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SUN DESIGN 

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120 6862 ELM STREET

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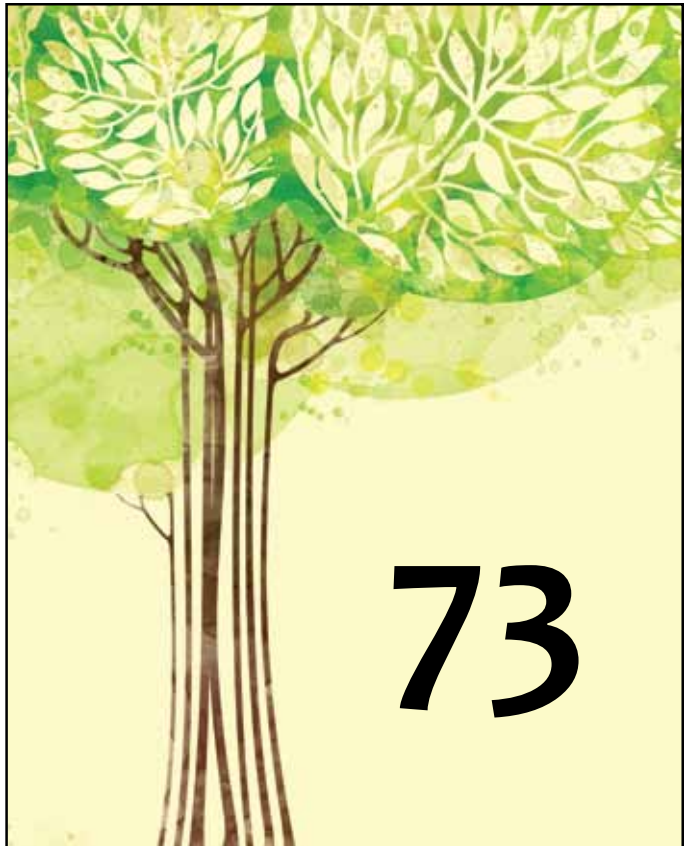
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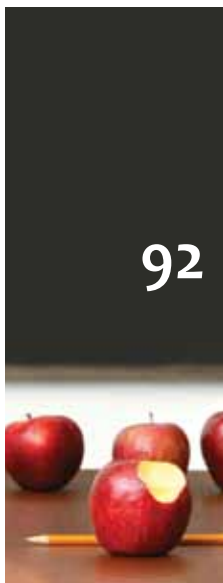
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2013
MARCH – APRIL

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A LETTER FROM THE PUBLISHER



When I met Bay Buchanan at Caffè Amouri in Vienna, she mentioned she was leaving politics and starting a new career in real estate. After reading her book, *Bay and Her Boys* (Da Capo Press), we thought you may enjoy hearing her tale of politics and life. Keith spent some time with Bay and offers us the story.

The new Tysons Corner Shopping Center is going to be sensational. Timothy J. Steffan of Macerich provides a glimpse of the vision and progress. Wow. Unlike anything I could have imagined for Tysons. The JGB Companies are also on the move. The planned redevelopment project at 6862 Elm Street in downtown McLean is just the spark that the area needs. Thank you Bailey Hopple of JGB Companies for the story and renderings of the project.

Local Historian and author Carole Herrick has given us a different way to see Chain Bridge. It's an interesting read about an interesting time and an ambitious failure. Thank you Carole.

After numerous requests from readers, we have included some profiles of private schools and camps in our area. The educational and recreational opportunities are impressive. We hope you agree.

Meet Deb Cobb. Her love for the photographic image and her adoration of animals, combined with her desire to build a career in the art form is impressive. Keith Loria spent some time with her.

Have you had a chance to dine at Pazzo Pomodoro (The Crazy Tomato) in Vienna? Pazzo, along with the other independent dining choices in our area offer us such a welcome diversion from the national chains. Lucky us.

Linda Barrett talks of the Meaderies and Cideries available in our area, and Allison spends some time at the lovely Black Thorne Inn in Upperville, Virginia.

Earth Day reminds us of our responsibility to help with beautification and sustainability. Michael Caplin of The Tysons Partnership shares some thoughts on Tysons, Carly Rebeiz explores and offers her ideas on how we can do our share.

We meet some great people in our business. Fun, driven, talented, dedicated and always gracious, these Celebrated Tysons Professionals are people you may want to know better. We asked Deb Cobb to photograph a few.

Don't forget about the Taste of Vienna on April 28th at the Volunteer Fire Department in Vienna! Visit www.tasteofvienna.org for more info.

