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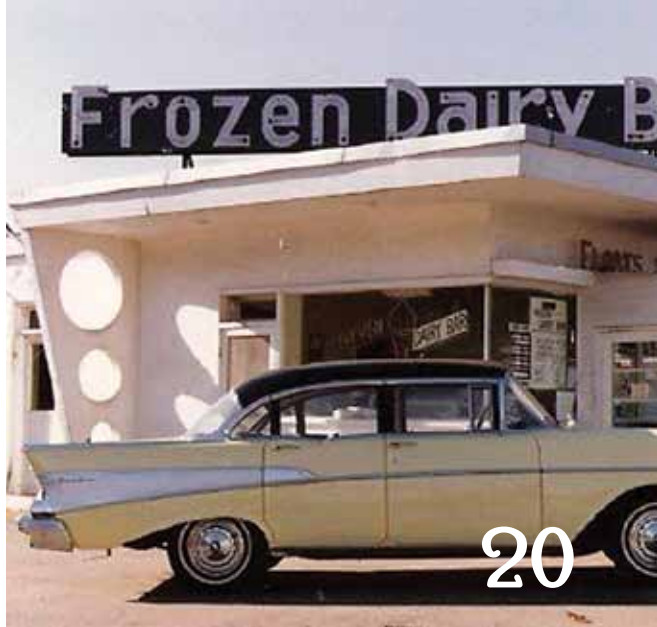
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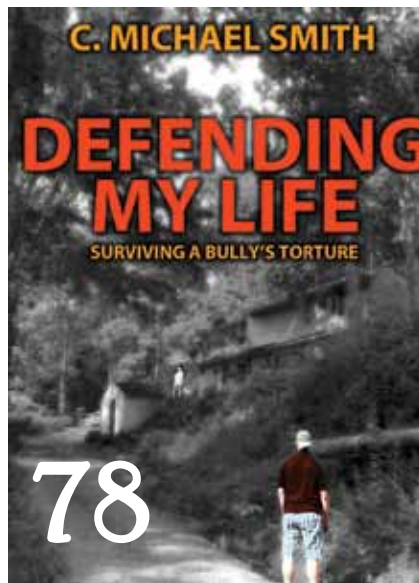
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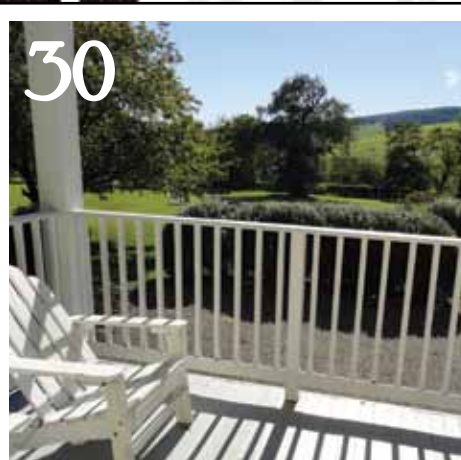
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www.twitter.com/viva_tysons
www.tasteoftysons.com
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Subscriptions for *VivaTysons Magazine* are available for \$12 per year
or \$20 for two years. Please address requests to Calamity Media,
7921 Jones Branch Drive, Ste G11, Tysons, VA 22102, or you can
subscribe online at www.vivatyson.com.

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A LETTER FROM THE PUBLISHER



It's Tysons. *Just Tysons.*

Happy New Year, and welcome to Tysons, "the new downtown." The last year brought so many changes to our landscape, and this year promises to be even more exciting. With the announcement of the arrival of Intelsat to the new Tysons Tower, the new and exciting stores opening in Halstead and The Mosaic District, and the plethora of new restaurants, concepts

and services in the area, it's hard to believe there's an economic slowdown going on. We are told that the Silver Line is on track for completion this summer. Can you believe it?

Our Realtors tell us home sales are great, prices are moving up, and inventory is in short supply. Aren't we lucky? Keith Turner and City Line Partners share a little about the development in the Scotts Run area of McLean. This is not your father's McLean. Thanks Keith.

As we look forward, it's fun to glance back a bit. We stumbled onto a Facebook page called "Back in the Day" and sent Keith out for the story. It's a great story about Sha'Ron Lansdown-Downing and her Facebook idea. Take a peek. Also, check out the work and story of Ana Marie Paredes, and her gift for sculpture.

When in McLean, we always try to hook up with some friends at the local coffee house, Greenberry's. Great coffee, a chance to catch the local buzz, and meet new friends! Thanks for the story Keith.

Carly and Keryn, ever so fit and health conscious, share some thoughts on winter wellness in the Tysons area. Just do it.

So much going on with the Silver Line and Marcia McAllister, and The Dulles Metro Project has some progress reports on the pedestrian bridges and rail projects-it's happening so fast, before you know it...

Judy, Cindy, Leigh, Colleen, Laurie and Rick have some interesting ideas and people to share with you. Allison Chase Sutherland sends us to The Ashby Inn in Paris (VA), and we dine at Absolute Thai with Jeannine. Great book reviews by Richard and Rick, and tips for some sweets for the special one this Valentine's Day.

As we begin a new year, allow us to thank the many advertisers, authors, readers, and subscribers who keep us going with their support and letters of praise. The support that the community has given us has been amazing. Thank you. And while we are on the subject of thanks, we want to thank Keryn who is moving on and will be sorely missed. She has been an inspiration, and asset with her glorious eye for design and writing talents. We wish her the best.

From all of us here, Happy New Year and remember to include us when your civic and social activities need some "illumination"- articles@vivatyson.com.

See you in March.



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LOCATIONS

(referred to in the selected events)

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www.redwhiteandbleu.com

Falls Church City Hall

300 Park Ave

703.248.5001

www.fallschurchva.gov

The State Theatre

220 N. Washington St

703.237.0300

www.thestatetheatre.com

MCLEAN

Iris Lounge

1524 Spring Hill Rd

703.760.9000

www.irisloungeva.com

Ritz Carlton Tysons Corner

1700 Tysons Blvd

703.506.4300

www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd

703.847.7300

www.shoptysonson.com

McLean High School

1633 Davidson Rd

www.mcleanchocolatefestival.org

GREAT FALLS

Colvin Run Community Hall

10201 Colvin Run Rd

703.435.5620

www.colvinrun.org

JANUARY

JANUARY 5

THE MICHAEL CLEM TRIO: MICHAEL CLEM BIRTHDAY SHOW

Jammin' Java

Vienna | 7:30pm | \$15

Twenty year veteran bassist and songwriter for Eddie from Ohio, Michael Clem, celebrates yet another birthday at Jammin' Java, once again bringing his three piece, The Michael Clem Trio. MCT features Clem on guitar, mandola, harp and mouth, and is sandwiched by two fine fellow Charlottesville, VA music chums, Rusty Speidel (of SGGL fame) on guitar and higher vocals, plus Thomas Gunn (of Lost Highway) on upright bass and lonesome vocals.

JANUARY 9

KID KRUSADERS KIDS CLUB PRESENTS MR. KNICK KNACK!

Tyson's Corner Center

McLean | 11-11:45am

Sing, dance, and hop along with Mr. Knick Knack's original musical adventures every Wednesday in the kids play area on level three. For more information or to sign up, visit guest services on level one.

JANUARY 10

BEAUSOLEIL AVEC MICHAEL DOUCET

The Barns at Wolf Trap

Vienna | 8pm | \$27

Join "the best Cajun band in the world" (Garrison Keillor) for a Bayou bash featuring an unrivaled fiddler.

These red-hot trailblazers of contemporary Cajun music draw from zydeco, New Orleans Jazz, Caribbean calypso, and more. They have performed their daring music all across the world, including stops at the *Super Bowl XXX Halftime Show* and as regular guests on *A Prairie Home Companion*.

JANUARY 11

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

JACK QUARTET DEREK BERMEL, CLARINET THE DISCOVERY SERIES

The Barns at Wolf Trap

Vienna | 8pm | \$35

New music champions JACK join composer and clarinetist Derek Bermel for an eclectic evening of classic repertoire mixed with a world premiere Wolf Trap commission.

TEITUR (DUO SHOW!)

Jammin' Java

Vienna | 7:30pm | \$15

Look to the north - your new favorite singer-songwriter is coming to a town near you, once more. He has a voice of a peculiar angel, soft as a kiss, which has the ability to warm the coldest of hearts. He is Teitur (Tie-tor) Lassen, a man from the Faroe Islands who turns music into magic beautifully and effortlessly.

JANUARY 12

BRUCE IN THE USA State Theatre

Falls Church | 7pm | \$19

Bruce in the USA is much more than just another tribute, it's a shore thing!

This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stone Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt Ryan's jaw-dropping portrayal of the Boss. "As one fan aptly put it, 'We were expecting to see a 'tribute' to Bruce Springsteen. But, what we saw could have been the Boss himself!'"

PAUL CEBAR TOMORROW SOUND

The Barns at Wolf Trap

Vienna | 7:30pm | \$22

These cosmopolitan rockers will bring down the house with their trademark "polyglot rhythmic" music, a panoramic blend of styles and influences deeply rooted in funk. Band leader Paul Cebal hails from Milwaukee, Wisconsin, but has spent considerable time in New Orleans, where he draws inspiration from the vibrant, multicultural music scene.

JANUARY 13

THE ALMOST + ALL GET OUT + MAKESHIFT PRODIGY Jammin' Java

Vienna | 7pm | \$15

The Almost's second album *Tooth & Nail*/Virgin Records began taking shape just as soon as the band came off the road after touring for their 2007 debut, *Southern Weather*, including a stint on that summer's Warped tour. That album, which debuted at #39 on Billboard's Top 200, earned them a top ten single

at Alternative radio, and a spot on MTV's Discover & Download.

JANUARY 15

KRIS ALLEN

Jammin' Java

Vienna | 8pm | \$18

Since skyrocketing to stardom as the winner of the 2009 season of *American Idol*, Kris Allen has enjoyed five singles on the Billboard charts. His self-titled debut album featured his hit single "Live Like We're Dying" which has a combined digital sales of over 1.7 million.

JANUARY 16

GIN BLOSSOMS

The Barns at Wolf Trap

Vienna | 8pm | \$45

These "Hey Jealousy" rockers have created memorable, bittersweet choruses with alt-rock hooks for more than 20 years. The Gin Blossoms' lovelorn rock ruled the airwaves in the mid-1990s with No. 1 mega-hits including "Found Out About You," and "Follow You Down." In 1995 their song "Til I Hear It From You" was featured in the movie *Empire Records* and received heavy radio play.

JANUARY 17

INTERNATIONAL GUITAR NIGHT FEATURING: SCOTLAND'S MARTIN TAYLOR, SOLORAZAF FROM MADAGASCAR, GUINGA FROM BRAZIL AND BRIAN GORE

The Barns at Wolf Trap

Vienna | 8pm | \$25

The current iteration of North America's premiere touring

guitar festival features a percussion-driven expert (Solorazaf), an innovative genre-bender (Guinga), a poetical lyricist (Gore), and a revered Jazz legend (Taylor). Brian Gore's elaborate playing style includes classical and percussive techniques that reveal what the *Los Angeles Times* calls "a characterful bounce and spaciousness all his own."

JANUARY 18

BADFISH - A TRIBUTE TO SUBLIME

State Theatre

Falls Church | 7pm | \$15

The phenomenon known as Sublime, arguably the most energetic, original and uniquely eclectic band to emerge from any scene, anywhere, ended with the untimely death of lead singer, guitarist and songwriter Brad Nowell in May of 1996. But encompassing the sense of place and purpose long associated with Sublime's music, Badfish, a Tribute to Sublime continues to channel the spirit of Sublime with a fury not felt for some time. What separates Badfish from other tribute bands is that they have replicated Sublime's essence, developing a scene and dedicated following most commonly reserved for label-driven, mainstream acts. Badfish make their mark on the audience by playing with the spirit of Sublime. They perform not as Sublime would have, or did, but as Badfish does.

CHRISTOPHER CROSS

The Barns at Wolf Trap

Vienna
Friday 8pm

Saturday 7:30pm
\$45

This singer-songwriter fused rock and pop to craft the groundbreaking sound of his GRAMMY-winning eponymous masterpiece in 1980, featuring songs such as "Ride Like the Wind" that still delight audiences today. With three No. 1 hits on the Billboard charts in just three years, Cross established his delicate vocal stylings and shimmering guitar melodies as mainstays of 1980s rock radio.

RHETT MILLER + BLACK PRAIRIE

Jammin' Java

Vienna | 8pm | \$20

Rhett Miller is the front man and main songwriter of the hard-charging rock 'n' roll quartet the Old 97's, as well as an accomplished solo artist. In addition to his nine studio albums with the 97's (most recently *The Grand Theatre Volume One* and *The Grand Theatre Volume Two* in 2011), he has released four solo albums; 1989's *Mythologies*, 2002's *The Instigator*, 2006's *The Believer*, and 2009's *Rhett Miller*.

JANUARY 22

THE FRED EAGLESMITH TRAVELING STEAM SHOW

Jammin' Java

Vienna | 8pm | \$20

Acclaimed singer, songwriter, and bandleader Fred Eaglesmith is a genuine iconoclast and true original. It's the natural result of following the cue of his musical career and now 19

albums with the January 2012 release of *6 Volts*. The result is one of the most fascinating and musically rewarding careers in contemporary music.

JANUARY 23

RALPH STANLEY & THE CLINCH MOUNTAIN BOYS *The Barns at Wolf Trap*

Vienna | 8pm | \$40

Superlative "Man of Constant Sorrow" who is both a bluegrass pioneer and national treasure who performs with a legendary Appalachian ensemble. "Stanley has one of the most expressive voices in the history of American song, a craggy tenor equally adept at praising the Lord and expressing heartbreak."—*Vanity Fair*.

JANUARY 24

LIVINGSTON TAYLOR *The Barns at Wolf Trap*

Vienna | 8pm | \$25

Lauded for his "intimate and laid-back musical approach" (*AllMusic.com*), this prolific singer/songwriter is treasured for his warm demeanor and well-crafted folk/pop songs like "I'll Come Running." An engaging persona both on and off stage, singer and guitarist Livingston Taylor enhances his intimate performances with anecdotes and stories. He has been performing for more than 40 years and still performs approximately 80 shows per year.

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

PETER MULVEY + SETH GLIER**Jammin' Java**

Vienna | 8pm | \$15

The Good Stuff, Peter Mulvey's fifteenth record, is a collection of standards which promptly rejects the accepted definition of "standard" in favor of a more vivid, open approach. MPress recording artist Seth Glier will grab you, if not with his powerful falsetto or his melodic prowess, then with what *Performer Magazine* calls his "intoxicating groove."

JANUARY 25**STEVEN ISSERLIS, CELLO, KIRILL GERSTEIN, PIANO THE DISCOVERY SERIES**

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

Two musical powerhouses, cellist Steven Isserlis and pianist Kirill Gerstein share the stage for a program featuring Brahms, Bartok, and Liszt.

JANUARY 26**TOM CHAPIN**

The Barns at Wolf Trap
Vienna | 7:30pm | \$22

A renowned singer-songwriter from a famous musical family, this folk hero entralls audiences with a treasure trove of his widely recognized classics. A staple of the Greenwich Village folk scene in the 1960s, over the years Tom Chapin has shared his talents in many venues, from bohemian nightclubs to children's TV shows, retaining his consummate musicianship and the ethical integrity of his songwriting throughout.

JANUARY 27**THE MCLEAN CHOCOLATE FESTIVAL – A CELEBRATION OF ALL THINGS CHOCOLATE****McLean High School**

McLean | 11am-6pm | \$2

Join chocolate lovers young and old at The McLean Chocolate Festival, a community-wide celebration of all things chocolate. Back for 2013, bigger and better than ever, the Festival is an event for every member of the family. The Chocolatiers' Hall has more than doubled in size. Games and activities for kids of all ages. Bring the family and join your friends to experience a chocolate celebration as never before. An event of The Rotary Club of McLean, proceeds are used to fund local charitable organizations.

JANUARY 31**DAVID WILCOX**

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

Insightful folk singer who charms with "brilliantly articulate guitar, an honestly pretty baritone, and deft lyrics" (*Boston Globe*). A masterful songwriter, Wilcox has released 17 albums including 2010's *Reverie*, which *AllMusic.com* describes as, "Hushed, intimate vocals, subtle but impressive guitar work in a solid folk/blues/pop mode, and songs full of telling details with masterful wordplay that never calls attention to itself."

FEBRUARY**FEBRUARY 1****FIRSTFRIDAY OF FALLS CHURCH**

Various Locations
Falls Church

Come to FIRSTfriday of Falls Church and join in on the fun with dining specials and retail discounts. Visit the website for specific details for each date: firstfridayoffallschurch.com.

THE PERSUASIONS**The Barns at Wolf Trap**

Vienna | 8pm | \$25

Long considered the "Kings of a Cappella," these classic crooners boast a wide repertoire of doo-wop, gospel, and songs from The Beatles to U2. This Brooklyn-based group of soul-singin' harmony-makers was discovered by legendary rocker and musical experimentalist Frank Zappa in 1968.

FEBRUARY 2**ZOSO A TRIBUTE TO LED ZEPPELIN****State Theatre**

Falls Church | 7pm | \$17

Long hair, check. Ridiculous guitar solos, check. Tight ripped jeans, check. ZOSO is resurrecting the epic Led Zeppelin band from the 70's. What do you have to lose? Everyone will be singing along, tapping their feet and cheering for more classical songs to reminisce one of the most influential bands in English history.

AMBROSIA

The Barns at Wolf Trap
Vienna | 7:30pm | \$35

Californian pop/rock band that ruled the 1970s airways with smooth hits "How Much I Feel" and "Biggest Part of Me." Known for their masterful harmonies, smooth synthesizers, and memorable choruses, California-based band Ambrosia had five Top 40 hits and five GRAMMY nominations in the 1970s and early 1980s.

FEBRUARY 4**COMPANY OF THIEVES ACOUSTIC TOUR****Jammin' Java**

Vienna | 8pm | \$15

Like all great artists, Company of Thieves (Genevieve Schatz, Marc Walloch, Chris Faller,

Marcin Sulewski) is full of ideas, whether the Chicago band is writing a concept album about a girl seeking independence in modern-day America or having the audacity to channel disparate influences like The Beatles, Billie Holliday, and Radiohead into its heady, catchy rock songs.

FEBRUARY 7 & 8

SOLAS

The Barns at Wolf Trap

Vienna | 8pm | \$22

Hailed by *The Washington Post* as "one of the world's finest Celtic-folk ensembles," this quintet's diverse repertoire includes topical original songs as well as treasured Irish classics like "Pastures of Plenty" and "The Wind that Shakes the Barley." Though the music of Solas is steeped in folk tradition, its contemporary relevance keeps fans excited and engaged.

FEBRUARY 8

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

FEBRUARY 9

SOUTHSIDE JOHNNY & THE POOR FOOLS

The Barns at Wolf Trap

Vienna | 7:30pm | \$27

Seminal Jersey Shore rockers perform acoustic versions of hits such as "I'm Down" by The Beatles and Ben E. King's "Stand By Me." "The Poor Fools tour is a chance for me to try out different material and some Jukes standards in an acoustic-ish form. It will be a loose mix of songs, stories and banter between the musicians and—hopefully—the audience."—*Southside Johnny*

FEBRUARY 12

FAT TUESDAY WITH ERIC LINDELL

Jammin' Java

Vienna | 8pm | \$20

Eric Lindell writes music that is as at home on your front porch on a summer evening as it is in a hot sweaty club on a Saturday night. It is southern soul music, infused with R&B and a touch of New Orleans funk. It is blues music, glazed with a taste of country. It is simple, heartfelt song writing; melodic guitar solos and energized live performance.

FEBRUARY 14

RED MOLLY AND SPECIAL GUEST: THE STEEL WHEELS

The Barns at Wolf Trap

Vienna | 8pm | \$20

This ensemble's versatility allows them to pack stripped-down vocal ballads, jazzy swing numbers, and bluegrass-infused pop songs into the same set, all featuring what the *Boston Globe* calls "tick-tight arrangements" and "caramel harmonies."

FEBRUARY 15

AMERICA'S NATIONAL PARKS: THROUGH THE ARTIST'S LENS, VOLUME 2

The Barns at Wolf Trap

Vienna | 8pm | \$35

Enjoy a musical multimedia exploration of our country's most beautiful places, featuring Wolf Trap Opera Company vocalists, pianist Kim Pensinger Witman, and the photography of Terre Jones.

FEBRUARY 16

AN EVENING WITH THE SMITHEREENS

State Theatre

Falls Church | 7pm | \$21

Dressed in leather, brandishing heavy guitars, and an unabashed fetish for British Invasion pop, the Smithereens were an anomaly in the American college rock scene of the late '80s. They came onto the national radar

in 1988, and the first single, "Only a Memory," not only became a college and modern rock hit, but it crossed over to album-rock stations as well. The Smithereens made their attempt at big-time album-rock success with their third album, *11*. Hiring producer Ed Stasium brought a heavier guitar sound, which made "A Girl Like You" a Top 40 hit, sending *11* to gold status, and solidifying their spot in our memories.

JOHN EATON

The 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.

THE NIGHTHAWKS

Jammin' Java

Vienna | 8pm | \$20

What sustains a band for more than three decades? Not a hit radio band, but a roll-up-your-sleeves/drive to the next gig overnight/carry your own gear up the steps and night after night make people happy kind of band. One that makes them dance; sends them home to come back again, and again.

FEBRUARY 20

BUCKWHEAT ZYDECO GENERAL ADMISSION DANCE

The Barns at Wolf Trap

Vienna | 8pm | \$24

Join a rollicking zydeco dance party as this GRAMMY-winning band brings the bayou to the beltway with vibrant blues-rock. Led by Stanley "Buckwheat" Dural, Buckwheat Zydeco ignites a feel-good Mardi Gras spirit year round with high-energy rhythms and Creole, funk, and rock flair.

FEBRUARY 21 & 22

CHICAGO CITY LIMITS

The Barns at Wolf Trap

Vienna | 8pm | \$24

This legendary troupe, called "New York's funniest comedy review" by *New York Magazine*, has been a staple of Big Apple improv for 30 years. Incorporating music, sketch comedy, and some of America's finest and craziest young comedic talents, this show has been a smash since the late '70s in Manhattan.

FEBRUARY 21

20TH ANNIVERSARY TOUR DADA

State Theatre

Falls Church | 7pm | \$18

Since the release of dada's groundbreaking 1992 debut *Puzzle*, the trio has created an array of songs boasting progressive rock musicianship, dazzling vocal harmonies and melodic power pop layered with inspired psychedelic and experimental rock impulses. Adding to the trio's groundbreaking line of attack are the marathon-length shows that deliver on the promise that every performance is one of a kind.

FEBRUARY 23

PIERRE BENSUSAN

Jammin' Java

Vienna | 7pm | \$22

If "World Music" is music that pays tribute to the spirit of a collection of human beings through distinct rhythms, traditional instruments and harmonic colors, French-Algerian guitarist, singer, and composer Pierre Bensusan can be recognized as one of the most eloquent and diverse world musicians of our time.

FEBRUARY 24

RICHARD SHINDELL

Jammin' Java

Vienna | 7pm | \$22

Richard Shindell is a meticulous craftsman of song whose eight studio albums and two live recordings have been revered by critics and

fans alike. Innovative, original and occasionally spiritual, Shindell's songs weave tales that interchangeably champion the downtrodden, exalt the disaffected or wax empathetic to those lost to society's fringes.

FEBRUARY 27 & 28

CELTIC CROSSROADS

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

From the shores of Galway to venues across America, this inventive ensemble of Celtic-rooted performers seeks to "do to Irish music what Riverdance has done to Irish dance." This one-of-a-kind performance event, featuring some of the Irish music world's finest musicians and dancers, is redefining the Celtic sound by focusing on rhythmic boldness and an eclectic array of song styles.

RECURRING

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.

AFTERNOON TEA

Ritz Carlton Tysons Corner
McLean | 12pm - 4pm

First seating 12pm, 12:30pm and 1pm; second seating 3pm, 3:30pm, and 4pm. To start, enjoy a lavish selection of tea sandwiches including egg salad, grilled vegetable tart, classic English cucumber, and smoked salmon rosette. An assortment of fresh fruit, flavorful scones, and a sumptuous display of sweets

are a delicious complement. Our tea selection includes traditional Earl Gray, as well as chamomile, green tea, and English Breakfast as well as other varieties. Add a glass of champagne for a royal treat. *Advanced reservations are required.

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.

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.

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!

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.

LIVE MUSIC SATURDAYS IN ENTYSE, WINE BAR & LOUNGE

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

Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live music. As the group plays for your musical entertainment, enjoy an upscale food and wine experience in a warm and relaxed environment. Prices vary and are subject to change.

If you would like to submit an event for the months of March and April, please send an email to: events@vivatyson.com by February 4th.

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

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

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

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



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ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

THE ALDEN THEATER

January 09 • 7:30pm - 9:00pm
Vaudeville Veterans

Two of America's greatest stage performers: W.C. Fields and Will Rogers - both 'Ziegfeld royalty' - alternated between live audiences and appearing on screen. While both became immortal on film for the distinctive voices that went with their public personas - they also shine in their nearly forgotten silent appearances. Fields stars as a seemingly hapless drugstore proprietor (with an alluring Louise Brooks as his clerk) in *It's The Old Army Game*, while Rogers has trouble even getting to the drugstore in the hilarious short *Don't Park There*.

January 12 • 1:00pm - 5:00pm
Angelina Ballerina, The Musical

Ages 4+. Angelina and her friends and even her teacher, Ms. Mimi, are all aflutter because a special guest is coming to visit Camembert Academy! Angelina and her friends will perform all types of dance, including hip-hop, modern dance, the Irish jig, and of course, ballet. Based on the CG-animated series, *Angelina Ballerina The Next Steps* on PBS KIDS®, *Angelina Ballerina The Musical* is a family-friendly show that will have the entire audience dancing in the aisles.

January 16 • 10:00am - 12:00pm
Sunset Boulevard

Morning Movie Series. These free movies were personally chosen by the Alden staff from AFI's 100 Years... 100 Movies® list of the greatest films of the last century. Whether you're retired, work from home, or just want to play hooky, these screenings are a great excuse to get out of the house and stop by the Alden.

January 19 • 8:00pm - 9:00pm
An Evening with Dick Gregory

In observance of the Martin Luther King, Jr., holiday, the Alden is proud to present *An Evening with Dick Gregory*. Dick Gregory is a brilliant comedian, leading civil and human rights

activist, well-received author of 15 books, recording artist with seven albums, television and film personality, leading nutritionist, veteran, and man totally committed to non-violent social change. Being one of the few Movement leaders from the 1960s still alive, Mr. Gregory brings his renowned humor and tell-it-like-it-is style to tales of his work with Dr. King, and his thoughts on what we still have to accomplish.

January 23 • 7:30pm
Dance and Dessert

An intimate evening of dance with treats for the eyes and taste buds. Regional choreographers will show you their latest works-in-progress, explain the pieces and share with you the process of choreography. Christopher K. Morgan will facilitate audience feedback using Liz Lerman's Critical Response Process. You eat the dessert, they'll burn the calories.

February 09 • 2:00pm - 3:00pm
Crabgrass Puppets

For ages 4+. Jack and his mother are poor and hungry, but Jack dreams big and changes their lives! This hilarious retelling of the tallest of tales is full of fun and loaded with laughs. Colorful scenery, exciting puppetry and a delightful musical score combine to create a giant-sized entertainment for all ages.

1ST STAGE THEATER (1STSTAGESPRINGHILL.ORG)

February 1 - February 24
Italian American Reconciliation

Love has not been kind to Huey Bonfigliano. Bereft of wife, he has taken to the arts, but bad poetry and worse clothing can't replace his terrifying ex. Against the advice of his best friend, Aldo, and to the chagrin of his girlfriend Teresa, he decides to win back his ex-wife Janice, even though she killed his dog. Shots are fired and promises broken in this heart-breaking and heart-mending romantic comedy from the author of *Moonstruck* and *Doubt* of the 30's and 40's.

ARTS & THEATRE CALENDAR

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.

VIENNA

MAVERICK MOSAICS

January 13 • 10am - 12:30pm ***Mosaic Techniques - What, Why, and Where?***

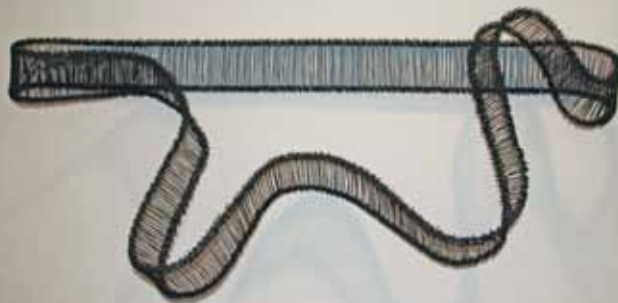
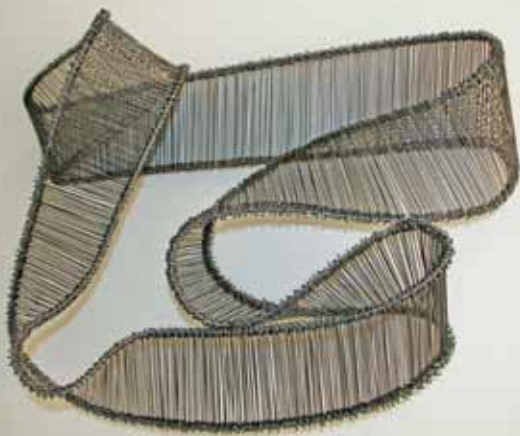
Participants will gain a strong working knowledge of the appropriate mosaic fabrication technique for a given project. Most mosaic artists begin using the direct method of mosaic making. Once we want to take our mosaics outside or make them large scale we may need to utilize different fabrication approaches. Lecture covers and demonstrates tried and true fabrication methods.

