hot and sweet peppers; the puréed Kalamata olive tapenade; and feta cheese and Kalamata olives, drizzled with olive oil, oregano, and red pepper flakes, all served with pita triangles. It also included my favorites tiropita, feta cheese and herbs, with just a hint of nutmeg, wrapped in phyllo pastry; and spanakopita, spinach, leeks,

feta cheese, and herbs wrapped in phyllo pastry. Sort of like a baba ghanoush, melitzanosalata is a purée of roasted eggplant, lemon, and garlic. And frequent diner Gloria raved, "The calamari is fried just right."

The Plaka gyro is marinated medallions of pork slow roasted on a vertical spit, sliced and served Plaka-style with tomatoes, onions, fries, and tzatziki. The chicken and pork souvlaki skewers are tender and flavorful. Even the bifteki is remarkably flavorful.

But my favorite had to be the pastitsio with its layers of pasta, spiced ground beef and cheese, topped with a light fluffy beschamel with the golden touch of the oven. The Plaka salad, a traditional Greek salad, is served on the side and gives just the right balance, with its tomatoes, cucumbers, Kalamata olives, onions, peperoncini, romaine lettuce, and feta cheese, drizzled with a savory, lemony house vinaigrette. Constantina Koukios describes the tomatoes in Greece as so delicious that you barely need any salt – just a little olive oil. "Spectacular!" she says, clearly reminiscing at the thought. Demetrios continues, "The tomatoes in Greece are killer. They're so red. And the seafood is so fresh. The olive oil, the lemon – oregano is even an antioxidant. You're going to live till you're a gazillion years old if you eat like that."

So let's check in with our expert Greek guide Demetrios to help us navigate our way through the Plaka.

Demetrios's Picks

Lamb Kapama with its hint of cinnamon was, "tender and succulent, and the combination of the orzo and tomato with the lamb was delicious. I could eat a whole plate of that."

Moussaka – "Just the right amount of crema on top."

Pork Souvlaki – "Nicely marinated and charbroiled."

"I've been to pretty much every Greek place around, so for me to get excited over Greek food – that's a big deal. And this was genuinely really good. I'll come back to this place."

Plaka Grill offers several Greek beers, such as Zeos, Vergina, and Mythos, as well as Greek wines, such as retsina. And don't forget to leave a little space for the home-made baklava from mom Cathy Drosos's secret recipe. Constantina Koukios has great respect for these recipes handed down from grandmothers through the generations, each adding their own unique touch to a traditional dish.

So, Demetrios's take on the Plaka Grill in Vienna. "It's clean, bright, the food comes out pretty quickly, and the price is right. That's a bargain and a half!" What more can you ask for? So, kali orexi! Enjoy!

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



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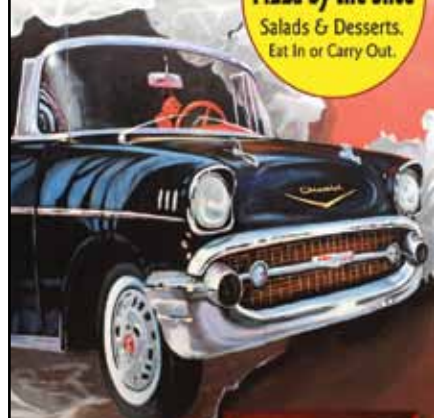
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CAFÉ TAJ

A Lasting Impression

Dining with Jeannine • by Jeannine Bottorff



McLean has a history of seeing lots of restaurants come in strong but peter out quickly. However, there are select few that have carved out a niche with loyal followers and stand the test of time. One of these is Café Taj, whose longevity is due to its ability to provide delicious, authentic Indian specialties, consistently since 1992.

The last time my family dined at Café Taj, it was a Monday night, and the place was packed! It was the usual McLean crowd, a large group sharing a seemingly endless parade of dishes, several families with kids, girlfriends lingering over cocktails, and a few couples out on date night.

The restaurant itself is small and welcoming with comfortable seating and a small bar in the corner. The pleasant staff ensures you have a good experience while not overwhelming or hovering over you, yet happy to answer any questions about the food you might have.

While the menu has all the selections you think of an Indian restaurant having, there are a large number of tandoori options – several types of chicken, salmon, shrimp, and lamb,

all marinated and barbecued in a tandoor, a cylindrical clay oven that is used to impart a delicious smokiness. There are also a variety of curries, both mild and a bit on the spicy side, flavorful biryanis, assorted vegetarian dishes, and more.

We do as most families and stick with ordering our favorites! We usually start with some sort of appetizer. This last time we started with the Chef's Special Platter, a mélange of tender chicken, shrimp, and seekh kabobs, a lamb sausage, smothered in sauce. We scooped up the thickly spiced tomato sauce on one of the hot baked Indian breads. Our favorite is the delicately fragrant onion kulcha, but if you don't like kulcha there is also naan, roti, or many others. Other great appetizers include pakoras, samosas, kabob platters, and more.

For my entrée, I almost always select Chicken Tikka Masala, boneless tandoori chicken breast that is sautéed with onions and garam masala, a blend of spices including peppercorns, cardamom, cinnamon, and served in lightly spiced tomato sauce. My husband always gets Vindaloo (lamb or chicken), a hot and spicy dish cooked with potatoes. And, my usually

adventurous ten-year-old, sticks with basics ordering the tandoori chicken – a great Indian “starter food” for kids – served with tons of fragrant rice and, of course, any of the buttery breads we order. There is a selection of desserts but we have never tried them because we are always too full!

Café Taj has a full bar offering a good variety of wines and beers – including Taj Mahal, Flying Horse, Kingfisher, and Maharaja Indian beers. Also offered are two lassis; yogurt-based non-alcoholic beverages served either sweet (mango) or salty.

So next time you have a hankering for Indian, it's great to know that you won't have far to go to have a flavorful meal in a great atmosphere at Café Taj.

Café Taj
1379 Beverly Road
McLean, VA 22101
703-827-0444
www.mycafetaj.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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- 10 oz semisweet or bittersweet chocolate, chopped
- 4 Tbsps unsalted butter
- 5 eggs
- ½ cup sugar
- ¾ cup all-purpose flour
- 1½ tsp baking powder
- ⅛ tsp salt
- Caramel sauce
- Coffee ice cream

Directions:

Heat oven to 325° F. Lightly coat a 12-cup muffin tin with vegetable cooking spray.

Melt the chocolate and butter in a large bowl over a saucepan of simmering water. Remove from heat. In another large bowl, beat the eggs and sugar at medium-high speed until light and fluffy. Add the flour, baking powder, salt, and melted chocolate. Mix with a spoon until well blended.

Divide the batter evenly into eight muffin tins and bake until the cakes have just cooked through, about 15 minutes. The cakes will still look a bit moist on top. Remove from the oven and let cool five minutes. Serve warm with the caramel sauce and ice cream.

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Ingredients:

- 1 sheet frozen puff pastry, thawed
- 1/3 to 1/2 cup red cherry preserves
- 4 oz. Brie cheese, cut into 1/2 x 1/2-inch pieces (36 pieces)
- 1/4 cup chopped pecans
- 2 Tbsp chopped fresh chives

Directions:

Heat oven to 375°. Spray 36 miniature muffin cups with cooking spray. Cut pastry into 36 (1 1/2-inch) squares. Slightly press each square into muffin cup; press center with finger.

Bake ten minutes. Press center with handle of wooden spoon. Bake six to eight minutes until golden brown. Immediately press again in center. Fill each with about 1/2 teaspoon preserves. Top with a cheese piece, pecans and chives.

Bake three to five minutes or until cheese is melted. Serve warm.

Wasabi Crab on Endive

Ingredients:

- 16 Belgian endive spears
- 6 oz. cooked lump crabmeat
- 4 tsps wasabi mayonnaise
- Cilantro sprigs, for garnish
- Lemon or lime wedges, for garnish

Directions:

Top each endive spear with 1/4 teaspoon mayonnaise and 3/8 ounce crabmeat. Garnish with a sprig of cilantro and a squeeze of lemon or lime juice.

Apricot Canapes

Ingredients:

- 16 dried apricots
- 8 tsps crumbled blue cheese
- 2 oz. chopped shelled pistachios
- 1/2 tsp honey
- Freshly ground pepper

Directions:

Top each apricot with 1/2 teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

The Ninth Night

Ingredients:

- 2 oz. citrus vodka
- 1 oz. Triple Sec
- 1 oz. white cranberry juice
- Lemon-lime soda
- Lime juice

Directions:

Combine citrus vodka, Triple Sec, and cranberry juice in a cocktail shaker with ice. Shake vigorously and strain into tall rocks glass with fresh ice. Top with soda and lots of fresh lime juice. Garnish with blue ribbon around the glass.

Winter Mojito

Ingredients:

- 8-10 mint leaves
- 6-8 cranberries
- 1/4 oz. fresh lime juice
- 1 1/2 oz. Cane Syrup
- 1 3/4 oz. Rum

Directions:

Mix ingredients in a cocktails shaker with ice and shake. The cranberries will deliver the reddish color as they break open during the shaking. Strain the contents into a tall highball glass that contains fresh ice. Add a few whole cranberries. Garnish with a mint sprig.

Ruby Slipper

Ingredients:

- 1 1/4 oz. citrus vodka
- 3/4 oz. peach liqueur
- 2 oz. white cranberry juice
- 1 1/2 oz. extra dry champagne
- Pomegranate seeds

Directions:

Place spoonful of pomegranate seeds in a chilled martini glass. In a cocktail shaker, combine all but champagne with ice. Shake and strain into glass. Top with champagne and serve.



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Ingredients:

- 1 bag (14 oz) cubed herb stuffing
- 2 cups chicken broth
- 2 stalks celery, diced to about ¼" (approximately 1 cup)
- ½ medium onion, diced to about ¼" (approximately ½ cup)
- 1 can (10¾ oz) condensed cream of mushroom soup
- 3 Tbsp unsalted butter, melted
- 2 Tbsp olive oil
- 1 tsp garlic salt
- ½ tsp ground poultry seasoning
- ¼ tsp ground white pepper

Directions:

Heat the olive oil in a medium sauté pan over medium-high heat. Add the celery and sauté five minutes. Add the onion and sauté five minutes more.

Put the soup, broth, garlic salt, poultry seasoning and pepper in a large mixing bowl. Add the sautéed celery and onion to the bowl and mix well.

Preheat your oven to 375°F.

Add the stuffing cubes to the bowl and mix very well. Let the stuffing sit in the bowl 20 minutes, stirring occasionally. Using your hands, gently form the stuffing into 2½" balls (about eight) and place them on a large non-stick or lightly greased sheet pan. Make sure there is at least an inch between each ball. Note: Compress the balls just enough to hold their shape.

Bake on the middle rack one hour or until the balls are nicely browned. Remove the pan from the oven and lightly brush each ball with the melted butter.

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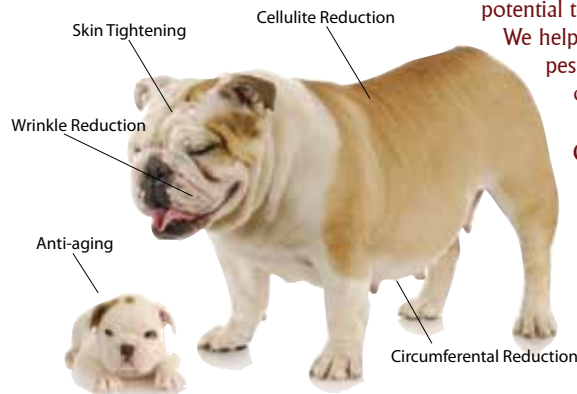
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GAME OF LIFE

by Colleen Sheehy Orme

In a crowded restaurant one man stood out. Amidst the bustling and relaxed crowd, Travis Hess's soft spoken words shot through me. The first Annual Alumni event for Langley High School had garnered an interesting mix of current and past students and faculty.

I'm a inspirational junkie. I became a motivational pundit while at my first job after college. As a manager of sales administration for Western Union Electronic Mail, motivational speakers were often a luxury of sales conferences.

Though these types of speakers enter from all walks of life, it was the Rick Patino's and Lou Holtz's that captured me. Perhaps it is the athletic aspect that makes them all the more engaging. That undeniable pre-game energy filtered with the persistence that there is always another day, another game with which to attack life with passion.

It is this inspiring leadership component of coaching that has long intrigued me. It requires insight and talent to reach others, grasp their internal talent, and unite them as a team. All this while spurring them towards victory and an undeniable whole that is created by these individual strengths.

More people spilled into the restaurant. I don't know if he ever realized that I somehow identified with him. That we were motivational siblings so to speak. It had been my own blabbering that made him casually cast the comment almost unaware of his impact.

While others words moved through me on this crowded evening I suddenly announce, "My overt dream has always been to be a writer, but my covert dream is to be a motivational speaker." I secretly think they will understand me; these teachers who speak the coaching language.

I wait for either the laughter or bewilderment or the don't you need qualifications for that looks from those around me. Hess very casually, confidently and contentedly says, "My covert dream is to be a high school teacher and basketball coach."

The words strike me with blunt force which makes me realize I don't hear them nearly enough.



The next afternoon, my eighteen-year old son, plops down next to me. "I've decided to become a doctor," says Tommy. I am intrigued enough to stop my feverish typing and swipe my laptop closed.

I listen intently as Tommy explains that he has arrived at this decision because he wants to do something good and help other people.

The unexplainable telepathic wisdom that seems to accompany parenthood allows me to discern what has triggered his choice. I keep silent though and ask Tommy to explain to me what he believes being a doctor entails.

Once he has finished I delicately pepper a realistic view of being a physician. Sadly, he looks somewhat defeated and announces he's not sure he wants to be a doctor. His version of visiting and chatting with interesting patients in a lab coat is shattered. He doesn't necessarily like the whole surgery or on call thing or the other aspects of being a doctor. I suspect as much.

I applaud his noble intentions. I tell him I am very proud that he has a larger sense of the world and of wanting to give back to it.

I grab back to the conversation from the night before. I tell Tommy of the poignant words his teacher, Travis Hess spoke. Hess is also the Varsity Basketball Coach at Langley,

where my son Billy is a part of the program. Therefore, I have or should I say we have experienced Hess in both arena's. True to his own confession he is living his purpose. I tell Tommy that the world is large and dreams endless at his age. I also tell him that in this infancy it is difficult to have the vision of who or what he is meant to be. I repeat what I have told him before, "that no heart is shaped the same... it's where our purpose lies." I tell him that it is there in our heart that both our 'overt' and 'covert' dreams exist. That it is when we bring them to life that we each give back to the world in the best possible way.

Tommy pushes the chair back from the table.

I detect a spark in his eyes. He realizes that one day his own uniquely, valuable voice will also break the noisy banter of a crowded room.

Me, I am just grateful that my heart was quiet enough to hear Coach Hess. I may not have had the story to couple with the wisdom parents sometimes need.

I grab at my laptop. My mind drifts. I think to myself one day, Tommy's voice will bellow so loudly that it shatters the world's air. I will be there, bustling through the crowd, hushing the others asking, "Did you just hear that?"

author: Colleen Sheehy Orme, is a freelance journalist and marketing consultant in Great Falls. ormec686@aol.com.

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SAVE TYSONS' LAST FOREST

by Pamela Sosne Kondé,
Coalition Leader, Neighborhood Coalition to Save Tysons' Last Forest

Fairfax County has a plan for a “Green Tysons” – one that is environmentally sustainable, pedestrian and bike-friendly, transit-oriented, and that protects stable residential neighborhoods. Incredibly though, the County is proposing a four-lane highway ramp through Tysons’ last forest and stream valley, which would cause irreversible destruction of a valuable and protected natural resource.

So, a neighborhood coalition of nearly 2000 households is fighting to ensure that the County sticks to the plan and honors past commitments.

Tysons Corner’s last forest, 33-acre “Old Courthouse Spring Branch Stream Valley,” is protected by state law as a Resource Protection Area (RPA) because its valuable stream ultimately leads to the Chesapeake Bay. The County designated it as an “Environmental Quality Corridor” (EQC) because it has all three necessary elements: a stream valley, wildlife habitats, and nationally-recorded “wetlands”.

Afforded regulatory protection because of its “100-year floodplain,” the stream valley provides natural storage for excess water when the stream overflows during a storm. This is critical to ensure that Tysons Corner, adjacent neighborhoods, and Old Courthouse Road don’t flood. Lastly, the County planned to preserve the stream, part of “Difficult Run Watershed,” because its critical improvements will restore water quality for the entire Tysons area.

For these commonsense reasons, since 1977, the Fairfax County Comprehensive Plan has included explicit instructions to “protect, preserve, and restore” the



“Old Courthouse Spring Branch EQC” and prohibit “hardscape” areas such as highway ramps.

Moreover, the park’s very creation was based upon the County’s agreement to protect its natural resources. From 1976 to 1999, six deeds that transferred the land from private to County ownership include legal covenants requiring the County protect the land as “open space ...” “parkland” ... “substantially in its natural condition”.

This is the “Central Park” of the future Tysons.

Despite all of this, the Fairfax County Department of Transportation (FCDOT) proposed “Preferred Option 3” -- a four-lane highway ramp from the Dulles Toll Road through the protected stream valley.

In May 2012, in a detailed 3-page memo, the Fairfax County Park Authority opposed Option 3 because it “would have the greatest impacts to natural and cultural resources on parkland and would have an impact on the recreational use of parkland as well.”

So why are Fairfax County leaders considering this? They say the federal guidelines require them to “objectively evaluate all reasonable alternatives.” However, they admit that “for alternatives which were eliminated from detailed study,” they must only “briefly discuss the reasons for their having been eliminated.”

That’s not a reason to continue; it’s quite the opposite. According to that same law, the County should eliminate alternatives with “environmental impacts of great

magnitude.” Federal law also prohibits the County from using public parkland for roads unless very stringent conditions apply (which they do not).

So, Coalition leaders asked again, “Why hasn’t FCDOT eliminated Option 3 from further study?” The answers weren’t forthcoming, so the Coalition did what neighbors do best – they held a block party for the cause. On September 29, fifteen neighborhoods came together and gave park tours to important County and state leaders.

Board of Supervisors Chairman, Sharon Bulova, walked from the cul-de-sac party through the forest area to Tysons; she expressed the value in seeing the forest personally. Earlier that week, she stated on TV news, “I agree with the residents. It’s not a good option.” Likewise, Fairfax Supervisor Cathy Hudgins suggested to the crowd that ruling out Option 3 was a “no-brainer.”

The block party brought out bi-partisan support for Tysons’ last forest. Delegate Barbara Comstock said that this isn’t a red or blue issue, but only green. Senator Chap Petersen and Delegate Mark Keam also spoke about protecting it. Congressmen Moran, Connolly, and Wolf have shown significant interest as well.

Over 35 years of County policy support the County’s need to preserve this forest and stream valley. State law protects the stream valley. Federal law allows the County to eliminate

this option. Why are we still using taxpayer dollars to study a proposal everyone knows is wrong?

We hope County officials will do the right thing. Our Neighborhood Coalition to Save Tysons Last Forest will keep up the block parties, social media, word-of-mouth, and media contacts. To support taking Option 3 off the table -- see www.SaveTysonsLastForest.org.

author: Pamela Sosne Kondé, Pamela Kondé serves as the President of the Greater Tysons Civic Association, One of 15 neighborhood associations involved in the “Neighborhood Coalition to Save Tysons’ Last Forest.”