As usual, we offer some articles by our contributing writers who always come through for us to bring you an enjoyable read, and a closer, warmer community.



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SELECTED EVENTS

LOCATIONS

(referred to in the selected events)

FALLS CHURCH

Red, White, and Bleu

127 S. Washington St

703.533.9463

www.redwhiteandbleu.com

Falls Church City Hall

300 Park Ave

703.248.5001

www.fallschurchva.gov

The State Theatre

220 N. Washington St

703.237.0300

www.thestatetheatre.com

Tyson-Pimmit Regional Library

7584 Leesburg Pk

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Iris Lounge

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1961 Chain Bridge Rd

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GREAT FALLS

Colvin Run Community Hall

10201 Colvin Run Rd

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MARCH

MARCH 6

AN EVENING WITH PETER BRADLEY ADAMS

Jammin' Java

Vienna | 7:30pm | \$12

In 2000, Adams co-founded the duo Eastmountainsouth, and in 2002 they were signed by Robbie Robertson (of The Band) to DreamWorks Records. Adams has since released three solo records (*Gather Up*, *Leavetaking*, and *Traces*) and is releasing his fourth, *Between Us*, on June 14 through Maine-based label, Mishara Music. The record was produced by Adams, Jonathan Trebing, and longtime collaborator Lex Price.

MARCH 7

AN EVENING WITH THE FABULOUS DIALTONES

Jammin' Java

Vienna | 7:30pm | \$10

The Fabulous Dialtones are a classic rock cover band based in the metropolitan Washington, DC area. The FDTs feature both acoustic and horn-powered top 40 hits from the 1950s, '60s, '70s, and '80s. Originally formed by employees of MCI Telecommunications in 1996, these musicians play many of your favorite classic rock songs plus a few originals.

MARCH 7 & 8

HELEN REDDY Barns at Wolf Trap

Vienna | 8pm | \$45

Pop diva behind the seminal '70s feminist anthem,

"I am Woman," returns with her silky voice and a fresh repertoire after a decade-long hiatus. Billboard ranked Reddy as one of the "50 Biggest Adult Contemporary Artists Ever."

MARCH 8

LUKE BRINDLEY AND FRIENDS

Jammin' Java

Vienna | 7:30pm | \$15

Drawing on songs from his seven album releases, Luke Brindley & Friends showcase the reflective lyrics and heartbreakingly honest perspective that garnered him multiple Washington Area Music Association nominations for "Songwriter of the Year." Equally at home on the stage, *The Washington Times* says of his live performance, "No song goes untouched by the energy and pure infectious joy of Luke's performance, a mastery of pop songcraft and stagecraft."

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

MARCH 9

ENTER THE HAGGIS Barns at Wolf Trap

Vienna | 7:30pm | \$22

Champions of independent musical integrity and innovative rock 'n' roll, Enter The Haggis has produced six acclaimed studio albums and inspired thousands of "Haggis Heads" (term of endearment for fans) the world over.

IRRESPONSIBLE Jammin' Java

Vienna | 10pm | \$10

The band draws its influence from many things, both musical and non-musical: 311, Jimi Hendrix, Incubus, the Beatles, Stone Temple Pilots, the Red Hot Chili Peppers, Dream Theater, Alice in Chains, Stevie Ray Vaughan, Coheed and Cambria, Nirvana, Tom Petty, the Who, friends, family, lovers, hope, frustration, happiness, desire, education, freedom, captivity, sex, ambition, disappointment, success, peace, war, the internal, the external, and everything else that keeps the wheels of the world spinning.

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.

BEETHOVEN ORCHESTRA BONN

George Mason University's Center for the Arts

Fairfax | 8pm | \$30

Conductor and Music Director Stefan Blunier leads this revered orchestra for a thrilling all-Beethoven program, including one of his overtures as well as the joyful "Symphony No. 7." The concert also features "Piano Concerto No. 4" with French-Canadian piano soloist and acclaimed

Beethoven interpreter, Louis Lortie, whose playing was described as “sterling...note-perfect and scintillating” by *The Washington Post*.

ESTATE SALE

Claude Moore
Colonial Farm

McLean | 10am-5pm

Closets have been cleared, linens have been pressed, china has been washed, and the jewelry is sparkling as the Farm prepares for its first big estate sale of the season! All estate sale items are 100% donated, and the proceeds directly benefit the Farm’s educational programs.