January 11 - February 22 • 6:30pm - 9:30pm ***Modeling in Clay***

This workshop will explore the dynamics of sculpture. We will begin with exercises to help us "see" and "form" three dimensional shapes and by exploring the nature of clay you will understand it's wonderful sculptural potential. Final sculptures will be kiln fired and surface finishing options demonstrated.

January 26 • 10am - 4pm & January 27 • noon - 2pm ***Introduction to Mosaics in Glass***

Students will be introduced to types of glass applicable to mosaic and will learn to use mosaic tools to cut and shape glass into tesserae (the basic unit mosaic). This comprehensive class offers a strong foundation for constructing interior mosaics. Instructor will cover design, terminology, substrates, adhesives, finishing and more.



Carving Out

A CAREER IN SCULPTING

by Keith Loria

Growing up, AnaMarie Paredes would often hear her mom tell her stories about her great Uncle Jose Luis Moguer, a sculptor from Seville, Spain who is best known for his monument to Christopher Columbus that sits in Murillo's Garden.

"She told me a very sweet story about her sister who was courting a boy while my uncle was working on this monument, and my aunt and this boy would sit inside and hold hands," Paredes says. "Spain was very old-fashioned at the time, and I would hear these great stories about him."

The family also had several of Moguer's pieces around her McLean home and Paredes would find herself drawn to his works of art.

"He was a source of pride within in the family because he had achieved some success in the world of art," Paredes says. "I loved hearing the stories about him."

Growing up in Northern Virginia, the idea of following in his footsteps didn't really occur to Paredes because as she says, "learning to weld here is kind of random," but she always thought that it would be neat to try some day.

"When I was at school at George Mason (a bio major), I tried some art classes as electives and decided to try a sculpting class," she says. "I remember feeling a little out of place, since as a bio major, I was used to everything being really structured. Having all this free realm to be as creative as you wanted was new."

The teacher announced that he could also teach anyone who wanted to learn how to weld, and it was at that moment that Paredes decided it was something she needed to do.

"My professor was telling us to be organized with your sketch book and practice as much as you can and he came across my sketch pad and told me, 'I don't know why you are a bio major,' and walked away," she says. "He used to have to kick me out of class because I would stay an hour after—and it was a three hour class! I just absolutely fell in love with it and I had a connection with it from the beginning."

Welding is not a clean hobby. It requires joining metals or thermoplastics by causing coalescence, which is usually done by melting the work pieces and adding a filler material to form a pool of molten material (the weld pool) that cools to become a strong joint, with pressure sometimes used in conjunction with heat, or by itself, to produce the weld.

"It's dirty, a little smelly sometimes and tiring, and more than anything it is hard work," Paredes says. "I absolutely love it. For me, I love the way the metal reacts when it's heated, down to the granularity of it."

After college, she continued to develop her technique and skill at the Torpedo Factory's Art League School in Alexandria.

"I'm very open minded to the creative process," she says. "I always have to think about how a piece will be displayed—will it be hung or free-standing—so I will often force myself



to work on something different to keep my mind free flowing and I will discover something new."

Paredes works in four styles: Collage Series, Renew Series, Lines Series, and Folds Series, buying her steel from commercial steel shops and finding recycled steel from different places.

The Collage Series are dramatic works made of small sculpted pieces that are uniquely created and then collaged together. The individual pieces are torch cut, forged, melted, cleanly cut, and welded to create textures and colors that when close, lend the collage an organic feel.

"At a distance the overall effect of the collage is striking and graphic. The array of pieces, each with their own distinct character, provide the arrangement with a strong sense of movement and an ever-changing perspective," she says. "Many comment they see objects and/or creatures as their eyes move across the arrangement."

The Renew Series are made of all recycled metals. The pieces are bold, strong, and graphic. Materials used are selected for their unique imperfections, color, or shape.

"When these elements are collaged together they provide the works with textures, variations, and shadows that lend the works mood and interest," she says. "Rust elements are incorporated in the design to emphasize the beauty of the material's natural decomposition."

The Folds Series are made of small strips of steel wire that are curled at the ends and then looped through. The double helix effect creates sinuous lines that twist, turn and protrude giving the series a strong sense of movement and tension. The depth and height creates striking shadows that play off the series' simple yet strong lines and lend the works a modern and ethereal feel.

"I find beauty in the rough edges and textures that welding can create and will often emphasize them as focal points in my work, as seen in my Collage series," Paredes says. "I use these techniques to further develop detail and interest in the overall composition. My love of modern architecture and design greatly influence my work and drive me to develop the larger pieces I find so compelling."

Paredes is trying to make a living doing sculpting and has done several festivals and has been shown in local galleries. A variety of her pieces have been sold to collectors and she is quickly becoming well known in Northern Virginia for her work.

To view some of Paredes' metal sculptures, visit www.paredesstudio.com.

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

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A Facebook Journey THROUGH NORTHERN VIRGINIA HISTORY

by Keith Loria

It was back about five years ago when Sha’Ron Lansdown-Downing of Falls Church did some research into her family’s genealogy and discovered that her family tree in Northern Virginia traced all the way back to her great, great, great, grandparents, who were sharecroppers in Fairfax County.

“We went back nine generations, so we obviously have some deep roots here,” she says. “I’m bi-racial, and I have descendants who were part of Freedman’s Village, with my great grandparents buying the family home in Dunn Loring around 1940.”

For those unfamiliar with Virginia history, Freedman’s Village was a community of approximately 1,100 former slaves who lived in a collection of 50 one-and-a-half story duplexes surrounding a central pond in Arlington, in what is now the Arlington Cemetery.

Wanting to share what she learned about her history with her large family, Lansdown-Downing started a Facebook page that was meant for just those related to her.

“A couple of days later, I started seeing posts from people talking about things they remembered—Tysons as farmland, old stores, people—and I realized I had to redirect the page and what it was really meant for,” she says. “On July 13th, 2009, I opened the page up to everyone and added a second page soon after.

With more than 9,000 combined members, Back in the Day Northern Virginia and Back in the Day Dunn Loring, Vienna, Falls Church, Fairfax, and Merrifield are growing

every week as more and more people want to share their memories and reminisce with others about their Northern Virginia adventures.

“It’s funny because the members trigger my own memories and when I am reading their posts, I will do research to find out what I can about what they are talking about and post photos when I can,” Lansdown-Downing says. “People may talk about a lazy hot summer day at the Frozen Dairy Bar or riding their bike along the dirt roads of Tysons. I then try to go out and find other information about them.”

The community talks about everything from collecting soda bottles, to building tree forts, to remembering the way things used to be in a simpler time.

“I make sure to stop by the page at least once a week to reconnect with past friends and new friends, and talk about just some things that were dear to me back then,” says Anita Barrows, a long-time Falls Church resident. “It’s always fun to read about what people are thinking about and it’s great when they bring up something you haven’t thought about in years. It’s nice to get the juices flowing in the brain again.”

One woman recently posted that she was looking for her mother who disappeared in Northern Virginia back in the early ’70s and the group has become really involved in trying to help her get information and track her down.

“This is not the first time this has happened,” Lansdown-Downing says. “We have had a lot of people reconnect and find each other, some really long-lost friends, and it shows

that it's not just about talking about dirt roads. It's about reconnecting neighborhoods and people."

Last month, Lansdown-Downing posted an aerial view of the new expressway and that caused hundreds of responses from people who have left the area and had no idea that was happening.

"People were so freaked out," she says. "It's no longer the place they remember; they equate it to living in the 'Jetsons.'"

Members are constantly posting old photos of the way things used to look. One great shot is of Merrifield Corner on Lee Highway and Gallows road, where you can see the old Texaco sign, which later became Johnson's auto body. Other pictures are of schools, churches and storefronts, far different than what we see today.

The two Facebook pages only allow people to talk about things that relate to the "Back in the Day" subject, but that doesn't mean that members can't communicate about other things. To help with that, Lansdown-Downing added a forum that has over 200 topics and the site also holds Back in the Day events, with the next taking place at the Vienna Inn on January 13th.

"I'm a business development person so I know people have things to promote and so I also started a networking group," she says. "Those that want to be involved can do it,

but it's not allowed to be discussed on the actual wall." Additionally, there's a spinoff of the page consisting of a group called Mixing it Up (MIU), which is open for members who want to talk about present day and adult topics.

"Be warned that some conversations can get quite passionate," Lansdown-Downing says. "What's great about the group is that MIU is small, only 100 members allowed currently, and it's secret so all the comments and posts are for the eyes of MIU members only.

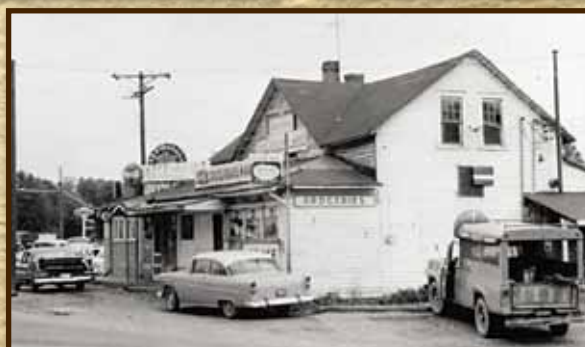
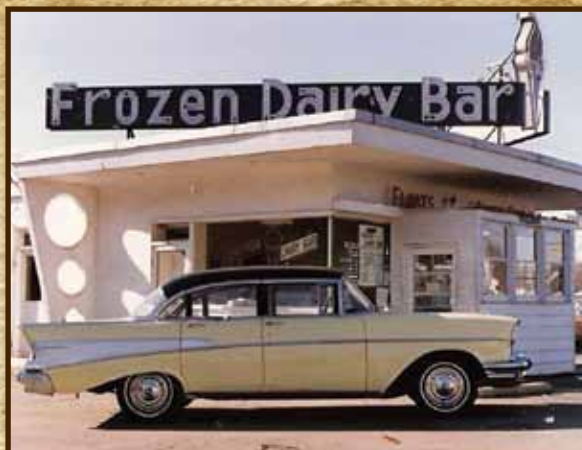
Lansdown-Downing spends about 15 hours a week updating, monitoring and editing the two pages and takes pride in the fact that they are so different than other community pages out there.

"Members are very passionate about this page and are really hands-on and protective of the group," she says. "We have a voting system and vote on certain things and we decided that there would be no spam or advertising allowed."

Members can purchase a Back in the Day t-shirt, a not-for-profit item, so readers of the page can have something unique that other Facebook pages don't have.

So, what does she get out of it if there's no money involved? "Memories and the chance to meet new people," she says.

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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"ALL IN" FOR A CURE: 17TH ANNUAL JOKER'S WILD CASINO NIGHT

Benefiting the Cystic Fibrosis Foundation



FEBRUARY 23, 2013



On Saturday, February 23rd, the Cystic Fibrosis Foundation will host their 17th Annual Joker's Wild Casino Night. This year's event will be hosted at the newly renovated Hilton McLean in Tyson's Corner. Event chairs Carl and Judy Riedy started the event in 1990, and have been heavily involved ever since. This year, their son, Chad, who has cystic fibrosis (CF), and his wife, Julie, join the committee along with Walter and Lisa Whitt in an effort to grow their audience and expand outreach. As these three families work to support a cause they are all passionately dedicated to, they also provide guests and supporters with a unique night of gaming and entertainment. Guests will put on their best poker face, place bets at blackjack, and test their luck at a series of other game tables including craps, roulette, and slots. This exciting evening of gambling will be accompanied by an auction, buffet dinner, open bar, and a live band.

Cystic fibrosis is an inherited chronic disease affecting approximately 30,000 children and adults in the United States. One in 31 Americans (more than ten million people) are unknowing, symptomless "carriers" of the defective CF gene, and nearly 1,000 new cases of CF are diagnosed each year. CF causes repeat and chronic lung infections and difficulty digesting food and nutrients. The current life expectancy for those with the disease is roughly 37 years and there is no cure.

Today, Carl and Judy Riedy are grateful for the Foundation's aggressive approach in drug development and discovery as it has had a powerful impact on their son's health, saying, "Our involvement continues to be labor of love, as our son, Chad, has cystic fibrosis. Due to the leadership of the CF Foundation, along with the hard work and generosity of so many, our son has benefited from the significant progress in treating and seeking a cure for this deadly disease." Most recently, the Foundation has developed a new drug- Kalydeco-

that targets the basic genetic defect causing CF. While the future is bright, Kalydeco is effective in less than 5 percent of the CF population. The passing of this new drug opens doors for future research and creates new hope for all afflicted.

The Foundation's recent medical successes are a great testament to events like the Joker's Wild Casino Night. It is through the fundraising efforts and development of these seasoned events that the Foundation continues to grow the dialect and understanding surrounding CF. Walter Whitt, SVP - Market Manager at US Bank, joined this year's planning committee in an effort to focus on corporate recruitment and sponsor strategy. As a leader in his industry, Walter sees this event as an opportunity to "deepen the awareness surrounding CF and the Foundation's mission." Targeting the commercial real estate industry, Walter hopes to broaden the awareness of CF and increase participation and support in the Northern Virginia area.

During the 17-year history of the Joker's Wild Casino Night, the average life expectancy for an individual with CF has nearly doubled to thirty-seven years of age. While the progress is clear and the successes are tangible, there is still much to do to ensure ALL CF patients live a long, full and healthy life! The Foundation depends on the dollars of supporters, like those of this event, to promote future advances in CF research and medicine. In supporting the Joker's Wild Casino Night, sponsors and guests will not only enjoy a spectacular evening of gambling and entertainment, but will also be supporting the Foundation's mission at large.

For more information about the opportunities available for this year's event, please contact Becca Werner, Development Manager, at the Cystic Fibrosis Foundation, at 301-657-8444 x205 or rwerner@cff.org.

RSVP



At the QL+ Veteran's Day Barbeque, November 11th.
From left to right: Captain Mark Little (USA, Ret.),
Delegate Mark Keam, 35th District,
Virginia House of Delegates,
Dr. Lisa Maddox
Tristan Mazyck
Ms. Daphne Wright (USN, Ret.)
Sergeant First Class Centra "Ce-Ce" Mazyck (USA, Ret.),
Supervisor John Foust, Drainesville District
Vice Admiral Albert Calland, III (USN, Ret.)
Jon Monett, Founder & Chairman, QL+
Scott Monett, Executive Director, QL+
Delegate Barbara Comstock, 34th District,
Virginia House of Delegates
Mr. Mark Sopp, CFO & Executive VP, SAIC



Jon Monett (left), Founder and Chairman, QL+, presents Vice Admiral Albert Calland, III (USN, Ret.) a token of their appreciation.



Vice-President Joe Biden enjoys lunch at Metro 29 Diner in Arlington. Pictured are Proprietor Peter Bota, Vice-President Joe Biden, and Christopher Bota.



Gene Garneau, Anita Gunderson, and John Royal at "The 20th Colonies Holiday Party" on December 8th.



Dr. Lan Tran and Dr. Izzat Sbeih at their Grand Opening reception of Novel Smiles in McLean.

AROUND TOWN

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



It's Open! Sun Design's new McLean showroom is open for your remodeling and design considerations. Pictured attending the grand opening celebration is Daniel Speer (Director of Production), Bob Gallagher (President), Craig Durosko (Founder and Chairman), Beth Walters (Director of Communications), Nick Bonadies (Director of Sales and Design), Joe Gorman (Controller). The studio is located at 6862 Elm Street McLean, VA 22101, (703) 425-5588.



C-Wonder held its grand opening last month in Tysons Corner. Music, treats, Champagne, with Jan, Christine, Debbie, and Nicole.



Governor Bob McDaniel announces the arrival of Intelsat S.A. to Tysons Tower. Intelsat is expected to arrive in April of 2014 and bring over 400 jobs to the area.

AROUND TOWN



Jon Moet's QL+(Quality of Life Plus) held its annual fundraiser BBQ at The Claude Moore Colonial Farm in McLean. On hand were decorated veteran Ce-Ce Mazyck, her partner Darrell Fisher, and Ce-Ce's son, Tristen Mazyck.

The "New Power Team" in banking in Tysons, Robyn Craig and Steven Roth of The Bank of Georgetown at the Halloween mixer at SunTrust Bank.



It's a children's book and she's getting ready for a blockbuster. Meredith Murray is publishing *Muki by Moonlight*-a new age story about a girl and her cat, a children's book for cat lovers of all ages. Readers have called it beautiful and magical. Available online and at The Artful Gift Shop in Vienna, VA. www.mukibymoonlight.com.



It's all about the holidays at The Sanctuary in Vienna. Here Hillary Staats and the staff pose for the camera.



Food trucks are here and they're busy, can you believe this is Tysons?



Ready to work their culinary magic at Pazzo Pomodoro are William Hicks, James Audia, Giovanni Di Luca, and Raffaele Mastromarino, Nicky de Chiara, and Ariana Jo Schibi.



Mayor Jane Seeman and members of the town business coalition at the ribbon cutting at Pazzo Pomodoro in Vienna.



Diana Villarreal, President, Beltway Job Search Partners, addresses the crowd at The Beltway Job Search Partners Christmas Gathering on December 6th. Beltway Job Search Partners assists people seeking employment. Beltwayjobsearchpartners.org



Natalie Cannon and Kate Fredley ring in the new year at the 1st Night Celebration in Falls Church, New Year's Eve.

CHAMBER NEWS

January Chamber Breakfast -- State of McLean Update

**January 10, 2013
7:30 AM - 9:00 AM**

j.Gilbert's Wood-Fired Steaks and Seafood
6930 Old Dominion Drive, McLean, VA

Chamber members \$20 • Future members \$25

Join us on Thursday, January 10th, 2013 from 7:30 am until 9:00 am at j.Gilbert's for our annual State of McLean Update. Presenting organizations include the McLean Revitalization Corporation, and the McLean Planning Committee.

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

**January 16, 2013
5:30 PM - 7:30 PM**

Chamber members: FREE • Future members: \$10

Join us on Wednesday, January 16th for our first after-hours mixer of the new year, don't forget your business cards!

McLean Orchestra's Instrumental to Business Mixer

**January 23, 2013
5:30 PM - 8:00 PM**

Clyde's of Tysons Corner
8332 Leesburg Pike, Vienna, VA

We are thrilled to announce the McLean Orchestra's third business mixer - Instrumental to Business (i2B)! We would like to thank all of the sponsors and attendees who helped make the Orchestra's second i2B event a great success in September.

The McLean Orchestra is a professional ensemble that has served McLean and surrounding areas for 40 years with high quality classical music. The Orchestra is continuing its campaign to prove its value to business as an instrumental resource for networking connections, brand enhancement, and elevated exposure to target markets. Plus, music is a powerful connector, and this event offers a unique opportunity to expand your circle while sharing an experience enjoyed by all!

Instrumental to Business (i2B) co-presenters for this event include the Greater McLean Chamber of Commerce and Leadership Fairfax. Tickets are \$38 for those who pre-register and \$45 at the door. The venue has complimentary valet parking, and each attendee will receive complimentary appetizers and two drink tickets.

Enjoy live music performed by McLean Orchestra musicians, win fun prizes (including an ensemble for your next business event!), make new business contacts, and mingle with Northern Virginia's business elite.

For more information please visit www.mcleanchamber.org





The Virginia Scenic Byways map (www.virginiadot.org/travel/maporder.asp) will reveal secret paths you may have never otherwise discovered.

THE Ashby INN

circa 1829

by Allison Chase Sutherland

Each season has its splendor – even the winter. After the September hillsides strewn with hay bales or blanketed by goldenrod, followed by October’s regal brocade, comes the serenity of winter with its peace and its stillness. If you listen closely, you may hear the call of the raven.

This is the perfect time to really experience the quiet tranquility of the mountains. And the perfect little hideaway for your escape is The Ashby Inn in Paris, Virginia. The Ashby Inn, sits on three scenic acres at the end of Federal Street near the crossroads of Routes 17 and 50, also known as John S. Mosby Highway, historically the crossroads between Winchester and Washington DC. In oft-remembered times in this nostalgic place, a stagecoach made the trip one way each day for the fare of \$3.75 for the 60-mile trip from Paris to Washington DC as they hauled produce from the Shenandoah Valley to the markets of Northern Virginia. At just 45 miles from Tysons Corner, you might be able to clock it in under an hour – but travel the scenic byways and enjoy every minute of the journey. Schedule your weekend getaway during the week if you can, and enjoy lower prices, less traffic, and more importantly – the utter bliss that is the Ashby. Make it a point to get away to this restful haven. You’re allowed – and even encouraged – to do nothing. How nice to be far enough away that you



The Ashby Inn in Paris, Virginia – the perfect little hideaway for your winter escape.

don't have to answer to anybody. Sometimes sketchy cell reception is just what the doctor ordered.

The School House was built circa 1895 and ran until 1940 when it became a library for the town of Paris. Originally Pumpkintown, the town was renamed for a visit from the Marquis de Lafayette to the Ashby Tavern, now the American in Paris antique shop across the lane. You can take a nice little walking tour of the town; you'll find a description of the buildings in your room. You might notice that your gait slows to the pace of yesteryear. Other notable visitors to stop by for a visit include Gen. George Washington and Gen. Stonewall Jackson – and maybe even you.

At the Ashby, choose from among ten meticulously appointed and distinctive rooms. In the Main House, the Fireplace Room harkens back to the 19th century. The Fan Room is particularly inviting, with its petite porch on the back – the Contemplation Nook – where your best thoughts may come to you.

The Settle Room, on the first floor of the pale yellow School House, is a most wonderful find, with original wood-plank flooring, Oriental throw rugs, period country furnishings and antiques, amusing political cartoons from the era, richly upholstered armchairs by the wood-burning fireplace, (cherry wood for that log cabin smell), a window seat by the picture window with its flouncy window treatments and pillows, and a wrought iron king bed with its naturally temperature-regulating down comforter.

Step up to the screen door on your own private porch overlooking the surrounding hills and Paris Mountain, and enjoy a Port-style wine from Vint Hill Craft Winery or some Italian spring water from your Adirondack chair. Or sip some Tea forté, chamomile citron, Earl Grey, or Fiji mint, as you enjoy the CD of love songs they have thoughtfully provided to enhance the scene. The brick-hued Glascock Room on the second floor is also a winning selection, quite popular with honeymooners.

Innkeepers Neil and Star Wavra are a class act. They have thought of everything. There's a flashlight key to your room and also a combination flashlight/nightlight. Environmentally responsible amenities come from Simply Pure in Bealeton. This was actually the first time I had seen liquid hand soap in a guestroom. Such a smart idea, as people rarely use an entire hand soap during their visit. (I always bring a mini bottle of my own.) I hope this trend continues in other establishments. Just another gift to the environment from the Ashby Inn.

Chef Tarver King upholds a farm-to-table philosophy, seeking the finest seasonal ingredients from local farms. Although they grow an impressive variety of produce and herbs here at the Ashby, they place an unwavering importance on supporting local farmers and artisans, the result of which is to, as Neal puts it, "support mind, body, nature, and community."

The Ashby Inn serves lunch and dinner Wednesday through Saturday and brunch and dinner on Sunday. In the warmer months you can enjoy your evening on the patio by



the soft-hued garden, a patio adorned by tiny white lights and hanging hammered iron lanterns, cooled by ceiling fans.

Start with a brandade, an airy, frothy mousse of salt cod, followed by a savory sunchoke and brown butter soup with ginger vinegar and pumpkin seed oil. The locally raised smoked beef rib loin was succulent, served with potimarron purée and preserved lemon. Neal Wavra, also the expert sommelier, will guide you to the perfect pairing. Feel free to order in French as his French is impeccable.

Or in the winter months, you may choose to have your supper in a dining room of vintage posters or fireside in the cozy wood-paneled, timber-ceilinged Tapp Room, stocked like a pantry with a colorful array of Mason jars of goods canned at the inn, even finishing off your evening with an absinthe. Out in the chilly night air, the stars blanket the sky making it difficult to discern the usual constellations. You might even see a shooting star, as did I. My wish was to return here. A visit to The Ashby Inn only makes you wish you'd come here sooner.

After a brisk morning and walk, wake up to fresh-squeezed orange juice in the sunny window-enclosed porch. Savor a light and luscious maple sausage quiche with Parmesan cheese, red peppers, and citrus greens from Cedar Springs Farm, including a most intriguing blend of baby pea shoots, marigold greens, red-lace sorrel, garnet amaranth, sunflower petals, and opal basil, topped with mustard vinaigrette.

Sneak out the back down Gap Run Road and you'll arrive



Hollins Farm offers what may be the most spectacular views of all. "Are you sure this isn't heaven?" I asked Martha. "It's close," she responded.

at the doorstep of Sky Meadows State Park, where you can hike trails that connect with the Appalachian Trail or to sit on rocking chair overlooking the countryside.

A dozen wineries are within striking distance. Situated at 1750 feet, Fox Meadow Winery in Linden commands a 50-mile view of Blue Mountain on clear days from its perch, but often experiences clouds passing through its unique microclimate, hence one of their wines, the aptly named Blue Mountain Mist. Sitting just above the snow line, they see snow when there is none below. Phillip Carter Winery, a beautiful country drive down Leeds Manor Road, in Hume, claims to have produced wines since 1762, even before Thomas Jefferson, and enjoy a lovely rolling hillside setting.

Pick-your-own-fruit orchards abound in these fertile hills. From apples and pumpkins in the fall to strawberries in mid-May, cherries in late June, blueberries and raspberries in July, and peaches in August, you have your basket full. Stribling Orchard, www.striblingorchard.com, is a sixth-generation orchard just around the bend from Route 66 (or the more picturesque Route 55) just over the train tracks. The orchard sits among a collection of historical stone houses and acres of fruit trees. Just across the way you'll find their cousins' place, Hartland Orchard, www.hartland.com, with drive-in orchards that lead up to spectacular views overlooking the

valley. And finally Hollins Farm, www.hollinfarms.com, offers what may be the most spectacular views of all. The air is so clear here, you can actually think better. "Are you sure this isn't heaven?" I asked Martha, lucky enough to work here. "It's close," she responded.

On your way to the ever-scenic Skyline Drive, don't miss the fifty to sixty million-year-old Skyline Caverns, www.skylinecaverns.com, with its very rare anthodite formations. During the earthquake, a group of third graders dubbed it the "coolest field trip ever."

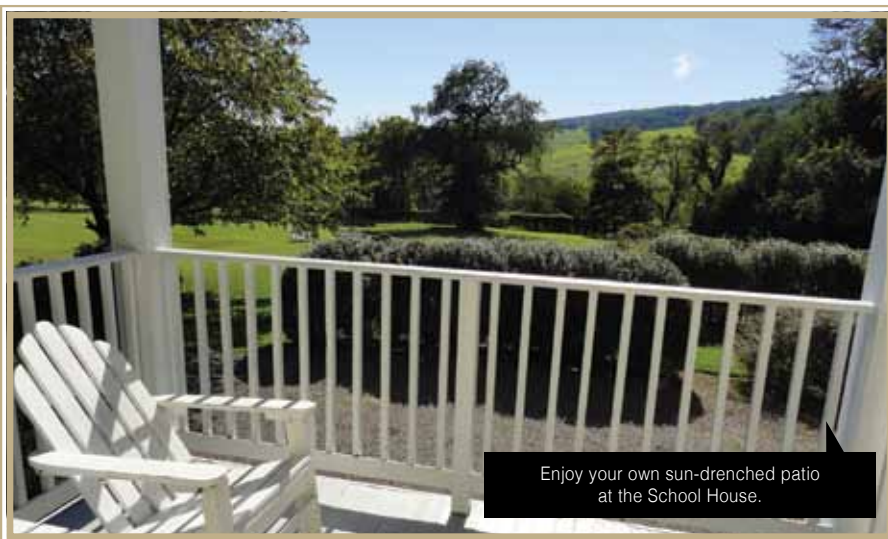
And make sure to hit Hunter's Head Tavern in the little hamlet of Upperville (9048 John S. Mosby Highway) for a cozy fireside pub meal

or a succulent steak from nearby Ayrshire Farms. The restrooms are labeled Rogues and Wenches. A popular and innovative starter would certainly be the Devils on Horseback – roasted figs, house-cured bacon and Stilton – a wonderful juxtaposition of flavor. The dry-aged filet is a good bet, drizzled with herb butter replete with tarragon, dill, chives, and garlic, accompanied by French green beans sautéed mushrooms, and grilled shallots. Wash it down with a nice Virginia red. A gentleman outside asked me if I believed in ghosts. I said I'd heard of them but I didn't think about them much. He said eyes wide, "They're here." When I told him I was a tenth generation Virginian, he asked, "Where were you born?" When I told him New York, I lost all credibility. And in case anybody asks you, the initial S. in John S. Mosby Highway stands for Singleton. Around here it's important to know that.

With some of the gravelly back roads I ventured onto for this journey, my new little car may indeed have suffered the battle scars of pebble dings, but I may unequivocally state, with views like this, it's all worth it. These rolling hillsides and mountain vistas of the Blue Ridge make one wonder why you'd ever leave Virginia...