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She is an active member of the American Dental Association, Virginia Dental Association, Northern Virginia Dental Society, Cosmetic Dentistry Club, and the Academy of General Dentistry. She is also a board member of the Washington Dental Society. Volunteer work includes the Northern Virginia Dental Clinic and Mission of Mercy, to provide dental care for low-income families.

Dr. Salartash graduated Magna Cum Laude from Virginia Commonwealth University (VCU) with a Bachelor of Science in Biology. She received her Doctor of Dental Surgery Degree from the VCU School of Dentistry, also graduating Magna Cum Laude.

In addition to her hands-on experience at four dental practices prior to joining Dr. Skinner & Ossakow, Dr. Salartash brings a rich background of research from the Philips Institute of Oral and Craniofacial Molecular Biology at the VCU School of Dentistry. She has published and also taught at VCU's Monroe Park Campus in Richmond, VA, and received honor recognitions from Phi Theta Kappa and Phi Kappa Phi Honor Societies.

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Decorate

FOR THE SEASON

by Keryn Dohanich and Carly Rebeiz

Decorating for the holidays? Need some ideas? We've found a plethora of ways to help you transform your home into a festive celebration. Whether you prefer an understated elegance or a more elaborate display, we'll show you the latest in trends, as well as new twists on old classics. We've got everything from home décor, table settings, and tree designs to great color combos and centerpieces. Let the inspirations begin!

- Contemporary Holiday Décor
- Traditional Holiday Décor
- Table Settings
- Centerpieces
- Tree Design
- Color Combos

CONTEMPORARY

Holiday Decor



BRING WINTERTIME NATURE INDOORS.

Incorporate natural elements such as twigs, pine cones, pine greenery, pumpkins, or gourds into your holiday décor. These elements will add a homey yet chic feel to your space. Twigs are a unique way to bring nature into the home, pair them with a few well chosen ornaments and you will have a contemporary holiday decoration.

Photo Credit: www.frenchhousemouse.blogspot.com



KEEP IT SIMPLE.

Contemporary décor is about keeping it simple and you should continue this principle when planning your holiday décor strategy. An open and clean layout, with splashes of bold colors will create the modern look you are reaching for. Choose your pieces carefully and make sure they are in sync with each other for a modern feel for your area. Make sure not to go overboard, and aim for quality pieces rather than quantity.

Photo Credit: ext.homedepot.com



PLAY WITH COLOR.

Red and green is the typical go-to for holiday décor, but for an updated look try new and inventive color schemes. Take a visual survey of the colors in your home and choose complementing or contrasting colors to create a contemporary look. Jewel tones have become very popular during the past couple holidays, and are definitely different and modern.

Picture Credit: www.twotwenty-one.com

CONTEMPORARY

Holiday Decor



METALLIC TOUCHES.

Just about anything can become a metallic element in your contemporary décor, try pairing natural brown pine cones with ones that you have rolled in glitter or sprayed with metallic paint. The natural texture against the sparkling element will create an interesting and modern facet to your décor.

Picture Credit: www.ehow.com



SKIP THE TREE.

"What?" You may ask. Well maybe not skip the tree all together but contemporary décor gives you the freedom to play around with the idea of a Christmas tree. Try a pure white artificial tree accented with colorful oversized ornaments for a simple yet creative look. Another non-traditional take on a tree is a bunch of branches bundled and decorated with ornaments, this will create a cheery modern addition.

Picture Credit: dolcememoir.wordpress.com



MATCHY MATCHY.

While a traditional home may enjoy an eclectic array of a variety of colors and décor styles, a contemporary feel is achieved through a more organized approach. One way to definitely bring a modern element to your home is through your tree. Instead of using the various ornaments you have collected throughout the years, buy a few different types of ornaments that match the color scheme you have chosen for your décor. The matching ornaments and organized tree will help bring the rest of your contemporary decorations together.

Picture Credit: www.ciiwa.com

TRADITIONAL

Holiday Decor

VINTAGE ITEMS.

For a traditional feel, incorporate vintage holiday items in your décor. Think vintage ornaments and items with a homemade feel. Decorations passed down from older generations can add a feeling of nostalgia to the holidays.



EARTH TONES.

Although green and red may be your customary choice for the holidays, using a toned down palette of creams, darker greens and reds will bring a traditional experience without the somewhat flashy feel that bright green and red can bring to your home.

Picture Credit: www.christmas.lovetoknow.com



HOLIDAY PLANTS.

Poinsettias, mistletoe, and pine boughs are traditional during the holiday season and will bring back happy memories of past celebrations. The striking color of a bright red poinsettia with its big green leaves is a customary symbol of the holidays and when placed strategically around the house, or mixed in with your tree or table design, will set up your décor for the homey feel you are looking to create.

TRADITIONAL

Holiday Decor

CANDLES.

Traditional décor is all about mood, you want to feel comfortable, cozy, and a bit reminiscent. What's better than a few well-placed candles to set the mood for your holiday décor? Choose scents like cinnamon, gingerbread, or pine for an extra burst of that familiar holiday feel.



CHRISTMAS STOCKINGS.

Generally, the image of bright red stockings lined in fluffy white fur comes to mind when thinking of traditional Christmas stockings, however, in order to go traditional but not cheesy opt for more “real” looking stockings. Knitted wool stockings in holiday colors will deviate from the typical “traditional stocking” while evoking a classic atmosphere.

Picture Credit: www.babyccinokids.com



GINGERBREAD.

Gingerbread is a staple of the holiday season. Add it to your décor for a twist on its traditional use, place gingerbread men in the branches of your tree or a charming gingerbread house around your home and your house will transform into hub of holiday cheer.

TABLE SETTINGS

Holiday Decor



DIFFERENT SERVING PIECES FOR EACH COURSE.

One way to liven up your dinner décor is to use different types of serving pieces for each part of the meal. Try a wooden bowl for the soup course, a clean white plate for the main course and even a crystal dish for dessert. Try different textures and colors to highlight all of the hard work that went in to preparing your fabulous holiday meal.

FESTIVE PINECONES.

Add a little sparkle by adding gold or silver pinecones scattered around the plates and silverwear. Or, add pearls and glitter to the pinecones and use them to hold the place cards or napkins.



BLUE ORNAMENTS.

A little unexpected color will add a nice wintry feel. Set any size ornament (or ornaments) down on the napkin or around the plates for an unexpected and fun addition.

JINGLE BELLS.

Gold, silver, and copper bells will add a festive feel to your settings. Place them around the stems of wine glasses or on the plates. Try tying a few together with a bow to complete the look.



MINI POINSETTIA PLANTS.

Dress up your place settings with a cute mini poinsettia plant either on the napkin or use it to hold a place card. You can even pop them into an ornament for a different way to display them.

CENTERPIECES

Holiday Decor



BOX IT OUT.

For long dining room tables it's nice to join the whole table through one continuous centerpiece. You can achieve this by using a long wooden box, fill it with holiday inspired items and greenery. For a Thanksgiving table use colorful pumpkins and gourds of different sizes, add in candles, pinecones, and pine boughs to create that early-winter, late- autumn aesthetic.

Picture credit: anita-faraboverubies.blogspot.com



BELLS, BELLS, BELLS.

For a contemporary table, keep your look simple and elegant with white candles on a white serving platter surrounded by silver jingle bells. This often forgotten holiday symbol will bring a modern look to any festive table.

Picture credit: www.lemonademakinmama.com



WATER AND FIRE.

Water and candles are always a romantic mix and are often used in wedding centerpieces. Make this pair great for the holidays by filling up clear glass cylinders with clean water and float fresh cranberries with a candle on top for a unique look. Add a few pine cones around the cylinders to complete this centerpiece.

Picture Credit: www.sheknows.com



ORNAMENTS.

For a centerpiece that will last for a while, stay away from perishable items and use ones that will stand the test of the season. Fill a glass bowl with a variety of ornaments in your chosen color scheme. Surround the bowl with some silk poinsettia flowers or tinsel and match your placemats in a complementary color to finish the look.

Picture Credit: www.christmas-light-source.com

TREE DESIGN

Holiday Decor

MONOTONE OR DUOTONE TREE.

A simple way to create an elegant tree is to use ornaments of the same color or same two colors. One trick to making this more interesting is to use ornaments of different sizes. The differing sizes will create visual interest to keep the design lively. Pair this with a single color of lights and you'll have a tree that is chic and stylish.



BOWS.

Looking for a different idea? Try bows instead of regular ornaments. You can use any type of bow, from traditional ones to bright metallic ones. Just attach ornament hangers to them and pop them on the tree.



VINTAGE ORNAMENTS.

A great way to bring character to your tree is to use vintage ornaments or ornaments that you have collected over the years. Vintage ornaments come in all sorts and kinds and can be mixed together, or you can select only a couple styles that you prefer and use them alone. If you have ornaments that you have collected, it's always fun to see the eclectic array of what you have received over the years. If you have time, a nice way to honor these ornaments is to write a journal of each ornament's story and bring it out each year to reminisce.

A WHITE CHRISTMAS (TREE).

With the latest in holiday décor focusing on blues, silvers, and whites, a nice twist to a tradition is to have an all white Christmas tree. White gives you a beautiful canvas to decorate to your heart's delight. Try purple or blue bulbs with white lights, or use all silver bulbs and colored lights. It's a unique way to change up your style.



COLOR COMBOS

Holiday Decor



ALL WHITE CHRISTMAS.

This may seem a bit bland at first, but it ends up becoming a striking color palette when put into your contemporary home. Use all white decorations, but mix it up with different textures to create depth in your décor. White feathers, painted pine cones, and you can even add some flash with silver ornaments to pull off this dazzling look.

Picture Credit: www.inspirationforhome.blogspot.com



BLUE AND BROWN.

Blue is often a color that suggests winter but we don't normally pair it with the holidays. Take a leap of faith this holiday and opt for a trendy icy blue and chocolate brown color scheme. Use natural brown elements like pine cones paired with icy blue ornaments in a bowl as a centerpiece. Metallic chocolate brown and blue ornaments with a bit of silver tinsel on your tree will help tie this color palette into your overall holiday décor.

Picture Credit: www.loveoffamilyandhome.net



CRANBERRY AND JADE.

Looking for an update on the old traditional red and green? Look no further, cranberry and jade hues will evoke traditional Christmas colors while bringing new life into the holidays. Tall candle holders filled with cranberries or cranberry-colored tinsel on your mantle surrounded by jade-colored pine boughs makes for an exceptional focal point to your home.

Picture Credit: www.2modern.blogs.com



PURPLE AND GOLD.

For a colorful holiday with an elegant twist, choose a purple and gold color scheme. The mix of the two colors is a fun take on traditional holiday colors while maintaining a sophisticated look. Use your tree as a focal point for this color scheme, oversized purple and gold ornaments of different shapes with a wide gold ribbon wrapped around the tree and small gold lights will create a beautiful focus to your décor.

Picture Credit: www.79ideas.org



NEW YEARS CELEBRATIONS AROUND THE WORLD

A Reason to Celebrate

by Keryn Dohanich

The start of a new year is a time to celebrate, reflect, and look forward to what the next year has in store. Traditionally, Americans know New Years as a time of parties, Times Square countdowns, champagne, and noise makers at midnight. "Auld Lang Syne" rings in the New Year, a midnight kiss for your sweetheart, and setting resolutions are all traditions that we look forward to every January 1st. Surprisingly, Dick Clark's New Year's special is not a tradition all around the world and while we are watching a giant crystal ball drop in one of our biggest cities, people around the world are celebrating with their own unique customs.

Philippines

Like the United States, fireworks are a New Year's tradition in the Philippines. However, while most of the fireworks on New Year's in the states can be seen on TV or at large organized gatherings, Filipinos often buy their own firecrackers and fireworks at local markets. Even though there is a ban on firecrackers in the Philippines due to many accidents, the people still see this as a tradition to greet the New Year and continue with their custom. Aerial fireworks are somewhat new to the Philippines but have quickly become an art form especially during the New Year celebrations. Children in the Philippines like to join in on the firecracker tradition as well and enjoy stamping on watsuki, this is a firecracker that when rubbed against a rough surface creates sparks for the children to dance in.

The countdown to midnight varies from family to family, but one thing the Filipinos agree on is at midnight it's time to make some noise! The sound at midnight in the Philippines is deafening. People bang pots and pans, honk car horns, firecrackers, ambulance sirens, and anything else they can find to make as much noise as possible. They do this for one full minute because it is believed to drive evil spirits away and make the new year bountiful and blessed. Around 12:15 after the noise and celebration of the New Year quiets down the families sit down to eat a thanksgiving-like feast called Media Noche. It is the belief to put as much food on your table so you have food throughout the upcoming year. People will also be decked out in polka dots because it symbolizes money and wealth for the New Year.

Brazil

Brazil is known for its vibrant culture, and its celebration of New Years really plays to their colorful traditions. The biggest celebration of New Years, known as Réveillon, is in Brazil's

largest city, Rio de Janeiro. Réveillon is a pulsating celebration of the upcoming New Year and the mixed cultures that created Brazil. Réveillon not only marks the start of a New Year, it also marks the beginning of summer and the festivities that last throughout the season.

Copacabana beach in Rio de Janeiro is the heart of the celebrations; two million people attend the beach party annually. Réveillon is known as one of the largest New Year's celebrations in the world. The city sets up extra precautions due to the overcrowding that the holiday creates. Extra security and medical staff are brought into the city to help maintain a celebratory but safe atmosphere. The main events of the Copacabana beach celebration include concerts and at midnight a fireworks display from barges that are set up off the coast. In 2011, international star David Guetta was the headliner to this huge event and guests were treated to a 20 minute fireworks show that cycled through ten pre-determined themes.

Most of the guests will be wearing white because it is believed to bring luck in the New Year. People may also wear other colors if they have more specific goals, red is to attract romance, green is for health, and yellow is for prosperity. For Brazilians, even the color of your underwear counts!

It is also traditional to bring offerings to Yemanjá, the goddess of the water of the Candomblé (Afro-Brazilian) religion. People bring flowers and candles to honor the goddess and make wishes that they hope she will grant in the New Year. Visitors will also jump in the water at midnight to purify themselves, it is believed if you jump over seven waves you will have good luck during the New Year.

Russia

In Russia, the New Year is even more important than Christmas. This may be because many of the typical Christmas traditions of western countries are saved for the New Year in Russia. During the Soviet era, Christmas was erased from the calendar but the traditions were too strong and were transplanted to New Years. The New Year celebrated on December 31st/January 1st is referred to as the "New" New Year because those dates were only celebrated when Russia switched from the Julian calendar to the Gregorian calendar.

The children of Russia are visited by Ded Moroz, also known as Father Frost and his granddaughter Sengurochka, the Snow Maiden. Ded Moroz is the Russian equivalent to Santa in the west; he brings presents for the children who get to open them up on New Year's morning. The Russians also have a Jolocki which is the equivalent of a Christmas tree; New Year's preceeds Russian Christmas so the tree is left up to celebrate both holidays.

The largest New Year's celebration takes place in Red Square in Moscow. Thousands of people crowd the square to watch concerts, socialize with friends, and of course fireworks at midnight. Although it was traditional for revelers to drink Russian vodka in the

square as well, alcohol has now been outlawed at the celebration to keep the party controlled. The New Year is in the middle of a frigid Russian winter and it can take hours to get out of Red Square so many people prefer to celebrate at home with friends and family or in smaller venues. However, all Russians watch the Spassky Tower on the Kremlin, which for Russians, is the only exact criteria for the arrival of the New Year.

When the clock strikes midnight, Russians will write their wishes for the New Year on a piece of paper and burn the paper over a candle. They then collect the ashes and put them in their glass of champagne and drink it down before the clock stops chiming. This is thought to be a fool proof way to make a wish that will surely come true in the New Year.

Europe

Generally, western European countries celebrate New Year's very similarly to the United States with parties, fireworks, and champagne, but there are a few traditions that differ from our normal festivities.

Germany: In Germany "Bleigiessen," or the telling of fortunes is an age old New Year's tradition. Molten lead is dropped into cold water, whatever shape the lead forms tells your fortune for the next year. Interpretations include a ring which means marriage or a ball means luck will be rolling your way.

The Netherlands: The Dutch have created a rather chilly New Year's tradition of jumping into the freezing North Sea on New Year's Day. Thousands of Dutch participants clad in bathing suits and bright orange pom pom hats and gloves run into the sea. Participants are greeted with a participation certificate and a steaming bowl of traditional Dutch pea soup to warm up after the dive.

Denmark: In Denmark, people save old dishes throughout the year for their unique New Year's Eve tradition, they then hurl the plates at the front doors of family and friends. This is supposed to bring luck in the New Year and the more plate shards you have to clean up the more friends you have.

Scotland: The tradition of Fireball Swinging is popular in northeast Scotland. The tradition consists of creating a ball out of chicken wire, tar, and paper and the lighting it on fire. The ball has about six feet of chicken wire attached to it which the swingers use to twirl the ball over their heads as they parade down the streets. The main attraction is when the flaming balls are thrown into the harbor. The significance of this tradition is to represent the power of the sun to purify against evil spirits.

Spain: In Spain it is traditional for Spaniards to gobble up 12 grapes as the clock strikes each chime at midnight. Each grape signifies good luck for each of the months of the New Year. People will gather in public spaces to munch on their 12 grapes together and drink wine.

HAPPY NEW YEAR!

Bonne Année! Buon Anno!
Feliz Año Nuevo! Shana Tova!
Gelukkig Nieuwjaar! Happy
New Year! No matter what language
you speak or what calendar you
follow, the New Year is a time for
renewal, festivities, and celebration.
For over 4,000 years, this annual
cycle has been celebrated and
embraced as a time to begin anew
and look forward to the time to
come. Although there are numerous
calendars across the globe and
various cultures celebrate at
different times of the year, one
thing is for sure, new years
is a time to get together
and have fun! Enjoy these
fun facts about New Year's
celebrations. Who knew!?

✱ New Year's celebrations date back nearly 4,000 years to Mesopotamia and Babylon. It is the oldest of all holidays.

✱ The Babylonians' celebration of the New Year lasted for eleven days.

✱ The tradition of making a New Year's resolution dates back to the early Babylonians.

✱ Many cultures believe that anything given or taken during the New Year in the shape of a ring is good luck, because it symbolizes "coming full circle."

✱ The Roman senate declared January 1st as the New Year in 153 BC. Though this date saw major tampering, it was Julius Caesar who again declared January 1st on the Julian calendar as the New Year, in 46 BC.

✱ Noisemaking and fireworks on New Year's Eve is believed to have originated in ancient times, when noise and fire were thought to dispel evil spirits and bring good luck.

✱ The first use of a Time Square New Year's Eve Ball was the result of New York city banning fireworks because they were too dangerous.

✱ In 1907, the first New York ball weighed 700 pounds, was five feet in diameter, and was made from wood and iron.

✱ The modern-day ball weighs over 11,000 pounds, is 12 feet in diameter and is bedazzled with nearly 3,000 Waterford crystals.

✱ The ball was not lowered in 1942 and 1943 due to wartime restrictions.

✱ It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck for the rest of the year, depending on who he/she was.

✱ According to statistics from the National Insurance Crime Bureau, more vehicles are stolen on New Year's Day than on any other holiday throughout the year.

✱ The top three destinations in the United States to ring in the New Year are Las Vegas, Disney World, and New York City.

✱ The first month of the year i.e. January has been named after the god Janus (Latin word for door), in the Roman calendar. Janus is the God with two faces, one looking backwards and one forward, at the same time and marks the 'spirit of the opening'.

✱ Many parts of the U.S. celebrate the New Year by consuming black-eyed peas and other legumes, as it has been considered good luck in many cultures.