MARCH 10

AARON CARTER "THE AFTER PARTY TOUR"

Jammin’ Java

Vienna | 7:30pm | \$22

One of the youngest male solo artist to have four Top 40 singles, pop sensation Aaron Carter began his career in showbiz at the tender age of seven. Over the next five years, he made a name for himself as an energetic and charismatic performer, both onstage and on albums such as his 1998 self-titled debut and the following year’s *Surfin’ USA*. Both albums were successful in Japan and Germany as well as in the States.

MARCH 13

PAUL THORN

Barns at Wolf Trap

Vienna | 8pm | \$24

Intuitive songwriting, powerful delivery, and understated humor define this bluesy rocker. Hailed as “the Mark Twain of

Americana,” Mississippi-born Paul Thorn employs his full-bodied voice, gritty rock guitar, and skillful songwriting to explore subjects from the spiritual to the political with a rare candor.

MARCH 14

TOM PAXTON

Barns at Wolf Trap

Vienna | 8pm | \$24

With an exceptional flair for songwriting, this folk guitarist plays the insightful, topical songs of his celebrated 50-year career. Tom Paxton played an integral role in the folk songwriting scene of 1960s New York City, performing in now-famous venues such as The Gaslight and The Bitter End.

MARCH 15

CHATHAM BAROQUE

Barns at Wolf Trap

Vienna | 8pm | \$35

Described as “musically impeccable” by *The Washington Post*, Chatham Baroque’s unique instrumentation (violin, viola da gamba, and theorbo), technical prowess, and gifts of improvisation make this a must-hear evening for baroque aficionados.

CELTIC MUSIC CONCERT

Cherry Hill Farmhouse

Falls Church | 8pm | \$15

Enjoy a lively evening of traditional Irish music in the intimate atmosphere of the farmhouse parlor. Musicians will play banjo, guitar, flute, fiddle, mandolin, and concertina.

THE ALTERNATE ROUTES

Jammin’ Java

Vienna | 7pm | \$15

The Alternate Routes’ name suits them well. They’re a band that has never really fit in — in a good way. Without a definitive genre to reference or an established scene to rally behind them, they’ve been something of a rogue wave in an ocean of bands. They built a fan base the old fashioned way: by driving around the country in a big, white Ford Econoline van, winning crowds over one-person-at-a-time with solid, catchy songs and an explosive live show.

THAT 1 GUY

Jammin’ Java

Vienna | 10pm | \$15

With an extensive and amazing track record of unique and imaginative performances featuring his curious instrument and copious amounts of originality, Mike Silverman, aka That 1 Guy, has set himself apart as a true, one-of-a-kind talent that rivals any other artist currently in the entertainment industry. Averaging 150-200 shows a year all over North America and Canada, he has been a consistent favorite at such festivals as: Wakarusa, Electric Forest, Big Day Out, All Good, Bella, High Sierra, Summer Meltdown, Montreal Jazz Festival, and many more.

MARCH 16

BANDHOUSE GIGS' TRIBUTE TO CHRISSIE HYNDE & THE PRETENDERS

Barns at Wolf Trap

Vienna | 7:30pm

A show with Patty Reese, Margot MacDonald, Naked Blue, Todd Wright, The Sidleys, Caz Gardiner, Deeme Katson, and more. Paying homage to ground breaking rockers, The Pretenders, and to music’s angel of the morning herself, Chrissie Hynde, a collection of lively Washington, D.C.-area artists will recreate their unmistakable melodic new wave sound.

ALMOST QUEEN

State Theatre

Falls Church | 7pm | \$15

Almost Queen is easily the closest thing to come to Queen itself. They have captivated fans and audiences worldwide. Their performances are so energetic and authentic that it’s often easy to forget you’re watching a tribute band. Almost Queen has sold out shows from New York to San Diego and everywhere in between. This is certainly a testament to their talent and stage presence. Joseph Russo, also an accomplished Broadway performer, wields the microphone confidently to belt out every memorable lyric and note Queen fans have come to love.

AN AFTERNOON WITH LILT

Jammin’ Java

Vienna | 1:30pm | \$10

“Lilt” — a duo consisting of Tina Eck on flute and tinwhistle and Keith Carr on bouzouki and banjo — are trying to impersonate all of the aforementioned definitions of their name with their music. They met in the Washington DC session scene some years back and found

VIENNA**Wolf Trap**

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that "flute and zouk" were a good instrumental match for what they love to play: traditional dance music from Ireland. Jigs and reels, polkas and hornpipes, and the occasional slow air or song.