The Ashby Inn and Restaurant
692 Federal Street, Paris, VA 20130
540.592.3900
info@ashbyinn.com

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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Deep Listening

Make Time To Hear What
Your Body Needs

by Laurie Young

A young man named Evan waited patiently to speak with me after the first session of my healthy eating series. A small group had gathered and I was chatting casually, answering the usual variety of questions about nutrition and health. When it was his turn, Evan put his arm around me. “Laurie,” he said, sighing a little as he spoke. “I don’t care about nutrition and healthy food.” He was very sincere. “But I like you. So I’m gonna try to eat this stuff.”

I paused, looking at him for a long moment, surprised by what he’d said and unsure how to respond. And yet he’d shared his feelings with such warmth that I couldn’t help but smile. Why? Because he had captured so succinctly both the problem and the promise of developing a healthy relationship to food. When it comes to eating, what we usually get from experts is information about controlling our desires and ourselves. But that’s not what we really need. Our true need can only be met through allowing—opening up to a nourishing relationship with food, with others and most importantly with ourselves. The answer is not in all the talk; it’s in the listening.

The practice of deep listening—whether sitting quietly with yourself or sharing openly with others in community—is about slowing down and making time to focus on what’s truly important. When exploring your health, it’s about accepting desire as a guide, knowing what you need to feel nourished, and understanding how all that relates to food. Deep listening is often missing in programs designed to address nutrition and exercise. And yet it is so central to evolving our relationship to nourishment and health that no lasting change can occur without it.

Winter is a natural time to begin noticing how your body is affected by all you put into it—how food tastes, how your body responds, and even how the experiences you’ve brought into your life over the past year have become a part of who you are. Notice how quiet the world becomes when blanketed by snow. Winter is the season of stillness and deep listening: a time when we can hear nature and ourselves clearly. Begin with the following principles:

Slow Down and Breathe

In winter, more time is spent inside, indulging in warm comfort foods. It’s also an opportunity to relax and reflect. How comfortable are you with stillness? Do you get restless? Are you constantly looking for something to do, a way to keep your mind active? And if so, why? What happens when turn off your mind, and connect with your body and your feelings?

Try sitting quietly for a few minutes each day, enjoying a peaceful walk, eating mindfully. Notice how your body responds. Begin a regular practice of deep breathing. Even just a few slow breaths before eating or any other

Evan’s Favorite: Asian-Scented Greens

- ½ pound kale, chopped
- ½ pound Swiss chard, chopped
- 1 carrot, julienne
- 2 Tablespoon soy sauce
- 1 Tablespoon honey
- 1 Tablespoon rice vinegar
- 1 tablespoon extra virgin olive oil
- 1 teaspoon sherry (optional)
- 1 teaspoon toasted sesame oil
- 1 teaspoon garlic, chopped
- ½ teaspoon fresh ginger, shredded
- 1/8 teaspoon red pepper flakes

Directions:

1. In a hot pan on the stove top, steam chard and kale with a little water, until al dente or cooked to preferred texture. Add carrots and remove from pan to cool.
2. Prepare dressing. Whisk together soy sauce, honey, rice vinegar, olive oil, sherry, toasted sesame oil, garlic, ginger and red pepper flakes.
3. Combine all ingredients and mix well.

Recipe courtesy of: Bonita Woods Wellness Institute

activity will calm your nervous system and bring your awareness inward. It's a way of connecting daily choices to your bodily response, slowing down to notice how foods, activities, conversations and relationships affect you.

Let Go and Open Up

Healthy eating is not a purely logical exercise of understanding facts, plans and calorie counts. It's not a matter of controlling yourself and shutting down desire. Quite the opposite. It's a reciprocal relationship between your mind and body and it's based on opening up rather than shutting down—opening up to new choices with food and cooking, designing new practices of self-care, and allowing yourself to enjoy novel experiences. So let go of the belief that an expert knows more about your body and your needs than you do.

Notice when your mind reaches for more facts and plans, something outside of yourself, something detached from the natural wisdom of your body. Rather than going on another diet or exercise regimen because you've read about the latest and greatest thing, stop. Reach inward instead of outward. Search for what is meaningful to you. And if that answer comes slowly, so much the better. Seek out experiences, conversations and communities where you can explore what you need for robust health.

Appreciate What You Already Know

Not a single person ever walks through my door needing more information, unaware of the familiar advice that they should eat fresh fruits and vegetables, get plenty of exercise and manage stress. More often than not they are overwhelmed, and might even be doing better with a lot less information. Some have had moments of fleeting success with strict diet and exercise regimens, while knowing in their hearts they can't and won't sustain the forced effort. Often what's missing is the ability to hear what they really hunger for, to trust what their bodies

know. Developing a practice of deep listening gives you confidence in your own inner voice.

I learned quite a lot by listening equally to my heart and mind when guiding Evan and his group. In the days before Evan walked up and told me how little he cared about nutritional information, I had been busy organizing a wealth of evidence that led to healthy eating as the only logical choice. I shared the most up-to-date nutritional advice, along with simple assignments and recipes to incorporate into daily practice. And, no doubt, there is a place for all that in any health program. But if we focus solely on logic, plans and control, then we lose sight of the fact that they can never hold the answer to our most personal questions of health and nourishment. No matter how many diet plans we follow, how many books we buy or professionals we talk to, we can never gather enough information to bypass desire and craving, the hunger that comes from a place deep within and drives how we feed and care for ourselves. This is the voice that wants to be heard.

As I listened to Evan speak about his struggles with food and weight, what I heard was his need for connection rather than information—connection with me, with others, and most importantly, with himself. His willingness to try something new simply because he liked and trusted me was an act of faith. In time, as he opened up to new choices, he found that relationship within himself by experiencing the sensation of healthy foods in his own body. "Laurie," he said to me proudly at the end of our series of health sessions, "I tried one of those kale recipes you gave us the other day. And, you know what? It was really, really good!"

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.

The Secrets of Slow Tea

Making and enjoying a pot of tea is a great way to slow down. Most obviously, because it takes time. It's simple, but you need to pay attention and be patient. It's also good for you. Various studies have shown that tea is beneficial for heart health and weight control. It has less caffeine than coffee, and has the appealing quality of being both relaxing and uplifting at the same time. Black, oolong, green and white teas are all made from the *camellia sinensis* plant. Herbal teas are made from combinations of herbs and flowers and are free of caffeine. Choose loose-leaf whenever you can.

Here's what you need:

- Kettle to boil water (electric or stove-top)
- Teapot or large cup
- Measuring spoon
- Removable infuser/strainer
- Loose-leaf tea

Here's how you do it:

- 1) Put one to two teaspoons of tea (per cup of water) into the infuser and place it in the teapot. If you purchase the tea at a specialty shop, they will give you guidance on the exact amounts, but with time you will learn how strong you like your tea.
- 2) For black tea, bring water to a boil, then let it sit for a minute before pouring it over top of the leaves. Water for oolong, green, and white teas should not be boiled. They should steep at slightly lower temperatures.
- 3) Start a timer. Tea should steep between three to six minutes, depending on type. Four minutes is a good average time. After six minutes, tea will become bitter. Herbals often steep a bit longer than tea, sometimes up to ten minutes.
- 4) Remove the infuser and set the tea leaves aside.
- 5) Take a deep breath, enjoying the scent of your tea. Sip and savor, slowly.

How To Read YOUR FOOD

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

With holiday parties wrapping up, many of us are wielding stomachs that can't even remember what it feels like to be hungry, we have tipped our well-meaning toes into the New Year's Resolution season. Following the festive "Eat and Drink Until You Burst" season, many of us feel the need to atone for our socially influenced diet "sins," or maybe we just crave a "new you" makeover, or maybe, like an old friend returning for a visit, "diet and exercise" is our standard and annually comfortable resolution. Either way, far more of us will endure several weeks of well-intended self-deprivation than those who chose "accept myself for the wonderful person that I am" as a New Year's goal.

The two most common reasons for a New Year's diet are:

- 1) Detox from the holiday's rich indulgences (ie: your clothes are too tight and you have a belly version of a hangover).

Or

- 2) To further evolve yourself into the image of the person you would like to be.

Personally, I think New Year's resolutions should start in June, when the weather is warmly welcoming and fresh produce is abundant. January is plumb in the middle of comfort season, when all the smart animals are hibernating. Since we pick this time to slim down, here are a few helpful tips on befriending your food. Look at the actual ingredients and think about what it does to fulfill your personal needs. After all, diet is as much about gaining health as it is losing weight.

When you get ready to eat, take a moment to think about what you are feeding. Are you hungry (craving energy) and feeding your body? Are you excited about the artistry of a dish and feeding your spirit? Are you stressed and feeding emotional cravings? Think about the reason you go to your meal and what you chose to eat, and its effect on you. Of course, you can always check the ingredients list, nutria-count chart or the health value icons. You can also learn to read your ingredients.

In the cold and dreary months of winter, our bodies crave comfort food. After all, it takes a lot of energy to keep warm! Our digestive systems know what food gives the greater amount of energy (ie: calories) to keep that furnace burning. It is important to give your body what it needs to function well and to also manage your personal energy efficiency system. Here are a few tips to help navigate your winter menu program:

Eat a variety of fruits and vegetables! The color is an indicator of the vitamins and nutrients inside. Feeling a little sniffly? Bump up on orange and yellow colored fruits and veggies, like oranges, cantaloupe, carrot, sweet potato, winter squash, bell peppers, apricots, and corn. They are rich with Vitamins B & C, which also help to lower your stress levels and pump air all through your body. Reds (like strawberries, tomato, beets, and rhubarb) are rich with lycopene and

antioxidants, which means they help keep your cells healthy. Blue and purple produce help with memory retention, so enjoy some blueberry pie, Concord grapes, or a plum while plowing through your workday! But best of all are the dark leafy greens. These emerald beauties, like kale, broccoli, celery, avocado, and spinach are low in calorie and high in health value. Generally rich in both soluble and insoluble fiber, the greens are ripe with absorbable calcium, zinc, and magnesium. Greens are great for maintaining a clean digestive tract, building healthy bones and muscles, and invigorating your blood circulation and full body oxygenation.

Fiber is your friend! High fiber produce (think: takes longer to chew) like whole grains, celery, broccoli, blackberries and apple, help keep your intestinal tract clean. The high moisture produce (like citrus, spinach, plum, watermelon and zucchini, keep things moving through your system and prevent constipation. The more you mix up the produce color and texture, the greater nutritional spectrum you will get. Add a variety of whole grains and you have a terrific platform to support your produce processing. The grains slow down digestion, allowing your tract to grab at all those great nutrients you consumed. Grains also help you feel full and energized for a longer time following your meal.

Remember that lots of ingredients have protein: meat, soy, dairy, gluten, whole grains, TVP, Quorn, nuts, seeds, and beans. Mix up your protein format to get a better rate of absorption. Protein is actually a chain of amino acids that your digestive system will break down then rebuild to become your personal amino acid based protein strings. These become your muscles, fat, tendons, organs, glands, nails, and hair. Growth, repair and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight.

In conjunction to consuming protein, you can use the individual and already dissimulated amino acids found in colorful produce, seeds, nuts, and whole grains. You can get plenty of amino acid from meat, but it is hard for the digestive tract to break it down all the way to the individual amino acids and rebuild as your body protein. Your digestive tract has a far easier time with whole grains, and produce. The best part is that, while few fruits, grains, and veggies have a complete amino acid chain, you don't need to eat the whole chain with every meal. If you consume a spectrum of produce, and grains daily, you will hit all the amino acids you need without having to think about it.

Stay hydrated! There has been a lot of research on the subject and it all points the same direction: Get hydration from as many sources as possible. Water is the classic source of hydration, but food can also help with this. Soup, veggies, juice, salads, fruit, herbal tea all help with hydration. Just remember to count your non-water calories and glycemic index

along with the hydration. Then enjoy an extra glass of water on the side just for the fun of it! Drinking water with your meal will help you to digest with greater ease and dissuade stomach aches, muscle cramps, and headaches. Sad truth: soda, caffeinated/power drinks, and alcohol are not hydrating beverages.

Cooked vs. Raw: Our winter diet compulsions are generally opposite to our summer preferences. Farewell to obsessions for fat free yogurt and light, crunchy salads! Unfortunately, most cold weather “comfort food” cravings are not the most healthful. Follow the new USDA guidelines to help satisfy your desire for meatloaf, mashed potato and lasagna in a wholesome manner.

Gone is the old timey food pyramid that was often as undecipherable as the Ancient Egyptian hieroglyphics. It has happily been replaced with a plate design. Imagine your plate is divided into four sections. Half of your meal should be produce (either cooked or raw, but please keep it low fat), ¼ should be whole grains (or potato with skin on), ¼ can be protein of choice (including beans or vegetarian). Dairy is optional. This new system makes it so much easier to manage your meal balance! Here are a few plate suggestions to keep in line with the new USDA guidelines:

- Chicken or tofu on a bed of dark leafy greens with sides of quinoa and pan seared squash.
- Broiled salmon with brown basmati rice, marinated tomato, and steamed asparagus.
- Lamb with white bean ragout, whole wheat dinner roll, wilted Swiss chard and a sliced apple.
- Roast beef with a baked sweet potato, steamed broccoli and a cup of tomato soup.
- Seitan with general Tso's sauce, Asian black rice with chia seeds, steamed carrot coins with arame and edamame.
- Oven fried chicken with firework coleslaw, steamed bliss potato and a spinach salad

Feeling in the throes of a seasonally charged fat and starch craving? Try a little meatloaf (or protein of choice) and gravy on a large bed of dark leafy greens and veggies. Or a small Panini sandwich with a large bowl of soup and a salad. Or a little lasagna with a large serving of seasoned spinach. You get the picture, and it is a picture of you eating well and feeling good!

author: Chef Bonita Woods teaches the fun side of nutrition through her non-profit wellness education center, the Bonita Woods Wellness Institute. Chef Woods also helps manage healthful cooking/nutritional education programs as an Associate General Manager of Dining Services at University of Maryland. You can learn more about her projects at www.BonitaWoods.org

Chef Bon's Beet & Sweet Potato Salad

Ingredients:

- 1lb beets, sliced into ½-inch coins
- 1lb sweet potato, diced
- 2-3 Tbsp vinegar
- 1-2 Tbsp sugar
- 1-2 Tbsp dill, minced
- ½ red onions, sliced thin
- Salt and pepper to taste

Method:

- 1) Steam the “diced and sliced” beets and sweet potato until knife tender (approx. ten minutes). Cool. Alternatively, you can toss them in a little canola oil and roast at 400°F for about ten minutes.
- 2) Mix vinegar, sugar, salt, and pepper to make a dressing. Pour over the beets.
- 3) Toss in onion and dill.
- 4) This dish can be served immediately or held in the refrigerator for up to five days. You can garnish it with a dollop of Greek yogurt or sour cream.

Greek Quinoa & Grape Leaf Salad

Ingredients:

- 3 cups cooked and cooled quinoa
- ½ tsp kosher salt
- 3 Tbsps extra virgin olive oil, divided
- 2 Tbsps fresh lemon juice, divided
- ½ cup currants
- ½ cup dry-roasted shelled pistachios or toasted pine nuts
- 1/3 cup finely chopped rinsed and drained brined grape leaves, about 12
- ¼ cup thinly sliced green or red onions
- ½ cup crumbled feta cheese, about 1 ½ ounces
- 2 Tbsps minced fresh cilantro
- 2 Tbsps minced fresh dill
- 2 Tbsps minced fresh mint
- 6 cups baby spinach

Optional:

- 1 1/3 cups (about) plain Greek yogurt
- 1 lemon, cut into wedges
- ½ cup Greek or Moroccan cured olives
- ½ cup sliced European cucumber

Method:

- 1) Stir the currants, nuts, chopped grape leaves, green onions, feta, cilantro, dill, and mint into the cooled quinoa.
- 2) In a separate large bowl, toss the spinach with the remaining two tablespoons olive oil and one tablespoon lemon juice. Season the greens to taste with salt.
- 3) Divide the greens among four plates and top with the rice salad, dividing evenly.
- 4) Spoon a dollop of yogurt alongside the salad; garnish with lemon wedges. Serve with a bowl of mixed cucumber and olives on the side.

This is a fun recipe to play with. Please adjust ingredients to meet your preference. This salad can be made with any grain or grain mixture.

Nutrition Tips

TO AVOID WINTER'S DRY SKIN

by Judy Caplan

When the winter winds blow, it is a sure sign that dry skin is on the way. Good nutrition can help keep your skin moist and silken throughout the cold, dry winter months. Nourish from the inside out and put an end to winter itching!

1. Stay hydrated. Drink plenty of liquids. Water, fresh fruit and vegetable juices, green tea, and herbal teas are all good hydrators.
2. Avoid sodas, diet sodas, too much coffee, energy drinks, and alcohol. Besides extra calories, these can be high in sodium and lead to dehydration.
3. Stay oiled on the inside. Forget low fat diets. Healthy fats in the right amount will not cause weight gain. In fact, studies show that people who eat healthy fat every day have more success achieving long term weight loss and weight maintenance.

Fats keep you satiated and full. They are also needed for nutrient absorption, especially for Vitamins E and A. Vitamin E is essential for healthy skin. Vitamin A helps skin slough off dead cells leading to softer moister skin (More on this in number five).

Monounsaturated fats like avocado, olive oil, seeds, nuts and nut butters all contain healthy oils that are good for your skin. Add nuts and seeds to salads, yogurt, oatmeal and dry cereals. Try roasting raw nuts in the oven for a tasty treat. Nuts make a great snack any time of day. Purchase almond or cashew butters for a new twist. Dab them on whole grain crackers, on a slice of fresh green apple, or add it to a breakfast smoothie.

Here is my favorite GoBeFull Smoothie recipe:

8 oz. almond milk
 ½ cup frozen blueberries
 2 Tbsps almond butter
 1 small banana
 Large handful of raw spinach
 1 heaping Tbsp of cocoa powder

Blend together in a blender or Vitamix. If you like froth, add a few ice cubes. Drink immediately.

4. Eat more fish. Salmon and sardines are high in omega 3 fatty acids and help oil your skin from the inside.
5. Eat from the rainbow. Colorful fruits and veggies contain Vitamin A which is important for cell sloughing. When cells don't slough they stick together causing your skin to feel bumpy and rough. Sloughing allows new skin to shine through.

Spinach, kale, carrots, pumpkin, and butternut squash are all loaded with Vitamin A. Add carrots to muffins; spinach to soups, salads, and sandwiches; and pumpkin to homemade custards.
6. Purchase a skin cream that makes you feel luxurious. I love Palmer's Cocoa Butter Formula with Vitamin E. (It smells like chocolate!) Use it every day to keep skin moist on the outside. Don't over bathe. Too much hot water can dry out your skin.
7. Finally, purchase a humidifier for your furnace. If you don't have one, put out a pan or two of water to add moisture to the air.

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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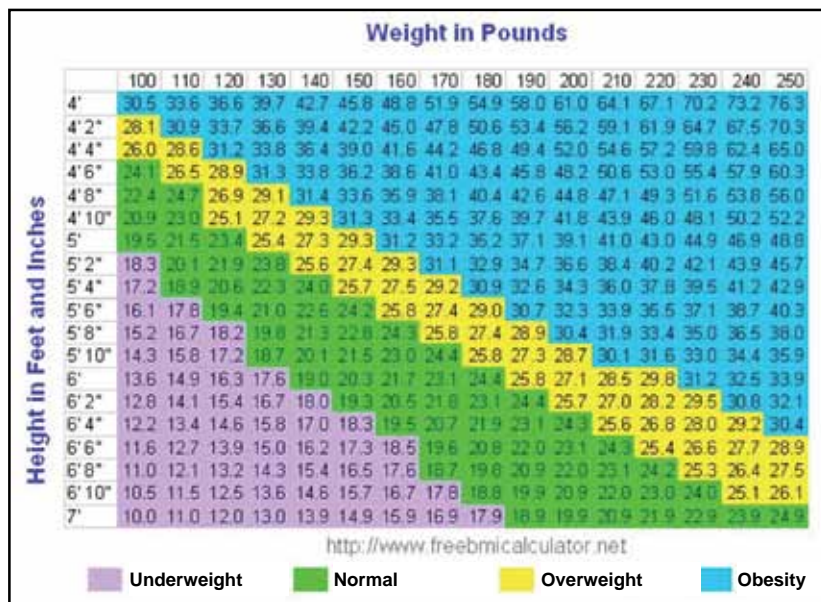


Obesity

AND THE IMPORTANCE OF WELLNESS PROGRAMS FOR YOUR BUSINESS

by Cindy Pavell M.S.

Fitness Consultant for U.S. Chamber of Commerce and National Credit Union Administration



Obesity is rising at an alarming rate. The cost to the quality of our lives and to society has greatly increased efforts to develop wellness programs for corporations and businesses. According to the CDC, medical expenses of an obese employee are 42% higher than for a person at a healthy weight. During the 2009 Health Summit in Kansas City, it was reported that 70% of health costs were influenced by poor lifestyle choices. In addition, for a six-year period, Johnson & Johnson announced a return of \$2.71 for every dollar spent on the wellness program! Whether you own a large company or small business, you cannot afford to **not** have an employee wellness program!

In 2010, health costs were 147 billion for the United States, and employers were hit with about 45 billion a year in medical costs and work loss. The corporate bottom line is being heavily affected by increased health care costs and reduction in productivity. Harvard Business Review reports the following:

Wellness programs have often been viewed as a nice extra, not a strategic imperative. Newer evidence tells a different story. With tax incentives and grants available under recent federal health care legislation, U.S. companies can use wellness programs to chip away at their enormous health care costs, which are only rising with an aging workforce.

In addition to saving money, effective wellness programs create happier employees. Happy employees tend to stay with a company longer and will work more diligently. There is less absenteeism, thus greater productivity. A 1998 study, performed by Brigham Young University, reported "...obese employees were more than twice as likely to experience high-level absenteeism (seven or more absences due to illness during the past six months), and 1.49 times more likely to suffer from moderate absenteeism (three to six absences due to illness during the last six months) than were lean employees."

Obesity is a risk factor, or gateway condition, for multiple chronic conditions and diseases. Obesity is associated with diabetes, heart disease, stroke, some cancers, hypertension, high cholesterol, gallstones, sleep apnea, and orthopedic injuries. What constitutes obese? A BMI (body mass index) of 30 or above. See chart above.

The BMI does not account for really muscular people. Hence, athletes may show as obese when, in fact, they are not. Another consideration is the "shape" of the individual. The apple-shaped person (fat carried at waist) are at higher risk for heart disease than pear-shaped (fat carried at hips) people.

Principal Components of Employee Wellness Programs:

- Managerial support and engagement is imperative; the program must work from the top down
- Researching and identifying employees' health status (biometric measurements) and needs
- Employee incentives and multiple options; employees need to feel the program is manageable with their life
- Establish an employee wellness committee
- Mission statement
- An evolving action plan and execution; establishing SMART goals.
- Effective communication tools and creating a supportive environment
- Evaluation and adjustment of plan as needed

Each component contains multiple facets. Employers want a program that works and is sustainable!! Hence, be sure to vet your wellness company thoroughly to insure they are the right fit for your company. With the rise of health care costs and the impact obesity has on these costs, employers cannot afford to NOT have a wellness program!!!

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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A Doctor's CONFESSION

How I Found the Answer to Weight Loss

by Dr. Shirine Hegazi

As a health care professional, I listen to people in a different way. When people talk about their health, I notice patterns in how they feel and I try to come up with ways to improve the things they're doing that don't work. I often listened to people who tried and had been failed by multiple weight loss programs. Over and over, I'd hear the same kinds of things: people would approach weight loss with a positive attitude and stick with the new diet or exercise plan but not lose weight. Sometimes, they'd go for more extreme measures like crash diets, hormone treatments, and exhausting workouts. Most of the time, it seemed like the weight either wouldn't come off or wouldn't stay off, and people would start to give up. They'd say, "Well, maybe my body just can't lose weight," or "Those celebrity testimonials are all made up, anyway – losing weight is too hard for a normal person." Worst of all, I heard things like "I guess I can just settle for what I have instead of what I really want."

Whenever I heard these things, I knew I needed to do something: weight loss should be empowering, natural, permanent, and most importantly, possible. I took a look at the types of programs that people were using to lose weight and I saw the problem: among all the starvation diets and exercise plans, I didn't see a system that focused on the body's needs. I saw so many gimmicks and "doctor-recommended diets," but the most popular programs didn't target the way

people's bodies actually work. At best, they could shave off weight for a short time but not permanently; at worst, they were just plain unsafe. I thought to myself, of course people are giving up! None of these weight loss systems were designed with the body in mind.

Most people don't know that your body has safe, natural systems already in place to put you at a healthy weight and keep you there. Hormone treatments and starvation diets only get in the way of what your body already knows how to do.



So, I sat down for a while and thought, how can I design an easy-to-follow system that will help people lose 10, 20, or even 100 pounds quickly and safely? Sure enough, the information I needed was already available to me. I know a few differences between thin people and overweight people: thin people have high levels of adiponectin, a hormone that regulates the metabolism. I also know that ketones found in raspberries can stimulate adiponectin production. I did some research, found the best natural raspberry ketone liquid supplement, and added it to the list of things to include in my new weight loss program.

I also studied the connection between sleep and weight loss. People know that sleep is important – some even know that lack of sleep slows the metabolism – but most don't realize that sleep-deprivation actually causes weight gain

and makes it almost impossible to slim down. It has to do with two hormones called ghrelin and leptin. Affectionately, we can call ghrelin the 'go' hormone which tells you to eat, while leptin tells you to stop eating. When you don't get the 7.5 hours of sleep that you need, your body produces more ghrelin and less leptin. That's why, when you're tired during the day, you might find yourself reaching for a snack, your 'go' hormone is telling you to eat more to compensate for the sleep you lost. I built my program to reverse this process by helping people sleep better and longer. When they do, weight loss is easy because their bodies don't hold them back.

In the same way, I combined the rest of my knowledge of how the body works to create a natural, safe program for people to lose weight permanently. During my program, you eat all the time; I recommend healthy, delicious snacks and meals throughout the day so that you're never hungry. I noticed that many people actually spend their days dehydrated, so my program recommends the right amount of water for each body type. I also thought about the body's natural weight loss and gain cycles. I applied this knowledge to my program to design a perfectly timed plan. If you eat, sleep, and take the natural supplements at the correct times, your metabolism will respond and you'll shed pounds. Weight loss is about working with the body and giving it what it needs when it needs it.

Soon, it came time to test my plan. I advertised my program to people who tried other weight loss options and gave up.

The results even astounded me. Days after they started the program, my first few clients saw pounds come off. Within two weeks, they had lost between 10 to 15 pounds each. Happy with their success, I took some time to record videos of each person. Here were real people, not celebrities, and they all felt healthier, happier, and less stressed after losing weight quickly and safely. Some were even advised by their physicians to stop taking their blood pressure medications; others felt less chronic pain or found sleeping easier and more rejuvenating. Some lost 50 to 60 pounds and felt better than they had in years, relieved of back pain, and other weight-related health problems. I guided them personally along their weight loss journeys and, months later, discovered that they had kept the weight off, as I had hoped.

I had set out to design a quick, safe, and permanent weight loss system, and I succeeded. Now, I get emails every week from people who look and feel better and can do more of the things they love with their families and friends. I couldn't be happier, and I look forward to the new people I get to work with, because I know that soon, I'll be listening to their success stories.

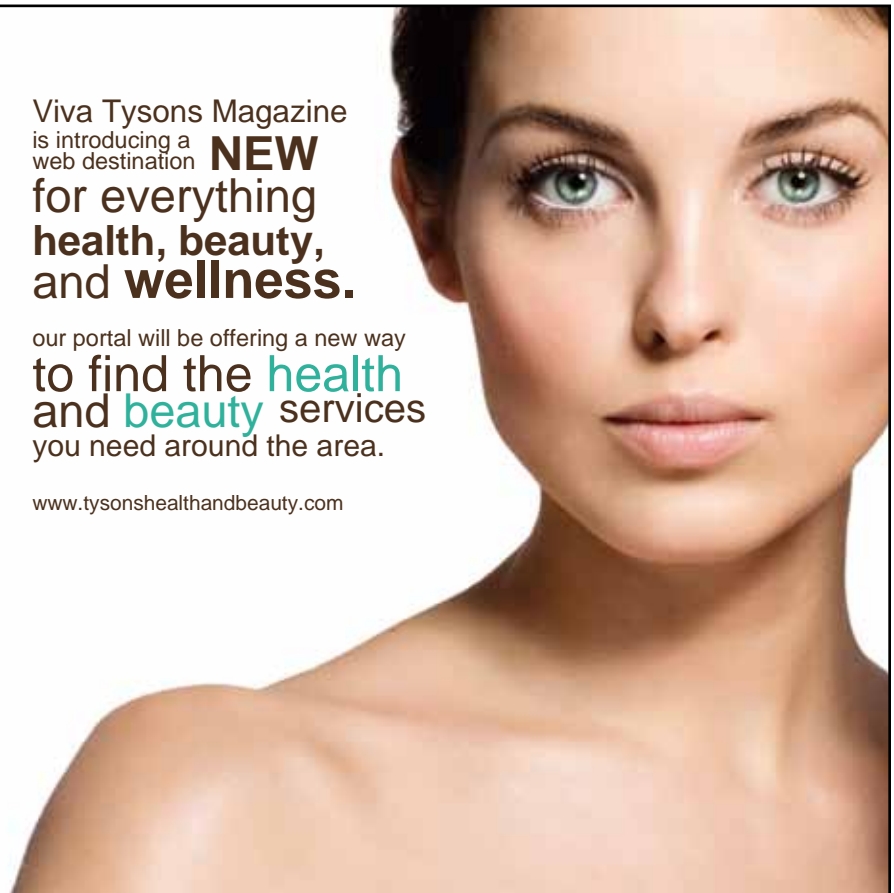
author: Dr. Shirine Hegazi, DC is a well known and established Chiropractic Physician and Weight Loss Expert and founder of Fairfax Weight loss Institute in Fairfax, VA. Dr. Shirine Hegazi's philosophy is to incorporate wellness plans based on science and care for patients compassionately utilizing modern modalities of Medical Weight Loss and Rehabilitative procedures. A passionate believer in patient education and empowerment, he practices at 2826 Old Lee Highway, Suite 350, in Fairfax, VA. 703.573.5500 www.weightlossinfairfax.com



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NEW YEAR FITNESS

Philosophies

by Colleen Sheehy Orme

**Casey Filippone****Jason Stovich****Pat DeRocco****Chat Grosvenor**

The holidays find many people running from party to party rather than running towards the gym. Then the calendar turns over to January which forever restores the hopeful fitness resolutions we secretly pledge while consuming yet another feast and candy cane cocktail. While December promises refuge, it is January that promises resolution. I will start that fitness regimen, that healthy diet, and feel good transformation... next month.