THANKSGIVING DAY

Each year, on every fourth Thursday in November, marks a day of thanks that has been celebrated for centuries. The crisp November air, the scent of the turkey roasting in the oven, the sound of friendly conversation, and the anticipation of the biggest meal of the year. No matter how it is celebrated, Thanksgiving brings everyone together. Here are some fun facts about this long celebrated tradition:

- ❖ Little is known about the first Thanksgiving dinner in the Plymouth Colony in October 1621, attended by some 50 English colonists and about 90 Wampanoag American Indian men in what is now Massachusetts.
- ❖ The Wampanoag killed five deer for the feast, and the colonists shot wild fowl, possibly geese, ducks, or turkey. The feasters most likely supplemented their venison and birds with fish, lobster, clams, nuts, and wheat flour, as well as vegetables such as pumpkin, squash, carrots, and peas.
- ❖ The pilgrims didn't use forks; they ate with spoons, knives, and their fingers.
- ❖ Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.
- ❖ Congress passed a law on December 26, 1941, ensuring that all Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year.
- ❖ The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
- ❖ Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.
- ❖ In the US, about 280 million turkeys are sold for the Thanksgiving celebrations.
- ❖ Californians are the largest consumers of turkey in the United States.
- ❖ Contrary to myth, the amount of the organic amino acid tryptophan in most turkeys isn't responsible for drowsiness. Instead, scientists blame booze, the sheer caloric size of an average feast, or just plain-old relaxing after stressful work schedules.
- ❖ The heaviest turkey ever raised was 86 pounds, about the size of a large dog.

TREND

FESTIVE JEWELRY

by Lauren Simmons

Kate Spade City Sparkler Collar Necklace www.NeimanMarcus.com

Cool pyrite hues and gleaming gold plate—offset by hundreds of light-catching facets—give this Kate Spade New York collar necklace statement status.



Rhinestoned Pyramid Bracelet www.Forever21.com

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Pendant Necklace with Smoky Gemstones and Neon Ribbon www.Zara.com

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LuLu Frost Resin and Marcasite Earrings www.JCrew.com

Inspired by estate jewelry, these Art Deco-style earrings, with their sparkling marcasite stones, are a simple yet sophisticated way to add a touch of heirloom glam to any ensemble.



GADGETS GIZMOS & GOODIES

by Lauren Simmons



Broksonic Humidifier www.BroksonicStore.com

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HELPING HAITIAN ANGELS

by Johnny Hanna

For McLean residents Jeanette Sterbutzel and Patsy Norton, the love and desire to be part of Helping Haitian Angels (HHA) began with an invitation to attend a reception hosted by Debbie and Bill Harvey at Evo Bistro in McLean. The Harvey's founded the organization Helping Haitian Angels in 2008 to bring some relief and help to the Haitian people.

Bill had visited Haiti several times to install wells for the Haitian people and convinced Debbie to join him for a visit. That was it. She couldn't ignore the cries of the children. With a big heart and unwillingness to live without helping, Debbie began sending out invitations to everyone she knew to a dinner and told them to bring their checkbooks. She raised \$16,000 the first night (We are told Debbie doesn't take no for an answer).

As I listen to Jeanette and Patsy describe their new purpose, I get a sense that these children have become a big part of their lives, "our kids" as she describes them.

With a Christian philosophy at the core of Helping Haitian Angels mission, the organization has brought a small team of professionals and dedicated directors into the mission. This is a group with a big heart for the small country, one of the most under developed in the western world and was devastated by an earthquake in 2010.

Upon arrival, they stay in a hotel and invite "the mommas" to dinner at the hotel restaurant. HHA employs nine Haitian



Mommas who care for the orphans on a daily basis, along with two security guards.

Jeanette and Patsy do not strike you as ladies who travel light, but personal items are limited to a small backpack and a 50-pound suitcase of supplies needed to take to Haiti. "Shoes save lives in Haiti" commented Patsy. Cholera is rampant with the poor and unsanitary living conditions and walking the streets barefoot spreads the disease.

HHA ensures that the children in the orphanage attend school, are provided with tuition, and clothing, and also educate the girls, not only the boys, to avoid the traps that so many fall victim to. In truth, HHA wants to change the economy and have a lasting impact on the country-making future leaders. Plans include acquiring land in Haiti where they plan to build a village complete with school, church, and residences for the children. Fundraising activities include an Annual Wine Festival at Barrel Oak Winery in Delaplane, VA, and weekly meetings to strategize continuing donations.

This is a heart lifting story of 42 children and the care made possible by so many volunteers, like Patsy and Jeanette. About 200 volunteers a year take a trip to Haiti with HHA, with no special skills needed to volunteer, just a love of children and a desire to help. HHA is a 501(c)(3) non-profit. For more information please visit helpinghaitianangels.org or write to Debbie@hhangels.org.



SENIOR SPOTLIGHT

Seniors, Elders, and First Time Home Buyers

by Gary Hughes

The Virginia Housing Development Authority (VHDA) has a really interesting program to help first time homebuyers. They offer a very low-interest, 30-year fixed rate loan. In order to participate in the program, one must first take the VHDA homeowner class which can be done in person or online. It is a great way for young people, immigrants, and new Americans to buy their first home. It may also be available to someone who has not owned a home for at least three years (longer if there is a short sale or foreclosure in the past).

So why talk about first time homebuyers in the Senior Section? Well, there are two reasons. First and foremost is that the knowledge transfer and ability to help guide our young are at the core of growing old. Humans live longer than any other species after we lose the ability to reproduce. It seems that one of the things that make us valuable in the post reproductive phase of our lives is to pass on knowledge and if we are lucky, to share wisdom.

One of the things that most of us can agree on is that most individuals, neighborhoods, communities, towns, cities, and counties are better off when the percentage of homeownership is high. Families are more stable, children do better in school, and crime rates are lower in areas where home ownership is high. It is an individual investment that benefits both the investor and the community.

Throughout our lives we have adjusted our housing to meet the intersection of need and circumstance at a particular point in time. It is only natural that we would want to help our children both have and exercise that same option. It has given us great flexibility in merging our largest investment with meeting one of our most basic human needs - shelter.

To take on the role of Elder, it may not be enough to provide information but to help the children, grandchildren, and great-grandchildren put it in some context. Dr. Danny Felty, a physician with Chippenham Family Medicine, addressed a Fairfax County Economic Development Authority Symposium: America's Aging Workforce, on September 28th. In his presentation, Dr. Felty, included a message on the value of the older worker's experience and how sharing that experience can make an organization function more smoothly and efficiently. Doug Turner, Senior VP for Human Resources of Balfour Construction, also spoke of the importance of the marriage of up-to-date knowledge and experience. Being able to speak in two part harmony, up-to-date knowledge and experience, will make the voice of young and old seniors a joy to hear.

The second reason is of greatest importance to older seniors because being able to engage in relevant conversation is one way to avoid what Dr. William Thomas refers to as the three plagues of old age: loneliness, helplessness, and boredom. He was making reference to patients in nursing homes, but the plague can occur to those "aging in place" as well. Staying engaged in a way that makes one an Elder is a great proactive way to avoid the "three plagues."

By the way, VHDA is not a state agency and is not funded with tax revenue. It is a nonprofit organization that is self supporting. Loans are funded with the proceeds of mortgage backed securities and VHDA services their own loans. For more information about VHDA and their programs, please visit VHDA.com.

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

IRENE COYNE

A Crafty Individual

by Rick Mundy

Her mother used to tell her, "There's no sense worrying about things if you can't do anything about them. Otherwise, do something." Vienna resident Irene Coyne says she has followed that advice by helping others where she can.

Among her many roles, Irene is a volunteer at Our Lady of Good Counsel Church for the senior luncheon, and serves on the funeral luncheon committee. She is in her third term as the local president of the AARP Local Chapter 754. Additionally, she is a delegate for both AARP and Shepherd's Center of Vienna (SCOV) to the Fairfax County Senior Council.



Perhaps the most noteworthy of Irene's many activities is her craft work. She is a volunteer with SCOV and every other Wednesday for the past year, she has traveled to Sunrise of Hunter Mill in Oakton to work with some of the residents there, teaching craft classes. "I enjoy being with people and sharing my abilities where I can," she admits. "I am amazed by what folks can do, some of whom may not have full use of their hands due to a stroke or other challenge. I put out the materials and show them an idea and the creativity they demonstrate is tremendous."

Irene's crafting skills have been honed over many years, as she is one of six women in a neighborhood craft group. Every Tuesday for the past thirty years, these women have gathered to create masterpieces from a few bits of material and their imaginations. "None of us plans anything else on Tuesdays - no doctor appointments or other obligations." They remain faithful to that rule and to each other. "We call it our therapy group because we've been together so long. We go to each other's family weddings

and funerals and support each other in times of need, like surgeries. And we trade recipes, because naturally there has to be a dessert every Tuesday." They even take vacations together.

What do they do with the thousands of crafts (30 x 52 x 6 = 9360!) made over all those years? "We mostly give them away," Irene says, "plus each of our children has a number of Christmas ornaments.

You know it started out that we were asked to create bookmarks for the school and we just kept going after that."

Irene married Martin Coyne in 1961 shortly after graduating from Duquesne University. She taught first grade for a few years, then worked at Parkwood, a private nursery school, when they moved to Vienna. Later, she worked for the US Postal Service as a rural carrier, driving her own Jeep until the post office procured vehicles for the carriers. Martin taught at Thoreau Intermediate School in Vienna. He passed away in 2010. They have four children and six grandchildren, now aged 11 to 22.

When Irene is not busy with her many volunteer activities, she might be found visiting or checking on family. Two children are local, one is in North Carolina, and one lives in Hawaii, so she maintains the busy travel schedule that she and her husband enjoyed for so many years.

However, her craft time remains a major focus. "I've always said that my brains are in my hands. The ability to make things with my hands and then sharing that with others makes me happy." Continuing to remember her mother's advice, Irene vows, "As long as I am able, I will do what I can." Just don't ask her to do it on a Tuesday.



CHARLIE BALCH

Making the Most of Retirement

by Rick Mundy

Charlie Balch claims to love retirement because “you can get involved in the things you want, to the degree that you want.” One quickly discovers that with Charlie, that usually means total involvement. He approaches each opportunity with great enthusiasm and a goal of achieving a high quality outcome.

Want to learn some history of the area? Check with Charlie. This Oakton resident participates in the Bull Run Civil War Roundtable (executive committee, newsletter contributor, ad coordinator, project lead for the Fairfax Civil War Day-by-Day Chronology project) as well as Friends of Fairfax Archaeology as treasurer and overseer of the membership database.

Some of his most visible contributions have been on behalf of the Hunter Mill Defense League (HMDL) where he serves on the history committee. HMDL is “a non-profit civic association that promotes the welfare of residents in one of Fairfax County’s most livable communities.” Charlie worked as researcher and writer on a mammoth project creating a DVD in 2007, “Danger Between the Lines,” about the individuals who lived along Hunter Mill Road during the Civil War, an area that changed sides 12 times during the war. Their documentary was selected to be aired on WETA.

In 2005, Charlie wrote “The Civil War Story of Hunter Mill” and two years ago he co-authored a booklet on the “Forgotten Roads of the Hunter Mill Road Corridor,” a fascinating account of how the corridor’s roads have been altered over 250 years. Many of the original roads are still there.

Still another project that Charlie pursues with HMDL are the historic markers that can be found along Hunter Mill Road. “The signs will be here forever and ever,” he commented, when some were dedicated in July of this year, indicating

their role in teaching history and preserving important landmarks in the area.

His volunteer work extends beyond history, however, as he is the tour coordinator for the Shepherd’s Center of Vienna, directing ten tours over the past three years of 20-25 seniors each. He also serves on their fundraising committee. He handles publication sales for the Potomac Appalachian Trail Club and also volunteers with the Friends of Oakton Library.

This year Balch celebrated the 50th Reunion of the Class of 1962 at

Dartmouth College. As a student in a five-year program there, he earned his undergraduate degree in Economics and his MBA from Tuck School with an emphasis in Accounting. Thus the organizations he joins usually find a willing treasurer and fundraiser (including the 50th Reunion committee!)



He and his wife, Ann, just celebrated their 44th

anniversary. They met in Chicago calling on a joint client, she for IBM, he for Arthur Andersen Consulting. They have three sons. He retired from Accenture (formerly Arthur Andersen Consulting) in 2001 to be with the three grandchildren, but he also discovered he could pursue all these other interests as well, in addition to playing bridge and traveling often with friends.

A friend at Andersen once told Charlie that when he retired, he should not commit himself to any projects for six months so that he could find those projects which interest him, challenge him and in which he could take pride. Once those six months ended, it seems that Charlie Balch has never stopped finding new projects.

When asked what gives him the greatest joy, he responds without a moment’s hesitation, “being with the grandkids. They are so enthusiastic.”

Just like Charlie.





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PICTURE THIS: MCLEAN FAMILY RESTORES CIVIL WAR HISTORY

by Charles S. Donnavan

The Library of Congress has always relied on the kindness of U.S. citizens to help amass the documents and photos that has made it the quintessential and definitive collection of U.S. history.

Last year, that collection beefed up its Civil War section thanks to McLean's own Tom Liljenquist and his family, who donated more than 1,000 Civil War photographs to the library.

According to the Library of Congress, the bequest is the largest trove of Civil War material donated to the institution in at least 50 years.

The 59-year-old owner of the Liljenquist & Beckstead jewelry store chain had collected Civil War ambrotypes and tintypes over the past 15 years, sharing the hobby with his sons Jason, Brandon, and Christian.

It all started, Liljenquist says, when his son Brandon found a Civil War bullet in Arlington and interest in the historic period was piqued in all of them.

"Right about then, Ken Burns' PBS series on The Civil War aired and it was an experience I didn't get out of my high school history class," Liljenquist says. "Those two events, coupled with the fact that I grew up in Virginia and lived here all my life, to suddenly discover and fully understand the magnitude of 620,000 young men dying was really an eye opening experience to us."

Liljenquist and his sons began attending memorabilia shows, bidding in online auctions, and rummaging through antique shops, often paying thousands of dollars for Civil War memorabilia.



"When we bought our first photograph of a young union soldier, that seemed so much more meaningful than collecting the other objects, so we just started collecting photographs," he says. "After a while, the collection grew and grew and with no real intent other than just enjoying going to the different towns, we built it up to what it became."

The Library of Congress first exhibited the collection last April as part of its commemoration of the 150th anniversary of the start of the war. On November 12, the Library will open The Civil War in America to commemorate the Civil War sesquicentennial—displaying more than 200 unique items from its unmatched Civil War collections.

The photos that Liljenquist donated will help the exhibition reveal the complex story of the war through those who experienced it first-hand.

"I guess because I had three young boys, we collected the images of the young enlisted men, because that's what they were interested in," he says. "As it turned out, years later when we approached the library about doing the exhibit, they told us this was the one category they were lacking in. They only had about 30 images of enlisted men."

That was enough for the Liljenquist boys to decide to donate the collection, knowing that they would forever be preserved digitally so anyone who wanted to could download them from the library and use them.

Library of Congress curator, Carol M. Johnson, said that most of the photographs that were given to them were likely taken in the hometowns of the soldiers before they

left for service, or by itinerant tintypists who set up near army encampments.

"It worked out to be a really wonderful thing. We've had over 10,000 visitors per month on the site with up to 80,000 page turns," Liljenquist says. "The new Ric Burns series that just came out on the Civil War, there were 22 of our images included."

One of the photos made the cover of "National Geographic," the first time in 31 years that the Library of Congress had a photo featured on front. "That was from one that my son bought on ebay for \$200," Liljenquist says. "Others have been featured in books devoted to the Civil War."

Liljenquist admits that when he was in high school, he had no interest in history because he never related to the old bearded generals or politicians so the discovery that the Civil War was mostly fought by kids really opened his eyes.

"As we collected these photos, we became attached to them and developed a real affinity and camaraderie with these young men and felt for them what they went through," he says. "By putting these out there, we feel we are giving these young heroes of the Civil War their due and introducing them to the American public."

The response to the exhibit has been overwhelming, with over 303,000 people coming to see the old photos on display.

"When we owned the collection, it was just stored in boxes all over the place, and the Library made it so we enjoy it more today," he says. "Two of my sons are in college in California and they can enjoy the collection while they are out there."


One of the things they enjoy about the collection is discovering who the soldiers in the photos are. Many Civil War regiments had their own uniforms, and the uniqueness of them gave them clues as to identifying them.

"If we had any names, we pulled the records from the National Archives and got their full military records and recorded every bit of information about them," he says. "I endowed an internship for a Stanford student to come every year and work with the Library on the collection. This past year, the girl who was selected wrote biographies on 16 of the soldiers."

His son Christian, a ninth grader at Georgetown Prep, is working on a calendar where each month ten soldiers are featured and people can guess which side each is on and you go to the website to find the answers.

"History has become almost a dead art in our schools and its hard to get kids interested," Liljenquist says. "By doing things like this and showing kids their own age making history, it can help."

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



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MOM'S ORGANIC MARKET KNOWS BEST

by Keith Loria



Coming from what he calls, “a family of pseudo-hippies,” Scott Nash was the kid in the school cafeteria who had the sandwich made with sprouts and Roman Meal whole wheat bread that everyone stared at and pointed to.

Back then, he had no idea that years later healthy food like this would be his future and he would be the owner of Mom’s Organic Market, a successful chain of Washington D.C.-area stores which offer the best in 100 percent organic produce, natural and organic grocery items, and a full line of supplements and beauty products in its eight locations.

“I always knew I wanted to be a businessman, but wasn’t sure in what capacity. I had many jobs when I was young and was always looking for something that interested me,” Nash says. “In 1987, I worked at an organic produce wholesale warehouse and started doing home deliveries out of my mom’s garage in Beltsville, Maryland. That’s how it all started.”

He was only 22 then and had an initial investment of \$100. In the beginning, Mom’s was called Organic Foods Express and operated as a home-delivery/mail order company only. In 1987, Nash rented a 900-square-foot warehouse, growing to more than 2,000-square-feet two years later.

“I gradually learned the importance of good, rhythmic meetings with accountability (lots of meaningful metrics), candor, and conflict, and the importance of a purpose and mission,” Nash says. “At this point, my responsibility is

to surround myself with the right people, branding and marketing, and strategic vision. My leadership team does everything else.”

Eventually, as the retail aspect of the business increased, the delivery/mail order was phased out. In 1996, after being closed for six months to prepare for expansion, Organic Foods Express reopened as Mom’s in a 6,000-square-foot location in Rockville, Md., within a half-mile of the previous location.

In 1998, after annual revenue increased by more than 50 percent, Mom’s doubled its size by expanding into the adjacent vacant space. In August of 2000, Mom’s opened in its second location, in College Park. Then came a new location in Alexandria in 2003 and just like the Energizer Bunny, it kept going and going and going.

Nash says he didn’t plan for the rapid growth but is happy that it’s happening.

“I don’t like to do a lot of planning and budgeting. I don’t see much point in trying to predict the future. I’d rather be good at adapting. However, given our strong purpose to protect and restore the environment, we do think that the bigger Mom’s becomes, the better off the world will be,” he says. “So, we just keep plugging away and growing as fast as we are comfortable. We believe that quality trumps quantity.”

The mission of Mom’s is simple: “We believe that the destruction of our environment and climate change are the biggest problems facing humankind today. We believe that through leading by example we can have the biggest impact



to protect and restore the environment. By instituting best practices to reduce our impact on the environment, and by educating staff and customers, we are influencing customers, employees, and many other businesses.” Mom’s has continued to grow with the opening of the Jessup location in October 2006; the Frederick store in April of 2007; Bowie in February of 2010; Mom’s Timonium in 2011 and Herndon in 2011.