**HEATHER MAE'S
BIRTHDAY CABARET:
HEATHER MAE +
TAYLOR CARSON +
DAVE FARAH +
CRYS MATTHEWS**
Jammin' Java

Vienna | 6pm | \$10

Heather Mae has been called one of the "best songwriting voices of our generation" and "one to watch". This uke-wielding singer-songwriter has a charm when she is on stage. And with her band, The Make Believe, by her side, her sound will break into your heart while you tap your toes. Taylor Carson is a veteran; his resume boasts well over 1,000 performances, four full-length records released, hundreds of interviews and reviews, television appearances, and shared stages with renowned troubadours like Stephen Kellogg & the Sixers, Ellis Paul, and Ryan Montbleau. Crys Matthews has been performing professionally since 2008. She has shared the stage with artists like the Indigo Girls, Dar Williams, Melissa Ferrick, and Chris Pureka. Crys was an official showcase artist at Folk Alliance International in 2012.

**LLOYD DOBLER
EFFECT "IRISH
EXPERIENCE"
CD RELEASE**
Jammin' Java

Vienna | 9:30pm | \$10

The Lloyd Dobler Effect is releasing a traditional Irish drinking song CD, *The Irish Experience*, on Saturday, March 16th at Jammin' Java. In addition, LDE will be performing all of the songs

from this CD and more in a celebration of all things Irish, beginning at 9:30pm on the 16th! Come out and see this one night only performance!

MARCH 18

**KMFDM WITH
LEGION WITHIN**
State Theatre

Falls Church | 7pm | \$28

Spawned in Germany during 1984, KMFDM pioneered the crossover between techno/dance and heavy metal with their signature industrial sound. Moving to Chicago in the mid-'80s, KMFDM was the pride of WaxTrax! Records during the label's peak.

MARCH 19

**LISA LOEB AND NINE
STORIES THE NO
FAIRY TALE TOUR**
Jammin' Java

Vienna | 8pm | \$28

Grammy-nominated singer/songwriter Lisa Loeb started her career with the platinum-selling No. 1 hit song "Stay (I Missed You)" from the film *Reality Bites* and has parlayed that early success into a multi-dimensional career encompassing music, film, television, voice-over work, and children's recordings.

MARCH 20

RIDERS IN THE SKY
Barns at Wolf Trap

Vienna | 8pm | \$32

This GRAMMY-award winning ensemble has rustled up fans from Pixar Studios to the Grand Ole Opry with their funny, family-friendly cowboy road show. Riders In The Sky have been purveying the twangy bliss of country-western music for more than 30 years, combining classic melodies of the prairie with their signature brand of off-the-wall comedy and witty banter.

**ANUHEA "HIGH ON
LOVE TOUR"***Jammin' Java*

Vienna | 7:30pm | \$15

With a delicate balance of fragility, strength, and sass, Hawaiian-born singer/songwriter Anuhea blends engaging lyrics, acoustic soul, pop, rap, and reggae into a style that has earned her a reputation as Hawaii's #1 female artist. Anuhea's signature guitar rhythms, sultry vocals, and honest song writing, weave acoustic soul, R&B, jazz, and hip hop with pop appeal, making Anuhea Hawaii's next rising star.

MARCH 21 & 22

**THE SECOND CITY
LAUGHING MATTERS**
Barns at Wolf Trap

Vienna | 8pm | \$24

Chicago's legendary improv troupe serves up an uproarious revue of sketches and songs playing off everything from the economy to the Kardashians. With eleven full-time touring ensembles and resident theatres in Chicago and Toronto, The Second City performs raucous improvisational comedy sketches that have left audiences in stitches for more than 50 years.

MARCH 23

STEVE FORBERT
Jammin' Java

Vienna | 7pm | \$20

Fourteen albums on, Forbert's stamp on American music is akin to the legendary footprints of Warren Zevon, Gene Clark, Gram Parsons and other top American songwriters. He has often been compared to the likes of Bob Dylan, Tom Petty, and Bruce Springsteen.

BALLYHOO!*Jammin' Java*

Vienna | 10pm | \$12

A rock band with punk energy and pop reggae grooves, Baltimore's BALLYHOO! are a fun, fan-loving powerhouse. These road dogs have tirelessly toured coast-to-coast, taking their music to the people. Between the road and the studio, BALLYHOO! have crafted a sound distinctly their own: fresh, fun, and embodied by the soul of the party lifestyle.

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.