Let's be honest. What really gets in the way of that reinventing resolution is us. I know this, but avoided it. I promised myself, when work and mid-life got in the way that I would find my way back. I didn't, no matter, my pride still resolved to bring myself to action myself.

So I did what many of us don't want to do because we believe we can will ourselves 'fit.' I called a personal trainer at Elite Fitness Concepts in Great Falls (www.elitefitnessconcepts.com). For me it was a call for self-responsibility. I needed help though it was extremely hard to admit. I realized I would seldom cancel a scheduled appointment. I also knew that two to three months of consistent training may reverse the poor habits that had me referring to myself as, let's just say, "ten pounds up."

So that's 'fitness.' A pretty word to gym rats. An ugly word to Holiday Heavyweights (a little gym pun).

What I found when I re-entered the gym jungle was that, in fact, scheduled personal training appointments, did reverse my bad habits and get me back on track. The 'boutique' atmosphere of Elite Fitness Concepts reinforced and supported the 'individuality of fitness.' That I had missed my personal trainer, Anne Atwood. Why? Because she had really been providing a physical and emotional workout. The bond we share makes her part trainer and part psychologist.

But, mostly that like many great adventures in life we need to be inspired. At Elite it is a given that their trainers are experts in nutrition, health, and fitness.

What is unique about Elite is 'working out' is simply a metaphor. It's personal trainers who stretch fitness beyond a scale, a number, or a recognized industry standard.

At Elite it's not December or January it's a philosophy, life requires a lot of strength, a lot of heavy lifting and a lot of moments that deserve our personal best.

Casey Filippone, Owner and Personal Trainer: Fitness Philosophy

Fitness, much like everything in life is all about balance. Balance of schedule, balance of techniques, and balance of workload. It's just as important to know when to back off as it is to push forward, listen to your body and you will have success.

Jason Stavish, Owner and Personal Trainer: Fitness Philosophy

- 1) Keep "New Years Resolutions" small and obtainable. Setting goals too big, too early often leads to failure. Example, if weight loss is your goal, rather than focusing on the TOTAL amount of weight you want to lose, focus on smaller amounts per week or per month. Psychological victories go a long way in keeping focused. Losing two pounds this month seems much easier than focusing on losing 50 pounds overall.
- 2) Once you have identified your goals, make it a priority to start NOW. The longer you procrastinate, the higher the fail rate. No time like the present.
- 3) Exercise in the morning, this way it is done for the day and you eliminate things that may lead to missed workouts, such as unexpected meetings, busy schedules, or just being tired from a long day.
- 4) Have some self discipline. Enjoy the Holidays, and all they have to offer, but remain BALANCED. If you are enjoying the Holidays a little too much, make your next workout that much more intense. Stay ahead of the game.

Pat DeRocco, Personal Trainer: Fitness Philosophy

Fitness is a gateway to personal reinvention, a way of life which allows you to constantly hack away the unessential (which means to remove poor life habits as you take part in healthy ones). It's an opportunity to improve your mood, mind, heart, ability to function better in a world that has a way of trying to keep you down.

Resolutions

Resolutions = simplicity. Simplicity is the key to brilliance and success. Simply set short term and long term goals and write them down. Forget about the long term, and each rising day set your mind on the short term and trust the process. You'll end up where you want to be if you take this day by day approach.

Chat Grosvenor, Personal Trainer: Fitness Philosophy

I can chose pain or to suffer.
Pain is ability to overcome and become stronger, suffering you don't know where it's coming from.

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



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- 2 dashes of Angostura bitters
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1. Soak sugar cube in champagne flute with Angostura bitters.
2. Add champagne and cognac.
3. Garnish with a sprig of currants.

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GINGERBREAD CAKE WITH CARAMEL SAUCE

Ingredients:

Cake:

- 1¾ cups flour
- 1 tsp baking powder
- ¾ tsp baking soda
- ½ tsp salt
- 1 tsp ground ginger
- ½ tsp cinnamon
- ¼ tsp grated nutmeg
- 6 Tbsps butter
- 2/3 cup brown sugar
- ½ cup molasses
- 1 egg
- ½ tsp vanilla
- 2/3 cup boiling water

Caramel Sauce:

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 1 cup cream
- pinch of salt
- 2 tsps vanilla

Directions:

Cake:

- Grease an eight inch square pan. Preheat oven to 325°F.
- Mix the flour, baking powder, soda, salt, and spices together.
- Cream the butter, gradually add the brown sugar and cream thoroughly. Stir in molasses.

- Beat egg until thick, and beat into the creamed mixture. Stir in the vanilla.

- Add the dry ingredients to the creamed mixture one third at a time, mixing well after each addition.

- Gradually add boiling water, stirring after each addition. Turn into prepared pan. Bake for about 50 minutes. Serve warm with caramel sauce.

Caramel Sauce:

- Mix all the ingredients together and simmer for about five to six minutes.

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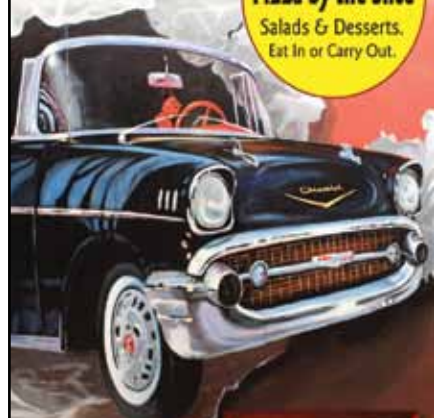
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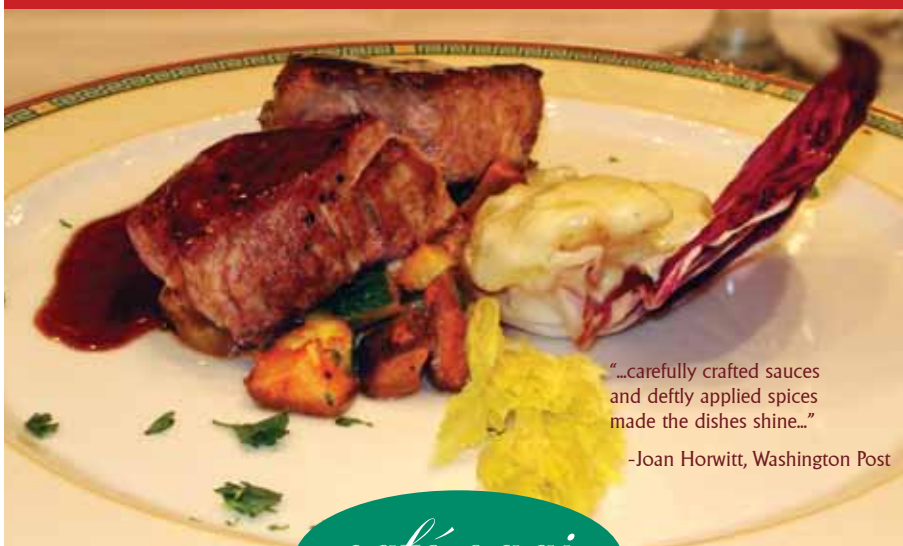
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Absolute Thai

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Dining with Jeannine • by Jeannine Bottorff



This McLean restaurant is located in a little mall with at least three to four other restaurants. They are all good but Absolute Thai stands out by offering delicate French pastries that are mouthwatering works of art.

When I walked into Absolute, I found a sophisticated and serene scene. The restaurant is inviting yet minimal, much in the way many Thai restaurants are; however, their elegant dining room makes eating there feel more like an occasion. There is also a bar where you can sit and have a glass of wine, beer, or a cocktail while you wait for a table or your take out order.

Part of Absolute's menu is devoted to what they feel is truly authentic. This includes favorites such as appetizer Larb Gai, a spicy minced chicken dish flavored with fresh herbs, chili and lime. Another traditional offering is the entrée Green Curry, a fragrant coconut dish that is creamy and mildly spicy. Also are satays, spicy soups such as Tom Yum, and my personal favorite, Kaprao, a dish of chilies, basil and garlic. Absolute offers a variety of specialties including their Crispy Duck and their Siam Flaming Beef,

marinated, seared and brought to you on a hot platter. Their menu is quite large. It even includes a "healthy" section that serves red and brown rice with entrées instead of the usual white.

The entrées are very good but what makes Absolute different are the fabulous pastries made by Pond Worasittikorn, a CIA (Culinary Institute of America) trained pastry chef who perfected her art at the Loews Miami Beach Hotel, Café Leopold in Georgetown, the Mandarin Oriental DC, and Windows Catering before coming to Absolute Thai. Ms. Worasittikorn told me Absolute has a "complete dining experience" philosophy – first, dine on great Thai food and follow with a dessert that is made with natural ingredients, lightly sweetened and that is, of course, beautiful.

There are many French pastries to choose from, all decadently flavored but light as air – the perfect ending to a spicy Thai meal – Strawberry and Pistachio Plougastel Tart, Fried Banana Rolls, Mango Chocolate Tart, and more. And, if those were

not enough, there are gluten free confections, French Macarons, Panna Cotta, and Flourless Chocolate Cake.

On a recent visit, my friends and I indulged in their Lychee Raspberry, a delicately flavored confection of ladyfingers, raspberry coulis and a whisper of lychee mousse that together created a luscious balance of flavors. We also sampled the Pandan Coconut – chiffon cake, vanilla Bavarian cream, sweet palm seed and coconut gelée and the Toffee Crunch Cake – devil's food cake with cashew toffee and coffee cream. All three were outstanding.

So, whether you have a craving for Asian food or would like to have a decadent dessert, think of Absolute Thai where you can get both!

Absolute Thai
1381 Beverly Road
McLean, VA 22101
703-847-1111
www.absolutethaiva.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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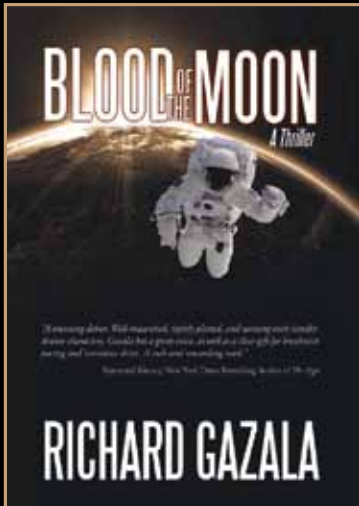
- 1 cup warm water
- 2 Tbsps yeast
- 2 Tbsps sugar
- 2 tsps garlic powder
- ¼ cup melted butter
- ¼ cup olive oil
- 3 cups all-purpose flour
- 2 tsps salt
- At least 8 oz. of cheese
- Parmesan cheese
- A few Tbsps of melted butter mixed with a sprinkle of garlic powder

Directions:

Mix together the yeast and water and let it sit for a couple minutes. Add the sugar, garlic powder, melted butter, and oil. Add the flour a little and a time, mixing in your stand mixer with a dough hook. Add the salt. Knead for ten minutes, in the stand mixer or by hand. Let the dough rise in a greased bowl covered with a wet cloth for about 30 minutes. Preheat the oven to 375°F. Divide the dough into about 20 pieces or so (you can make them as big or small as you want). Put about a ¾-inch chunk of cheese in each one and make sure you pinch all the edges back up tightly. Put the pinched side down on a greased baking sheet. Sprinkle the buns with more shredded cheese and some parmesan cheese. Bake at 375°F for about 11-15 minutes until the bread is golden brown and the cheese is bubbly. Brush with the melted butter and serve warm.

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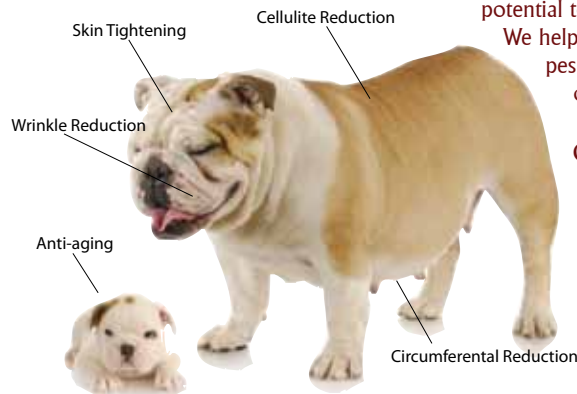
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Reston Businesswoman **BECOMES LOCATION INDEPENDENT**

by Keith Loria

Although mail may come to her house in Reston, Lisa-Marie Cabrelli is more likely to be found in Italy, England, Spain, or even China.

That's because Cabrelli is taking advantage of a new business lifestyle called "location independent."

In its simplest definition, a location independent business allows one to run a business from anywhere in the world, and Cabrelli not only does it herself, but has a business where she offers advice and tips to others on how to be successful doing this.

"I have created four businesses, which I run from anywhere in the world, working and traveling the globe with my husband and 14-year-old daughter," she says. "It's a magnificent lifestyle and one I'm so glad I made."

In fact, Cabrelli is quite the entrepreneur. It's a far cry from what she thought she would be doing.

She attended Rutgers University and studied theatre, and imagined that acting would become her full-time career. Cabrelli found success doing regional tours, national tours and voice-over work but soon realized that it was no longer her dream.

A successful stint as a systems analyst for AT&T followed, but Cabrelli woke up one day to realize that this too wasn't the job she wanted, and after talking with her husband Mark, decided to quit.

"When [my husband and I] first met, we had a conversation about what we would do if we had a million dollars and we started making notes on the back of a napkin for all these

wonderful things we would do," she says. "Travel was a huge part of that list, and we both really like to travel and explore new places together."

It was the realization that you don't really need a million dollars to do the things you want to do that set her off on her new career.

Cabrelli started a successful ecommerce business and soon became a life coach and voice to others who wanted to change their own direction.

Because her daughter was a big American Girl doll fan, Cabrelli's first business was the creation of Emily Rose Doll Clothes and Wish Doll Company, designing and manufacturing furniture and clothes that fit all of the 18-inch dolls. As that business grew, Cabrelli found other women business owners asking her for advice.

"I realized that coaching was something that I really enjoyed and found that it made a difference to other people," she says. "My first coaching client was an art teacher making \$34,000 a year and through my coaching she started a business and now makes over \$250,000 a year in revenue. I discovered this was something I was good at."

Next came the creation of Galahads—The Secret Society for Kick-Ass Women, which works to develop financially successful, self-fulfilled, powerful and generous women entrepreneurs through mastermind, mentorship and adventure.

"This is specifically for women entrepreneurs who are looking to connect with other women in business and want to support them," she says. "It's dedicated to creating

financially successful women through masterminding, training, coaching and gamification.”

Her third business is known as Laptop Life Lisa, where she coaches people how to enjoy freedom in their lives (which may or may not include travel) through the creation of “location independent” businesses.

Over the past few years, the Cabrelli family has lived in the Bahamas, Scotland, England, Switzerland, Northern Italy, Sicily and Greece.

“We really like to do slow travel so it doesn’t feel like we are on vacation, because we’re not,” Cabrelli says. “My daughter is in online school and I spend a lot of hours working. We just like to live in different places and experience different cultures.”

Most weekends, the family is out exploring their new home and when they get the urge to go somewhere else, it doesn’t take long to make the arrangements for a new locale. Plans for upcoming new “homes” include China, Spain and Portugal.

You might think that a ninth-grade teen wouldn’t enjoy such a transient life, but Cabrelli says she has adjusted to it wonderfully. Not only does she learn different languages and customs, but she’s making friends with people all over the world.

“It’s quite amazing because you will find that even if she grew up in Lawrenceville, most of her communication and interaction would happen online,” Cabrelli says. “She stays in touch with people through Skype, she has her own YouTube channel and she has a huge community of friends on-line. Everywhere we go, she managed to find people to be friends with.”

The family starts off in a hotel when they first get to a place but have a collection of websites they use to find apartments they can rent or live in for free (as house-sitters or helping out at a bed and breakfast).

“We made an agreement before we started travelling that we would have equal votes and we usually review places that we fancy and think will be fun and then we look at the logistics of how to get there and where to live,” she says. “Usually it’s easy to come up with the next place we want to go. And if we don’t like a place when we get there, we simply can move on.”

You can see view Cabrelli’s doll clothes collection at www.dollsclothes-emilyrose.com and learn more about Galahads at www.thegalahads.com.

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





COFFEE *Talk*

by Keith Loria

When Phil Pedlikin and Dan LaBerge purchased the Greenberry's Coffee & Tea Company in McLean last year, it fulfilled a dream to do something different with their lives.

It was only a few years earlier while working together at a software company—Pedlikin as a vice president and LaBerge as its chief information officer—that the two friends talked about making a job change.

"I had left that job and became chief operating officer of a company that owned a couple of Greenberry franchises and I was responsible for those franchises," Pedlikin says. "I started talking to the people who owned the McLean shop about possibly buying it, but the company couldn't come up with the funds to do it."

Pedlikin left his position and received a call that would change everything. He was asked if he was interested in buying the franchise himself.

"I had talked to Dan a number of times about this because when we worked together, he always said that he wanted to run a coffee shop, so I asked him if he wanted to do this with me for real," Pedlikin says. "That was in May and by July 1st, we owned the place. It all happened so fast."

The first Greenberry's Coffee Company store opened in Charlottesville, VA, in 1992 with the intent of serving the finest selection of specialty coffees, teas, and fresh-baked pastries in a warm and inviting atmosphere. Today, there are more than a dozen franchises around Virginia, and one each in New Jersey and Louisiana.

As owners of a Greenberry's franchise, Pedlikin and LaBerge needed to follow some rules that were set forth by the corporate entity, but it hasn't hindered their ability to make the place their own.



"It's a classic franchise, so there is standard stuff like we need to serve their coffee, and they want certain things done their way, but they are pretty flexible," Pedlikin says. "Of course, there are limitations. I couldn't, for example, decide to sell rotisserie chicken in there if I wanted."

Still, the two men were able to put in some of their own touches and made some changes with the popular establishment.

"It definitely needed some updates and we knew that before we bought it," he says. "The old owners hadn't redone the floors for a while, they hadn't gotten up to the modern signage and we needed to replace some equipment that was old."

They also redid the patio outside to generate more seating areas, and made it a relaxing place for customers to sit when the weather is nice.

Then of course, with kids going back to school in September, there was some turnover employee wise.

"We are planning on adding some salads and pre-made stuff because we keep getting requests from our customers for that," Pedlikin says. "Someday we would like to add beer and wine when the landlord decides she is good with that."

Upon opening the doors for the first time as owners, Pedlikin and LaBerge were greeted with plenty of smiling faces of customers ready to place their orders. The coffee shop is a long-standing tradition in McLean and nothing has changed in that regard.

"I really wanted this place because of the clientele. It's very loyal. They write books, they work here, they have meetings in here, they meet friends," he says. "We have people who come in almost every day and you can't match that. If you

open from scratch you have to build that, but this place already had that. The place has always been very popular, it has a great clientele and a wonderful staff.”

The two owners and their wives are there three to four days a week and the place has a full-time manager on staff. Some of the staff members have even been working at Greenberry’s for over 15 years—something almost unheard of in the coffee business. That creates a family atmosphere and a friendly environment for all who come.

Plus, Pedlikin says, “our coffee is really good. I don’t like Starbucks personally, I can’t drink it black, but one of the things that always appealed to me about Greenberry’s is that they do their own small batch roasting in Charlottesville. It’s just really good and it makes a big difference.”

In addition to coffee, the shop is known for its pastries, croissants (ham and cheese, spinach and feta), muffins, and cookies. They also offer soft-serve ice cream and frozen yogurt, which are a big hit with families who come by.

“We also bag our own tea, and we have people who come in just for the tea,” Pedlikin says. “There’s a lot for everyone.”

One of the goals of the two men is to get the shop out in the community a bit more. Along those lines, they have

participated in a local art show, some fundraisers, and work with the McLean PTA.

Inside the shop, the owners have experimented with having live music and will offer more in the spring. They also open up the walls for a local artist to display artwork for six to eight weeks at a time.

“We have the wall space and we want to expose people to talented artists in our community,” Pedlikin says. “Plus, it makes our shop look nicer.”

Looking ahead, Pedlikin expects the Greenberry family of loyal customers to grow and looks forward to years of fine coffee and meeting new people.

“We are here to serve McLean,” he says. “The staff is amazing and we don’t do things the corporate way, we want people to come in and talk to us and feel comfortable. That’s our way.”

Greenberry’s is located at 6839 Redmond Dr., McLean.

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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WRITERS BARE HEARTS TO RAISE FUNDS FOR CANCER RESEARCH

by Cheryl Stratos

Publisher Mike Savage of Savage Press is giving back by publishing, *Upon Arrival of Illness – Coming to Terms with The Dark Companion*. This moving collection of essays dealing with the “arrival of illness” was set out to honor his 41-year-old niece, University of Minnesota employee Kelly Culhane, who passed away August 31, 2010 after a three-year battle with breast cancer, leaving behind two young children and her husband, Dan. Last fall, the Kelly Culhane Writing Prize was announced. The topic: *Upon Arrival of Illness – Coming to Terms with The Dark Companion*. Writers had a chance to win a Grand Prize ten day writing retreat at the Burren Cottage in County Clare, Ireland (lodging and round trip airfare to Shannon provided), a first place prize of a Kindle Reader and a two-hour Lake Superior cruise, and have the opportunity to have their essay published in a book. The grand prize winner was Katrina Smith from Burke, VA.

As a person who has been living with melanoma cancer for the last three years, this beautiful book made me laugh, cry, and reflect on my illness and the journey. In some cases it is hard to read without tears but what shined through was the strength of the human spirit and what it means to advocate for yourself in order to survive. And yes, you will find out we are all very resilient. We just sometimes need the chance to prove it to ourselves. I was left with a feeling of hope. And I think it's a wonderful tribute to Kelly Culhane. I highly recommend this book to everyone.

Several local writers are published in this book and its purpose is to promote cancer awareness, writing as a form of therapy, and to help raise funds for cancer research. So if you are trying to support someone through a rough time or just facilitate awareness for cancer research this is your book. Purchasing a copy of the book will enable Savage Press to make a larger donation to cancer research.

I am thankful there are folks like Mike Savage who are making a commitment to raise money for cancer research. These dollars will go a long way. We are getting close to finding a cure. In fact, I heard that MD Anderson has started what they are calling their own “Race to the Moon” campaign named after Kennedy’s famed speech.

“Kennedy did not say we were going to study how to go to the moon. He said, ‘We’re going to go to the moon,’” MD Anderson President Ron DePinho said at a morning press conference. “It’s not enough to discover, we must do.”

The program is establishing six separate teams of researchers and clinicians to focus on CURING acute myeloid leukemia and myelodysplastic syndrome, chronic lymphocytic leukemia, melanoma, lung cancer, prostate cancer, and certain types of breast and ovarian cancers.

Hopefully, MD Anderson’s “Dream Team” of cancer research doctors will go to the moon in 2013! I’m confident we’re close, and with the help of warriors like those in “Upon Arrival of Illness” we will soon reach that day.

Copies of the book may be obtained at Savage Press (www.SavPress.com). A portion of the *Kelly Culhane Prize Essays Upon Arrival of Illness – Coming to Terms with the Dark Companion An Anthology* proceeds will be donated to cancer research. Orders may be placed online.

Cheryl Stratos, Melanoma Warrior and Advocate
www.fightingmelanoma.com

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A woman with long dark hair, wearing a bright pink snow suit, a matching beanie, a colorful striped scarf, and black gloves, is captured mid-jump in a snowy forest. She has her arms outstretched and a joyful expression. The background is a dense forest of snow-covered trees and branches. To the left, a portion of a white metal bench is visible. The overall scene is bright and cheerful, emphasizing winter wellness.

Winter WELLNESS

by Keryn Dohanich and Carly Rebeiz

Beat those gloomy winter blues this season by getting out and enjoying what the season has to offer! Overcome cabin fever, seasonal stress, and the sniffles. Forget everything you know about winter and give some of our tips a try! Get out and savor the snowflakes, and yes, sunshine.

Winter

STRESS RELIEF



Stress can be brought on by any number of reasons, but many people find that they feel more stress and anxiety during the winter season than any other time. This could be because of the holidays, lack of exercise, less sun exposure, colder temperatures, and many other reasons, but this doesn't have to be the case. There are several ways that you can beat that unwanted stress just by doing simple things every day to reenergize your mind, body, and soul. Here are some suggestions, other than visualizing a beach with palm trees, that might help kick those winter blues.

Good Ole Exercise

Yes, you've heard it before, but we mean it! Exercise is a fabulous way to get those mood-enhancing endorphins running through your body and jumpstarting your metabolism. Use that gym membership you bought but haven't used yet, take yoga or Pilates classes, take your dog for more walks, find some at home workouts online, even do jumping jacks in your living room. Earn that delicious hot chocolate you've been craving, it will taste that much better when you're in a great mood!

Got a Hobby?

Find something that you enjoy but doesn't involve work. Provide an outlet that will give you satisfaction when it's completed and will occupy your active mind. Research new hobbies that you haven't tried before, you might find a new activity you never thought you would enjoy. Try anything from beading and jewelry, to woodwork and photography. Many local stores, schools, and studios offer classes for various interests, you can even learn a new language or computer skill!

Belly Laugh

Giggle, chortle, chuckle, snicker, snort... the more you laugh the better you feel. It's also contagious! Spend time with friends and family, particularly the funny ones who make you laugh, and go to a comedy show at one of our local theatres, play board games, have a casual dinner, crack jokes, anything! Here's a fun secret too: you can fake laugh and it has the same effects, you might end up laughing at yourself just for trying. Ha!

Massage it Away

Muscle tension, derived from stress, causes more stress. Find a massage therapist who can tailor to your needs, they are trained to help you whether you have an injury or if you're just stressed. More and more places in our area are now offering very affordable options that give you the ability to get healthful massages when you need them, like **Message Envy** in Falls Church. You can also give yourself tiny massages by rubbing the nape of your neck and surrounding areas, this releases a lot of tension that you hold in every day.

Rub a Dub

A soak in the tub does more than you think! The hot water alone relaxes your muscles and hydrates your skin, but there are many ways to get more healing benefits out of your bath. Aromatherapy oils assist in quieting the mind and nourishing the senses. You can add anything from relaxing lavender to revitalizing mint, and combination scents are an added bonus. You can also add a touch of olive oil if you would like added moisture for your skin. Relax away!

Breathe Deeply

Take a quiet few minutes out of your day, really, about ten minutes is all it takes. Find a quiet place where you can shut out noise and distractions. Our body requires oxygen; lots of it, and most people who are stressed tend to breathe shallowly. Get comfortable, close your eyes, and focus on filling your lungs comfortably with each breath. When you exhale don't be afraid to make some noise either, letting your vocal chords relax is also important. With each breath relax more and more, you only need to do this a few times and you'll feel great!

Help Out

Seriously! Get out and help our local charities and organizations that need that extra hand. Helping others gives a sense of accomplishment and satisfaction, and you will really make someone's day that much better. Seeing that smile on someone's face, or joining in the laughter (see number three!) will brighten your spirits and lift away all of that stress. If you need suggestions, check out our list of volunteer options in our **2012 November/December issue**.



Combat

CABIN FEVER

It's that time of year again, cold weather and hours of being stuck inside your cozy house. But something has changed, your warm sanctuary that protected you from the first frost of winter is now feeling smaller than ever and more like a jail, than a comfortable cabin in the woods. Don't let cabin fever win! Keeping your mind and body active will help keep the boredom at bay. But as we all know some good relaxing can keep your nerves calm when you are feeling shut in as well.

Take a Bath

Put being cooped up to the back of your mind and draw a nice warm bath. Set up some scented candles (lavender is a good choice for an extra calming effect), some of your favorite music, and shut the door. A bath is about being cooped up and having nothing to do, you'll be relaxed, calm, and even relish the fact that you are stuck inside. Before winter begins prepare by picking up some sweet smelling bath salts from **The Dandelion Patch** in Vienna.

Cook

Cooking and baking can be therapeutic all year long, but it becomes even more important when cabin fever is in effect. Being stuck indoors will allow you the time and energy to experiment with new recipes. The smell of homemade cookies, roasting chicken, or whatever recipe hits your fancy will bring back that feeling of home and keep your mind off being stuck inside for so long. **Yas Bakery and Supermarket** on Church Street has a variety of Middle Eastern spices and ingredients to inspire your next dish.