Located just minutes from the Dulles Greenway, Mom’s eighth location in Herndon offers residents of Herndon, Reston, and surrounding communities a source for high quality, 100 percent organic fruits and vegetables, plus an incredible selection of organic grocery and wellness products at everyday low prices.

A new store in Merrifield is opening at the end of 2012.

All stores include gourmet cheese, gluten free food, locally raised organic meat, sustainably sourced seafood, and environmentally-friendly household products. The Herndon store also features local and craft beers, as well as wine from organic, sustainable, and local producers.

“We look forward to serving more communities in the Washington-Baltimore region in coming years. As Mom’s grows, we remain committed to our purpose, our mission, and our reason for existing—to protect and restore the environment,” Nash says. “I think by the end of 2014 we’ll probably have about 16 stores and will be in the process of testing markets outside of the DC/Baltimore region.”

Having been in business for more than 25 years, Nash says he loves being around great food and the people who work and shop at Mom’s.

“There are so many reasons to purchase organic foods. So many,” Nash says. “Organic foods lack harmful chemicals, prevent chemicals from polluting our watershed and disrupting entire ecosystems, are higher quality, are GMO-free, are humanely raised, etc.”

Still, Nash isn’t about to go championing the organic market to those who find the word to be of a negative connotation. If one doesn’t want to give it a try, he’s not about to force you to.

“I’m not in the business of convincing people to buy organic foods,” he says. “I’m in the business of providing a fantastic shopping experience for those who already know the value of organic products.”

As he looks around the small empire he has created, Nash smiles and is happy to have found a home in the organic community.

“Personally, being an entrepreneur saved me,” he says. “I failed out of college, hated authority, and was generally unemployable. I think this is the only job that would have me.”

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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JANICE HARVEY

Interior Design with Spirit

by Colleen Sheehy Orme

When sitting with interior designer Janice Harvey it is easy to tell why she is able to find the core spirituality of a home. She herself exudes not just an outward beauty, but a lovely and emerging spark within. Her warmth and attention are so present that you are certain she is hanging on each spoken word. A significant asset as a designer who is digging deep into her clients to see beyond surface style and into their true story.

Harvey's distinctive ideology focuses on the inner beauty of an otherwise traditionally outward beauty based profession. Harvey blends the usual suspects such as superb design and function. However, she also captures the elusive and intangible spirit of a home.

A long time Virginia resident, Harvey is married to four time pro-bowler, Redskin Ring of Fame, Ken Harvey. Her design firm Janice Harvey Designs (www.JaniceHarveyDesigns.com) is diverse, ranging from interior and holiday design to event planning. Harvey was mentored by award-winning event designer, Preston Bailey.

In her own words, "I am looking for the depth and the evolution of the beauty of a home. I am trying to hit on the 'inner' beauty."

Just how does Harvey achieve this? "It's not about the building. It's about the people. If you hear the people then the building will come," says Harvey. "I can sit down and talk to someone and they can say one thing out of their mouth and I hear another thing out of their heart. When they start talking, I get the one little thread and I pull it. It then starts to unravel and it creates a whole other journey than what one originally saw."

Harvey explains that it is about digging. It is not what you see on the surface and she feels that it is her responsibility to go beyond that. She herself is richly deep in her own purpose. Perhaps that is why she is so accomplished at discovering it in her clients.

Harvey will quickly point out that this is a calling that she didn't necessarily go looking for, but rather found her instead. She was drawn to this creative life despite the fact

that while growing up many would tell her she may not be able to make a living pursuing it. Nonetheless, her heart led to it.'

Harvey began by exploring and experimenting with her own home and before long others noticed and she found herself in their homes. "It was really like a flower started to unfold," says Harvey. "The more I went down that road and discovered the beauty of it the more I knew this is it. I am not turning back or going in any other direction."

Harvey makes her vantage point easily visualized by using the analogy of a potter putting clay on the wheel. It is simply a lump of clay until it is touched by a hand and it begins to take shape. "As it continues to go, that starts to define a signature," says Harvey. "That's when you have mastered and totally embraced who you are." This philosophy is two-fold for Harvey. On one hand, it expresses how she herself has evolved into her own true being as a designer. On the other hand, it also explains her evolutionary approach with her clients.

"When you're dressing a home it's not just about the bones, the walls, the floor, and the ceiling. It's about the content," says Harvey. "It's not the outside and the inside of a home. It's not just the outside of the client. It's the inside. You have to have a genuine relationship with someone so that you know to a certain degree how to read or identify the signals that allow you to see where this relationship falls."

Harvey beckons back to the example of the potters wheel. This time not just to the signature shape taking form, but interestingly, towards the movement of the wheel. "It's about design evolution," says Harvey. "It is a continuum, a spiritual journey of the home and person. It's about the life of the house."

A fascinating take on home design as many designers focus on function and placement and a one time design. Harvey's evolving concept makes one refresh their perspective on how long their home has remained the same and whether it has become stagnant. "It's about design going out of style and it's about the life of the house. Things are more complex," says Harvey.



For this reason Harvey does not feel that she provides a one time service for either interior design nor holiday decorations. She does not design as a service, but rather with a purpose.

“Janice has an ability to take a client’s vision and turn it into a reality,” says client Jordanna Taffel. “I wanted my home to be a reflection of me and my family. She is truly an exceptional woman.”

Taffel also elaborates on Harvey’s holiday design. “I always enjoyed celebrating Christmas and decorating my home to reflect my love for the season. However, when Janice and

her team came in to decorate, my home was transformed into a Holiday fantasyland. Janice’s flare for the holidays is picture perfect; yet full of heart and love for the holiday season and all that we celebrate.”

Harvey could be called a decorator or designer of life. Her trademark potters wheel continually spins while her hands reach for the emotional, spiritual, and fluid growth of what a home’s beauty is truly all about.

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



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AN AMERICAN TUNE

Everyone Loves a Parade
by Johnny Hanna

For years, we have woken up to our TV blaring with The Macy's Thanksgiving Day Parade, often shortened to Macy's Day Parade, presented by the U.S. chain store Macy's. The tradition started in 1924, tying for the second-oldest Thanksgiving parade in the United States along with America's Thanksgiving Parade in Detroit, with both parades four years younger than the Dunkin' Donuts Thanksgiving Day Parade in Philadelphia. The three-hour Macy's Day event is held in New York City starting at 9:00 a.m. EST on Thanksgiving Day.

In the 1920s, many of Macy's department store employees were first-generation immigrants. Proud of their new American heritage, they wanted to celebrate the United States holiday of Thanksgiving with the type of festival their parents had loved in Europe.

In 1924, the parade (originally known as the Macy's Christmas Parade and later the Macy's Thanksgiving Day Christmas Parade) was staged by the store. Employees and professional entertainers marched from 145th Street in Harlem, to Macy's flagship store on 34th Street, dressed in vibrant costumes. There were floats, professional bands, and live animals borrowed from the Central Park Zoo. At the end of that first parade, as has been the case with every parade since, Santa Claus was welcomed into Herald Square.

At this first parade, however, the Jolly Old Elf was enthroned on the Macy's balcony at the 34th Street store entrance, where he was then crowned, "King of the Kiddies." With an audience of over a quarter of a million people, the parade was such a success that Macy's declared it an annual event.

Large animal-shaped balloons, produced by the Goodyear Tire and Rubber Company in Akron, Ohio, replaced the live animals in 1927, when the Felix the Cat balloon made its debut. Felix was filled with air, but by the next year, helium was used to fill the expanding cast of balloons.

At the finale of the 1928 parade, the balloons were released into the sky where they unexpectedly burst. The following year they were redesigned with safety valves to allow them to float for a few days. Address labels were sewn into them, so that whoever found and mailed back the discarded balloon received a gift from Macy's.

Through the 1930s, the parade continued to grow, with crowds of over one million lining the parade route in 1933. The first Mickey Mouse balloon entered the parade in 1934. The annual festivities were broadcast on local New York radio stations from 1932 through 1941, and resumed in 1945 through 1951.

The parade was suspended 1942–1944 during World War II, because of the need for rubber and helium in the war effort. The parade resumed in 1945 using the route that it followed until 2008. The parade became a permanent part of American culture after being prominently featured in the 1947 film, *Miracle on 34th Street*, which shows actual footage of the 1946 festivities. The event was first broadcast on network television in 1948. By this point, the event and Macy's sponsorship of it, were sufficiently well-known to give rise to the colloquialism "Macy's Day Parade."

Since 1984, the balloons have been made by Raven Industries of Sioux Falls, SD.

Macy's also sponsors the smaller "Celebrate the Season Parade" in Pittsburgh, Pennsylvania, held two days after the main event.

Other cities in the U.S. also celebrate with parades on Thanksgiving. The nation's oldest Thanksgiving parade (the Gimbels parade, now known as 6abc-IKEA) was first held in Philadelphia in 1920. Other cities include the McDonald's Thanksgiving Parade of Chicago, Illinois, and parades in Plymouth, Massachusetts; Seattle, Washington; Houston, Texas; Detroit, Michigan; and Fountain Hills, Arizona. A parade is also held at the two U.S. Disney theme parks. There is even a second Thanksgiving balloon parade within the New York metropolitan area, the UBS balloon parade

in Stamford, CT, 30 miles away. This parade is held the Sunday before Thanksgiving to not compete with the New York parade and usually does not duplicate any balloon characters.

New safety measures were incorporated in 2006 to prevent accidents and balloon related injuries. One measure taken was installation of wind measurement devices to alert parade organizers to any unsafe conditions that could cause the balloons to behave erratically. Also, parade officials implemented a measure to keep the balloons closer to the ground during windy conditions. If wind speeds are forecast to be higher than 34 miles per hour, all balloons are removed from the parade.

The balloons in the Macy's Thanksgiving Day Parade come in three varieties. The first and oldest is the novelty balloon class, consisting of smaller balloons, some of which fit on the heads of the performers. The second, and most famous, is the full-size balloon class, primarily consisting of licensed pop-culture characters. The third and most recent is the "Blue Sky Gallery," in which the works of contemporary artists are transformed into full-size balloons.

For more information about this year's parade visit http://social.macys.com/parade2012_kaws/#/home

Information from Wikipedia.

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SOCK IT TO YOU

by Richard Gazala

The world is full of famous sock puppets. Shari Lewis introduced us to Lamb Chop. Ed the Sock was so huge in Canada that he had his own late night talk show. Mick Foley is a professional wrestler who's never far from his biggest fan, Mr. Socko. And who can forget the savage throw-down between Pets.com's canine spokespuppet and his sock puppet nemesis, Triumph the Insult Comic Dog? The turmoil between those two hosiery-based hounds resulted in a nasty trademark lawsuit that was ultimately resolved only by Pets.com's bankruptcy. That Triumph celebrated his victory by committing unspeakable acts of heinous vulgarity on his humiliated adversary in a public restroom remains a blight on the entire sock puppet community, still spoken about solely in whispers behind closed doors.

Unquestionably, these sock puppets are gifted entertainers. Yet not one of them can truthfully assert to be the author of ten novels that have collectively sold over a million copies while sweeping up esteemed literary awards. Only one sock puppet can make that claim. Over the past decade or so this sock puppet has gone by several names, including Jelly Bean, and Nicodemous Jones. Thriller readers may know him better though by his real name, R.J. Ellory.

In Internet terms, a "sockpuppet" is someone who invents one or more fictitious online identities for purposes of posting laudatory reviews of his work, or disparaging competitors' efforts. Ellory's significant achievements in this regard came to light recently, when one of his fellow British authors discovered Ellory's shady behavior and outed him. Ellory now admits to pseudonymously ladling his own books with five-star Amazon reviews and praising them with glowing terms such as "modern masterpiece," while simultaneously cowering behind fake names to belittle the writing of his colleagues, including Jeremy Duns, Mark Billingham, and Stuart MacBride.

Ellory has struck a nerve. A group of 49 British authors signed a letter to the English newspaper *The Daily Telegraph*, castigating Ellory for his "abuse." Several celebrated American authors, including Anne Rice, Michael Connelly, and Karin Slaughter, have publicly joined their British literary brethren in chastising Ellory. All of this outrage has forced Ellory to issue an apology for his "lapse of judgment," on the immediate heels of which his literary agent proclaimed that Ellory "has no further comment."

In the wake of Ellory's confession, The Crime Writers Association, a British literary organization to which Ellory belongs and is a former board member, felt sufficiently disturbed to issue a statement labeling Ellory's actions "unfair" to authors and readers alike. The CWA also announced that while it doesn't know how pervasive sockpuppeting is, the association "...will be taking steps to set up a membership code of ethics, and considering if other steps may be necessary from us as an authors' organisation."

Besides perhaps a tinge of sociopathy, what explains Ellory's sockpuppetry? After all, this is an author whose career has won acclaim from his professional peers, and has pleased readers 'round the world to the tune of a million books sold. Countless authors would give their eyeteeth

for the literary success Ellory enjoys. Now, I don't know the man and likely never will, but if I had to guess I'd say his misguided behavior sprouts at least in part from a gnawing sense of panic at the way the "traditional" model of book publishing is splintering more and more with each passing day. The book publishing industry a decade ago when Ellory's first book was published was a very different, and simpler, thing than it is today. The ranks of brick-and-mortar bookstores dwindle ceaselessly, along with opportunities for authors to appear at them for promotional events.

The entire industry is moving inexorably onto the same Internet that permitted Ellory to secretly pump his own books while dumping on his purported rivals', and that has empowered untold thousands of new authors to publish their own books without negotiating traditional publishing's narrow, outmoded gateways. Accordingly, the competition for readers' notice has reached unprecedented levels of cacophony with no signs of slowing down. With all the new books and the free books daily and increasingly overflowing the virtual shelves of Amazon and its ilk, how does an author stand out and draw attention to his work? This question alarms all but the most perennially bestselling authors currently breathing.

Ellory's answer was donning electronic masks behind which he glorified his writing, and mocked the work of authors not named R.J. Ellory. Given the plethora of

veils easily available via the Internet, only the foolish could possibly believe Ellory is the only author (or agent, or publisher, or public relations firm) directly or indirectly guilty of sockpuppeting.

It's one thing for an author to recognize and pursue legitimately invaluable word-of-mouth Internet buzz about his books. There's nothing wrong with that, and there's no substitute for it in today's democratized book publishing world. It's altogether another to "ellorize" an author's own work, or the hard work of other authors stupidly considered competitors for readers' time, affections and lucre. The latter is worthy of nothing but wretched infamy, and Ellory deserves all of it we can pile onto him.

For readers contemplating Amazon reviews while looking for their next great reads, sadly there's one overriding takeaway from Ellory's deceit -- *caveat emptor*.



author: Richard Gazala "Sock It To You" 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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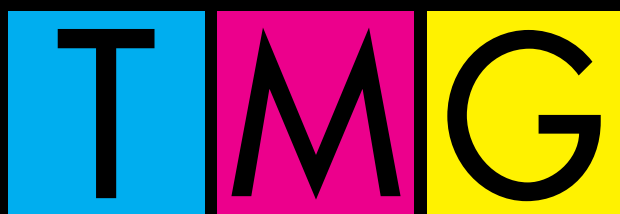


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- Check all your windows and doors. Cool air can creep in through poorly caulked openings and warm air can escape.
- If you have rooms that are seldom used, like a guest room, close the heating vents so that you are not heating an extra room in vain.
- If you have a smaller home or apartment, a space heater used in the room you are using can save lots of heating costs.
- After using your oven during the winter don't let all that warm oven air go to waste. Crack open the door to the oven as it cools and it will warm up your space nicely.

AGING-IN-PLACE

A Full-Service Remodeler Helps Seniors Explore Options... And There Are Usually A Lot Of Them.
What Works, Depends On Needs, Personal Choices, Informed Decisions.

by John Byrd

Shakespeare (in “As You Like it”) famously describes the span of a human life as consisting of “Seven Ages”. When it comes to 21st century lifestyles, though, it’s clear that there can be as many “ages” to modern mature living as there are people with the resources and confidence to think through all the options.

Certainly, longer life spans and practical outlooks have something to do with the wide-ranging Aging-In-Place home adaptations one sees all over FFX Co.

Far from following any one-size fits-all later-life shelter accommodation, local seniors are vigorously embracing the process, evaluating contingency plans and decisively creating environments that work for both current and foreseeable needs.

Along the way, there is a great deal of planning, honest self-assessment and, of course, mature thinking.

Active And Prepared

“My mother spent the last two years of her life in a nursing home,” says northern Virginia native Connie Sorrentino, who recently turned 70. “You never know what’s ahead. I spent a couple of years looking at retirement homes, then decided that the immediate problem was adapting my current house so it’s easier to use.”

Sorrentino, who practices yoga, and observes a strict vegetarian and fish diet, says she has “no stiffness” and is quite active in local church and civic groups.

“Still, since I’ve decided to stay-put, I’m making changes that will make it easier for me to sustain myself happily for years to come,” she says affirmatively.

Along these lines, the retired economist has been working with Mindy Mitchell, the certified Aging-in-Place Specialist (CAPS) at Sun Design Remodeling, planning out the future of a home she’s occupied for over thirty years. Earlier in decade, the full-service design-build firm remodeled several rooms in Sorrentino’s four bedroom ranch; she was pleased with the outcome, and so gratified to learn that firm’s expertise includes re-designing homes to meet Aging-in-Place requirements.

“We’re seeing many more seniors exploring ideas that will help them continue to live independently in their own homes,” observes Mitchell. “Sometimes we’re called in when mobility issues have become inescapable. But it’s always easier when you plan ahead.”

Mitchell notes that an Aging-In-Place design is far more economical and practical when it’s rolled into an already planned remodeling project-- which is the course Sorrentino is following in the current makeover of her kitchen, several bathrooms and other parts of the circa-1950s rambler.

“I’m remodeling several high-use spaces; it’s a plan that makes it easier for me to do everything I need with minimal challenge”, says Sorrentino.

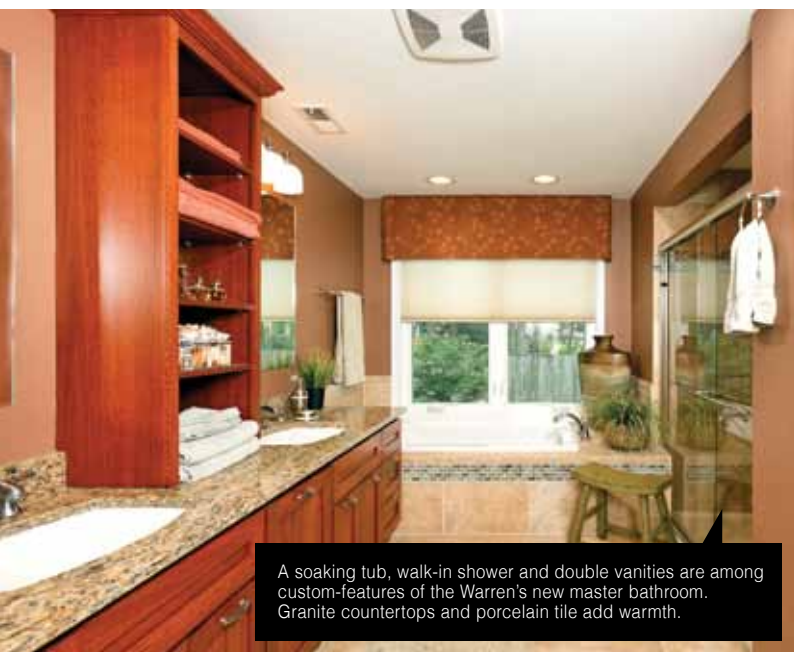
Mitchell notes that the changes can seem discrete to outsiders, but they “make all the difference in reducing the ergonomic exertions of daily life.”



Connie Sorrentino, 70, (center) reviews plans for Aging-In-Place upgrades to her kitchen and several bathrooms with Sun Design Remodeling's Mindy Mitchell (CAPS) (left) and designer Kim Kruskamp.



The Warrens new bedroom is both private and elegantly finished. A three-course window brings in views and natural light. Cubbies under the window seat offer easy access to everyday items.



A soaking tub, walk-in shower and double vanities are among custom-features of the Warren's new master bathroom. Granite countertops and porcelain tile add warmth.



To accommodate the extended family, Sun Design Remodeling created a 450 sq ft 2 bedroom in-law wing for the senior Warrens. The courtyard formed by the new addition is now a favored outdoor space. The couple's new sitting room is accessible through the double French doors.

In place of overhead kitchen shelves, for instance, Mitchell is recommending counter-high pull-out drawers for regularly-used items, reducing the need for out-of-reach overhead cabinetry. Small, hard to grasp knobs will be replaced with cabinet "pulls." Sharper, more concentrated lighting in key locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located vertical and horizontal grab bars. The shower will have a lower curve for easier access. Traditional and hand-held shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

"Working out the details is fascinating," Sorrentino says. "The best part, though, is interior design that perfectly integrates all these new features. I don't want the house to look "senior-friendly"—just pretty."

A Multi-Generational Household

In south Alexandria (near Mt. Vernon), seniors Mary and Harry Warren came up with an entirely different senior housing solution: converting their 1,500 square foot split-level into a multi-generational environment that incorporates daughter Meg and three grandchildren.

"It was an economical and a personal decision," Mary Warren, 76, explains. "Harry and I can live more comfortably as part of an extended family, and this arrangement provides the children with a home long into the future."

The plan called for converting the 3-bedroom home the Warrens have occupied since 1994 into a five bedroom one-level structure that assures comfort and privacy for all three generations.

The elder Warrens gain a 650 square foot in-law wing adjacent to a newly formed rear courtyard. The perfectly-integrated addition features two large bedrooms, a master bath and large reach-in closets. A former family room now serves as the couple's sitting room.

Meg and the children have their sleeping quarters in the existing bedroom wing—which affords convenience, needed space and privacy. Both families share the kitchen.

The new addition also allowed the Warrens to introduce a number of Universal Design features. Hallways in the new wing are 44" wide; doors are 34" in width-- fully compliant with American Disabilities Act (ADA) requirements. The rear entrance has, likewise, been designed to accommodate a ramp, should a wheelchair be required in the future.

"We're just thinking ahead," Mary Warren acknowledges.

More recently, Mitchell and colleagues have followed Universal Design principals in renovating the original circa 1960's kitchen-- removing unneeded walls, widening doors and hallways, introducing roll-out cabinets with drawer pulls.

There's also task lighting, easily maneuvered faucets, and a multi-level island suitable for standing or sitting.

"The new kitchen feels significantly expanded, yet very efficiently designed—a great solution for a family like ours," says Warren. "The changes have made life easier for everyone."

Wheelchair Friendly

For Kipp and Ginger Gray, both in their early sixties, the foreseeable future entailed introducing aesthetic improvements to their 2,300 square foot Leesburg ranch that would simultaneously support a sweeping Aging-In-Place solution.

"Our two daughters—who were raised in this house-- had been on their own for about 10 years," Ginger explains, "so we'd been thinking about ways to create a more open floor plan that would also serve us in old age."

"The funny circumstantial prelude to this step is that we had decided to take care of two old friends in their 90s, one of whom needed a wheelchair—so the new interior initially evolved from a need to substantially widen hallways for wheelchair access."

As it happened, the elderly couple died within a few months of each other before occupying the home, but the "thinking ahead" process continued to preoccupy the Grays, even as Ginger's mother Charlotte, 78, joined the household.

"We wanted to reconfigure the space so that it would work for all of us in the present, yet also potentially serve our children into the next generation," Kipp adds. "This meant giving lots of privacy options to everyone in the house, and assuring easily accessible family gathering areas."

With broader intentions suitably outlined, Gray turned to Craig Durosko at Sun Design Remodeling to work out a solution for a multi-generational household. Among other features, the new scheme provides a spacious master bedroom suite, wide (47" wide) hallways throughout the house, and many Aging-In-Place considerations.

To satisfy the Gray's personal privacy requirements, Durosko and team proposed converting the existing garage into a 450 square foot master bedroom wing complete with bedside woodland views, walk-in closets and a master bath fitted out with well-reinforced grab bars.

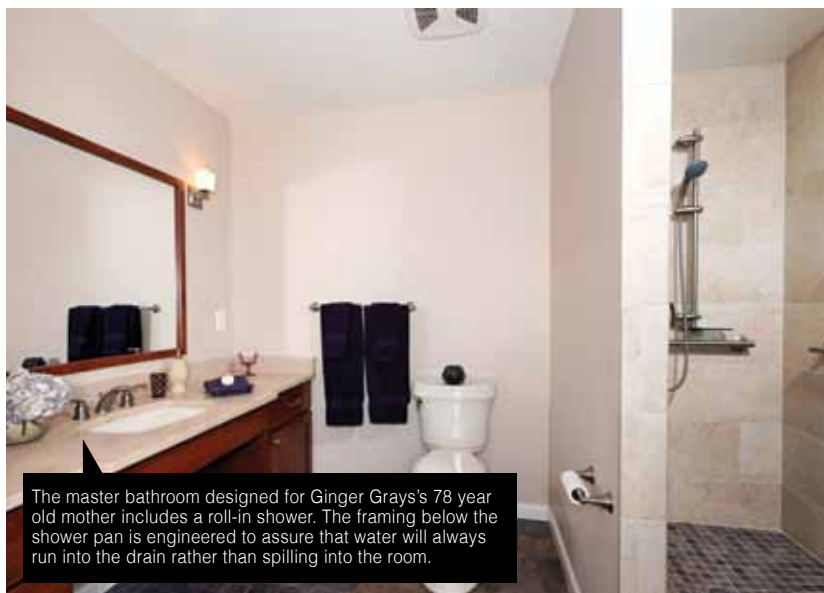
For Charlotte's needs, the designers created a back-facing master suite that includes a spacious bath with a wheelchair accessible "roll-in" shower.

Known as a "wet room", the space plan calls for framing below the shower positioned to assure water will always run into the drain rather than spilling into the room. The rough-finish porcelain tile flooring (in addition to its lovely texture) is also appropriate for preventing wheelchair skids.

Looking ahead, the Gray's see a "bigger picture" succession plan already taking shape:



The Universal Design scheme introduced into the Gray's Leesburg home offers a wide wheelchair friendly foyer and 47" wide hallways throughout the house. The couple plans to occupy the house indefinitely.



The master bathroom designed for Ginger Gray's 78 year old mother includes a roll-in shower. The framing below the shower pan is engineered to assure that water will always run into the drain rather than spilling into the room.

"One of our daughters will eventually move into the master suite we're now occupying, and we'll rotate into an apartment above the garage that's now being designed."

While acknowledging that it's unusual in today's hyperactive world to perpetuate an extended family estate, Gray is pleased that the plan is coming together so well:

"It's such a beautiful place, and it's thrilling to think of future generations carrying on what we've started."

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm opened a McLean office in September.

FOR MORE INFORMATION:
703.425.5588 or www.SunDesignInc.com.

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



COUPLES

HOME DECORATING

Bringing Yin and Yang Together Under One Roof

Live Stylish • Decor by Denise
by Denise Willard

When the weather turns cold many couples find themselves spending more time hibernating inside their homes—staying warm by the fire, sharing a cup of hot chocolate, and planning for holiday guests. All this time inside and the anticipation of guests often forces couples to take a hard look at the interior of their homes, leading them to the decision that it is time to redecorate. Well, this is easier said than done. Having worked with many couples through the years, husbands and wives rarely agree on several fronts when it comes to their home's interior.

They disagree primarily on styles and budget, but often get bogged down with the process as women frequently want to consider every option where men get overwhelmed quickly when presented with too many alternatives.

If you are one half of a couple that is ready for a change in your home, here are few of my tips to ensure your redecorating effort is a success. You and your hubby will avoid analysis paralysis and you will end up with results that make you both happy (avoiding divorce court).

COMPROMISE IN KING.

When embarking on making changes to your home's décor, compromise is always called for as men and women rarely agree on decorating decisions. Making both parties part of the process gives each person a sense of ownership of the final product, which helps ensure everyone is happy in the end. I always recommend that each person decide what is most important to him or her at the start of the project. I ask each party to make a list of must-haves and nice to have's, loves, likes, and strong dislikes. I also have them go through home decorating magazines and mark pages they like/dislike with post-it notes, indicating the items each person prefers on each page. This is something that any couple can do together. When they review their lists and the pages they have marked in magazines, they start to notice areas where they have common likes/dislikes and ideas that easily complement each other. These are the areas to build upon when working through home decorating decisions.

KEEP IT NEUTRAL.

If your hubby and you are having difficulty finding common ground and making compromises, try going neutral with the core elements—upholstery items, wall colors, and larger elements in your home—and add pops of color in accessories (rugs, pillows, artwork) that you both can agree on or make compromises over.



Source: bhg.com

USE THE "KISS" PRINCIPLE.

Because men and women process information differently, it is advantageous for women to present ideas to their husbands in small doses versus overloading them with lots of options. Leveraging the principle coined by Kelly Johnson, “Keep it Simple Stupid” is highly recommended here. Start with one room and narrow down the options, showing your husband the wall color and fabrics you prefer

together—versus showing him several wall colors and several fabric options all at once. Layer on other design elements in phases versus showing him all elements at once. Start with the wall color and fabrics, and then show him the furniture pieces, and lastly the rugs, artwork and other accessories you want to incorporate into the design. Remember to consider and incorporate some of his preferences as you go—this will make it easier for you to “sell” your hubby on your ideas.



Source: missourireview.com

GIVE HIM A ROOM TO CALL HIS OWN

We have all heard of the proverbial man-cave. Well, it really is a great idea. If you give your husband one room that is all his to design—he will feel that his voice has been heard. A more satisfied husband means that he will be more accommodating when addressing decorating decisions in other areas of your home.

Whether your husband and you are considering updating one small area or several rooms in your house, use these simple steps to keep you both happy throughout the process and ecstatic at the end when you can enjoy your home's new look.

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.

TYSONS

The New Downtown

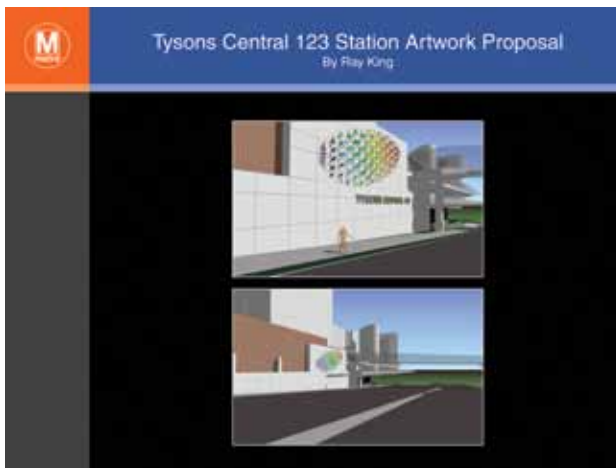
by Mike Caplin



Change. Change. Exciting change is everywhere in Tysons, new buildings, new roads, and the dazzling new Silver Line Metro that arches over and dives below this edge city on the way to becoming "The New Downtown." The skyline is full of construction cranes signaling the advent of soaring new buildings – high-density, mixed use developments that features innovative architectural design, sustainable building practices, and a rich mix of apartments, offices, and retail services. There will be public spaces filled with gardens, fountains and art, sports fields, bike paths, and an array of public amenities. Activities and street-level events will vitalize a community that is fast becoming THE place to live, work and play.

The look and feel is fresh and crisp. Developers have conceived a wonderful kaleidoscope of outstanding structures, spaces and roadways, and neighborhoods that together will create a dynamic, humane, sustainable urban center. The street signs, trashcans, and public benches will be branded with the new "Tysons" logo that itself is sleek and vital. Street lights will be uniform and graceful. Bus shelters will be stylish. The Metro stations will feature dramatic works of art. Tysons is getting a complete makeover.

This vast, 35-year enterprise is guided by the language of the Fairfax County Comprehensive Plan. This document was painstakingly crafted over a 5-year period by dedicated public servants and industry experts. The urban design concepts and principles in The Plan reflect a deep commitment to environmental responsibility and a high quality of life. Designers are encouraged to dream big and stretch. Builders are encouraged to use best practices. The final products will enrich regional identity; enhance a sense of place; improve connectivity; be energy and environmentally responsible; respect surrounding neighborhoods; and emerge as a new destination for the Arts. Before your eyes, an office and retail park will evolve into a beautiful, walkable city.



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and elegant granite of a quality that you just don't see very often. From the kitchen you can head upstairs using the rear staircase or head through the corridor to the au-pair suite above the detached garage. Either way, you are in for a treat! The upper level has 5 bedrooms, all featuring walk-in closets and en suite bathroom access. The magnificent master retreat is where you will enjoy the fireplace, torrent style sitting room, exercise area, morning kitchen, trey ceiling, custom closet, and the "ultra" master bath, with the finest of amenities. Also on the upper level, you will find the mini-master, great for a princess suite or in-law suite. The lower level begins with the grand landing area with a decorative medallion. From there, you can enjoy the multitude of luxurious and entertaining amenities this floor has to offer. Entertain in the lounge with a full wet bar. Watch a movie in the remarkably detailed media room with tiered seating. Enjoy your favorite indoor activity in the rec and game rooms, or just grab your favorite bottle of wine from the cellar. The lower level walks out to the lower patio, from where you can walk to the private pond; the perfect capstone on this Versailles masterpiece. **Viewing by appointment.**

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UNDERSTANDING THE DYNAMICS OF INVENTORY

As the real estate market recovers, a look at what tight inventories can mean for buyers and sellers.

by Jeffrey S. Detwiler

After what was easily the longest economic downturn in recent times, momentum is building and national headlines are trumpeting news of economic gains. In the residential housing sector, these swiftly-changing market dynamics certainly offer more opportunity for buyers and sellers than what we've experienced in recent years—but the recovery-driven changes in real estate have also left some consumers' heads spinning. In some areas of the Mid-Atlantic region, those who want to buy houses aren't always finding options that meet their needs at the price point they were expecting and sellers are sometimes surprised to find that their homes are on the market weeks or even just days before they receive offers. As the recovery from the rockiest housing market in generations continues to gain traction and solidify, the fundamentals of supply and demand will not only help us understand the current relationship between buyers and sellers, but also the relative bargaining power of each.

Inventory of homes for sale, in particular, can tell an interesting story about the dynamics of a local housing market. Across the country, shrinking inventories are putting sellers in the driver's seat as the number of appropriately-priced homes is falling short—in some cases, far short—of the demand by would-be buyers who are in the market for a new home. The National Association of REALTORS (NAR) reports that inventory was nearly 25 percent tighter in June compared to the same month last year and 25 percent lower, year-over-year in July. This continues a multi-year tightening in many markets throughout the region.

Being aware of how inventory impacts local residential real estate conditions is valuable to both buyers and sellers, and

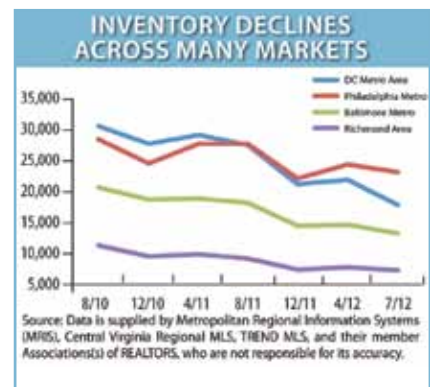
because the environment is changing quickly and varies considerably by market, consumers who arm themselves with local market data and a well-informed Realtor are likely to find historic opportunities to reach their homeownership and/or investing goals.

SELLERS: POSITIONING FOR SUCCESS

Given the downturn and the years of headlines of depreciating home values and underwater mortgages, it's not surprising that many would-be sellers may be wary about jumping into the housing market. But many markets across the Mid-Atlantic region and the country have seen a turn of the tide, presenting sellers with considerable opportunity.

In Washington, D.C., for example, homes are selling in less than 43 days, on average (as of July 2012). Inventory in the metro area has tightened significantly and the Long & Foster agents, assisting buyers, and sellers in this area report that competitively-priced homes are selling very quickly—many times with multiple offers. Because buyer demand is outpacing seller supply in Washington, D.C., sales prices are climbing and sellers are receiving a higher percentage of their list price.

Similar conditions exist in marketplaces throughout the Mid-Atlantic region, including Baltimore, Philadelphia, and Richmond, which have also seen inventory tighten 27 percent, 18 percent, and 27 percent respectively, compared to the same time a year ago. Although these markets are in a slightly different phase of recovery, we're likely to see them follow the D.C. trajectory into the future.



Given these market dynamics, now could be an ideal time to list a home and perhaps move up to the dream home that suits your lifestyle preferences. Here are a few things to keep in mind if you're looking to make a housing-related change:

Learn the Market

We've all heard the adage that real estate is local—but never before has this statement been truer than it is today. The economic downturn affected different areas of the country in different ways, and real estate varies significantly by market. What national headlines share about the health of the residential housing market is unlikely to be a direct reflection of what's happening in your own backyard.

To keep consumers well informed about current market conditions, Long & Foster offers local housing market reports (www.LongandFoster.com) that include data about active inventory levels, median sale price, and how long homes remain on the market before selling, in addition to other information. Evaluating this up-to-date data may indicate to you if there is opportunity in your local marketplace, and could be a reason to consult with a Realtor about listing your property.

Price it Right

It's important to select a Realtor with extensive experience selling in your area. Market conditions are changing fast and you'll need the assistance of a professional who can assess your property in the context of recent sales and available inventory. In a limited inventory situation, comparable sales and pricing data from six months ago may not be as relevant, so taking the time to research current market conditions is an investment of time and energy that is likely to pay off.

Pricing your home competitively will attract more interest and will strengthen your negotiating position as offers come your way for consideration. In some cases, this may translate to a higher purchase price, but it can also mean more favorable terms in the contract—giving you more flexibility as you transition to your next home.

Resist the urge to over-price your home as you only have one shot to be new to the market. It's a delicate balance to get pricing right, which is why you'll need an experienced Realtor to work with you on a strategy that fits your property and goals.

Be Ready

In areas with limited inventory, buyers are keeping a close eye on new listings coming on the market, according to our sales professionals. You'll want to make sure that your home or property is in "showing worthy" condition as soon as you list it. Depending on market

conditions in your area, you may have showings right away, and you'll want to be prepared to put your best foot forward to focused and interested buyers.

Look at your home through potential buyers' eyes—the total value proposition is a combination of pricing and the condition of the property. Work with a professional who can tell you which investments will make your property stand out among the current competition on the market.

BUYERS: BE EDUCATED, PREPARED

With moderated prices and historically- and impressively-low mortgage rates, today's real estate market presents some once-in-a-generation opportunities for well-qualified home buyers and investors. But as many markets are shifting from the buyers' market of the last few years to a more balanced environment, it is advantageous to be prepared and educated about the local housing market as it exists today.