Buy a Full Spectrum Lamp

It's not called the winter blues for nothing, in the winter we are inside a lot more and not exposed to the full effect of the sun's rays. Without a good source of Vitamin D your mood could plummet quickly. A full spectrum lamp is designed to expose you to all the needed effects of the

sunshine, sans standing in the cold of winter hoping to catch a ray or two. **Amazon.com** carries a variety of types for every budget.

Re-Decorate

Being stuck inside with the same furniture arrangement, wall color, or throw pillows can drive just about anyone into the depths of monotony. Take control and keep your creative side active by changing up your décor. The good thing about this project is it can be as simple as a new furniture arrangement, to a complete bedroom overhaul. Every remodel is different, so this cabin fever technique can be used on multiple occasions throughout the winter season. Stop by **ReFind** or **Sancutary** on Church Street in Vienna for some unique pieces for your home.

Hole up Somewhere Else

Still want to be warm and cozy but sick of seeing the same walls surrounding you? Escape to a local coffee shop. You'll be surrounded by the aromatic smell of their latest brew, catch up on the news, and chat with the regulars. Many coffee shops have Wi-Fi as an extra bonus, or stay low tech and bring a good book. **Caffe Amouri** on Church Street or **Katie's Coffee** in Great Falls are both excellent options when choosing your next nesting place.

Get Out Anyways

Although it may take 45 minutes to bundle up enough to face the cold, it is important to get out and enjoy the winter air for at least a little while. Take a walk after a fresh snowfall, or through one of your community parks to see how winter has changed your favorite springtime escape. It may be cold but coming home to a warm cup of hot chocolate and your snuggie will breathe new life into your winter confine. **Great Falls National Park** in McLean would look beautiful in the winter.

Winter

EXERCISES

During those beautiful spring months a long run or some outdoor sports may be your number one choice for exercise, but in the winter, while it's important to stay active, those outdoor activities are no longer options. Take a look at our list of exciting indoor winter activities and exercises. These exercises are sure to keep you active and excited about keeping fit during the wintertime.

Indoor Rock Climbing

Take to the mountains! Luckily for us the mountains are in Alexandria, **Sportrock Climbing Centers** offer programs for the whole family. This indoor rock climbing facility has climbs for every skill level and classes if you want to refine your skills. Work out your whole body while trying to reach the top of your climbing course. Indoor rock climbing is a fun exciting way to stay active throughout the winter months.

www.sportrock.com



Indoor Swimming Pool

Do you miss the days of lying poolside and hoping in for a quick dip? Well, even though it's winter you can enjoy the positive effects of water. An indoor pool is a perfect way to exercise during the winter. Whether you sign up for a water aerobics class or prefer to swim laps, the added resistance of the water will have your whole body working. Drop by the **Spring Hill REC Center** in McLean for a quick dip.

Roller Skating Rink

Looking for something the whole family will enjoy? Stay active while having fun, strap on your favorite pair of roller skates and head down to the **Vienna Community Center** on Friday nights in the winter. The Community center holds a family roller skating night, and for only one dollar you can have hours of fun. Have plans Friday night? Head over to **SkateNFun Zone** in Manassas for skating fun at anytime during the week. An activity so fun you won't even feel like you are exercising!



Bikram Yoga

Want to relieve some stress while escaping that winter chill, Bikram yoga is your answer. This type of yoga is unique because the studio is heated to a whopping 105°F, this allows your muscles to warm up and become more flexible. The beginning class at **Bikram Tysons Hot Yoga** consists of 26 different poses all designed for a full body workout. They claim the workout burns 600-1,000 calories, so this is no walk in the park!

www.bikramtysons.com

Wallyball

What is Wallyball you may ask? Well, it is a combination of handball, tennis, and volleyball. It is played with two to four players on each team and played on a racquetball court. Many volleyball techniques are employed during a Wallyball game but there are also a lot of unique moves to be learned. Look up the complete list of rules to this fun sport online, grab a couple of adventurous friends, and head on down to **Spring Hill REC Center** in McLean for a game.



www.dazadi.com



Bowling

No need to worry about the weather when you are at **Bowl America** in Falls Church! This facility boasts tons of lanes, food, and fun. If you are up for it, the Falls Church location even offers cosmic bowling, the black light and lasers are turned on for added enjoyment. Although this may not seem like traditional exercise, this activity gets you moving during the cold winter.

Boxing

If you are feeling extra ambitious boxing may be the perfect winter exercise for you. A combination of intense cardio and heavy bag work will build muscle tone, aid in weight loss, and keep you active. But be forewarned while some of our other activities listed hide that you are exercising, boxing is a tough but rewarding workout.

LA Boxing in Tysons Corner provides a fun, confidence building workout that will have you in shape in no time.

Zumba

Feeling sassy? Zumba is an aerobic dance class that's more fun than exercise. It combines Latin, African, and traditional dance moves for a fun filled hour of booty shaking and calorie burning. The unique blend of dance moves allows for a little bit of embellishment, so no need to worry about following the steps exactly everyone is there to have fun and learn some new moves. **Born 2 Dance** in Vienna offers Zumba classes as well as classes in Hip Hop, Salsa, Break Dancing, Belly Dancing, and more!

Winter

FAMILY ACTIVITIES



Winter is a great time to spend with your family, indoors and outdoors, with snow or without snow. People think of summer as being the perfect time to enjoy family since the kids are out of school and you can do more outside, but there is plenty to do when the air is chilly and the fire is warm. Try some of these suggestions this year, and enjoy what our area has to offer.

Lace Up the Skates

An old favorite, but nonetheless still a favorite. Ice skating brings out the child in all of us and is a perfect activity for kids too. Grab some skates, throw on your coat and scarf, and test your balance. The kids will love gliding and sliding around with their parents, they'll have a great time outside and seeing everyone together. Need some suggestions? Try **Pentagon Row** in Arlington, **Fairfax Ice Arena** in Fairfax, or **Mount Vernon Rec Center** in Alexandria, there are many others too!

Roll the Dice

Too cold outside? Maybe it's snowing and you want to stay in. Well then, turn that TV off and break out the games! There are so many varieties these days that you can get the whole family involved, even the dog or goldfish. Games are a fun way to test your trivia, acting, artistic, and even strategic skills. There are also games that are educational for kids, and adults too. Don't have any games? Visit **Child's Play** in McLean, or go to the many shops in the **Tysons Corner Center** that have a plethora to choose from.

Drama vs. Comedy

Nothing works better for interaction than acting. With all of the local theatres and schools in our area, there is a never-ending stream of fabulous plays and shows. You can go out and watch these productions but don't forget that you can also get involved. Check with your local schools and get you and your kids involved, or visit places like **1st Stage Theater** in McLean, or **Jammin' Java** and **Wolf Trap** in Vienna, and enjoy their performances all year long.

Sports with a Roof

Does your family love to play sports during the summer? It doesn't have to stop with the season, continue that

fun during the winter. Many local places offer indoor activities such as tennis, swimming, soccer, rock climbing, basketball, you name it! Splash around in the pool with your kids, teach them how to play tennis, climb up a rock wall with them, they'll love being able to get out and be active with their parents! Visit one of the many gyms in the area, or the **Spring Hill Rec Center** in McLean, they even have a Wallyball court!

Hit the Slopes

Grab your gear and head to the mountains! Skiing and snowboarding is a great all-around activity that everyone in the family will enjoy, even the little ones. Many mountains also offer tubing, which will bring the adrenaline junkie out of you. Not a fan of skiing? You and the kids can still enjoy the slopes by hiking, snowshoeing, sledding, or savoring a hot cup of cocoa by the fire. With several options around Virginia, you'll have an impressive list to choose from for a fun getaway. Check out our list of resorts in last year's **2012 January/February issue**.

Take in Nature

Even though we live in a metropolitan area, there is still plenty of open space to enjoy. Great effort has been made to preserve our forests and land so get out there and go for a nature walk, breathe in the crisp air, listen to the wildlife hustle and bustle, and enjoy the quiet. The forests are a very different ecosystem during the winter, and are just as wonderful as the summertime. Teach your kids about our forests and how important they really are to us, they'll appreciate every minute.

Learn Something

Enhance your nature walks by enjoying time at the many nature centers and conservancies around us. The kids will be fascinated by the animals they can interact with, and they will love the exhibits that have been painstakingly put together by the centers. You may also pick up a few little tidbits that you never knew before; the interaction and education will be enjoyed by all in the family. Stop by the **Jerome Buddie Ford Nature Center** and **Gulf Branch Nature Center** in Arlington and see what they have to offer.



Tips TO STAY WELL

Being that chilly time of year when there's less sunshine and more time spent indoors can bring on some of those nagging illnesses and frustrations. However, there are many ways to stay healthy and make sure you enjoy this beautiful season; from reducing stress to eating healthy, and many more. Enjoy these tips to stay well this year and many more to come!

Eat Your Fruit and Veggies, Really

Eat healthy. You hear it a lot, in fact, all the time, but eating healthy does more than you think. Your body needs fuel for everything, including the fight against sickness. The more whole foods you can incorporate in to your diet, the more vitamins and minerals your body will receive to make it strong, from the inside out. Nutrition even helps your hair, skin, and nails which get zapped of moisture during these dry months. Visit **Mom's Organic Market** in Merrifield where you'll find delicious and plentiful produce, and whole foods.

Get Your Beauty Rest

One of the best ways to defend your body against those little germs and viruses is by making sure you get enough rest. That doesn't necessarily mean sleep either. Take time to relax and let your body recover, perhaps by reading, taking a bath, or watching a movie. Just by letting your body wind down and relax after a hard day will reduce stress and keep your immune system strong.

Drink Water, Lots of Water

Our bodies are made up of nearly 60% water; therefore we need to replenish our system regularly to keep it running like a well-oiled machine. When the body is hydrated, it runs efficiently and has the necessary means to protect itself. Keep that water bottle near your desk at work, and on the nightstand next to your bed. Every sip you take gives your body fuel to run at its best and stay healthy. Try a Bobble water bottle that filters the water as you sip! You can find those at several retailers in our area including **Target, Macy's, or Bed Bath and Beyond.**

Work It Out

You guessed it, and we have to say it again, get your daily exercise. No matter what you choose to do, whether a boxing class, walking the dog, or jumping jacks in the living room, make sure to get your body moving and blood flowing. This boosts your immune system and gets those joy-inducing endorphins going. Exercise is great for the mind as well; it's a great stress reliever. Never underestimate the power of exercise and what it does for your health and wellness.

Time Off

You know those vacation days you've been accumulating and haven't taken yet? Take them; they've been given to you for a reason. Take a day or so every once in a while and have fun. Take the family on a long weekend to go skiing at **Bryce Resort**, or perhaps spend a day doing activities with a friend such as indoor rock climbing at **Sportrock** or bowling at **Bowl America**. You can even give yourself a day at a local spa like **Salon Michel** in McLean, anything to rest your psyche and refresh your spirit. By giving yourself a break, you'll renew your senses and revitalize your energy and in turn your body will love you for it.

Take Your Vitamins

Vitamins and supplements are meant to help boost your body's functions and enhance health, but there are SO many options out there and it may seem very confusing as to which ones to take for what purpose. Whole food supplements are becoming a very popular option since they're based on real food that your body can break down and utilize easier since they're 100% natural. However, all supplements have their own benefits depending on the person. A good thing to do is to talk with your doctor or nutritionist and see which regimens are best for you and your family. The folks at **McLean Pharmacy** specialize in nutrition and supplements, and are always there to help you as well.

TREND

NEW YEAR'S RESOLUTION TIME!

by Lauren Simmons

L.L. Bean – Thinsulate Fitness Vest www.LLBean.com

Layering is always the way to go in cooler weather. With L.L. Bean's vest that's lightly insulated with Thinsulate™ polyester insulation, you'll be comfortable whether indoors or out. The sides are stretchy polyester fleece for feminine shaping and extra comfort when you move.



The North Face – Aries Long Sleeve Top www.TheNorthFace.com

Whether you're training for a half marathon, or running on a trail, this long-sleeve shirt keeps you covered in cool conditions. Designed with innovative merino wool polyester blend with new FlashDry™ technology in the fibers, this combination provides increased dry and breathability times so sweat doesn't linger to make you cold.



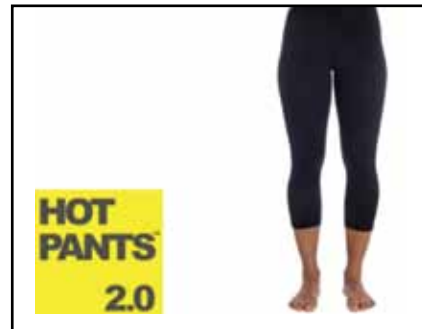
Moncler – Chevrotine Puffer Jacket www.NiemanMarcus.com

You can still look stylish in this metallic Moncler puffer jacket, updated with fuller sleeves. Premium down fill provides lightweight warmth, enabling a figure-flattering silhouette. Special double-channeling system with inner tubes prevents feathers from slipping past the seams over time.



Zaggora – Hot Pants www.Zaggora.com

If you're going to workout why not get some extra benefit by wearing these specially designed Zaggora Hot Pants. With Celu-Lite technology fabric lining, HotPants enhance your natural body temperature to warm you up in the areas you want to target most (thighs, bottom, and legs). HotPants underwent testing at the Chelsea School at Brighton University, where findings revealed: HotPants increase body temperature during exercise and wearing them at least 30 minutes of exercise increases energy expenditure by 11.3%.



GADGETS GIZMOS

by Lauren Simmons

GOODIES



Nike Training Club – Free App

Nike's new training app for the iPhone and iPod Touch has more than 90+ drill workouts for getting lean, toned, and strong—specifically for women.

All you do is select your fitness goal and level, then the app chooses the best selection of 15-minute, 30-minute, or 45-minute workouts for you to pick from (each designed by a Nike professional trainer). The app offers step-by-step instructions that anyone can follow and lets you listen to songs from your music library and hear the instructor at the same time. But best of all: the more you exercise, the more you unlock rewards, such as additional expert advice, celebrity workout regimes, and body-boosting nutritional recipes.



Fitbit® www.Brookstone.com

Track your stats, goals, and success online in real-time. Uploads data automatically to your personal profile – no subscription fee required with fitbot.com.



The Bluetooth Shower Speaker www.Hammacher.com

Wirelessly stream music from any Bluetooth-enabled device to your shower so you can listen to your personal music collection or stream music from apps.

Hang around shower head or set up on a ledge with the integrated stand.

Tooks Hats – Headphone Headwear www.TooksHats.com

Rockin' headwear featuring built-in removable headphones keeps you warm and on the move. Whether you're out walking, jogging, biking, skiing, snowboarding, or just hanging around the house, Tooks are the perfect companion to your MP3 player or other favorite media device.



In Bullying

NO ONE WINS

by Rick Mundy



The school playground has become a dangerous place for schoolchildren. According to *StompOutBullying.org*, a child is bullied every seven minutes. In roughly 4% of the cases an adult will intervene and about 11% of the time a fellow student will step in. The other 85% of the time there is no intervention, possibly because there is no one around to hear or witness the bully picking on the victim.

Bullying occurs when a stronger person uses strength or power to intimidate or harm a weaker person. The long-term effects of such behavior on the weaker person have been well-documented with numerous reports of depression and anxiety, health complaints, loss of appetite, and sleep disorders. Their grades can suffer along with their participation in school. Additionally, there have been countless news reports of suicides triggered by bullying incidents.

In an effort to keep the pressure on schools and communities to address concerns around bullying, one person chose to recount his own history as a bully's victim. Twenty-two years ago C. Michael Smith (known as Justin in the book) was a fun-loving teenager in his junior year of high school when a fellow student started to pick on him, taunting him and threatening to hurt him. One day Justin found himself alone at his house with the bully. As the bully began to beat him nearly senseless, Justin reacted, grabbed his father's handgun and fired twice, killing his attacker. The resulting

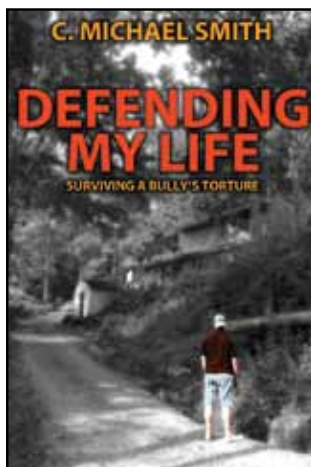
arrest, trial, incarceration, and fears he experienced took their toll and he maintained a low profile for years.

Asked about his intention in writing the account, Smith commented that "that day was seared in my memory and it crosses my mind a half-dozen times daily. My wife suggested that writing about my life might help me find solace, so as I wrote, I thought of how my story could affect a reader and I hope that it might stop someone from bullying.

"My overall goal is to raise awareness of the evils of bullying. Although it has been 22 years, the story is compelling for any generation. The only thing that has changed is that technology has advanced so we now have cyber-bullying added to the challenge. No matter how someone is bullied, there is one aspect that is always the same -- a feeling of terror that doesn't go away. That's when a victim ends up thinking that it's just never going to end and they might be better off to end their life. That is no answer.

"It is devastating that incidents of bullying continue even as we make some progress with stricter policies, awareness web sites, etc. We are family people and as my brothers and cousins grow and have their own children we have daily reminders that we need to work diligently to find more and better solutions to this despicable behavior."

C. Michael Smith is the author of *Defending My Life: Surviving a Bully's Torture* available at www.DefendingMyLife.com.





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SENIOR SPOTLIGHT

Alzheimer's Disease

by Gary Hughes

Alzheimer's Disease is a disease that affects the entire family and almost every family that has experienced Alzheimer's will tell you that it is devastating. While the progress of the disease can be described in medical terms, it can also be described in human terms. Put very simply, it robs a person of their memory. Personalities can change. The ability to carry on a conversation is lost. What used to be simple becomes difficult and eventually impossible. What may be the worst part is that it happens slowly, taking ten or more years to run its full course.

Following the experience of one Fairfax family has revealed that Alzheimer's also calls us to love unconditionally.

Mr. Nichols retired from the Marine Corps as a staff noncommissioned officer, a senior enlisted man. He led Marines in combat and in peacetime. He was responsible not just for the success of missions but for the lives of the men he led. He is, in many respects, as tough as nails, which is what we would expect of someone who wore the Marine Corps uniform for his entire adult life.

Mr. and Mrs. Nichols raised a family together. When the children were born they were loved, not for what they had done or who they were, they were loved simply because they were. Mr. and Mrs. Nichols retired to a waterfront home, a longtime dream of Mr. Nichols. They also had an RV to tour the country. After living all around the world it was time to see America.

And then it happened. One day Mrs. Nichols was a little different. Her memory wasn't the same, and over time it became difficult for her to recognize unsafe situations. The day came when it was clear they could no longer live in a waterfront home. Mr. Nichols gave up his dream retirement home and moved back to Fairfax. He parked the RV in the driveway and the dreams of touring the county were put on hold. Instead, he became his wife's primary caregiver. He found support from the wonderful people at the Alzheimer's Family Day Center in Merrifield, a private non-profit organization. Eventually the time came when he had to find an assisted living community for her. Since her move he continues to visit her every day. He will sit by her bed until she goes to sleep, then he quietly leaves for the evening.

This man, who is combat-hardened is also an exceedingly gentle and caring individual. Although his wife has changed and certainly cannot call him by name, his love for her is evident in everything he does for and with her. Fortunately he is not alone. This loving response to Alzheimer's is repeated time and time again by families and caregivers.

Alzheimer's has called upon Mr. Nichols to simply love. Not to love in return or to love because. He loves her because she is. Parents experience this at the birth or adoption of their children. Everyone else pretty much has to earn the privilege, based on what they do, how they think, or any number of criteria. But what happens when all those things are stripped away? Whether a friend, relation, a child, or a spouse, as Alzheimer's robs its victims in front of our eyes, it is really calling upon us to find that better part of ourselves that loves unconditionally.

**For more information on the Alzheimer's Family Day Center
visit www.alzheimersfdc.org, email them at afdc@alzheimersfdc.org,
or call them at 703-204-4664.**

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.

RUTH BATHE

Happy When Helping Others

by Rick Mundy

Ruth Bathe calls herself a “chronic volunteer” and there seems to be no slowing down for the 85-year-old Chesterbrook resident. She is very involved in the activities at the McLean residence as well as those at her church. This active lifestyle is simply part of who she is.

Born on Long Island, Ruth graduated from the Columbia Presbyterian School of Nursing in New York and later worked with the Instructive Visiting Nurse Society of Washington. Her husband, Orville, worked for the CIA so she had the good fortune to accompany him on his overseas assignments, to Berlin in the early 50’s, then Hamburg in the late 50’s. Montevideo, Uruguay became their home for another three years, then back to Germany for a stay in Frankfurt. Ruth almost thought of Germany as their second home although she admits that her German is not as good as it once was. Those assignments “gave us the ability to travel and see even more of Europe.”



Ruth and Orville had three children -- a son who is deceased, a second son who lives in Culpeper, and a daughter who resides in Oakton. She also has four grandchildren. Ruth joined the Lewinsville Presbyterian Church in 1955 where she has been an elder and where she serves as a deacon today. She is active with the women’s groups there and is a Bible study leader. She also served as board member for the Lewinsville Retirement Residence when it opened in 1980.

Ruth speaks most fondly of the years she and her husband lived in the country, in Madison County, population about 11,000. After Orville’s retirement, they started looking around for a new experience. “I love the mountains,” Ruth explains, “but if you live in them, you can’t really see them. You have to live in farmland to see the mountains.”

She found Madison County to be a caring community, where folks seem to live at a slower pace, although there was still plenty to do.

The work of the farm was difficult, and yet Ruth still found time to volunteer, helping to found the Literacy Council of Madison County and served as president for two years. Following her husband’s death, Ruth stayed for a few years, but finally sold the farm. “I still miss the community spirit of that place. Of course it exists here in the suburbs, too, but in the country there seemed to be a readiness to give personal aid immediately.”

At Chesterbrook, Ruth enjoys getting to know the other residents and helping them feel at home. “These are people who care about each other,” she remarks. “The basis for my daily living is reaching out to other people. I learn about humanity when I’m meeting others and this enriches my life.”

As current president of the Resident Council, she listens to everything the residents tell her. The council is a forum where people can share opinions and make suggestions for improving life at Chesterbrook. There are many activity choices there. Ruth enjoys the group discussions of current events, exercise and yoga, Mah Jongg, Scrabble, and book club. “Along with several opportunities for worship and prayer, all these contribute to a strong spirit,” Ruth explains.

She adds, “As we grow older, we think of ourselves as less capable, less important. We feel sidetracked and sometimes we withdraw from other people. We need to remind ourselves that we are all important in God’s sight and that we need to help others feel important as well.”

Well said, Ruth.



HARRY MUELLER

Distinguished Veteran, Perpetual Student

by Rick Mundy

Colonel Harry Mueller loves to learn. "I am forever studying," he admits. "Every day of your life should be meaningful and by learning something new each day I contribute to my growth as a person."

Much of that daily growth was with the U.S. Army Infantry. Mueller enlisted as a private in 1948, signing up for three years of service. "Then I lost the calendar because I retired as a colonel 31 years later," he quips.

The colonel led a storied and illustrious career as evidenced by the wall of medals and citations, photos, and diplomas adorning the wall in his family room in Oakton. He was involved in combat in Korea, which included leading his men in bold and decisive action in the Battle of Twin Tunnels for which he was awarded the Distinguished Service Cross. The troops had been caught in a trap set by the Chinese. Rather than "running the roadblock" as instructed by his 1st Lieutenant, Mueller chose to "take the hill" forcing the Chinese to come to him for the fight and he was credited with saving his unit. He was wounded twice that day in January, 1951. In fact, Mueller has been awarded three Purple Hearts, and has also been awarded the Silver Star for his heroism.

Among his other awards is a United Nations medal, unusual in that the Korean conflict was the only time the UN has formed a coalition army (16 nations) to oppose an enemy. He also displays a unit medal from South Korea, a thank you for defending the country, also unusual because the U.S. Government, for unknown reasons, did not release those medals for more than 20 years after the war.

In the mid-1950's, Mueller was assigned to Berlin, Germany during which time he had the honor of being the escort officer for Herbert Hoover (who was president when Mueller was born in 1929). Hoover was on a tour of European countries thanking him for his efforts in rebuilding Europe after World War I.

The colonel later served in Thailand (1962-1964) and Vietnam (1967-68).

In the final seven years of his military career he worked in the Pentagon including four years in the National Military Command Center as Deputy Director of Operations. Not only did the center have instant access to any commander around the globe, but the center also maintained the hotline between Washington and Moscow. As such, Mueller was the point of contact between the Pentagon and the White House situation room.

Colonel Mueller was inducted into the Infantry Hall of Fame in Fort Benning, GA in 1979, although he seems just as proud of his high school's recognition on the Waukesha (WI) High School Wall of Fame.

Colonel Mueller is more than a military man - he is also a devoted family man.

He married his wife, Elaine, in 1953 and they had two sons, Mike in 1955, and Mark in 1957. Elaine passed away in 1997, but he speaks lovingly of her, and explained that "you don't have a successful career unless your wife is wholeheartedly with you."

Retiring from the army in 1979, the colonel has stayed busy.

He owns rental properties where he does most of the maintenance himself. He was halfway through his MBA when he realized it wouldn't help much in property management. He started taking courses at George Marshall High School - bricklaying, plumbing, real estate law, and the like. He figured he could save money by doing his own repairs and he has.

Over the years Mueller has enjoyed stamp collecting, hunting, and fishing, but perhaps his favorite pastime is reading, particularly biographies. "I can learn about a particular person, the era he lived in, and also the geographic area covered, so I get three lessons at once.

He also stays young by working out every day. "I earn my breakfast by doing 15 minutes of upper-body work when I wake, and I speed walk for three miles to earn my lunch. He looks forward to competing again in the Senior Olympics where his event is the shot put.

Colonel, thank you for your contribution. We've all learned something from the student today about service and commitment.





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A TRUE *Special Love*

by Charles S. Donnavan

It was precisely 30 years ago when Tom and Sheila Baker decided to establish a support group for children with cancer as a way to honor their daughter who lost her battle against the deadly disease.

The couple created Camp Fantastic, a then-summer-filled retreat, which has morphed into a year-long group of activities with over 15 week and weekend retreats and special outings designed to let children with cancer be with others like them for fellowship, friendship, and fun.

The Bakers hoped to provide children with cancer the opportunity to enjoy traditional camp activities and other opportunities that healthy children often take for granted.

Camp Fantastic is a one-week adventure for those who are 7 to 17 years old, held at the Northern Virginia 4-H Educational Center in Front Royal, VA. In the 30 years since Special Love's inception, it has grown from one camp for 29 children to nearly 20 programs that impact over 1,000 people annually.

The first Family Weekend program was held in April 1984 as an introduction to Camp Fantastic for parents who were nervous about sending their sick son or daughter away for a week. The event was soon followed by a similar outing in the fall and a holiday party in December. Each of these new

events was conducted under the umbrella of Special Love and each confirmed the need for year-round programming to bring together this unique audience to share their experience and gain coping skills from each other.

Today, Special Love provides cancer families a network of support, made up of other patients and families who know and understand the trials and triumphs of the cancer experience.

With their "Special Love" philosophy, the Winchester, VA-based non-profit caters to not just the children, but each member of their families as well. Family weekends give parents a chance to share with other adults, plus siblings have a program called BRASS (BROthers And SiSTers of children with cancer) that gives them the attention and opportunity to make their own friends.

The communication between the patient, doctors, family, and Special Love staff assures the sick child's best interests are well represented and everyone has an understanding of the child's needs.

There can be nothing worse for a parent than to hear the news of a serious illness for their child. As painful as it is to watch a child get sick and be in pain, Special Love understands that the family is suffering as well.

Parents are hurt, siblings feel neglected and fear they will also become sick, and everyday normal life stops.

That's why the organization created these special days of "Love," to show the entire family that they are not alone and can get help and comfort, too.

From the outset, the program was structured to maximize "play time" and minimize even the mention of cancer. And while that formula still holds true for its week-long events, the true benefits of Special Love's programs come from informal discussions that patients, siblings, and parents have with each other about their experience. "Bunk talk," that time between lights out and when the campers drift off to sleep, often results in candid and heartfelt discussions about one's own experience.

Thanks to the non-profit's leadership team from the National Cancer Institute, even children in the midst of chemotherapy can enjoy a normal week of camp. Every camper goes through "med line" prior to meals and before bedtime to ensure that everyone has a safe and healthy week.

While several studies done in recent years have provided empirical evidence of the therapeutic benefits of oncology camping, nothing is more compelling than the story of a past Special Love camper who began eating solid food for the first time in nine months while at Camp Fantastic, or the teenage girl whose self-administered pain medication dropped by 90 percent while at camp and remained significantly lower even after she returned home.


Special Love now sponsors more than 16 events each year that offer children with cancer, their families and friends the simple message: "You are special, you are not alone, and you are loved."

**For more on Special Love,
visit www.speciallove.org.**

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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The Rhythm

OF LIFE'S MOMENTS

by Colleen Sheehy Orme

As corporate fashion director for Nordstrom, Heather Femia's voguish vibe befitted the seasoned fashion prophet. She milled from New York's fashion week, forecasting corporate trends, to producing large scale fashion shows for store openings, to appearing on national television, and in national magazines speaking of fashion.