Adjust Expectations

Just as sellers should reference current, local market information when determining competitive listing prices for their homes, buyers should also be educated about the market in which they're hoping to conduct a transaction. Just because a friend or co-worker benefitted from a short sale or foreclosure transaction last year to receive a discount on an investment property does not mean that a similar opportunity or price discount would be available today. Having clear expectations will help buyers understand what they're likely to pay in today's market, and adjust their investment tolerance threshold accordingly.

The good news is that historically-low mortgage rates help buyers stretch their buying power with lower total cost of ownership and lower monthly payments.

Be Competitive

Contracts with competitive offers and fewer conditions are likely the ones that will stick in many of today's housing markets. Buyers with financing already in place are likely to be a safer bet for sellers than buyers who have yet to secure the financial side of their offer.

Our sales professionals also point out that money is not the only way to stand apart from a crowd of competing buyers. Sometimes bringing flexibility to sellers—like a later move-in date

or a faster closing date—will be more valuable than a slightly higher sale price offer.

Prioritize

It's easy to understand why some well-qualified buyers are finding themselves frustrated in some home search situations—the financing scenario is ideal, prices have moderated from historic highs, and the perception of distressed/underwater sellers certainly suggest a potential bargain and easy transaction to be had. The lack of quality inventory—which is significant in some areas—has left many buyers to discover that they're working harder to find a home that meets their expectations. With the support of a real estate professional, however, many buyers are finding options worth evaluating.

Today's buyers can still take advantage of historic homeownership opportunities, especially if they are equipped to prioritize and focus on the "must haves" of the ideal home or investment property. These priorities coupled with a knowledgeable Realtor who has a solid understanding of current market conditions in the local area can provide buyers and investors with a strategy for knowing when to jump in with an offer and at what price.

Buyers should keep in mind that while pricing has moderated, many experts believe prices will rise—making this still a good time for many to consider buying or moving up to their dream homes.

CHOOSE YOUR PARTNER WISELY

With swiftly-moving housing market dynamics, it's more important than ever to partner with the right team of real estate professionals. Working with the right real estate company is no longer about simply placing a yard sign in front of a house or driving around a neighborhood to see what's available in the market. Today, partnering for success will not only help you overcome any market condition challenges that may exist, but it will also bring to the table the experience and expertise you need to help you reach your long-term homeownership and investment goals.

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.



Most of Dulles Transit Partner's Tunnel Group on the day they "holed" through the tunnel.



Some of Dulles Transit Partner's Aerial Group on the day they placed the last segment in the last span of the aerial guideway.

DULLES RAIL... WHAT HAVE YOU DONE FOR ME LATELY?

by Leslie Pereira
Dulles Transit Partners, LLC

Much has been said about the long term economic impact the Dulles Corridor Metrorail Project will have on the Washington Metropolitan Region once the first trains begin to run between West Falls Church and Reston starting at the end of 2013. Not as much has been said about benefits the region has already realized from the construction process that has been underway for four years.

Camouflaged within an evolving landscape of cranes, aerial guideways, tunnels, and stations are the thousands of jobs the project has created, and the millions of dollars the project has invested in materials, goods, and services purchased within the region.

Dulles Transit Partners, LLC, a team led by Bechtel, is the design-build contractor for Phase 1 of the Dulles Corridor Metrorail Project, working on behalf of the Metropolitan Washington Airports Authority.

The contractor's team came together in 2008 with a staff of approximately 280 engineers and other professionals focused on finalizing the preliminary engineering and preparing for the start of active construction. In 2009, some 300 construction workers joined the team and by April of 2011, employment had peaked at over 1,800 jobs, the majority of which were filled from the local labor market. As the project enters its final year of construction, employment, although still robust, has begun to taper off to approximately 1,500 employees, all working hard to bring the project home.

In addition to the financial benefits, working on a major transportation infrastructure project of this size and complexity has been a resumé builder both for the seasoned veterans who are honing their skills, and for the entry level workers who are taking advantage of the formal and on-the-job training provided to them to jump start their careers in engineering, procurement, and construction.

"We know our strength lies in our people," said Larry Melton, Bechtel's project director for Dulles Transit Partners. "By investing in them, we are able to return a finished project built safely and with the highest level of quality."

The same applies to the more than 160 Disadvantaged Business Enterprises (DBEs) based in Virginia, Maryland,

and the District of Columbia that have benefited from working on the Dulles Metrorail Project. The project has provided them with valuable experience and the opportunity to grow their businesses on-the-job. To date, more than \$220 million in contracts have been awarded to DBEs overall, already far exceeding the project goal of \$180 million.

Finally, Dulles Transit Partners has purchased over \$600 million in equipment, materials, and services in the region. "Approximately 60 percent of our procurements have been with subcontractors and suppliers from this region," said Scott Harrison, Bechtel's procurement manager. "The project has benefited from the region's diverse and robust base of subcontractors and suppliers by obtaining quality services and equipment at highly competitive prices," he noted.

These statistics apply to the men and women who have worked directly with Dulles Transit Partners, as well as the money spent in the direct procurement of the equipment and materials necessary for building the project. However, they do not reflect what economists refer to as the "induced impact" that takes place when those employees spend their earnings. Each purchase of groceries, clothing, cars, housing, etc., has played a part, however large or small, in creating or sustaining jobs in other sectors of the region's economy.

"We take great deal of pride knowing that when the project is complete, our workers will leave behind a rail system that will benefit generations to come," said Melton. "We take equal pride in knowing that we've been a part of developing the region's work force and have provided a leg up to the smaller businesses that help fuel this economy."

Today, Dulles Transit Partners is focused on finishing up the majority of the heavy civil work. Once the pedestrian bridges have been installed at all of the stations, the project will become less visible, but will continue to remain very busy. There is significant interior work to be done as the stations and other facilities are fitted-out and finished, as well as the completion of the critical task of bringing the rail systems on line in preparation for turning the Silver Line over to the Washington Metropolitan Area Transit Authority (WMATA) in the Fall of 2013 for final testing and training.



RISING IN THE ROADWAY— The structure of the canopy at the Greensboro Station (formerly Tysons Central) in the median of Route 7 near SAIC and Marshall's is clearly visible. Dulles Corridor Metrorail Project Photo by Chuck Samuelson.



PEDESTRIAN BRIDGES FOR GREENSBORO/TYSONS CENTRAL 7: Fabricated segments for crossing over Route 7 westbound have been assembled and await the installation of conduits and metal decking. Dulles Corridor Metrorail Project photo by Stephen Barna.

SILVER LINE ROLLS PAST 82 PERCENT

Pedestrian bridges going up all over Tysons
by Marcia McAllister

Construction of the Silver Line, the extension of Metro's existing service, adding 23-miles of tracks between East Falls Church and Reston, has surpassed the 82 percent mark, according to rail project officials.

With the construction of pedestrian bridges the main focus of construction this fall, residents can start to see how they will get into and out of the four stations in Tysons Corner and the Wiehle-Reston East Station.

The first pedestrian bridge to rise is at the McLean Station, formerly known as Tysons East, at the corner of Route 123 and Scotts Crossing/Colshire Drive near Capital One.

The bridge was assembled in sections along Colshire Drive. The sections were lifted and secured on jacks mounted on a self-propelled trailer system and transported onto Colshire Drive to Route 123 and moved very slowly (at a walking pace) to the bridge location. It took overnight closings of busy Route 123 and intermittent closings of Colshire Drive to deliver the sections into place.

The first transport was 43 feet tall and 144 feet long, was 24 to 34 feet wide and weighed 182,000 pounds and the second had similar impressive stats.

Once this bridge was in place, crews moved to the Wiehle-Reston East Station to begin lifting bridge segments for similar bridges. Work there requires two overnight closings of the Dulles Toll Road and the Dulles International Airport Access Highway.

Specific dates for bridge installations at the two stations on Route 7, Greensboro (formerly Tysons Central 7), and Spring Hill (formerly Tysons West), were not known at press time.

Meanwhile, there is significant construction progress all along the alignment, especially in Tysons Corner where:

- Track work is complete.
- A traction power substation is visible along Route 7 east near the Sheraton Hotel. It is one of many all along the alignment. These facilities ensure the continuous flow of electricity to the rail line but they do not actually generate electricity.
- Clean-up efforts continue beneath the aerial guide way (bridges) in the median of Route 7 in preparation of future road work that will include shifts in the alignment.

In other areas:

- The Wiehle-Reston East Metrorail Station is the furthest along. Because this station is the prototype for all stations west of Tysons Corner except for the Dulles Airport station, this station gives residents of western Fairfax and Loudoun communities that will be served by Phase 2 of the rail project a vision of what the Reston Town Center, Herndon, Innovation, Route 606, and Route 772 stations will look like.
- Rail crews continue to build a large sound cover box in the West Falls Church Rail Yard. It is designed to help minimize noise in the neighborhoods immediately adjacent to the yard.
- Work continues on the critical tie-in for the Silver Line near the junction of I-66 and the Dulles Connector Road.



Spring Hill Metrorail Station at Spring Hill and Leesburg Pike. Dulles Corridor Metrorail Project
Photo by Chuck Samuelson.



BUILDING THE SOUND COVER BOX: Drilling on Oct. 5 for the installation of support of excavation H-pile takes place along the inner loop track for the sound cover box foundations at the West Falls Church rail yard. Dulles Corridor Metrorail Project photo by Stephen Barna

A PEEK AT METRO'S NEW RAILCARS

by Marcia McAllister

Metro has unveiled a new full-scale mock-up of its next generation railcars. The new cars, known as the 7000-series, represent the largest investment in Metro's fleet in the system's history and are part of Metro's investments to improve safety.

The Dulles Corridor Metrorail Project has ordered 80 of these cars.

"These new 7000-series cars are the next generation of safer cars to ride the rails of Washington's Metro," said Maryland Sen. Barbara Mikulski who with Senator Ben Cardin has fought for \$1.5 billion in dedicated federal funding over ten years for Metro safety. "I have fought every year to deliver dedicated funding for Metro's capital improvements, keeping safety on track on America's Subway. I will not rest until Metro is safe for those who work on it and those who ride on it."

"We are pleased that these cars meet stricter safety standards than the cars they will replace," said Congressman Frank Wolf. "We look forward to Metro offering these new trains on the Silver Line."

Production of the cars is expected to begin this winter in Lincoln, Nebraska and is being credited with the creation of about 1,000 new jobs nationwide.

"This is an important achievement on our path to improving safety, reliability and customer service," said Metro Board Chair Catherine Hudgins. "These new railcars represent the next generation of a Metro that will continue to expand and grow with the region in the decades ahead."

The new fleet of railcars will include:

- Stainless steel car body for increased durability.
- Closed circuit television cameras for added safety and security.
- LCD map displays to allow customers to easily track their location.
- LED screens that provide current and upcoming station information.
- Improved seats that provide more knee room and better lumbar support.
- Wider aisles to facilitate movement within the car.
- Additional space near the doors for standees and wheelchairs.
- Resilient nonslip flooring, rather than carpet.
- Digital public address systems for improved announcement clarity.
- More reliable door systems using proven technology.

The hard mock-up will remain on Metro property this month to allow Metro railcar engineers, mechanical teams, and train operators to review the design in detail. Following that, the car will be moved to Lincoln, Nebraska to facilitate the production of revenue-service cars.



Photo by Trevor Wrayton, VDOT



EXPRESS LANES AT LAST

by Mike Salmon, Virginia Megaprojects

The last beam erected over I-495 in July marked a milestone in the 495 Express Lanes Project, the most significant highway project in Northern Virginia. This December, motorists will have new options when travelling to and from Tysons Corner, one of the largest commercial centers in the mid-Atlantic.

From the Springfield Interchange to just north of the Dulles Toll Road, bridges and overpasses were rebuilt to accommodate the new Express Lanes. At most interchanges, there are Express Lanes exits and entrances where motorists will be able to enter the Express Lanes heading north or south, or both directions, as in the case at Westpark Drive over Chain Bridge Road (Route 123) in McLean and Jones Branch Drive, the new connections between the Beltway and Tysons.

All vehicles must have E-ZPass® or E-ZPass® Flex™ to use the Express Lanes. Vehicles with three or more people on board will ride for free on the Express Lanes using an E-ZPass Flex transponder, and car or van pools along with buses also ride free. Vehicles with one or two people on board will be charged a toll. The amount of the toll will vary depending on the time

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of day and number of cars currently using the toll lanes. This is called “dynamic tolling,” and will keep the traffic moving on the Express Lanes at a minimum of 45 miles per hour. There are no toll booths on the Express Lanes so toll gantries up and down the Express Lanes corridor read the E-ZPass® or E-ZPass® Flex™ and automatically charge the correct toll for each vehicle. Traffic flow on the Express Lanes will be monitored at the 495 Express Lanes operation center located off Edsall Road in Alexandria.

When the 495 Express Lanes open, commuters will have new transportation options such as bus lines that will use the Express Lanes to provide a reliable and stress-free commute. In January 2013, the first of two Fairfax Connector Express buses to Tysons will be launched from the Virginia Railway Express parking lot in Burke. In March, the Fairfax Connector will add buses from Lorton and Springfield. Once in Tysons Corner, travelers will be able to use three new local bus routes locally, stopping at employment centers within Tysons Corner. Buses will run every 15 minutes during peak times on weekdays, and there will also be two midday departures from Tysons Corner to Burke.

TECHNOLOGY NEWS



Ultra-thin batteries coming, probably next year

An ultra-thin, flexible battery has been in the works at Japan-based NEC for over a decade. The organic radical battery is one hundredth of an inch thick, can refresh a tiny screen 2,000 times and can be recharged in less than a minute. In 2013, it will begin to appear in enhanced credit and debit cards that display balances, in hotel keys, in subway and train passes, and in much slimmer, lighter smartphones. It also paves the way in the future for slender, flat-screen displays and e-readers that feel like paper, according to *The Kiplinger Letter*.

Keyboard shortcuts for iPhone and iPad

- To get back to the top of a page, tap once on the status bar at the top edge of the iPhone or iPad screen, and you'll jump to the top. It works for websites, email, contacts, and many other apps.
- Tap and hold the "Compose new message" button in Mail to bring up all your saved email drafts, says Katherine Boehret of *The Wall Street Journal*.
- Rather than switching to the number keyboard and then switching back to the letter keyboard, tap and hold the "123" key, then drag it to a number you select. When you lift your finger from the number, the letter keyboard will appear again.
- When entering an email address, hold down the period key to see other address endings. Add emoticons to

your keyboard by choosing: Settings, General, Keyboard, International Keyboards, Add New Keyboard, Emoji.

- You can split the iPad's on-screen keyboard in two so you can grasp the iPad with two hands and type with your thumbs. This is on by default, though you might not know it. To check, go to Settings, General, Keyboard, and Split Keyboard.
- To see the split keyboard anytime, spread your two thumbs from the center of the keyboard or tap and hold the keyboard icon and select Split.

For a holiday get-together you can set up a free video chat with up to 15 people.

There are several ways to set up free video chats. The best-known service is by Skype, but there are also Apple's FaceTime, a service called Tango, and others. But what if you want to set up a group video call with multiple people in various places who are using different types of devices? These conferences are great for families with members across the country, for committees in organizations, or groups of friends. A new independent service called zoom.us offers free, high-definition, group video calls for up to 15 people simultaneously. It allows any member of the group to join the others on the computer screen, and it allows group video chatting and texting. *The Wall Street Journal's* Web expert Walter Mossberg says here's how it works. Zoom works over wired and Wi-Fi Internet or cellular 3G and 4G networks. The app comes from a new company, Zoom Video Communications in Silicon

Valley. It works on Macs, Windows, PCs, iPhones and iPads. An Android version is coming soon.

- To use Zoom, you must have the free Zoom app, which can be downloaded and installed on PCs and Macs from zoom.us. Or for iPhones and iPads, it can be obtained at the Apple app store. When you go to the site, you click "start," or join a video meeting to download the app.
- To initiate a call, you have to log in with a Facebook or Gmail account. But people you invite to join the call don't have to have these credentials or even log in. You just send an invitation with a link via email, instant message or text message. Or you can phone them to provide a link and an ID number for the call.
- If they already have Zoom, the ID number takes them right into the call. If they don't have it, the app downloads and installs it so they can join the meeting.

New password program has great features

Experts say it's hard to remember all those passwords, but you know there's really no way. You can come up with those you use all the time, but when it comes to the dozen you use less often, they have to be recorded somewhere. Your smartphone or tablet can now be turned into a secure vault with keys to all your password-protected sites. A popular option called 1Password stores them and lists corresponding websites alphabetically. You can either look up the password for a site you want to visit or automatically connect

to the site using the in-app mobile browser. You can enter passwords by typing them into the app, but there's an easier way. You can sync the app to your computer, so whenever you log into a new password-protected site, your mobile password list will be automatically updated. The app, from AgileBits, costs \$14.99 for a version that works with both the iPhone and iPad. It's free for Android devices, but for now you have to manually add passwords. The app can hold other information as well, such as PINs for bank cards, credit-card account numbers or Social Security numbers. They are all safely hidden in a protected file in the app that, of course, is guarded by a password.

Games' advanced virtual technology helps doctors, soldiers and architects

When designing the Dallas Cowboys Stadium, architects at HKS created a 3-D virtual stadium using Unreal Engine, the software used in making hit games such as Mass Effect.

As the team sold seats prior to the stadium's opening, they could literally place a prospective buyer in the seat and let him or her see what the view looks like, says Jay Wilbur of Epic Games.

At Cary, N.C., Epic's game studio developed Unreal Engine for its Gears of War games and licenses it to other game developers as well as the military. Non-commercial use is free. For-profit applications cost \$99.

Also in Cary, N.C., the tech firm Virtual Heroes has created several medical training simulators for hospitals, the U.S. Army and health care company Kaiser Permanente. They collaborated with NASA on an educational game called Moonbase Alpha. Its work on America's Army games has led to collaborations with law enforcement agencies.

The U.S. Army has commissioned the CryEngine 3, created by Crytek for its Crysis games. The software is used for the head mounted, display-based Dismounted Soldier Training System, a 3-D surround-sound environment for combat testing scenarios.

Crytek's Unity engine, used for such games as Temple Run: Brave, has been the platform for several projects, including NASA's virtual Mars rover site.

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GATHERING GOODNESS

Nice Shoes • No Drama by Leigh Macdonald

Now and again, I feel almost overcome with gratitude. You see ... I know that I'm really very blessed. With love. With kindness. And with goodness of the purest pedigree.

But what's breathtaking is the realization that goodness is all around us. Upon reflection, I realize that goodness is in every crevice of my life. And if you look closely, I bet you'll find that it's all around you, too.

Indeed, I find goodness at my corner drug store, where they've hired persons with special needs as cashiers. Those cashiers kindly and discreetly remind me that **it's good to slow down** just a bit sometimes.

I find goodness at my dry cleaner, where in the past, I experienced a major language barrier. But now, because the clerk and I took time to exchange first names, it's somehow easier to communicate with her. In Mary, I'm reminded that language is such a small part of what defines us and that **we all matter**.

I find goodness in girlfriends who are busy, but never too busy to ask, "How are you?" and then listen. In them, I find an exhilarating peace and a reminder that **we can always make time**.

I find goodness in the eyes and smiles of my children and their friends. They're so alive, so excited. About things that might otherwise seem small. Through them, I'm reminded to **marvel at the many wonders around me**.

I find goodness in my husband, the love of my life, and father of my children. In him, I find so many reminders. Including the fact that **it's easier to aim high when you have someone on your team**.

I find goodness in long-ago friends. Friends from kindergarten who I haven't seen in decades. In them, I find an anchor of sorts ... something that reminds me

of where I come from. **Our history is part and parcel to each of us**, and through my childhood friends, I'm able to fondly conjure my past.

I find goodness in my forever friends. Those women who know my history as I know theirs. They are my chosen family, and in them, I am reminded to **appreciate relationships that transcend time and circumstances**.

I find goodness in my newest friends, those I've only known for a short while. In them, I find hope and excitement about the fun that awaits. And I'm reminded that **relationships don't just happen. They only flourish when you try**.

I find goodness in my parents. They're an endless source of love, support, and encouragement. And because of them, I'm reminded that **I can accomplish anything that I put my mind to**.

I find goodness in sunrises, in sunsets, and in nature that surrounds us. It's a constant reminder that **while I'm just a speck in the big scheme of things, every speck is important**.

I could go on and on. But instead, I challenge you to find and focus on the goodness that abounds in your life, too. So today—even right now, in fact—why not take a few minutes and ponder it? I'm guessing you'll gather your goodness list more quickly than you'd anticipated. After all, the goodness is there ... you just have to look for it.

author: Leigh Macdonald, is an attorney, former law professor, and the founder of NiceShoesNoDrama.com. She is working on her first book series and appears regularly as a Style Guru on local network news stations, including Fox 5 DC, NBC Washington, and WJLA's News Channel 8. She contributes written content to all 53 of WUSA9's hyper-local websites and speaks regularly at events in Northern Virginia and the District. Leigh lives in Leesburg with her husband and two children, and she has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends.




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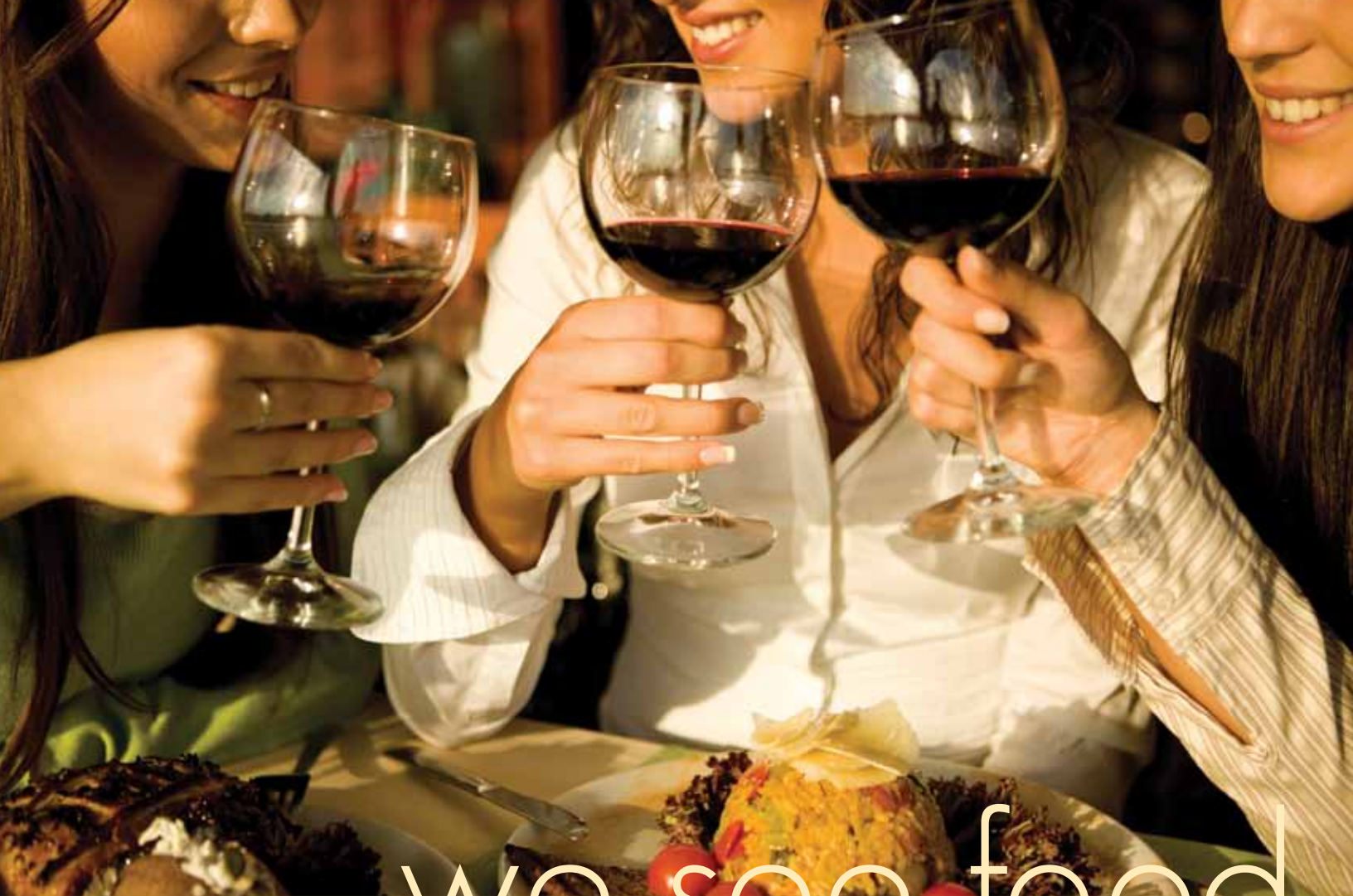
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DEAR COACH AMY,

Here we go again! The holidays are among us and I am still single. Yet, here is another Thanksgiving holiday and Christmas that I will spend with my family as a solo. I dread the question from my Mom, "Have you met anyone?" or the judgmental comment from Aunt Millie, "Perhaps you are too picky." My siblings are all married with families. I am thinking of staying here in Arlington and not going home this year. What do you suggest? By the way, I am a professional woman in my late thirties.

-Alone in Arlington

DEAR ALONE,

How will you feel if you don't go home for the holidays? What would you be missing out on and who would miss you for not being able to spend this time with you? It sounds like you have nieces and nephews to connect with, as well as your other family members.

Yes, our family can be hard on us. They don't really see it as so and they really mean well. You have two choices – to either stand up to them and tell them that they are not helping you and solicit their support or just agree with them and say, "Perhaps you are right" and just leave it at that. Or ask them if they know anyone who they can introduce you to.

Are there any friends back home to reconnect with? Perhaps you can look up some old friends on Facebook and find out if they will be home for the holidays- that would give you a great excuse to escape the family when you need to. Think about your siblings who can't do just that. I have a client who reconnected with someone she knew in high school that she had a crush on and now they are dating after she went home for a family get-together.

The other suggestion is that you may just want to pick one holiday to go home to such as Thanksgiving. Then, you can spend Christmas with either friends or go away on vacation that week. I know that there are all sorts of singles cruises, tours, and ski trips the week between Christmas and New Years. (You can find travel resources at www.heartmindconnection.com/resources.html)

I always suggest to my clients to create what they want for themselves. How about having a Christmas dinner and invite your friend who would also be in DC, away from their families? I did just that for my friends- and it became a yearly event. You can encourage your friends to invite their single, available male friends to join you.

You don't have to be alone if you don't want to be if you plan ahead. I suggest you see your family for Thanksgiving or Christmas and prepare yourself for what may happen (or not!). My husband's family stopped prying when he was in his early to mid 40's – for they gave up hope for him meeting someone and marrying. Just leave your gremlins at home alone in Arlington as you travel to see your family!

Happy Holidays!

Warmly,
Coach Amy

RELATIONSHIP COACH AMY

Alone for the holidays.

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. www.heartmindconnection.com.



LAYAWAY PURCHASES GET POPULAR AGAIN

At Walmart stores, Christmas shopping started in August. Though the company charges a \$5 open account fee and requires either \$10 or a payment of ten percent of the \$50 or more purchase, customers will get \$5 back in the form of a Walmart gift card after making the final payment and pickup by December 14.

Customers have told Walmart they need two extra paychecks to buy what they want for Christmas and starting the service in August helped them buy what they wanted.

Layaway programs have become popular since the economic downturn in 2008. Customers want to make choices early, but don't want to charge to their credit cards.

Kmart, Sears, and Toys "R" Us have abolished all fees for layaway purchases.

SOME YOUNG PEOPLE DON'T SAVE FOR RETIREMENT THEY EXPECT AN INHERITANCE

Apparently, youth isn't the only thing wasted on the young. So, too, are tax breaks.

Recent studies say the majority of young workers are failing to sign up for tax-advantaged accounts, potentially leaving hundreds, if not thousands of dollars of benefits on the table.

Though the vast majority of eligible baby boomers participate in a 401(k), less than a third of workers 25 and under are contributing to these employer sponsored retirement plans. Only four percent of young workers are maxing out their workplace retirement plans, according to a recent survey by the tax information service CCH.

Many think retirement planning isn't important because they will have an inheritance. In fact, experts at TD Ameritrade say the odds are slim that young adults will inherit much.

Their parents face a less secure retirement world with stock market turmoils and mounting health care costs.

Only 16 percent of parents say they expect to provide an inheritance. Many are scaling back on bequests, but that doesn't mean they won't provide an inheritance at all.

Still, among adults with at least \$100,000 in investable assets, 58 percent say an inheritance is not their primary concern, according to a PNC survey. Instead, 42 percent say saving for retirement is their primary financial goal. Passing on money is far down the list. Only two percent say it is a primary financial goal.

Low interest rates are making it hard for parents to live on interest and keep the rest of their savings for the kids. Their big concern is the cost of health care. If they live to be 95, they'll need enough money to keep themselves afloat.

HEALTH CARE REBATES WENT TO 12 MILLION AMERICANS

The 2010 health care law requires health insurers to spend at least 80 percent of consumer premiums on health care, not administrative costs such as overhead and salaries.

If they don't, they must issue their customers a rebate. The check may go to the consumer or to his or her employer, depending on how a person purchased health insurance.

More than 12 million insurance customers received rebates on their premiums. The average rebate per family was \$151,

but the amount differed by states. In Vermont, it was \$807; in Alaska, \$622. The lowest was in North Dakota for \$5.

Blue Cross and other large insurers have new programs that concentrate on paying for effective care, rather than by the number of tests or procedures a patient receives.

However, the Congressional Budget Office recently estimated that more than 6 million people will pay up to \$1,200 extra for insurance in 2016.



SMART FEATURE CHOICES FOR EYEGLASSES

When your vision is otherwise OK but it's getting difficult to read the newspaper or fine print, a pair of drugstore glasses will work for you. They cost about \$10.

For other types of glasses, analysts reporting in CNNMoney say special features add significantly to your costs, so decide which ones you need.

Unless you're frequently moving from indoors to outdoors, you don't need photochromic lenses that darken in the sun and lighten indoors. They add about \$90 to your costs.

High-index lenses add \$30 to \$300. They reduce the thickness of glasses and are a cosmetic function, but also weigh less.

A glare-reducing anti-reflective coating costs \$50 to \$115, but it's helpful if you wear glasses all day or if you drive a lot at night.

Good quality frames cost from \$100 to \$200. If they cost more than that, chances are you're just paying for the name.

APPLE HITS A RECORD IN MARKET VALUE

At the close of stock market trading on August 20, Apple's stock valuation was greater than Microsoft's closing high of \$616.34 billion. Apple's closing high was \$623.52 billion, a 64 percent rally in its stock this year.

It was higher than some of the most powerful companies in the United States, such as General Motors and IBM. It was \$200 billion higher than ExxonMobil. The valuations were in market terms, though not in inflation-adjusted terms.

Given its sheer size, Apple now accounts for roughly 4.7 percent of the Standard & Poor's 500 index and 23 percent of the value of all the tech companies in the S&P 500.

Everyone seems to think Apple stock is going higher. Of the 40 Wall Street analysts who cover it, 39 rate it either a

"strong buy" or "buy." There was not a single "sell" rating in the survey.

Still, companies often struggle to remain on top. Of the ten most valuable companies as of the end of 1999, only two, ExxonMobil and IBM, are worth more than they were then or they have merged into a larger company.

Because new technologies can quickly render products and business models obsolete, tech companies often rise and fall in a ten to 15-year cycle.

Apple faces challenges as well. Its smart-phone segment, where Apple makes much of its money, is becoming a replacement business. In the tablet market, where Apple holds a commanding market share, competition is heating up.



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THYROID ISSUES?

by Sanford Christmus

Dear Doctor Christmus:

I've heard dogs and cats often develop thyroid problems. Please tell me what to watch for in my pets so I can catch the problem early.

~ Maria N., Vienna, VA



You've heard correctly, Maria. Dogs and cats do commonly develop thyroid diseases, although they each have diseases that are more common in their species. In this article, I'll discuss the most common diseases of both, what to watch for, and how to treat their respective conditions. First a quick Latin lesson: hypo- means low, and hyper- means high.

Dogs most commonly develop primary hypothyroidism, or low thyroid levels, the result of damage to the thyroid gland, which forms an H in the center of the front of the neck. In people, this condition is called Hashimoto's thyroiditis. We don't have such a fancy name in veterinary medicine, but the cause is the same—the patient's immune system attacks the thyroid gland and slowly destroys it, reducing the blood level of thyroid hormone, also called T4. Thyroid hormone is essential for many cellular processes that occur throughout the body. Every one of our cells needs T4 to function properly.

It's extremely rare for cats to develop primary hypothyroidism, but they get their own thyroid problems, which I'll discuss later.

The most common clinical signs we see in hypothyroid dogs is obesity, a dull coat, and lethargy. Because most affected dogs have such vague and non-specific symptoms, the disease has often been present for months or even years before it is diagnosed. There are some other, more specific, symptoms we occasionally see, such as "tragic facies" (thickening of the skin on the head leading to a "tragic" expression) or one-sided facial paralysis leading to eyelid and lip drooping, but

often clinicians see a combination of symptoms that may indicate hypothyroidism which then stimulates us to talk about testing for the disease. One of the most common complaints veterinarians hear from clients who have hypothyroid dogs is that they seem older than they should or they're tired on walks and don't play as much as they used to. Hypothyroidism is most common in middle-aged and older dogs, with some breeds being predisposed, such as Doberman pinchers, golden retrievers, boxers, dachshunds, Irish setters and Great Danes. As you can imagine, it can be difficult to know whether an overweight dog is lethargic because she's older or because she's overweight and out of shape or whether she has hypothyroidism.

A study of dogs confirmed to have hypothyroidism showed that 88 percent had some sort of skin condition, 40 percent had hair loss, 22 percent had a skin infection and about 48 percent were obese and lethargic. Veterinarians must always keep hypothyroidism in our minds when we see dogs with these vague symptoms, skin conditions, or chronic ear infections.

If veterinarians see a pattern in a dog's history that may indicate hypothyroidism, we recommend testing for the condition. Unfortunately, hypothyroidism isn't always easy to diagnose with standard blood tests. Classically, hypothyroid dogs will have a low T4, a low free T4 (the form that can get into cells) and a high thyroid stimulating hormone (TSH), because the pituitary gland is trying to tell the thyroid gland to make more and more T4. Some dogs require more involved testing to definitively diagnose the disease, however. In some situations we'll recommend

rechecking the values at some point in the future, if we can't be sure of the diagnosis but all the signs fit.

The treatment for hypothyroidism is supplementation with the appropriate dose of thyroid hormone in the form of a pill, usually given twice daily. Most dogs tolerate the medication well and the major signs of the disease abate over several months, with weight loss and improved energy being the first to be seen. Over time the coat will improve, and if there's no underlying allergy or other issue, the other symptoms resolve as well. Once dogs are started on thyroid supplementation, their T4 levels must be monitored to ensure the correct dose is being given. If the T4 level is too high, hyperthyroidism occurs, which causes many other problems, which we'll discuss later. If the level is too low, the dog isn't getting the full benefit from our treatment plan. At Oakton-Vienna Veterinary Hospital, we check the T4 about three weeks after starting the medication, and if the level is appropriate, every six months after that. Because the thyroid gland doesn't grow back after being destroyed, the medication is given to the dog for life.

Cats with thyroid issues more often develop the opposite condition, which is called hyperthyroidism. In people, it's called Graves' Disease, although the cause is very different. In cats, hyperthyroidism is caused by benign tumor(s) within the gland that overproduce T4 without regulation by the rest of the thyroid hormone system. The classic sign of hyperthyroidism is a cat that loses weight despite eating well. In fact, these cats tend to be ravenous and eat more than normal. In some cases, hyperthyroid cats seem agitated, vocalize more, don't sleep well, drink and urinate more and vomit more often. Because the cats are eating so well, they are often assumed to be normal by their owners, and if the weight loss is detected, it's assumed to be because the cat is older. The average age when we diagnose hyperthyroidism is 13 years of age, but about five percent of hyperthyroid cats are less than ten years old when the disease is found.

Hyperthyroidism is a much more dangerous disease to cats than hypothyroidism is to dogs. Complications such as high blood pressure, emaciation, blindness because of detached retinas, kidney disease, and heart disease greatly affect the quality of life of hyperthyroid cats. The earlier the disease is found and treated, the better the long-term prognosis for these kitties. Many progressive veterinary hospitals recommend annual blood tests checking for age-related diseases, especially hyperthyroidism, at seven to nine years of age.

Hyperthyroidism can sometimes be very easy to diagnose by finding an elevated T4 level in the cat's blood. In other cases or early in the process, the T4 may be normal, and your veterinarian will discuss other tests, such as a free T4 level or a T3 suppression test that may be needed to help prove the diagnosis.

There are several treatment options for hyperthyroid cats. The medical treatment for cats and people is a drug called methimazole (Tapazole®), which is usually given

two times daily. It blocks the production of T4 from the hyperactive gland. The dose is adjusted and the T4 is monitored to keep the thyroid level within the appropriate range. Unfortunately, in less than five percent of cats, methimazole can cause liver damage, low white blood cell (WBC) counts and, very rarely, severe facial itching, so we often monitor liver values and WBC levels along with the T4. While these side effects are relatively rare, they can be severe, so we don't take them lightly.

Because kidney disease is common in older cats, too, and the blood values can look falsely normal when the T4 level is high, we monitor kidney values on the blood work, also. Around 10 to 15 percent of cats will vomit when starting methimazole, but usually the medication can be stopped and then restarted at a lower dose, slowly ramping up to the appropriate dose, and the animal will tolerate it well. If medical therapy is used for long-term control, then the medication is given lifelong and can never be stopped.

A much better long-term solution for most hyperthyroid cats is radioactive iodine treatment. The cat stays at a treatment facility for about three to five days, where he's given a single injection of radioactive iodine (I131) on the first day. The iodine concentrates in the overactive areas of the thyroid gland and kills those cells, sparing the normal gland. Less than five percent of cats treated with I131 will develop hyperthyroidism again, but even then, it won't happen for several years. Radioactive iodine treatment costs about the same as two years of medical therapy (drug costs, rechecks, and lab tests), so it's especially recommended for younger patients, although all patients without significant kidney disease are candidates. It's also great for cats that are difficult to medicate twice daily or those that can't tolerate the medication. For your safety, a cat treated with I131 is released when the radiation level is no more than background levels, although their urine, feces, and saliva will have higher levels for a few days.

While veterinarians do still sometimes perform surgery to remove the affected gland(s), they are doing it much less often than in days gone by, because of the risks and costs involved, the potential complications post-operatively and the relative advantages of I131.