In the delicious aura of trend setting style, Femia could be found scribbling notes of gorgeous designer debuts. While her eyes raced with the runway, her ears were drawn to the intoxicating rhythmic tunes that pulsated with the free flowing fashion. Femia was captivated by the combustion of tune meets trend, but focused on the job at hand.

They say that sometimes a moment can change your life.

Femia's own beat is chill. A petite and stunning blonde, there is an alluring chic to her persona. She is so unassuming that it is as if she is not even cognizant of her own cool. She possesses a distinct individuality that is captured by those rare few who are able to paint their body as a clothed canvas.

Though devoted to Nordstrom as a company and a corporate culture, Femia found herself feeling overwhelmed and exhausted once she had a young child.

"I loved my career in fashion," says Femia. "It wasn't even like work for me. I would be there for twelve hour days because I was so creatively attached to what I was doing."

Still, Femia made the decision to be closer to home. In the years that followed she and her husband added two more beautiful children to their family.

As her world moved from season to season, one soulful aspect of her job lingered. The beat that brought to life the beauty of fashion.

Femia is the first to say she did not have a plan, only a desire to be very good at something she loved.

"A big part of what I did was attending the fashion shows in New York. There was always music playing and I would take extensive notes," says Femia. "I loved that part of my job. I loved working with the music people. I was always so interested and wanted to know how all of that worked."

Femia explains just how uncertain she was switching from duds to DJ. She even left the first DJ equipment that she bought in a box for an entire year because she found herself so intimidated. Finally, her very good friend announced that she was throwing a party that Femia would DJ. Her friend was not willing to take no for an answer.

"I think of her so fondly now because without her saying, 'I believe in you and you can do this,' I might not have," says Femia.

"I started focusing on the music and doing research and programming, and then I had to focus on the technical aspects. I would go to Tower Records and put on headphones and listen to music for hours. I would do mixes for people, but I didn't know how to play live," says Femia. "I needed to learn that and it was really scary."

This ultra-hip, humble, girlfriend is extremely low key about her transition to playing high profile venues, such as Spinning at Grand Central Station, Times Square, The National Mall, The Air and Space Museum, or the Jefferson Building. Nor will she boast that she can be found resurrecting her fashion roots for the likes of Vogue, Nordstrom's, Saks, Neiman Marcus, or the Gap to name just a few.

DJ Heather Femia (www.djheatherfemia.com) can be found around Washington be it at black tie parties or fashion events. She can also be found at L2 Lounge or Lima Lounge where she is blissfully surrounded by musicphiles who speak her language.

There is no need to boast as this is not succeeding for Femia, but rather arriving at the spot where she feels most comfortable in her own skin.

"I'm always looking for really cool opportunities to play music," says Femia. "I was listening to something the other day and I could just envision a really beautiful place to play it outside. I can listen to something else that makes me want to dance and I want to play it in a club because it's the coolest thing ever when you play something and people can't stand still."

That is Femia's groove, finding the distinct difference and fascination and sometimes fashion, in a song, in a beat, in a pulse... and imagining the possibilities of the moment that it captures. DJ Heather Femia knows that sometimes, 'a moment' changes everything.

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



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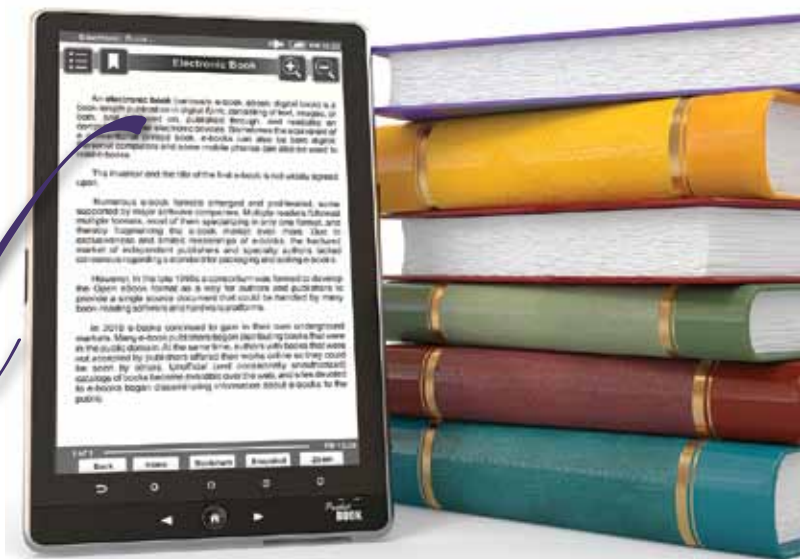
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FREE ESTIMATES AND REASONABLE RATES

United AUTHORS

by Richard Gazala



Legacy book publishers are in trouble the same way their record company cousins were when the latter were blindsided by the digitization and subsequent revolution of Internet-based commercial distribution of musical entertainment. In that environment, it's no mystery why Tower Records and its ilk have all but disappeared from shopping centers.

How many record stores did you visit during the holiday shopping season last December? Could you have found a stand-alone record store even if you wanted to? Nonetheless many of you gifted recorded music to grateful music-lovers, as probably as not via iTunes gift cards and the like. Then your happy recipients hopped on the web and downloaded digital music to their computers, cell phones and iPods. Those musical acquisitions were unencumbered by plastic or cardboard casing, and your downloaders didn't care a bit. They wanted the music. The physical trappings that used to encase the tunes simply weren't relevant.

For music appreciation purposes, an iPod by any other name is still just an "e-listener," filled with "e-songs." The massively successful market penetration of e-listeners and e-songs worldwide demonstrates beyond doubt that music entertainment consumers care primarily about efficiently and conveniently acquiring the music they want at reasonable prices. Forcing customers to trudge to a store and overpay for a piece of plastic laden with music they don't want just to buy one or two songs they do has been extinct for years now. But the record companies remain largely clueless about how to adjust their business, profit, and talent-acquisition models accordingly.

The ongoing death spiral of the old record company business model is instructive as traditional book publishers and sellers ceaselessly bemoan their now equally traditional dwindling book sales. The record companies' woes were predicated on the companies' mistaken belief their business was selling physical recordings. It wasn't. They are in the business of selling a form of popular entertainment — recorded music. At the end of the day, consumers wanted the

music, not the vinyl or tape or plastic by which the companies attempted (successfully, for a long time) to restrict its availability and control its pricing.

The same self-inflicted myopia clouds current legacy book publishers' vision. They cling to the notion they're in the business of selling paper, and the overwhelming majority of their business model is structured accordingly despite indisputable evidence (whither Borders?) they're wrong. A paper book is nothing other than a technology by which a form of popular entertainment — stories told in printed words — is sold to consumers. It's also a technology whose days of market dominance are well behind it.

The current renaissance (which it most certainly is — see Benjamin Franklin, Mark Twain, et al.) of book self-publishing, underway via the digitization and Internet delivery of stories directly to readers, rattles legacy publishers into scrambling to purchase stakes in self-publishing firms flush with e-book expertise. One example is British legacy publisher Penguin's purchase last summer of the American self-publishing company Author Solutions. Penguin bought Author Solutions less than a year after Book Country, Penguin's own timid stutter-step into self-publishing, launched to less than magnificent results.

The legacy publishers' objectives in doing deals like Penguin's for Author Solutions are twofold. Primarily, they hope to exert some measure of control over the new business model that threatens them. A distant second is to use the self-publishing outfits as a kind of minor league farm system to scout authorial talent deemed sufficiently "worthy" of traditional book publishing contracts. The legacy publishers will fail, because self-published authors of varying degrees of success achieved on their own terms won't be eager to sacrifice their independence, and vastly higher potential earnings, on the crumbling altar of a clearly dying book publishing business model.

Think about it. No one gets excited because Random House or Harper Collins has a new thriller coming out. It's the author and her story that matters to you, not the publisher. I bet you couldn't name the

publisher of the latest novel you enjoyed. I'll win that bet at least 99 times out of a hundred, for the simple reason you don't care who the publisher is. It doesn't matter. It's not why you bought the book.

Internationally best-selling thriller author Barry Eisler realized just that when he rejected a two-book contract offered him by legacy publisher St. Martin's Press. That deal included a \$500,000.00 advance. Eisler turned down the contract because he wanted to claw back from traditional publishing some measure of independence and control in his career, as well as the opportunity to foster a more intimate relationship with his readers than traditional publishing afforded him. Also, Eisler ran the numbers. Electronically publishing his novels and stories on his own he stood to net a lot more money, more quickly, than what any legacy publisher could pitch to him under the outmoded constraints of traditional book publishing. So Eisler e-publishes now. If he wants to grant one of his e-books corporeal existence, he arranges with Amazon publishing arm Thomas & Mercer to make available physical copies of his work via the Internet.

It's interesting to ponder what might happen if some successful e-book authors like Eisler chose to band together and form their own enterprise to foster, market, and sell digitized books outside the legacy publishers' clutches. There's precedent in entertainment annals for that too — about a century ago popular Hollywood stars Charlie Chaplin, Douglas Fairbanks, Mary Pickford and a handful of others founded an independent film studio called

United Artists. They wanted to free themselves from the oppressions of the so-called studio system of commercial American movie-making. Almost a century before the opportunities afforded by a cheap, ubiquitous and commercially-accepted Internet offering Netflix, YouTube, and Amazon Instant Video entertainment for in-home 84" flat screens, Chaplin and his colleagues succeeded, at least for a while. Imagine the same effort undertaken by similarly situated movie people now, much less a few shorts years from today.

Now imagine a digital book publishing operation established along the same lines as United Artists, by a similar caliber of literary talents for the same reasons. The imprimatur of a group of popular and well-respected "e-authors" like Eisler and J.A. Konrath on e-books released by such a concern would help talented but unknown authors who otherwise might get lost in the Internet's raucous e-publishing noise gain readers' notice. Book publishing's imminent future may very well lie there.

Maybe they'll call it United Authors.



author: Richard Gazala "United Authors" 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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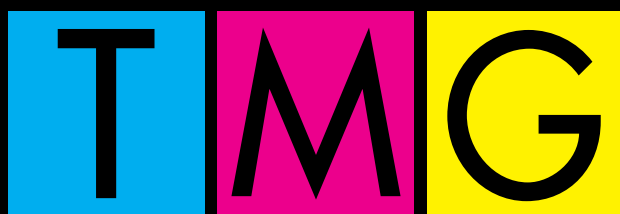


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Multi-Zone Lower-Level Solution Is “Contractor of the Year” Winner Clever Space Plan, Warmly Rustic Interior Captures Kudos For Sun Design Remodeling

by John Byrd

Converting a previously finished lower-level into a suite custom-configured to satisfy the sometimes contrasting wishes of a five-member Oakton family recently won Sun Design Remodeling a “Contractor of the Year” (COTY) Award for “Best Residential Basement Interior.”

The coveted prize-- which acknowledges excellence in home remodeling in an area-wide competition-- is conferred annually by the National Association of the Remodeling Industry's metro DC chapter.

Among the winning project's particular merits: a solution that augments natural light and visual continuum in a lower level suite by removing selected interior walls, relocating a critical structural support and re-configuring several rooms.

The full-service firm also designed and fabricated several complex built-ins to specification.

“I wouldn't have thought many of these changes were even possible,” homeowner Don Irwin commented, on learning of the award.

“We had moved into this house about two years ago-- pretty resigned to several fixed elements in the downstairs that

obstructed our plans. Sun Design not only showed us what could be done, but also accommodated rather wide-ranging family requirements. It's a really skillful execution.”

At over 2,000 sq ft, the lower level to the four bedroom house the Irwins had purchased in 2009 seemed ideal for a host of leisure pursuits; once in residence, however, the family soon found that many of existing activity zones didn't really suit and weren't easy to adapt to new uses.

For starters, there was the U-shaped bar and full kitchen at the foot of the stair which consumed over 80 square feet of valuable floor space.

The corner guest room linked to the only bathroom via a long interior corridor wasn't critically necessary.

Moreover, the bathroom itself was too small, and wrapped by a sprawling L-shaped “mystery room” that had inadvertently become a repository for the four-year-old daughter's playthings.

An inviting recess on the rear north side of the house featured a working fireplace-- and might have sufficed as a TV-viewing nook, but for a mid-space structural support that made it impossible to position furniture for the desired hearth-side view.



Concealed structural supports enabled Sun Design Remodeling to better rationalize a previously unused rear recess to the Irwins lower level. The now open area has been transformed into a TV viewing zone. As part of the interior design scheme, columns have been wrapped with reclaimed wood. The flagstone backwall, built-in cabinets and adobe wall coloring help to build a warm southwestern-style ambiance.



The improved space plan allowed the Irwins to add a pool table. Every table game now has a place of its own.



Sun Design created a highly functional wet bar with two refrigerated drawers and a microwave to owner specification. The unit frees up almost 80 sq ft of floor space formerly occupied by a U-shaped bar. The piece is a perfect complement to other "built" elements in the finely articulated new interior.

Still more vexing, the offending column hampered sightlines to a west-facing two-panel sliding glass door that offered both a pleasing vista and ready access to the beckoning outdoors.

"The column ruined the space, so the rear recess just became cluttered," Irwin recalls.

"Chairs were turned in towards the mid-room... where we kept the television. The fireplace and glass slider were out of view. We wanted an open plan with designated activity areas; instead, things were spilling into each other."

Despite these seemingly intractable challenges, Irwin held fast to one wish at the top of the lower level makeover agenda: a family fitness suite-- one that would include a work-out room directly linked to a spa bath and a sauna."

"Was this even feasible?" the homeowner recalls wondering. "I wasn't sure."

It was at this juncture that Irwin summoned Sun Design Remodeling, the firm he had had hired to makeover the lower level of their previous residence several years back.

"Sun Design understood our vision," Irwin says. "We reviewed our program point by point, and they immediately began developing plans showing where new rooms should be located and how to integrate the whole. Better yet, their interior design sketches that really helped us make informed choices."

On this score, an early decision to eliminate the wall sequestering the guest room proved particularly fateful.

"Bob Gallagher -- Sun Design's president-- showed us how we could augment available light throughout the suite by deleting a wall shared by a room we didn't use much anyway," Irwin says. "I speculated that there might be occasions when we'd want an extra room for guests, and that's when Bob came up with the idea of a rolling modular door."

Essentially, what evolved from Gallagher's proposal-- a three-panel circa 1890's barn door on mounted rollers-- not only proved functional for privacy as needed, but also introduced an aesthetic element that moved the entire interior design scheme forward.

"The hanging barn door showed us some ways in which we could use "reclaimed" wood to create unique interior accents," Irwin adds, "From here-- we began to envision a kind of rustic, textured interior."

The homeowner says that the resulting "lodge-style" has proven to be good move-- a very warmly welcoming ambiance the whole family naturally gravitates towards.

To make better use of the north-facing recess, Sun Design introduced concealed structural supports that eliminate the need for the midroom vertical shaft-- thus, allowing the Irwins to comfortably arrange furniture for a view of the hearth and the slider.

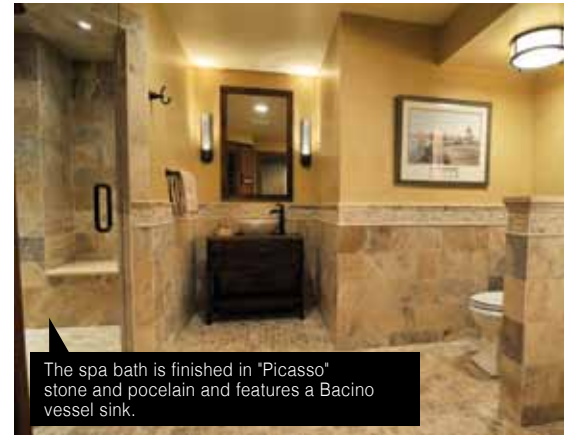
Once the space was opened up, it was feasible to re-design the recess for family gatherings-- complete with a bold flagstone back wall, custom storage built-ins and a 70" flat screen TV.



The youngest daughter-- age five-- now has a play room of her own-- behind the new stairway.



A cedar wood infrared sauna abuts the spacious walk-in shower



The spa bath is finished in "Picasso" stone and pocelain and features a Bacino vessel sink.



Reclaimed wood designed as an antique barn door provides privacy when needed, but also allows more natural light from back windows.

To configure a footprint for the family fitness center, the design team eliminated both an interior closet and the hall linking the guest room to the bathroom-- then trimmed back the daughter's ad hoc playroom and tripled the space allocated for the new bathroom.

The 12' x 12' exercise room-- which is equipped with a treadmill, workout bench and weight system-- now opens directly into the spa bath which features an infrared sauna for four and a large walk-in shower with bench.

The spa bath is finished in tumbled "picasso" stone with porcelain detailing. There's a Bacino vessel sink next to the walk-in shower. The warm sponged-on "adobe" wall coloring picks up the golden highlights of the textured finishes imbuing the room with a softly restful glow.

Irwin says the entire family uses the fitness center regularly.

As an alternative to the out-sized U-shaped bar, Irwin had Sun Design create-- to specification-- a highly functional wet bar with two refrigerated drawers and a microwave. With its marble surfaces, glass-facing cabinets and crown molding, the piece is a perfect complement to the reclaimed wood, antique brackets and other style-specific interior accents.

The space-saving solution also allowed the family to introduce a broader array of gaming tables including

billiards, ping pong, chess-- all of which claim floor space all their own.

A room below the stair-- behind swinging saloon doors-- was created specifically for the daughter's play needs.

Several new acquisitions-- leather upholstered chairs, sofas and draperies-- tastefully reinforce the textured ambiance. The Irwin's decorator-- Sharon Kleinman-- worked closely with Sun Design in the finishwork process.

"This is really everything we had wanted in a family activity environment," Irwin observes. "Obviously, it takes a large range of skills to make something like this happen, so it's gratifying to learn that other professional remodelers acknowledge that something special has been accomplished."

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

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

2013

HOT KITCHEN DECORATING TRENDS

Live Stylish • Decor by Denise
by Denise Willard

The clock strikes midnight and everyone in the crowd raises their glass to toast the ringing in of a new year. Some people will commit to a healthier lifestyle, some will set a goal to lose weight, while others will create a plan to save more money, or find ways to carve out more time to spend with family and friends. But, what if you're tired old kitchen is keeping you from entertaining with family and friends? With all the new advancements in kitchen design,

2013 is the year to finally update your old space and get it ready for summer entertaining.

This year, there are several hot kitchen design trends that top many homeowners' "must have" list when embarking on a kitchen renovation project. We'll explore a few of them here so that you can incorporate them into your kitchen redesign efforts.

MOVING TOWARD MODERN ➤

In 2012, the more-modern "transitional" design style overthrew the "traditional" style in the National Kitchen and Bath Association (NKBA) rankings for the first time ever in the history of the rating system. That means there has been a fundamental change in all levels of kitchen design—from materials used, types, sizes, and shape of appliances, down to even how the space is used. Kitchen design in 2013 is marked by simplified, clean lines and big, open spaces made with gathering in mind.



*This stunner demonstrates the new transitional look and feel of kitchens in 2013.
Source: prweb.com*



This kitchen demonstrates the use of eco-friendly materials and floor to ceiling pantry cabinets. Source: prweb.com



KEEP IT NATURAL

Nature isn't just showing up in the form of natural friendly building materials. 2013 kitchen design trends have neutral colors on the rise (the same is true for bathrooms), especially grays, greens, and pale yellows with a continued emphasis on a variety of wood tones. Classic black and white is also making a comeback, but bold, bright colors should be reserved for small pops and accents. Bright orange cabinets or wild wall paint are definitely out this year, but neutral textured wall papers offer an excellent way to add visual interest to a light neutral decor.

CULINARY QUALITY COOKING APPLIANCES



As the kitchen increasingly becomes the entertainment epicenter of the home, restaurant quality kitchen appliances are starting to become more common as well. That's why the big appliance go-tos for 2013 kitchen design are professional gas ranges and induction cook tops. Each have their own advantages – gas cook tops have rapid, responsive, and very high heat, while induction cook tops provide even, energy-efficient, and child-safe heating.



This amazing kitchen shows how removing upper cabinets and adding decorative tile all the way to the ceiling goes a long way in adding style in this kitchen remodeling project. Source: houzz.com

FLOOR-TO-CEILING BACKSPLASHES



Another hot trend this year is opening up kitchen spaces to remove upper cabinets and installing decorative tile or stone all the way up from the countertop to the ceiling. This design trend gives an illusion of space, which is especially nice in smaller kitchens. To make this work, use pull out drawers in base cabinets for storing all your dishes and glassware. And, install more floor-to-ceiling pantry cabinets. Another way to have floor-to-ceiling tile and also have wall storage is to install floating shelves on

the tiled wall. Floating shelves can be used to store glasses and dishes, but will also allow the tile to show through--creating a similar elongated effect.

Whether you have a small kitchen or an expansive one to makeover this winter, be sure to consider incorporating a few of these hot design trends. Your family and friends will be elated to visit you in your newly remodeled kitchen, you'll be happy to be sticking to one of your New Year's resolutions, and everyone will be talking for weeks about all the awesome new design elements you have in your amazing new kitchen.

Happy remodeling!



This induction cook top is amazing--it is energy efficient and safe for little hands. Source: prweb.com

ECO-FRIENDLY EVERYTHING

The green movement isn't going anywhere and 2013 kitchen design trends reflect this in almost every way. Basic materials will be more eco-friendly (such as bamboo floors and modular MDF kitchen cabinets), and even appliances should have an Energy Star rating or other energy efficient features.

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

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MINUTES TO TYSONS & FUTURE SILVER LINE METRO



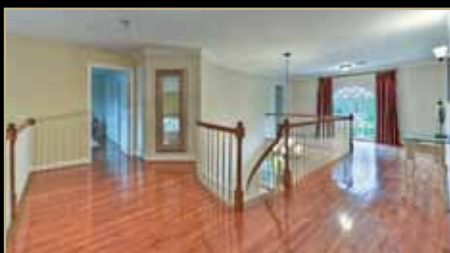
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Luxury Real Estate

MAKING A COMEBACK

Resurgence is occurring in today's luxury housing market

by Jeffrey S. Detwiler

Luxury real estate is making a comeback in a big way. A pretty bold statement, but many signs are pointing to just that. Over the past couple of years, we've been fortunate to see the beginning of a real recovery in the residential real estate market throughout many areas within the Mid-Atlantic and Northeast regions of the United States. We have kept a close eye on those conditions affecting the residential housing market to watch for signs of recovery—particularly in the luxury market, which has been slower to come back around.

Encouragingly, there is a deluge of available statistics—national, regional, and local—that point to a clear sign that activity in the luxury market is picking up once again. In recent months, the luxury market has benefitted from stronger sales and a reduced inventory, shifting the market toward a more balanced relationship between buyers and sellers. A multitude of indicators, both nationally and in the Mid-Atlantic, are showing that the health of the market for luxury homes is improving.

REAL ESTATE RECOVERY TAKES HOLD

INDICATIONS OF HOUSING MARKET IMPROVEMENT¹

Inventory:	✓ decreasing
Days on market:	✓ stabilizing/improving
Financing:	✓ increasingly accessible
Stock market:	✓ rebounding
Employment situation:	✓ improving
Consumer confidence:	✓ increased
Mortgage rates:	✓ remain low

During the recent economic downturn, the housing market was hit particularly hard. Demand for homes evaporated and distressed sales—such as short sales and foreclosures—flooded the market, which had an adverse impact on the real estate market both nationally and in the Mid-Atlantic region. This imbalance between the number of buyers and sellers affected home sellers in particular—creating an environment characterized by lower listing prices, less negotiation leverage, and an extended time-frame to sell a home.

Many of the indicators used to determine the health of the market are gaining momentum. This has been particularly evident in low-to-middle-priced housing, a segment of the market that has recently seen a major decline in

available inventory, and has experienced homes selling for closer to asking price in a shorter time frame when priced appropriately. Additionally, strengthening economic conditions—including an improvement in employment, increasing consumer confidence, and historically low mortgage rates—point to a unique opportunity in today's housing market for both buyers and sellers. Real improvement in the real estate sector is not just on the horizon, but is here at our doorsteps.

MOVEUP BUYERS ARE DRIVING POSITIVE TRENDS IN LUXURY

What may be surprising to many is that market stability, price appreciation, and balanced inventory supplies in more affordably priced homes are a catalyst for growth in the luxury real estate market. In order for prospective luxury home buyers to consider “moving-up,” they must be comfortable and assured that the overall housing market is strong and economic conditions are positive. They need to feel confident in making a major investment in real estate. In 2012, data from areas across the Mid-Atlantic and Northeast regions and nationally indicates a movement toward a strengthening luxury housing market, supported by stronger market fundamentals in the general real estate market and the broader economy. These positive trends have “trickled up” into the luxury real estate market—which is now seeing tightening inventories of available homes that are beginning to sell at a faster rate.

LUXURY INVENTORY DOWN TO LOWEST LEVEL IN FOUR YEARS

So, could now be the time to consider jumping into or moving up in the luxury housing market? If recent inventory figures for luxury homes are to be used as an indicator of the temperature of the market, the answer is yes. A decrease in inventory is generally a good sign that a market is

LUXURY INVENTORY LOWEST IN FOUR YEARS¹



performing well or improving, particularly during this period of nationwide economic rebound.

As of late 2012, major housing markets across the country are experiencing low inventory levels, a welcome sign. Luxury inventory throughout the Mid-Atlantic region has dropped considerably since October 2010 when there were 7,726 active listings; as of October 2012, there were 6,445 active luxury listings. These inventory figures suggest a much more balanced relationship between buyers and sellers in the luxury space, as properties are selling at a faster pace, at higher prices, and sometimes with multiple offers.

SALES OF LUXURY HOMES ON THE RISE

Data from the National Association of Realtors' "Existing Home Sales Report" released in November 2012 showed that nationwide sales of homes priced over one million dollars increased 44.1 percent over the same period in 2011. In the Mid-Atlantic, luxury home sales year to date in 2012 are up nearly 11 percent over 2011.

And in some areas, including the Mid-Atlantic, luxury homes are on the market and selling at a considerably faster pace than in years past. For example, the year to date average days on the market for these homes in 2009 was 118, compared to more recently, where the year to date average has dropped to 106 days. It is a welcome improvement for the luxury market to see homes moving at a faster pace.

It is clear that rising sales and the lowest inventory levels in four years have created a recipe for increased activity and movement in the luxury housing market.

CREDIT LOOSENS FOR LUXURY BUYERS

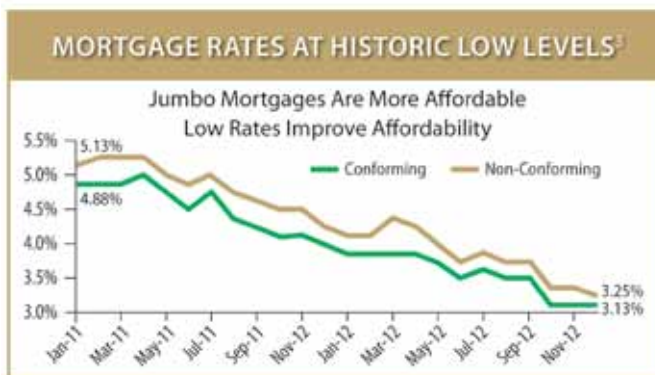


pricier properties, refers to a mortgage loan over \$417,000 in most areas of the country and over \$625,500 in higher-cost areas.

During the economic downturn, the market for jumbo loans all but shut down. Many lenders and investors who bought jumbo loans pulled back after 2008. As credit standards tightened and the overall requirements for loan funding became difficult to achieve, these mortgages became scarce. Today, this type of loan is once again becoming more accessible to qualified buyers.

Additionally, recent signs are pointing to an increase in demand for this type of mortgage. *The Wall Street Journal* recently reported that homes sold in major metropolitan areas with a loan of \$1 million or more were up 28 percent in October 2012, compared to last year². *The Journal* analysis

also found that home sales specifically using a jumbo mortgage saw year-to-year growth of 7.9 percent through September 2012. This is a positive trend for the Mid-Atlantic housing market, which includes some of the nation's highest priced homes. At the same time, the interest rates for jumbo mortgages have become much more affordable over the last two years, with a current rate decrease of nearly two percent over January 2011 figures.



CHOOSE YOUR PARTNERS WISELY

With swiftly-moving housing market dynamics, we recognize the importance of supporting our clients from contract to closing and beyond. The Long & Foster family of companies is well-coordinated to provide a total homeownership experience for luxury buyers and sellers that far surpasses our competitors—which is why we are the #1 seller of luxury properties throughout the Mid-Atlantic region.

Our dedication and knowledge of the luxury market is evidenced through the power of our Extraordinary Properties brand and our affiliation with Christie's International Real Estate (CIRE)⁴ and Luxury Portfolio International. We are the largest affiliate in the CIRE network, and recently expanded our exclusive affiliation territory with Christie's to further our commitment to providing luxury clients with the very best in real estate services. Further, with a family of services that encompasses mortgage, insurance, settlement, and property management services, buyers and sellers have access to a powerful, experienced team that can assist with everything that comes with buying, selling, financing, and owning luxury or investment property.

Choosing the right partner for success will not only help you overcome any market challenges that you may encounter, but it will also bring to the table the experience and expertise that 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.