Dogs rarely develop hyperthyroidism, but if they do, the cause is a tumor, typically a malignant thyroid carcinoma. The treatment for these patients is surgery, radiation therapy and sometimes I131.

In summary, to detect thyroid problems in your dogs, watch out for these symptoms, usually in combination: obesity, dull coat, lethargy, thickening of the skin on the head or eyelid, and lip drooping. In cats, watch out for weight loss despite eating well, agitation, more vocalization than usual, sleeplessness, excessive thirst and urination, and more vomiting than usual.



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WINTER PET CARE

Pets need extra special attention during the cold winter months.

by Keryn Dohanich

As the temperature goes from warm summer months to cold harsh winter weather it is important to keep in mind how the upcoming cold will affect your pet. Just as you should prepare for warm weather dangers and issues, you should also be proactive in keeping your pet healthy and happy in the cold.



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Visit the Vet

After enduring the extreme heat of the summer and going into a shifting climate it is best to bring your pet to the vet for a check-up to make sure that your pet is healthy going into this ruthless season. This can also let you know if your pet has any medical ailments that may make them more vulnerable to the cold. Seeing your vet at the beginning of the season will give you the opportunity to ask any questions or voice any concerns you may have about the upcoming weather.

Baby it's Cold Outside

When the temperature finally does drop for good, is it very important to keep an eye on how your pet reacts to the colder weather. Keep in mind that although your pet may have a nice furry coat they will still get cold and uncomfortable when left out in the elements. If you are outside long enough to become cold, they probably are cold too. Try to keep your pet safe indoors during this time of the year. If left outside in the cold for too long your pet could develop frostbite or hypothermia.

Protect the Paws

In the winter months, we protect our feet with nice warm winter boots but your pup's paws are still exposed to the cold. To keep snow from accumulating between your pet's toes use a product called Musher's Wax. This will allow the snow to slip off and keep your pet comfortable. You can also use Vaseline to help keep the snow from accumulating. The Vaseline will also moisturize the pads of your pup's feet which can become dry and irritated from the salt used on the roads and sidewalks. Always rinse and dry your pet's feet after walking so the salt won't irritate their sensitive foot pads. Keep the hair between your pet's toes trimmed to further limit snow build up.

Stay Warm

While some pups are prepared for winter with thick winter coats and long legs, some of our smaller friends are poorly equipped to deal with the cold climate. Smaller dogs like Chihuahuas and toy breeds have almost no protection against the cold and it is extra important to keep an eye on their body temperature and how they are reacting. A sweater for extra warmth is important for your pet and can be beneficial for larger dogs as well. This extra layer of protection guards against winter elements and keeps your pet safe and healthy.

Car Safety

We all know to not keep our dogs in a hot car in the summer, but it is also important to realize that when the temperature drops the inside of your car will be too cold to leave your pet in for long. A car offers little protection against the cold and your pet will succumb to the elements. Hypothermia is the biggest danger of leaving your pet in a cold car.

Heat Sources

Be careful with supplemental heat sources like fireplaces, space heaters, and other sources. Your pet will do anything it can to stay warm and cozy, including cuddling up a little too close to that warm heater. Your pet is in danger of burning itself or knocking over a heat source and endangering the house and other inhabitants. To avoid this turn off all supplemental heat sources when not at home. Make sure that heaters are on a stable base and out of reach of your pet. Heaters that don't get hot are a good investment in making sure your pet is safe as well.

If you take precautions to protect your pet during the cold winter months you both can enjoy this time of year and even some time playing in the snow. Keep your eyes open for symptoms of discomfort for your pet and keep in mind the tips above for a safe and fun wintertime.



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NEW PETS FOR A NEW YEAR

Introducing your new pet to their new home.

by Gaby Oser



Big or small, furry, or scaly; bringing home a new pet is an exciting time for everyone; even more so for your new critter. To ensure your new pet will love your home as much as you do the key thing to remember is not to overwhelm them.

Regardless of who you are bringing home, whether a puppy or kitten; a hamster or even a goldfish, advance planning and preparedness is necessary for a happy and well-adjusted pet and family. Every pet will need the basics, food, water, and a place of their own. Make sure everything is set up before introducing your pet to their new home.

When bringing home a dog or cat, a designated bed or crate is important for your pet to make their safe spot. Put an old t-shirt, blanket or towel, something that has your scent on it, to make your pet feel secure and begin the bonding process.

Choose one room for your pet to remain in for the first few weeks or so. Pick a room where your family tends to spend most of their time, the kitchen is a good choice since it's easy clean up as well.

To keep the mess at bay, plan your pet's schedule or routine in advance. Assign convenient and easy to remember times for daily activities such as feeding, walks, and bathroom duty. Make sure everyone in your household is comfortable with their responsibilities and it won't seem like a chore.

If you already have a pet at home, be sensitive to your original pet. This new pet will seem like an "intruder" and even if your current pet has never expressed possessive or territorial behavior, remove anything that might cause any rivalry. Also remember that while your new pet may be new and exciting and you will want to give it lots of attention, don't neglect your resident pal. Try and give both pets equal attention, petting them at the same time if possible. This will let both pets know that you accept both of them and they are both part of the family now.

The first thing you will want to do when your pet arrives home is show them their designated spot to relieve themselves, whether it be the litter box for a cat, a specific spot in the yard for a puppy, or the cage for your new small mammal or reptile. As your new pet arrives home, the excitement will normally amp up their need to go. After introducing your pet to their new home and family members, give your pet some time to rest and probably take a much needed nap. Remember this experience is just as exciting and overwhelming for them as it is for you.

Plan to take your new pet to a veterinarian as soon as possible, regardless of where your pet came from. Bring any records and documents you have about your pet's health and history no matter their age. A healthy pet is a happy pet!

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TALK TYSONS

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatyson.com. Let us decide if it's too trivial, it rarely is.

It's **BGR The Burger Joint** - not fast food but a "joint," stay awhile, enjoy the food. Locally made buns delivered fresh daily, fresh tomatoes and burgers grilled over an open flame, at Tysons Corner.

The **Falls Church Farmer's Market** earned three awards recently on the local and national levels. The market picked up third place of the medium-size category of the 2012 America's Favorite Farmers Market sponsored by the American Farmland Trust. The farmer's market also picked up third place amongst all Virginia markets. The market also picked up Best Farmers Market in the Northern Virginia Magazine's 2012 Best of NoVA and the same recognition in the Virginia Living Magazine's Best of Virginia 2012 issue.

A **GRAFF diamond boutique** has just opened in Saks Fifth Avenue at Tysons Galleria. Their grand opening was on October 11th and was a fabulous event. Stop by to see their stunning jewelry collection.

Lou Lou is open! Located at 2910 District Ave, in the Mosaic District, Lou Lou offers jewelry, bags, and accessories, very popular, and fun too. For more info visit www.loulouboutiques.com

Tysons Galleria will be adding one more high-end retailer to the mix. **Henri Bendel**, a luxury New York-based department store known for its iconic brown and white striped packaging, will throw open its doors in Virginia on November 8.

Spanx - Coming soon. Sara Blakely was getting ready for a party when she realized she didn't have the right undergarment to provide a blemish-free look under white pants. So she cut the feet off her control top pantyhose and presto... SPANKS!

Vino Volo - Coming to Tysons Galleria – The airport wine lovers destination is coming to our town, opening sometime late winter, early spring. Vino Volo will have a full menu and seating for around 100- with wines available for purchase by the case and bottle. For more information visit www.vinovolo.com.

It's open! The new fitness club **(24 Hour Fitness)** opened in Falls Church on September 21. And it's some club, 48,000 square-feet, a full size basketball court, indoor pool, and state of art gym and training equipment. The 24 Falls Church Fitness is located at 1000 E. Broad Street, Falls Church. For more info www.24hourfitness.com.

Achikian Goldsmiths is moving, just a stone's throw away. The jewelry store on Church Street for the last 20 years is moving to a larger space to serve its growing customer base. Until then, they will continue serving you at 131 Church Street, NW in Vienna.

Washington Nationals Team

Store - Need more "Natitude?" You'll soon be able to show your pride with Nationals apparel, caps, and novelties at Tysons Corner.

Also heard around town, **Le Pain Quotidien** will be joining the eateries at the new Mosaic District in Fairfax (Merrifield). So many choices.

MULBERRY is Open in Galleria! With strong ties to British craft and design, here you can find women's wear that fuses traditional craftsmanship and functional design with a creative flair and imagination.

Tysons Corner-based dog daycare company **Dogtopia** will expand to hundreds of locations as part of a partnership with investment firm Thomas Franchise Solutions Ltd.

The Retina Group of Washington recently opened an office in Tysons Corner (8219 Leesburg Pike, Suite 120, Vienna), the practice's sixth location in Virginia, as it continues to provide the most complete retinal and macular health care in the area.

So we have a new Business Association in Vienna. Since the VTRCC decided to change it's name and move closer to Tysons, a few of our area businesses decided to form a new association with a more "Vienna" feel and purpose. The "**Vienna Business Association**" is making plans to promote and foster a closer tie with the community and the independent businesses in the area. Some 25-30 businesses have expressed interest and meetings are underway to keep moving it forward. For more information contact Kathy@gsacpa.com.

PAUL Bakery, The "Maison De Qualite" with bakeries and cafés in more than 20 countries has set its sights on our town, famous for "Viennoiserie" breakfast and snacks, and their "Patisserie" of tarts, desserts and small cakes-we can't wait.

KRAZE Burger is on its way to Galleria! Famous for their custom Burgers, they hope to be open for the holidays.

Hickory Farms - Opening soon- Baskets of sausage and cheese, crackers, sweets, and gourmet items.

Hair Cuttery is coming to **Danor Plaza**, next to **The Fresh Market** and **Maplewood Grill**, and the exciting, soon to open **Pazzo Pomodoro Pizzeria and Cantina**, stay tuned for more details.

Novel Smiles, is now open at 8180 Greensboro Drive, in McLean-Stop in and say hi.

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VivaTysons magazine, **CelebrateTysons.com** works to "illuminate and celebrate" local merchants and service providers by offering consumers introductory and special offers.

Dee Septor, the famous magician, claimed to be able to throw a ping-pong ball so that it would go a short distance, come to a complete stop, and then reverse itself. He also added that he would not bounce the ball off any object, or tie anything to it. How could he perform this trick?

He threw the ball straight up into the air.

Historical Happenings

Nov 10 1775 - The birth of the United States Marine Corps.

Nov 22 1995 - Toy Story is released as the first feature-length film created completely using computer-generated imagery.

Dec 14 1903 - The Wright Brothers make their first attempt to fly with the Wright Flyer at Kitty Hawk, North Carolina.

Dec 29 1989 - Canada is the first country in the world to ban smoking on domestic airlines.

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Halftime Sudoku

								1
	7		5	2				3
5		3	6	7			9	
				9				5
3			1		4			2
8				3				
	5			4	7	3		6
2				5	8		1	
4								

Three closed boxes have either white marbles, black marbles or both, and they are labeled white, black and both. However, you're told that each of the labels are wrong. You may reach into one of the boxes and pull out only one marble. Which box should you remove a marble from to determine the contents of all three boxes?

Tom's mother has three children. One is named April, one is named May. What is the third one named?

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.
- Dave Barry

Bizarre Holidays

Nov 15th National Clean Your Refrigerator Day
Nov 29th Square Dance Day
Dec 5th Bathtub Party Day
Dec 5th National Chocolate Covered Anything Day



"I don't have anything where troubles melt like lemon drops for at least three months."

Trivia Teaser • Cat-echism

- Who played the hapless police detective, Inspector Clouseau, in the "Pink Panther" movies?
A. Leslie Nielsen B. Peter Sellers C. Peter Falk D. George C. Scott
- In the Bible, who was put into the lion's den by King Darius?
A. Daniel B. Job C. Moses D. Methuselah.
- What snack food is promoted by Chester Cheetah?
A. Snickers B. Lays Potato Chips C. Bugles D. Cheetos
- What actress was left with a lifelong fear of cats after she was mauled by a lion while making the 1972 Disney movie "Napoleon and Samantha"?
A. Annette Funicello B. Kim Richards C. Hayley Mills D. Jodie Foster
- What baseball manager won 863 games in nine years with the Cincinnati Reds and 1,331 games in 17 seasons with the Detroit Tigers?
A. Tommy Lasorda B. Tony La Russa C. Sparky Anderson D. Joe Torre
- Who played pool hall owner Sam the Lion in "The Last Picture Show"?
A. Wilford Brimley B. James Garner C. Jack Lemmon D. Ben Johnson
- Who played mob kingpin Tony "The Tiger" Russo in "Married to the Mob"?
A. James Caan B. Dean Stockwell C. Robert De Niro D. Alec Baldwin
- Which member of the cat family lacks climbing abilities and is placed in its own genus, Acinonyx?
A. Mountain lion B. Ocelot C. Cheetah D. Tiger
- Who played the title character in the comic film western "Cat Ballou"?
A. Jane Fonda B. Lee Marvin C. Michael Crawford D. Terence Hill
- What was the name of the talking cat who was a member of the household on "Sabrina the Teenage Witch"?
A. Sheila B. Salem C. Squeaky D. Simon

Searching for Discoverers and Explorers

TEILOJPADTRSE
CBALBOAEGRZHK
OHUDSONNALYKI
LOAOAKIOLREBP
UALMNMQTSEYNJ
MVSOPASQWCWIN
BNQAPLSGEEIIP
UICSLNANAPLRS
SCOTSLOIEDLAE
KORAWOEVNHILC
OLTNBURIWHAEA
OEELDKILITMIB
CTXEERDMLISGO
ITTYAEXKMTHT
GGREELYDESOTO
EKARDCNOSRACZ

BALBOA HENSON
BOONE HUDSON
BYRD JOLIET
CABOT LA SALLE
CARSON LEWIS
CHAMPLAIN LIVINGSTONE
CLARK NICOLET
COLUMBUS PEARY
COOK PIKE
CORTEX POLO
DA GAMA RALEIGH
DE SOTO RIDE
DRAKE SMITH
ERICSON STANLEY
GLENN WILKES
GREELY WILLIAMS

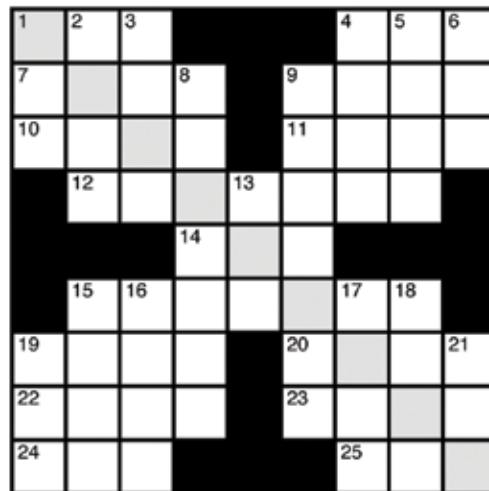
If you go as far as you can see,
you will then see enough to go even farther.
- John Wooden, revered basketball coach

What is special about the following sequence
of numbers?
8 5 4 9 1 7 6 10 3 2 0

Football Game Crossword

- Across
- Maidenform product
 - Gun, as an engine
 - Brewer's equipment
 - Bigger than big
 - 12-point type
 - Alternative to Windows
 - Preferences
 - Lizard, old-style
 - Renting
 - Checker, perhaps
 - Not on the rocks
 - Muslim holy man
 - Big bash
 - Tartan cap
 - Part of ROYGBIV

- Down
- Bonk
 - Commuter line
 - Fungal spore sacs
 - Ladder crosspiece
 - Auspices
 - Bedevel
 - Draw a bead on
 - Tracking down
 - Uncertainties



- Tibetan monk
- Midterm, for one
- Within reach
- Big wind
- Small songbird
- Tiny bit

Note: the title is a clue to the word in the

shaded diagonal.



Strange Laws

In Virginia, the Code of 1930 has a statute which prohibits corrupt practices or bribery by any person other than political candidates.

In Virginia, chickens cannot lay eggs before 8:00 a.m., and must be done before 4:00 p.m.

In Kentucky, it's the law that a person must take a bath once a year.

The phrase "rule of thumb" is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.

It is against the law to mispronounce the name of the State of Arkansas in that State.

In Utah, birds have the right of way on any public highway.

HOROSCOPES

NOVEMBER

ARIES: November is a prime time for learning new things and acquiring knowledge in fields that have always interested you. Self-study will help target your true strengths.

TAURUS: Your innate social talent will be called upon at a large family gathering. As you smooth over family differences, your peacemaking skill will save the day.

GEMINI: There will soon be a time when you have an opportunity for self-aggrandizement. Don't be tempted. Show the real you, knowing that you are already grand.

CANCER: November is a good month for both status and profit. You will be able to benefit from some advantageous circumstances, so be sure to identify them.

LEO: Your optimistic and playful mood shows up this month as you deal creatively with co-workers and come up with new ideas. Set up a lunch with friends.

VIRGO: If you can make it to a family Thanksgiving dinner, you will enjoy it. If not, dine with friends or make it a day to pamper yourself and relax. You'll enjoy that too.

LIBRA: Options surround you and you feel that you have to make a choice. Don't do it in haste. Consider the pros and cons, and think about what will happen in the future.

SCORPIO: Though it's difficult to imagine anyone's way being better than your own right now, you can overcome the difficulty by remaining flexible. Analyze the benefits.

SAGITTARIUS: Your internal weather is gorgeous. Even if you are busy at work, part of you is off sailing a ship across a quiet sea. Take a break and come back to reality.

CAPRICORN: Leadership is your role this month both at work and at home. Don't be afraid to be spontaneous; your instincts are right on and you'll attract followers.

AQUARIUS: Analyze where you went wrong in your finances and move forward with a more logical plan. You can be well-off in the future if you plan now.

PISCES: A winning attitude might mean saying you're feeling fabulous even when you're not. Look for the good in life and work. Smile first and you'll want to smile later.

DECEMBER

ARIES: Work pressure in December is being balanced by a strong sense of motivation, but that could be more about raising the bar and making sure you're not asleep at the wheel.

TAURUS: Since you are gifted with compassion, people gravitate to you. Take care of yourself, even pamper yourself, so you have enough to offer when others need you.

GEMINI: Your energy may start on the low side, but once you realize how important your contributions are to family, friends and others, your energy reserve will kick in.

CANCER: The necessity to let go and not look back starts at the end of December. Eliminate clutter, plans, people, and behavior that don't contribute to your well-being.

LEO: Your visions of the future only hold success, but also plan how you will handle an occasional failure. Look at each money-related opportunity with a critical eye.

VIRGO: Christmas break and family festivities can be revitalizing. Finish up at work, have your shopping done and be ready to help the host. Then relax and have fun.

LIBRA: Try spicing up the holidays by adding some new elements to the festivities. But another important factor emphasizes friendliness, cooperation, and sharing.

SCORPIO: With much holiday bustle around you, you might start to feel exhausted. Relax in an easy chair, meditate, then start again, this time in a relaxed frame of mind.

SAGITTARIUS: The stars say December is a time of deliberate action. Successful projects undertaken during this month will be calculated and pursued with energy.

CAPRICORN: Health and fitness will likely be foremost in your mind in December. For some, it's a season for putting on weight. For you, it's a time to focus on fitness.

AQUARIUS: Having a winning attitude might mean saying you feel great when you don't. Look for the good in life by pasting a smile on your face. The world will smile back.

PISCES: Professionally, you can look forward to full support from your colleagues and bosses in the coming year. Financially, you'll do well in balancing income and expenses.

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