1 Data is based on sale and listing data of major Mid-Atlantic metropolitan areas including: Philadelphia, Wilmington, Baltimore, Washington, DC, Roanoke, Norfolk, and Raleigh-Durham; and their surrounding counties for homes listed at or above \$1,000,000 in the Washington, DC area and \$750,000 in all other locations. Based on data supplied by local area Multiple Listing Services and their member Association(s) of REALTORS, who are not responsible for its accuracy. 2 "Lenders Loosen Up...With Luxury Buyers", *The Wall Street Journal*, 22 Nov. 2012. 3 Mortgage rates cited are based on historical market rates available during 2011 and 2012 and specific loan parameters. This graph is not representative of rates available to all borrowers and is included for example purposes only. As with any loan, actual mortgage rates are subject to a borrower's personal credit score, down payment, and other factors. 4 Available in select areas.



CITYLINE PARTNERS PLANS 40-ACRE TYSONS TRANSFORMATION

Gearing up for Redevelopment at Tysons East Metrorail Station

Courtesy of Keith Turner, Vice President Cityline Partners

Tyson, Virginia, December 2012—Scotts Run Station, a 40-acre development in Tysons, VA will soon receive the necessary approvals from Fairfax County to begin the long-term transformation into an integrated mix of office, residential, hotel, retail, and civic uses surrounding an improved Scotts Run Stream Valley Park. The project is being developed by Cityline Partners. Cityline, an affiliate of the institutional real estate and development firm DLJ Real Estate Capital Partners, is also developing Arbor Row in Tysons.

Location and Background

The 40-acre property, formerly a part of Westgate Office Park, is located on the north and south sides of the main Tysons Corner artery, Route 123. Scotts Run Station South, with nearly 30 acres, is bounded on the west by the Capital Beltway, and on the east by the Dulles Airport Access Road. It will be linked by a pedestrian bridge to the Tysons East Metro station. Scotts Run Station North, with approximately ten acres, is located adjacent to the Metro station on the north side of Route 123. Approximately one-third of the larger Scotts Run Station South site is located within one-eighth of a mile from the Metro station; 85 percent is within one quarter mile of the station. All of the Scotts Run Station North site is located within one quarter mile of the Metro station.

"This signature gateway site, with extensive high-visibility road frontage and all located within walking distance of Metro, provides a unique opportunity to create a place for people to live, work, shop, play, and stay," said Donna Shafer, Executive Vice President, Cityline Partners.

"The redevelopment will take many years to complete, and will respond to evolving market conditions."

"We don't want to turn this area into a 'concrete canyon,'" added Tom Fleury, Executive Vice President, Cityline Partners. "We are looking to redevelop the property into a transit-oriented, walkable, sustainable mixed-use development with Scotts Run Stream Valley Park as a focal point and natural amenity. Office buildings will be rotated to break up their mass and create attractive façades along Route 123. Building heights will taper down as you move away from the Metro station."

Scotts Run Stream Valley Park

One of the focal points of this new development will be Scotts Run Stream Valley Park, which runs through the southern portion of the site and borders the northern portion. Consistent with the Comprehensive Plan, this area would become a linear urban park with a trail system that will benefit current and future Tysons residents and office workers, while providing connectivity to other parts of Tysons.

"We have embraced the County's plan and intermixed the residential and commercial buildings surrounding this natural amenity not only for visual benefit, but also to animate the park both daytime and nighttime," noted Tasso Flocos, Senior Vice President of Cityline Partners. "Scotts Run Stream Valley Park is a jewel to be discovered and not found elsewhere in such close proximity to an urban Metro station." Cityline plans to participate with other Tysons land owners to revitalize and enhance the park so that it can provide a range of passive and active outdoor experiences.



New Street Grid

The County's Comprehensive Plan for Tysons calls for expanding the existing road network to create an urban grid of streets surrounding walkable blocks. In conformance with this directive, Scotts Run Station South would have a new main street, called Station Street, another focal point for the application, paralleling Route 123 and serving as an east-west connector. Designed to host community events such as festivals and outdoor performances, Station Street would connect with existing north-south streets to create a grid facilitating both pedestrian and vehicular connectivity. Street trees, landscaping, and ground-level retail space will enhance the pedestrian experience. Bike lanes will be accommodated on multiple streets to allow alternate modes of transportation.

Proposed Development

Cityline's development master plan includes long-term development of 21 new buildings totaling approximately 8.5 million GSF:

- 12 office buildings totaling approximately 5 million GSF
- Nine multifamily residential buildings totaling approximately 3.1 million GSF
- One hotel totaling approximately 220,000 GSF
- Ground-level retail space in many of the buildings totaling approximately 170,000 GSF

The planning team has given special attention to the placement and orientation of structures. "Each office building will have its long axis oriented

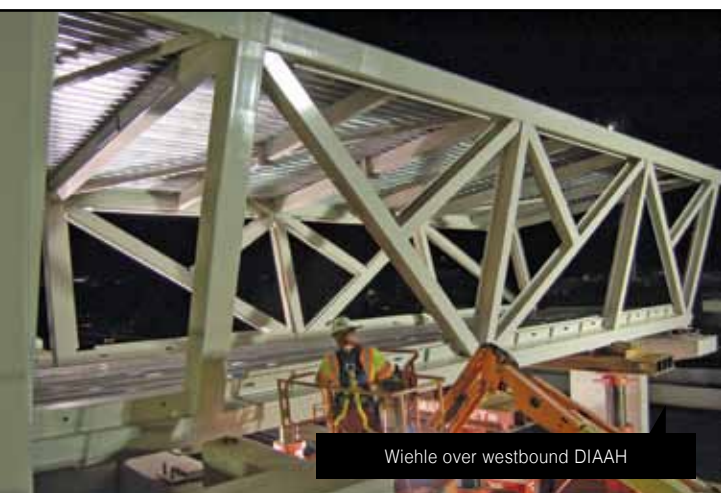
north-south to reduce energy use, while the residential buildings will be oriented east-west so that all units receive at least half a day of sunlight," explained Keith Turner, Vice President. "Building footprints are designed to minimize the shadows cast during the shorter days of winter."

One of the County's major goals in transforming Tysons Corner is to increase the number of residents, from about 17,000 today to about 100,000 over the coming decades. Cityline's plan for the Scotts Run Station South redevelopment would create approximately 2,300 new multifamily dwelling units, expected to house over 4,000 new residents. All new residents will enjoy easy pedestrian access to Metro, convenience retail, indoor and outdoor recreational opportunities, and many other amenities. Much of the proposed residential development in Scotts Run Station South, as well as the proposed full-service hotel, will overlook and have easy pedestrian access to Scotts Run Stream Valley Park.





Wiehle Ped Bridge over eastbound
Dulles Toll Road



Wiehle over westbound DIAAH



Wiehle – Over westbound DIAAH
entrance ramp

Bridging Busy Roads

TO ACCESS METRO

Pedestrians Can Also Use Bridges to Cross Streets Safely

Bridges across some of the region's busiest roads in Tysons Corner and Reston will not only allow passengers to access the future Silver Line Metro trains but will also allow pedestrians to cross the road.

Two stations in Phase 1 are built in the middle of Route 7, two are on the northwest side of Route 123, and one in the middle of the Dulles International Airport Access Highway. Rail riders will use the pedestrian bridges to cross the to the stations. Non-riders simply needing to cross the roads safely can use them without paying rail fares.

The project has already begun placing pedestrian bridges to connect these stations to pedestrian pavilions. The first of these bridges was installed at the McLean (aka Tysons East) Station connecting that station to the pavilion on the opposite side of Route 123 at Colshire Drive. The installation required overnight closings of both directions of Route 123.

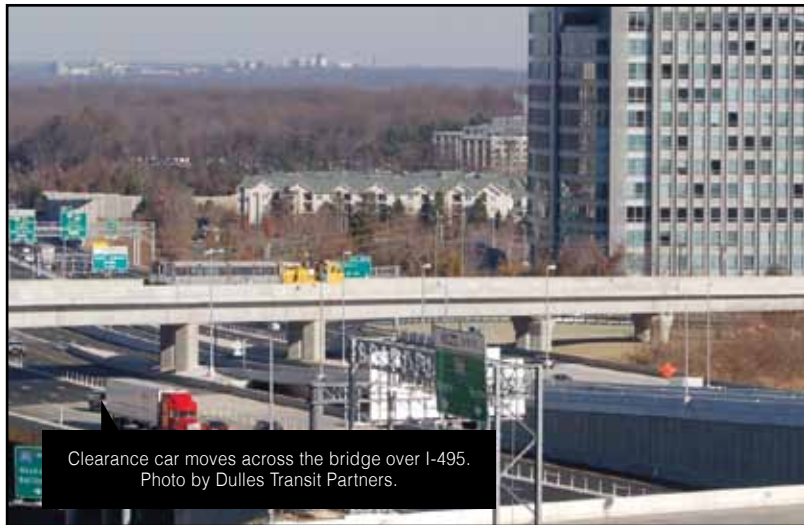
Also, the bridges were placed over the eastbound and westbound lanes of the Dulles Toll Road/Dulles Airport Access Highway at the Wiehle-Reston East (aka Wiehle Avenue) Metrorail Station. That work required multiple overnight detours and closings on both the toll road and the airport highway.

The bridges also have been placed over the east and west bound lanes of Route 7 at the Greensboro Metrorail Station which is in the median of Route 7 near Marshalls and SAIC.

Bridges will be placed across Route 123 at the Tysons Corner Station (aka Tysons Central 7) at Route 123 and Tysons Boulevard and across the east bound and west bound lanes of Route 7 at the Spring Hill (aka Tysons West) Metrorail Station in January or February.



Clearance car makes test run for Silver Line atop the Spring Hill Station. Photo by Dulles Transit Partners.



Clearance car moves across the bridge over I-495. Photo by Dulles Transit Partners.

Metro Rail Train Car MAKES A TEST RUN

Special Test Vehicle with “Feelers” Checks Out Tracks
by Marcia McAllister

No, you weren’t seeing things. That really was a Metro train car running along the Silver Line tracks in Tysons Corner in early December.

The car was a specifically outfitted vehicle, with feelers extending all around it, mimicking the area that a Metrorail car would be expected to use during normal operations.

The car’s trips along the tracks from East Falls Church to the Wiehle-Reston East stations were the visible beginning of the testing that will take place over the next nine months for Phase 1 of the Silver Line, Dulles Corridor Metrorail Project officials said.

Among those getting a glimpse of the test vehicle, called “clearance car,” as it rolled through the future Tysons Corner Station were transportation officials from across Virginia who were on a tour of rail and Express Lanes work in Tysons Corner. They watched from atop a parking

garage at Tysons Corner Center as the car rolled northeast and crossed the rail bridges across I-495 into the McLean Station (near Capital One) and crossed Route 123 on to the Dulles Connector Road.

The car was able to check for any obstructions that might be in the path of a car.

While testing has been on-going during construction, there will be a lot more before the system opens.

Dulles Rail officials are on schedule to complete construction next summer.

That’s when the Metropolitan Washington Airports Authority, builders of the Silver Line, will turn Phase 1 over to the Washington Metropolitan Area Transit Authority to operate as part of its existing 106-mile system.



Working on the railroad at the future Silver Line's McLean (Tysons East) Station adjacent to Route 123 between Capitol One and Colshire Drives in McLean.
Photo by Leslie Pereira, Bechtel.

Silver Line

ON TRACK FOR SUMMER 2013 COMPLETION

WMATA Will Set Opening Date

by Marcia McAllister

Dulles Corridor Metrorail construction is marching toward a summer 2013 completion of Phase 1 of the Silver Line.

When that happens, the Metropolitan Washington Airports Authority will turn the project over to the Metropolitan Washington Area Transit Authority (WMATA) for additional testing prior to their scheduling the opening date.

Construction has now passed the 85 percent mark. Stations are clearly visible and pedestrian bridges providing access to the Wiehle—Reston East, Greensboro, and McLean stations, are in place. The bridges at Spring Hill Station (Tysons West) and Tysons Corner Station (Tysons Central 123) are scheduled to be installed before the end of January 2013, weather dependent.

Track work is almost done. In fact, a specially outfitted Metrorail car, known as the clearance car, traveled the tracks for several days in December as part of the early

assessments of the tracks and related structures to ensure that these will be ready for WMATA trains.

Many months of testing will be done prior to the start of operations.

In addition, many of those who live near the storm water ponds, traction power substations, train control rooms and tie-breaker stations that have been installed all along the Phase 1 alignment from East Falls Church to Reston last fall witnessed the landscaping of most of those facilities.

As 2013 begins, the focus is on systems and completing station interiors and on-going work near I-66 and the Dulles Connector road where the Silver Line will merge with Metro's existing Orange Line, according to project officials. Orange Line users can expect continuing service slowdowns over the coming months between the existing East Falls Church and West Falls Church stations as work continues.



Photo by Trevor Wrayton, VDOT

NEW TRAVEL OPTION ON CAPITAL BELTWAY

by Mike Salmon, Virginia Megaprojects

Motorists traveling in the Northern Virginia area now have an option for a speedier commute with the opening of the 495 Express Lanes in November. These new lanes, stretching from just north of the Dulles Toll Road to the Springfield Interchange, offer commuters new travel choices: car pools, van pools, and buses along with toll-paying options on the Capital Beltway.

“With these new lanes on the Capital Beltway, motorists have a choice for a reliable bus or car pool trip, or a quicker commute in their own vehicle,” said John D. Lynch, regional transportation director at the Virginia Department of Transportation.

Make sure you have an E-ZPass® or E-ZPass Flex®

Unless you're driving a motorcycle, an emergency vehicle or a bus, all motorists must have an E-ZPass® to use the Express Lanes. You have two E-ZPass® options – a standard E-ZPass® or an E-ZPass Flex®. The E-ZPass® you need will depend on how you plan to use the Express Lanes. Both types can be used to pay tolls wherever E-ZPass® is accepted. To get a toll-free trip on the Express Lanes you need three or more people in your vehicle and an E-ZPass Flex® set to HOV mode. You can switch the E-ZPass Flex® between the non-paying HOV mode and the regular toll-paying mode. The E-ZPass Flex® helps ensure HOV-3+ travelers get a toll-free trip while helping to prevent others from using the lanes unlawfully. Not planning to travel in the 495 Express Lanes with three or more people in your vehicle? Then you can use a standard E-ZPass®, but remember, with a standard E-ZPass®, you do not have the option to travel toll-free in the 495 Express Lanes. Already have a standard E-ZPass®? Rest assured – it will work in the Express Lanes.

The E-ZPass® is available at:

- www.EZPassVA.com
- E-ZPass® Customer Service Center, 610 Herndon Parkway, Suite 900, Herndon, VA 20170
- AAA Mid-Atlantic stores in Virginia
- Select Giant and Wegmans in Northern Virginia

What you need to know about the 495 Express Lanes

- The 495 Express Lanes provide a faster, more direct route on the Capital Beltway – operating 24 hours a day, 7 days a week.
- Three new access points into/out of Tysons Corner; Route 7 (Leesburg Pike), Westpark Drive, Jones Branch Drive.
- You need an E-ZPass® to use the 495 Express Lanes. Carpools with three or more people (HOV-3) will need a new E-ZPass Flex® to get a toll-free trip.
- Tolls will be based on real-time traffic conditions, with prices going up and down to manage traffic flow. Expect to travel at a minimum of 45 mph at all times.
- You will see current toll prices before you enter the Express Lanes.
- There are no toll booths to slow you down. Tolls will be paid via E-ZPass®. The electronic tolling equipment will charge your E-ZPass® account one time at the end of your trip.
- Buses, motorcycles, and emergency vehicles use the Express Lanes toll-free.
- Two-axle trucks may use the 495 Express Lanes, however, 18-wheeler trucks cannot.
- Hybrid vehicles need three or more people and an E-ZPass Flex® set to HOV mode for a toll-free ride.

TECHNOLOGY NEWS



Parallels 8: use Mac Lion and Windows 8 at the same time

It's a new version of the leading Mac utility for running Windows 8 at the same time as Mac programs. With Parallels 8, you can switch between Windows programs and Mac programs quickly and easily.

It takes advantage of, and integrates, the new features in the latest Mac operating system, Mountain Lion, and Windows 8. It also works with older versions of Windows, such as Windows 7, which works well with the Mac and Parallels 8, says reviewer Walter Mossberg.

In one of Mossberg's tests, he was running either Apple Mail or iPhoto at the same time as Windows 8 programs. Scrolling and visual effects were smooth and quick. Web pages appeared at normal speed in Internet Explorer. Videos and music worked well, as did new full-screen apps in Windows 8.

Parallels can't take advantage of every Windows 8 feature, like those using a touch screen, which Mac doesn't have. But it makes Windows 8 work on a Mac like it works on a standard Windows PC.

Kindle's Paperwhite and Barnes and Noble's Nook

These tablets let you read in the dark. While color tablets have taken the spotlight, it's refreshing to see black-and-white electronic readers get some love, says reviewer Edward C. Baig.

Not only does Kindle's Paperwhite let you read in a dark bedroom without a reading lamp, but you can also read the screen in daylight. The front-lit

technology in the new Kindle does a great job of distributing light uniformly across its 6-inch screen. You're aware of the light but not distracted by it.

Paperwhite starts at \$119 with ads, what Amazon refers to as "special offers." It costs \$139 without these offers. A model with free 3G cellular access that would let you search for and purchase eBooks when you're out of reach of Wi-Fi costs \$179 with ads and \$199 without them.

Battery life claims to be up to two months, assuming you leave the brightness level at the default setting, turn off Wi-Fi, and read about 30 minutes a day. Though you can charge Paperwhite with the supplied USB cable by hooking it up to a computer, an AC power plug is a \$10 accessory.

Some months before Paperwhite's debut, Barnes and Noble unveiled a Nook electronic reader that became the first E-ink-based device that lets you read in the dark. Pages turn fast.

The Nook Simple Touch with GlowLight was called, "the most versatile e-reader that's ever been created." It has 2GB of storage, ample room for 1,000 books, weighs only 7.48 ounces and it costs \$139.

Barnes and Noble says two out of three readers read in bed, and 42 percent moved to another room so they wouldn't disturb their partner.

Ultra-thin batteries coming, probably this 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*.

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.

Two ways to be Android cool

Hey, you can be a power user - or just look like one - with the too cool built-in Android features.

Don't tap the keyboard, swipe.

The keyboard's Swype feature eliminates the problem of hitting tiny keys with big fingers. Swype lets you drag your finger from one letter to the next. A little line follows your drag. When you are finished with a word, lift your finger. It's pretty darn accurate.

If you tried this and it doesn't seem to work, the space bar for 'select input method' and choose Swype.

Unlock with your face.

You can hold your Android up and stare into its camera to unlock the device. To set up, go to Settings>Security>Screen Lock> Face Unlock.

Memorable tweets from 2012

Sports Tweets

From Chad Johnson, formerly known as Ochocinco, now again Johnson, who at the moment does not belong to an NFL team. The six-time Pro Bowl wide receiver tweeted:

@ochocinco

That awkward moment when you realize you're not on Madden13 and have to create yourself...

Paranoia Tweets

@TheIlluminati

iPhone = Eye Phone = Illuminati Phone and Siri spelled backwards is Iris which means Eye. We're watching you.

After Hurricane Sandy

@JustinKing 224

This is...unreal. Essentially the only building with power in #NYC right now is the Empire State Building #Sandy

Just Good Information

@UrbanEnglish

#ThingsYouSayToYourBestFriend

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DISCOVER YOUR *Diva*

Nice Shoes • No Drama by Leigh Macdonald



She's in there, I promise. Every girl has a bit of bombshell, that inner diva, within her. It's just true. And the secret to diva goes beyond finding it. The real secret is letting your diva show.

After all, a diva may wear nice shoes. Or, carry great bags. She may be tall and lean. And all the other things that we're told that we should be. But mark my words... among us, you'll find tall, lean, beautiful-shoe-wearing, great-bag-carrying girls who simply aren't divas. Because being a diva isn't about the shoes, or the bag, or the size of the girl.

It's the size of the girl's heart, her soul, her sincerity and vulnerability.

You see, a diva respects the fact that she has something to offer. And she'll always strive to offer more than she did the day before. A diva sings inside when she sees that others are happy. She doesn't harbor ill will or wish the happiness for her own. A diva is resilient; and while she bears her share of setbacks, she sees opportunity in each day and in each setback.

A diva fosters her intellect, but resists the big-head syndrome. Beautiful hats don't fit on oversized heads, after all. Divas don't save their rocks and rhinestones for only the fancy occasions—those baubles look

beautiful at home also. And divas wear them with regularity, just because they can.

Divas are compassionate souls who love big parties, but cherish quiet nights with a sweetheart, her children, or girlfriends. Divas are real, so very real. They know that you see them looking when they enter a room. And while divas hope you'll look and smile, they know that's too much to ask from some of the world's naysayers.

But, when it's all said and done, do you want to be naysayer? Or, do you want to do what comes naturally and let all that good stuff inside to shine through? I'm guessing it's the latter.

So focus on your diva. She's in there. And she doesn't care that you're wearing sweats today. Your inner diva knows that you might just whip out the rhinestones tomorrow.

Plus, if you're wearing a sincere smile and toting a kind heart, you're shiny enough, just as you are.

author: Leigh Macdonald, is an attorney, former law professor, and the founder of NiceShoesNoDrama.com. She is working on her first book series and appears regularly as a Style Guru on local network news stations, including Fox 5 DC, NBC Washington, and WJLA's News Channel 8. She contributes written content to all 53 of WUSA9's hyper-local websites and speaks regularly at events in Northern Virginia and the District. Leigh lives in Leesburg with her husband and two children, and she has an affinity for beautiful shoes, white chocolate, authentic smiles, and smart girlfriends.



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DEAR COACH AMY,

I am a 40 year old woman who has never been married with the goal of getting married and having a family. I met a nice guy online and we have been dating exclusively for almost a year now. We have expressed to each other that we love one another; we have met each other's families and friends and have been a couple by making short term plans. We have even traveled together comfortably. He is in his late 40's and has never been married, as well. I am no longer sure that we are on the same page. He did mention moving in together and I told him that I don't think it's wise to do so before a further commitment. I was hoping to be engaged by now with plans to marry. I am now starting to doubt if I will ever hear wedding bells.

~ Wondering in Warrenton.

DEAR WONDERING,

I am assuming that you have made your intentions clear that you are dating for the purpose of marriage and having a family. Unfortunately, time is not on your side. I know this since I have been where you are.

Your boyfriend has side stepped marriage in the past and I am wondering if there is any major roadblock that is preventing him from moving forward toward engagement. At your age, it is time to make that decision. You don't have a lot of time to waste on someone who is unsure of what he wants. Is his work stable? Are there family issues in the way? Does he have a fear of failure where it comes to marriage? It is important to identify these roadblocks and see if any immediate adjustments can be made to remove these obstacles.

At 40 you do need to be conscious of the biological clock. I had a specific timeframe when I was 40 and dating for marriage and a family. I expected to be engaged within six months and married within a year's time. This is what I have seen with all my Motivated to Marry® couples that I have worked with and observed in this age group. If I didn't see clear intent, then I was not sticking around. (I do have my timeframes laid out in my book, *Motivated to Marry®- Now There's a Better Method to Dating and Relationships* at www.MotivatedtoMarry.com).

I do know of a woman who made a bold move and it worked out for her. She was in her late 30's dating a man in his 40's for two years. She did break up with her boyfriend since he was unable to commit to her. She went out and actively started dating again. Within three months they were engaged and married soon after that. This strategy is not for the faint-hearted.

You have to ask yourself if you want to be with someone who knows you are the one and is ready to make a life with you. Yes, you have invested a year of your life at this time with your boyfriend. How much more time are you willing to give him? These are tough questions to delve into. If he truly cares about you and wants to build a life with you, then he will take the plunge or else this relationship could go on as it has for years – and your hope of having your own biological child could be dashed. That is unless you are okay with having a baby before a possible marriage.

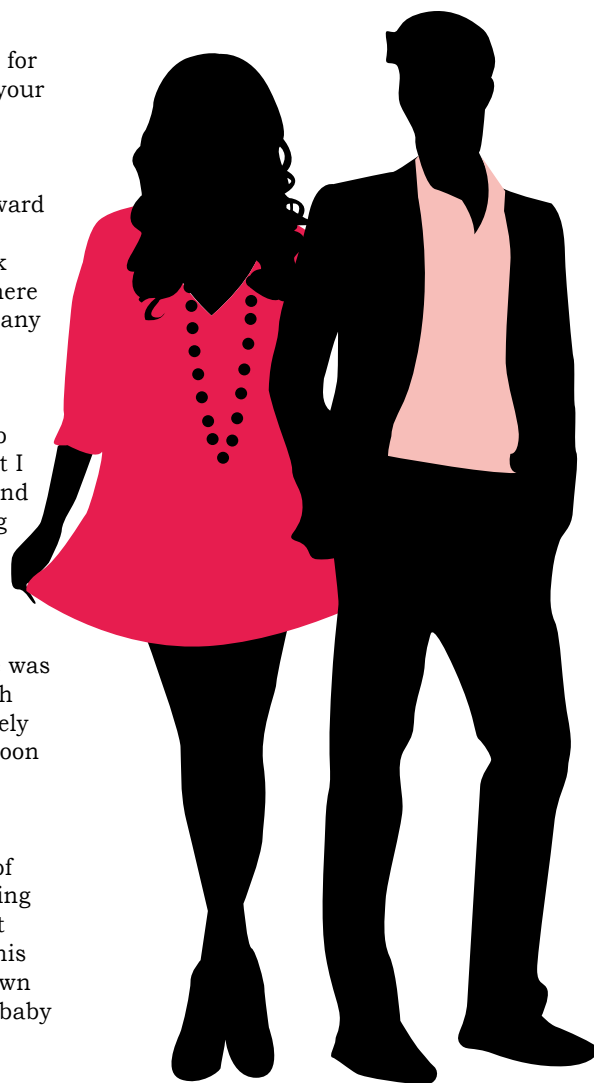
I suggest you stand firm on what you want. Hopefully, he will step up and you will not have to leave the relationship. I am sure you cannot fathom dating again. And yet, that may be the very thing you will have to be prepared to do in order to show your boyfriend what he will be missing by not having you in his life. You deserve to find someone who shares your life dreams and goals. Be strong in your conviction and it all will work out as it should.

Intentionally yours,
Coach Amy

Ask Coach AMY

Plans to marry

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.



KNOW WHEN TO

Hold or Fold

by Caela Farren, Ph.D.

YOUR CAREER

It's a new year! A time to take an account! Are you working? Are you in a job that works for you? How do you decide whether to stay put or explore another place?

Consider these questions.

Are you working on something you really care about?

Passion is the key to success. When you care, you're energized. You can take setbacks. You don't mind working hard and long because you love what you're doing. You have a sense of meaning and pride.

Does your work matter to others? Does your work make a difference to someone? Will your work take care of basic human needs? Does your work help make the world a better place? Do you build beautiful bridges between people? Provide sound financial strategies to help others? Design exceptional experiences, make smart and healthful lifestyle choices, or mentor promising students, etc.? Does your work count?

Are you learning on your job? Does your work require creativity and innovation? Do you problem solve and develop creative solutions? Does your organization support your learning on-the-job? Work that's challenging excites and motivates people. On-going learning will make or break your career. Any job that doesn't require continuous learning and creativity will be automated. It's only a matter of time.

Are you working with people that inspire and mentor you?

Talented and masterful people claim that they were most influenced and inspired by people who recognized their talents, who mentored and challenged them to max out their abilities. Do you have a mentor, coach, manager who inspires you? Do you have opportunities to work with them, problem solve with them, or just brainstorm your own work and issues?

Do your values fit the culture of your organization?

Being yourself at work is critical to success. Your personality, style, values, and interests need to be appreciated and in sync with your organization culture. Do you work in an organization that shares your values or do you have to fight to be true to yourself? Do you feel that your personality fits the culture? Or, do you feel tense, stressed, and undervalued when you go to work?

Do you see options and possibilities for your career advancement?

If you answered Yes to most of the questions above, you're career and job is in great shape. Give thanks! If your answers were NO, start looking for work that meets those criteria. Are you holding? Or folding?

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SAVE A BUCK: DON'T WARM UP YOUR CAR

Your car's engine doesn't need to warm up for several minutes before driving. That might have been good advice for yesteryear's cars, but modern engines warm up more quickly when they're driven. And the sooner they warm up, the sooner they reach maximum efficiency so they can deliver the best fuel economy and performance.

Remember that it's best not to rev up the engine over the first few miles while it's warming up.

One way to save money on gas is to buy it at an independent station. The price will be a little lower and the gas is just as good.

There's no need to buy premium gas unless you have a sports car or luxury car. If the owner's manual says it's "recommended," you can probably use regular gasoline. If it says it's "required," fill up with premium.

CASH MOBS ORGANIZED ONLINE BY BUY-LOCAL ADVOCATES

One Saturday, near Los Angeles' skid row, a mob formed outside a little gift shop and cafe. The shop owner was delighted.

In the next couple hours, \$1,200 worth of candles and soaps were purchased by the members of the pinstriped riot.

The event is the newest social activism made possible by social media like Facebook. The altruistic sister of the exhibitionist Flash Mob, this new phenomena is called the Cash Mob and it is designed to put money in the pockets of local businesses.

The idea was the brainstorm of a systems engineer in New York, who was concerned about the effect of big retailers and drastic discount schemes on local business. He used Facebook and Twitter to organize the first Cash Mob.

The idea was apparently ripe for its time because a Cleveland attorney had the same idea a few weeks later.

Now, the idea seems entrenched in the culture. The *Los Angeles Times* estimates there were about 200 Cash Mobs in the U.S. during 2012. There have also been Cash Mobs reported in Europe.

According to *Time* magazine, some studies show that spending money at local businesses has a bigger local economic impact than shopping at big chains.

It certainly has a big impact on the small, retailers, however. Health food, gift shops, wine shops, and more, all small stores run by local people, have been mobbed by their fellow citizens. Owners say they not only have a good sale day, but find the mobsters return in the future as new customers.

TAKE THESE STEPS TO AVOID BANK OVERDRAFT FEES

Unless you keep track of your checking account with online banking, you could be hit with a \$35 overdraft fee. If you made a bigger mistake you could be hit with, say, four fees or \$140. Some banks charge the overdraft fee for each day up to five days or \$700.

While most people don't pay anything in overdraft fees, some people have been charged well over \$1,000 for them, according to Bankrate.com. It happens.

To avoid overdraft fees:

- Make sure your debit card won't allow purchases if your balance won't cover them. You can "opt-out" of coverage that would accept purchases that would overdraw your account.
- Monitor your account with text alerts or email alerts. Sign up for an alert whenever your balance falls below the level you specify.
- Link your savings account to your checking account so any overdraft will be covered by your savings. There is a charge of about \$10 to move the money, much less than an overdraft fee.



SOCIAL SECURITY BENEFITS RISE BY 1.7 PERCENT FOR 2013

The average Social Security benefit will rise by about \$21 or 1.7 percent in January. The amount is determined under an annual cost-of-living adjustment that is tied to how much certain prices climb in July through September, compared with a year earlier.

The increase in the Medicare deduction will offset part of that. It is projected to be \$120.20 or a \$16 increase, though the exact amount has not been announced at this time.

IT'S RISKY TO BASE RETIREMENT PLANS ON WORKING LONGER

Working full time or part time for additional years can boost a retirement program and is a popular idea today.

By working longer, you may think you'll get more years of tax-deferred growth in your retirement accounts, and those assets will help sustain you for fewer years of retirement. Further, staying on the job will help maximize your Social Security benefit.

These are good reasons, but there can be a disconnect between your expectations and retirement date reality. Half of retirees surveyed by the Employee Benefit Research Institute (EBRI) this year said they left work earlier than planned, and just eight percent of them did so because they could afford it or for other positive reasons.

Relying on delayed retirement is rolling the dice, says EBRI, but many people are willing to take the gamble. Oddly, those most likely to plan on working longer may actually have the least ability to do so.

In recent years, people in poor health were more likely than those in good health to push back their retirement date, according to consulting firm Tower Watson. But health problems or disability were most often cited by more than half of employees forced to retire earlier than they planned.

Saving more today is a sure thing, but extra years in the workforce are anything but. If you need to save more, it's best to start doing it now.



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MULTIPLE VACCINES

Dear Doctor Christmus:

Why do puppies and kittens receive several vaccines for a disease, when adults get only one? My puppy got four distemper vaccine shots, and my friend's puppy had three. Why is there a difference?

– Albert C., Vienna, VA



This situation is confusing for many people, Albert, so I'm glad you asked. Let me preface my answer with this: my recommendations are just that – they're mine, and they are recommendations, rather than absolutes. They are formed from a combination of experience, knowledge of immunology, current vaccine information, and population medicine concerns. Other hospitals may have other protocols, but my explanation will be based on our recommendations at Oakton-Vienna Veterinary Hospital.

Let me start with some basic vaccine terminology. A distemper vaccine varies by species and immunizes a pet against much more than just distemper. A canine distemper vaccination combines several vaccines – canine distemper, hepatitis, Parainfluenza, and Parvovirus, and it may also include Leptospira and/or Coronavirus – into one injectable medication. This medication is commonly called DHPP, DHLPP, DHPP-C, or DHLPP-C, depending on the components. A feline distemper vaccine is most often a combination of feline Viral Rhinotracheitis (a Herpesvirus), Calicivirus, and Panleukopenia (feline distemper) and may include Chlamydia. These vaccines are often called FVRCP, FVRCP-C, or some variation of that theme.

To answer your question about puppies and their vaccine requirements, I'll give you the overall guidelines and then discuss the specifics. The general recommendation for puppies is to give a distemper combination vaccine every three to four weeks until the puppy is older than sixteen weeks of age. At my hospital, the exact type of distemper vaccine varies depending on the pup's age, but the general idea is the same.

Assuming we're following my vaccine protocol, the number of distemper vaccines a puppy gets depends on when the puppy gets its first injection. If the first vaccine is given at six weeks, then he'll get more at nine, twelve, fifteen, and eighteen weeks (five vaccine injections). If he gets the first vaccine at eight weeks, he'll get more at eleven, fourteen, and seventeen weeks. If he starts the series at eight weeks, but comes back every four weeks, then he'll get more at twelve and sixteen weeks only. If his first vaccine is at thirteen weeks, then he'll



get only one more at sixteen weeks. The same holds true for kittens. In summary, some puppies will get two vaccines, and some will get five, but it depends on when the vaccine series is started and the interval between injections.

If we're vaccinating an adult for the first time for distemper (or most other vaccine types), we'll give only two injections three to four weeks apart; adults don't need more than one booster.

The science behind vaccine boosters is interesting, especially for puppies and kittens. Let's start with the least confusing situation – vaccinating an adult. A vaccine stimulates the immune system, and the white blood cells that make antibodies (B cells) are sensitized to the markers within the vaccine. The vaccine builds some immunity to future infections; however, the level of circulating antibodies and the number of sensitized B cells that can make antibodies immediately after an infection are increased greatly after a booster vaccine three to four weeks later. If another dose of the vaccine is given too close to the first, the immune system doesn't respond well, because it's still "working" on the first injection.

The reason we give several vaccine injections to young pets is because it's impossible to know for sure when their immune system will react to the vaccine. Immediately after puppies and kittens are born, their mothers produce a unique milk called colostrum, which contains a large number of antibodies to most diseases to which the mother is immune, such as distemper and parvovirus. Those antibodies, plus antibodies that were passed through the placenta (collectively called maternal immunity), protect

the newborn from those diseases, but they also block the immune response when we give a vaccine. Unfortunately, there is a level of immunity that does not protect against disease, but still blocks our vaccine, and during that time, a puppy or kitten is susceptible to that infection. This fact is why we recommend vaccines three to four weeks apart, to minimize the window when the animals aren't immune. If we wait longer, the window when they are susceptible is too big, and they may get that infection. If we vaccinate closer together, the immune response could be blunted by the previous vaccine.

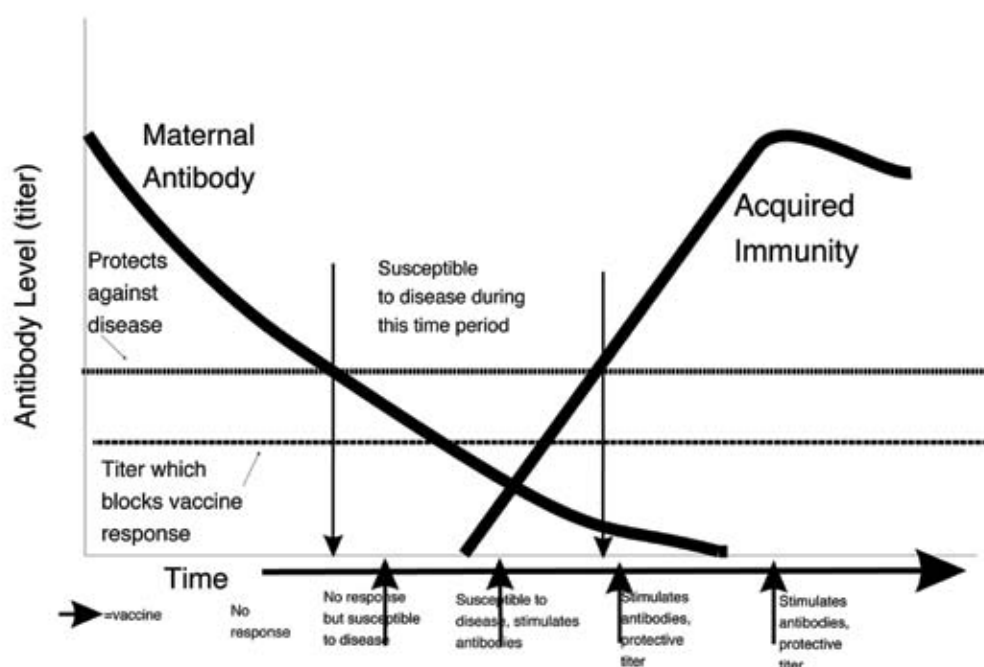
Studies have shown that by the time puppies and kittens are sixteen weeks of age, their maternal immunity has decreased enough not to block our vaccines. We give at least one vaccine injection when puppies or kittens are older than sixteen weeks of age to ensure they have a proper immune reaction to at least the last injection. They may have responded to others, in which case their antibody levels will be boosted by the multiple vaccines, but there's a chance they react only to the last one.

I hope this complicated explanation answers your question of why puppies and kittens get multiple vaccine injections. The basic answer is that we veterinarians give multiple injections because we want to minimize the pet's window of susceptibility but maximize the protective immunity as quickly as possible. For some individuals and for some vaccines, this immunity may last for years.



author: Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit OVVHpets.com. Please e-mail questions to askthetvet@ovvhpets.com.

Vaccine response vs. maternal antibody



Extreme

PET PAMPERING

by Keryn Dohanich

Think your pet is spoiled? See the new trends in pet pampering and where you can indulge your pet close by.

Pedicure, massage, aromatherapy, mansions, limo services, and personal shopping sprees! Sounds like the life of a celebrity, well not anymore, this is now the life of today's pampered pets.

Celebrities have made it a fad to pamper their pets, from birthday parties to diamond collars, nothing is left out. Oprah has set up a 30 million dollar trust fund for her pups, Sharon Osbourne hired a full-time nanny



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FOHA

to care for her group of pooches, and Danity Kane member, Aubrey O'Day, dyes her Maltese's hair different colors for special occasions. The original puppy spoiler was of course Paris Hilton, she has 17 dogs and they live in their own villa complete with a spiral staircase, furniture, a black chandelier, and a balcony!

Celebrity pampering has spawned a new trend in pet pampering among the masses. Doggie spas and resorts are popping up all over the country, offering experiences such as working out with a trainer in a lap pool, doggy yoga, positive energy sessions (for shy dogs), room service featuring organic dog food, luxury suites with flat screen TVs, and more. The trend has even begun to creep into Northern Virginia. "Pet Spaws" are showing Northern Virginian residents how to really spoil their pets in true Celebrity Fashion!

Canine Carousel

The Canine Carousel of Herndon knows how to spoil your pet. They offer couture clothing, stylish collars, and trendy accessories. They also offer deluxe spa services for your dog or cat. This family-owned business is dedicated to giving your pet superior grooming services. Their staff has extended knowledge of breed standards and will have your pet looking immaculate. In addition to an expert cut and hand dry, your pet could be treated to special services such as coat whitening, mud bath, hot oil or deep conditioning, and much more that will keep them looking their best. After their full pampering they will even receive a spritz of their favorite fragrance to send them off in celebrity style.

CANINE CAROUSEL
680 ELDEN STREET | HERNDON, VA 20170
703.709.8746
www.CanineCarousel.com

Old Towne Pet Resort

A home away from home, or maybe even better! Your pet will enjoy their own suite with skylights, drinking fountains, and top-of-the-line sleeping beds. Old Towne's luxury suites include a flat screen TV for your canine's viewing pleasure, complete with their favorite Animal Planet show. Your pup will receive three walks, one-on-one playtime, daily housekeeping, and delicious meals every day they stay at the resort. The feline suites, which are located in a separate wing of the resort, boast full and unrestricted views of the outside, a TV, double decker room design, and a separate discrete area for their litter box.

In addition to the spoiling that your pet already receives, Old Towne offers special services as well, including concierge services for special requests. If your pet likes to be read to or tucked into bed at night, no problem, the staff at Old Towne are happy to accommodate. Your pet can be treated to a variety of recreational choices during their stay at Old Towne. Some of the choices include, agility field play, Pawlates, canine personal training and conditioning, circuit fitness, and a swim in the pool. You can also request pictures of your pet during their stay at the resort, limo-van pick up and drop off service, spa services, massage, and even a cuddle date. They also have day camp and will even plan a birthday party for your pet in their event room!

OLDE TOWNE PET RESORT, SPRINGFIELD
8101 ALBAN ROAD | SPRINGFIELD, VA 22150
703.455.9000
www.OldTownePetResort.com



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SATURDAY

9am - 2pm



SUNDAY

10am - 2pm



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Vienna, VA 22180**

TALK OF 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.

Noufal Haircolor Studio, the popular hair salon located in the Tysons Corner corridor, has announced its plans to begin franchising. The salon, which has been in business for more than 15 years, specializes in expert hair care including color and Keratin treatments while also providing nail, makeup, and waxing services.

Pazzo Pomodoro "The Crazy Tomato" is now open at 118 Branch Road, SE in Danor Plaza and we love it! Neapolitan-inspired menu and made from scratch dishes. Try Chef Raffaele's signature dishes like the Polpetta Di Granchio, Zuppa Di Pesce, Costiera Amalfitana, and Braciola Di Manzo Della Nonna. 703.281.7777

Fresh Seafood? **Mediterrafish** has opened in the Mosaic District at 8298 Glass Alley. Reviews are excellent. 703.462.9644

The **L'il Italian Café** is now open at 926 W. Broad Street. This is the second location for the Herndon-based dine in and carry out restaurant. In addition to Italian fare such as calzones, stromboli, and pizza, the restaurant offers burgers and specialty sandwiches as varied as Gyro's, Monte Cristos, and Chicken Cordon Bleu. The Falls Church restaurant will offer an al-Halal menu. 703.904.0223

Tysons Corner Marriott now offers a Shopping Experience Package which includes hassle-free parking and complimentary transportation, along with gracious overnight accommodations and a \$25 gift card to Tysons Corner Center. Visit www.mariott.com to book reservations.

Intelsat S.A. comes to Tysons! It's official. Intelsat, the international satellite company has signed a new lease to occupy the 14th to the 20th floors of the New Tysons Tower developed by The Macerich Company. The move will bring over 400 jobs to our area and is expected to take place around April of 2014.

Telsa Motors? Coming to Tysons? You bet! The car company that's changing the way we think about automobiles is opening at Tysons Mall. The innovative, interactive store is designed to invite customers to explore Tesla's technology, learn about owning an electric car, and configure their own Tesla in the "Tesla Design Studio." Very exciting!

Tysons Corner is shedding its last name, unofficially. Many who work or live in the bustling office and retail center in Fairfax County would like the area to be known simply as "Tysons." In fact, a page on the county's website describing ambitious plans to revamp the area in coming years is labeled "Transforming Tysons."

The Merchants along Church Street want to see more of you, more often. Watch for the new website churchstreetmerchants.com for events and special offers.

Here comes a **Hyatt!** Hyatt Regency has been selected to manage the Hotel at Tysons Corner Center. The 17-floor, 300-room hotel will be opening in 2014.

Wal-Mart plans to open a store in Tysons Corner on the site of the former Moore Cadillac dealership as part of a mixed-use development that will probably be one of the first to accompany Metrorail's arrival to the area.

She's Back! **Kathy Antal** has "re-launched" **Just Like New LLC** at 145 Church Street NW in Vienna VA where the Maverick Mosaics used to be. Quality consignment is nothing new to Kathy, she was an icon in Vienna near the Virginian for decades. Stop in and say hi to a legend. 703.938.8800

Le Pain Quotidian, *(The Daily Bread)* - The world famous bakery has opened its doors in Mosaic as well. Famous for their "communal table," their concept of simple, wholesome, nourishing, and delicious meals seems to be a hit.

Dreams of a gold medal in swimming? A child that needs water safety instruction? Talk to the **Machine Aquatics Swim School** in Vienna. It's the first "Purpose Built Private Swim School Facility" in Fairfax, and they have the programs and the people to help the little ones get ready for the water, and professionals and programs to help you improve and perfect your stroke, no matter what level. Located at 240-D Mill Street in Vienna. Machineswimschool.com.

Here's something new, **Brits On Broad**, a specialty gift shoppe and hair salon featuring British goods, gifts, clothing, jewelry, cards... maybe afternoon tea. Virginia Bowles and Joan Steyn are the "brits." Stop in and say hi, 926 W. Broad St. Falls Church 703.992.6767

We attended the opening of **C-Wonder**, the new lifestyle store in Tysons Corner. Great stuff and a very exciting concept. Stay tuned.

Hair Cuttery opened a new location in Danor Plaza as well. 703.242.2175

And here comes the neighborhood! Coming soon to Halstead Square at Dunn Loring Metro. **Green Green and White Cleaners, Dunkin Donuts, Jimmy Johns, BlackFinn, Passion Fin.** Stay tuned.

La Madeleine has re-opened in Tysons Mall. Famous for their freshly baked goods and continental dishes, they have reopened in the upper level.

Celebrate Tysons.com

Sign Up Today!

CelebrateTysons.com

offers "Unbelievable Neighborhood Offers" to residents in the Tysons Corner area of Northern Virginia. In partnership with

VivaTysons magazine, **CelebrateTysons.com** works to "illuminate and celebrate" local merchants and service providers by offering consumers introductory and special offers.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell, Poet

Historical Happenings

Jan 14 1952- *The Today Show* on NBC debuts.

Jan 17 1806- James Madison Randolph, grandson of U.S. President Thomas Jefferson, becomes the first child born in the White House.

Feb 20 1944- The Batman and Robin comic strip premieres in newspapers.

Feb 26 1983- Michael Jackson's *Thriller* album goes to #1 and stays #1 for 37 weeks.

Snowy Day Wordoku

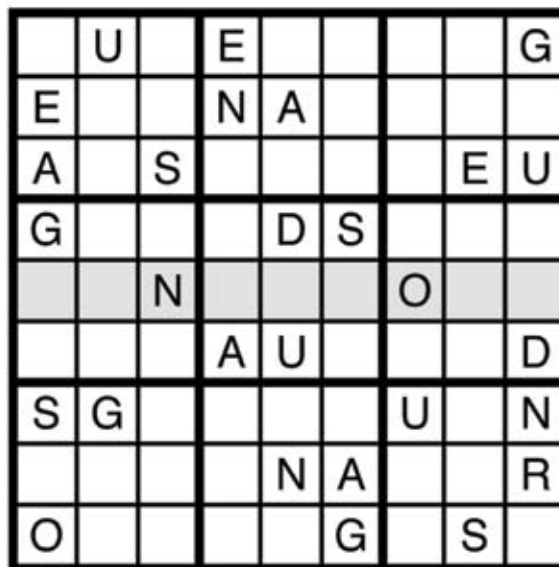
How to solve wordoku puzzles

To solve a wordoku, you only need logic and patience.

Simply make sure that each 3x3 square region has nine letters with only one occurrence of each letter.

Each column and row of the large grid must have only one instance of the letter.

The difficulty rating on this puzzle is easy.



The top five beer-drinking states, according to one survey are: first, New Hampshire, where annual consumption of 12-ounce beers per person is 459.

It's followed by North Dakota with 450 per person, Montana with 433, South Dakota with 405, and Nevada with 389.

I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?

The letter e. End, time, space, Every place

What starts with a T, ends with a T, and has "T" in it?

A teapot

Then and Now

Milk	1962: \$0.49	2011: \$3.99
TV	1960: \$219.95	2011: \$234.57
Stamp	1962: \$0.04	2011: \$0.42
New Car (avg)	1960: \$2,600	2011: \$32,000
Hair Cut	1962: \$3.00	2011: \$40-100



Trivia Teaser • American History

- Who led the Treasury Department unit of investigators nicknamed the "Untouchables"?
A. Melvin Purvis B. J. Edgar Hoover C. Bat Masterson D. Eliot Ness
- What oil tanker spilled crude oil after running aground at Prince William Sound in Alaska in 1989?
A. Satilla B. Titanic C. Exxon Valdez D. MV Oliva
- What big band leader disappeared in December 1944 while flying to Paris to entertain WW II troops?
A. Glenn Miller B. Kay Kyser C. Tommy Dorsey D. Ted Heath
- Who ran for U.S. President promising "Two chickens in every pot"?
A. Calvin Coolidge B. Franklin D. Roosevelt C. Woodrow Wilson D. Herbert Hoover
- Whose claims about communist agents in the American government got him censured by the U.S. Senate in 1954?
A. Barry Goldwater B. Joseph McCarthy C. Ronald Reagan D. Richard Nixon
- John Hancock was twice elected the governor of which U.S. state?
A. Pennsylvania B. Delaware C. Massachusetts D. Virginia
- What American battleship exploded in Havana's harbor in 1898?
A. Constitution B. Maine C. Mobile D. Dreadnought
- What was the only state to vote Democratic in all three presidential elections of the 1980s?
A. New York B. Minnesota C. California D. Idaho
- Theodore Roosevelt and Franklin D. Roosevelt both served as the governor of which U.S. state?
A. Kansas B. Florida C. Kentucky D. New York
- The Battle of Germantown was fought during the American Revolution in which U.S. state?
A. Pennsylvania B. West Virginia C. New York D. Maine

Ice Hockey

M B B O A R D S T N I O P
S T R A I L E R R U S H L
J K C E S K F K S A M U D
E D A F A C E O F F O E R
N E K T V K N V R F U E A
O D E K E R S Z G W C E O
Z N Y I I M E M M R A V B
L A B N C N M E O V S R E
A H K L N I A F R C S D D
R T L E U S N J A K I O I
T R T G X E T G C L S I S
U O S G O A L I E R T R F
E H P O P E N I C E V E F
N S R U Z T O T N K Q P O
S N I K C E H C R E A S E
S G N I W K R L P A S S U

ASSIST BLUE LINE BOARDS BREAK CAROM CHECKING CREESE DEFENSEMAN DEKE ENFORCER FACE OFF FORWARD FOUL GOALIE ICING MASK NET

NEUTRAL ZONE OFFSIDE OPEN ICE PASS PERIOD POINTS PUCK RINK RUSH SAVE SHORTHANDED SIDEBOARD SKATE STICK TRAILER WINGS

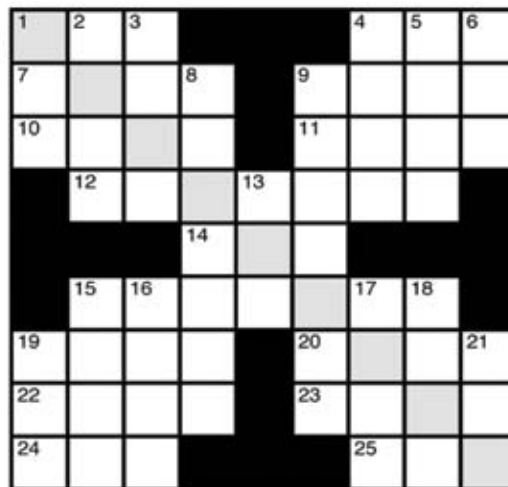
Though it is not an ox, it has horns; though it is not a donkey, it has a pack-saddle; and wherever it goes it leaves silver behind. What is it?

A Snail

A police recruit was asked on an exam, "What would you do if you had to arrest your own mother?" In the blank, he wrote, "Call for backup."

DOTS AND DASHES

- Across
- Atlanta-based station
 - Balaam's mount
 - Adriatic and Arabian
 - Bounce back, in a way
 - Insect feeler
 - Like Superman's vision
 - Type of skirt
 - "I" problem
 - Support
 - Mrs. in Germany
 - Animal classifications
 - Speech problem
 - Doesn't guzzle
 - Start of Psalm 23:4
 - Play-__



- Down
- Kitchen meas.
 - Half-moon tide
 - Farfetched, as a story
 - "God's Little __"
 - Cousin of a herring
 - Asian sauce
 - Accelerate
 - Obtains through intimidation
 - "Give it __!"
 - Lake or canal
 - Org. with a mission
 - Aforementioned
 - Montreal player
 - Type of fishing
 - __ Wednesday

The title is a clue to the word in the diagonal.

Fun Facts: Virginia

More than half of the battles fought in the civil war were in Virginia. Over 2,200 of the 4,000 battles.

The states of Kentucky and West Virginia were formed from sections of the state of Virginia.

The first peanuts grown in the United States were grown in Virginia.

Virginia is known as "the birthplace of a nation."

Bristol is legally two cities but they share the same main street. One in Virginia and one in Tennessee each with its own government and city services.

Dulles International Airport is one of the busiest airports in the world.

Virginia was named for England's "Virgin Queen," Elizabeth I.



Sweet Treats FOR YOUR SWEETHEART

Looking for the perfect gift for your sweetheart this Valentine's Day? If your honey has a sweet tooth, here are some great spots who offer delectable treats that will be sure to please.

Starnut Gourmet

1445 Laughlin Avenue
McLean, VA
(703) 749-9090
www.starnutgourmet.com
Gift baskets, chocolates, sweet treats, nuts

Sweet City Desserts

131A Maple Avenue W
Vienna, VA
(703) 938-8188
www.sweetcitydesserts.co
Delectable cupcakes, cakes, desserts

Danielle's Desserts

1770 International Drive
McLean, VA
(703) 442-4096
www.daniellesdesserts.com
Cakes, pies, cookies, cake truffles

Katie's Coffee House

760 Walker Road
Great Falls, VA
(703) 759-2759
www.katiescoffeehouse.blogspot.com
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www.cupcakescupcakery.com
Cupcakes

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Dulce's Bakery

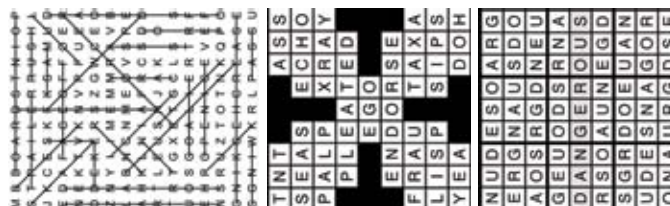
3900 Pickett Road
Fairfax, VA
(703) 978-8021
www.dulcesbakery.com
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9432 Main Street
Fairfax, VA
(703) 978-2112
Gelato, frozen yogurt

Cakelove

1961 Chain Bridge Road
McLean, VA
(703) 442-4880
Cakes, cupcakes, brownies, cookies



HOROSCOPES

JANUARY

ARIES: Your philosophical side comes to the fore in January 2013 as you seek the true meaning of life. When contemplating, think of your important role in family life and in your work. True meaning has many aspects.

TAURUS: With renewed energy on your side, you will be surprised as a burst of creativity comes to you. You will finally see your excellent work ideas take final form.

GEMINI: Use your best communication skills to explain your plans and co-workers will support you. Be sure you are pushing for something that is possible, not just desirable.

CANCER: It can be tempting to try to reinvent your entire personality in order to be more attractive to others. But that's a large order. Work on one aspect at a time, for example, be a better listener.

LEO: There are serious decisions coming up, but this is not the month to make them. Never decide just to be done with it. Examine the possibilities and consequences.

VIRGO: For personal relationships, January has positive aspects. You could meet the love of your life. Or you will find new ways to keep love growing with your partner.

LIBRA: As you move into the new year, you have interesting plans and goals in place. Make sure they aren't cast in stone. Be flexible and positive about situational reality.

SCORPIO: In the past, you've been a good money manager, but as January bills come in, you may think you've lost your touch. You haven't. Make a plan and you'll be fine.

SAGITTARIUS: Your physicality is working at its peak, which will come in handy for jobs around the house. Save some energy for activities with others that are fun.

CAPRICORN: The new year is bringing you a new way to look at situations and projects at work. Your analytical thinking and clarity of mind will bring results. Speak up.

AQUARIUS: The stars predict that changes are coming in the workplace, and most of them will benefit you. Just remember that chance favors the prepared mind.

PISCES: It's time to think about what you want to do for your summer vacation, especially if you stayed at home last year. In addition to cost, think about your health. Get a checkup and handle any problems before vacation time.

FEBRUARY

ARIES: Opportunities for professional growth will be plentiful in the coming months. Advice from mentors and associates will point you in the direction.

TAURUS: It might be time to assume an easier pace. Don't push yourself so hard and you'll find your results are much better. At the very least, focus one thing at a time.

GEMINI: When you keep your goal in mind and zero in on what you want, you'll find yourself moving in that direction. At the same time, stay on top of your game.

CANCER: When big, unexpected expenses come your way, remember that you are still in control. Bite the bullet and turn into a frugal accountant. In time, all will be well.

LEO: If there's been a change on the work front that has altered dynamics, a reality check will give a clearer picture of what you have to work with and how to succeed.

VIRGO: Sometimes you have to put yourself first, especially with your health. Exercise and diet are basic, but isn't it time to see a doctor about that nagging symptom?

LIBRA: A three-day weekend over Presidents' Day could be the perfect time relax on a short trip. You will revitalize yourself after working hard since New Year's Day.

SCORPIO: On Valentine's Day, you can give a gift or an evening out, but be sure that the lines of communication are open and you're speaking from the heart.

SAGITTARIUS: The stars say circumstances are in your favor. Doubts and uncertainty will vanish and you'll get a clearer vision of things. Don't make that big decision yet.

CAPRICORN: In February, adding fuel to your passions will help you see what could be on the horizon. Your professional instincts help steer you in the right direction.

AQUARIUS: Take your creativity home with you. Rearrange furniture, paint a wall, or just add an attractive throw rug or pillow. You'll be pleased when you come home.

PISCES: Even if the wind is against you, keep your rudder straight. Some may say you're wrong, but if you trust their opinions instead of your own, it will complicate your life.

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~ *Washington Post*



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