MARCH 23 & 24

SPRING CLEAN-UP
Claude Moore
Colonial Farm
McLean | 10am-3pm

Help get the Farm ready for the new season! On the 18th century farm, fields and trails need to be cleared, fences rebuilt, and wood moved and stacked. Behind the scenes, there is greenhouse work, wood splitting, cleaning animal pens, and even some indoor jobs. Bring work gloves, and dress for the weather. The Farm will provide a picnic hot dog lunch. Families and groups are welcome. RSVP to jengle@1771.org.

MARCH 25

JOE BROOKS (FULL BAND!) + TIDEWATER
Jammin' Java
Vienna | 7pm | \$15

Starting out as a 16-year-old guitarist recording music

in his bedroom, Joe Brooks went on to become an online sensation. After selling out two UK tours on his own, Joe made a video for his first single, "Superman," which received over seven million plays on Youtube. Brett Allen plays the music of Tidewater, and the music of Tidewater is being heard, from the full length "The Seas We Sail," charting on the iTunes SS chart in the Top 100, spending three weeks on the Smartpunk.com top 20 chart.

MARCH 28

CATIE CURTIS
Barns at Wolf Trap
Vienna | 8pm | \$22

Called a "folk-rock goddess" by *The New Yorker*, this Boston-based singer/songwriter stretches musical boundaries with poetic, uplifting lyrics. Graced with a beautiful falsetto and a talent for crafting lovely and earnest lyrics, Catie Curtis is a Lilith Fair alum who has recorded 12 critically-acclaimed albums. Her songs have been featured on TV shows such as Dawson's Creek and Grey's Anatomy.

BOY.
Jammin' Java
Vienna | 8pm | \$12

BOY is comprised of Swiss-born Valeska Steiner and German-born Sonja Glass (neither of which are boys). The two met serendipitously when they participated in a prestigious music workshop in Hamburg. They immediately bonded over their classical-music training and a mutual love of the French band, Phoenix. Before long, they decided to form a band and began writing what would become Mutual Friends. Mutual Friends is an autobiographical affair, comprised of smart, sharply-observed songs that resonate because they're about everyday life.

CREED BRATTON
State Theatre
Falls Church | 7pm | \$25

Indeed you have seen him, Creed Bratton, in the US show "The Office" and never knew what he did at Dunder Mifflin Paper Inc. or have seen him grace the SXSW Comedy stage. Oddly enough, Creed has some great talent that goes to show with his world-wide record sales with "The Grass Roots" beyond the national cult following of The Office show.

MARCH 29

THE IGUANAS
Barns at Wolf Trap
Vienna | 8pm | \$22

These Bourbon Street party-starters mix New Orleans jazz, R&B soulfulness, and traditional Mexican melodies to cook up their spicy musical gumbo. The genre-bending groove masters known as The Iguanas formed in 1989 when founding members Rod Hodges, Joe Cabral, and René Coman bonded over their mutual love of Chicago blues, New Orleans jazz, and Mexican Conjunto music.

CAITLIN ROSE
CD RELEASE
Jammin' Java
Vienna | 7pm | \$12

Caitlin Rose popped up on the radar of music critics internationally with the release of her widely-praised debut full-length album, *Own Side Now*. Drawing inspiration from female greats such as Linda Ronstadt, Patsy Cline, and Stevie Nicks, *Own Side Now* is sheer perfection, firmly placing Nashville native Rose in the same league as these legendary artists.

JOSHUA JAMES
CD RELEASE
Jammin' Java
Vienna | 10pm | \$12

Strangely familiar, yet refreshingly innovative, James' songs are devastating

in their honesty, working with themes that are intermittently elating, melancholic, and transcendent. He doesn't so much perform these songs as he does let them possess him, allowing his voice to be throttled from a husky whisper to a full-bodied roar.

MARCH 29 & 30

LES 7 DOIGTS DE LA MAIN
George Mason University's Center for the Arts
Fairfax | 8pm & 2pm | \$24

This circus and acrobat troupe from Montreal delves into the surreal underworld of the human psyche in this edgy, pulse-raising theatrical experience. PSY (pronounced "P," "S," "Y") travels through a landscape of distorted visions, vanishing dreams, and jumbled memories, as the young energetic artists overcome insurmountable challenges by performing incredible, mind-blowing acrobatic feats.

MARCH 30

JOHN EATON
Barns at Wolf Trap
Vienna | 7:30pm | \$25

Renowned piano player, vocalist, musicologist, and humorist with a reverent and inventive take on the great American songbook. *A Juke Joint Jam Session*
John Eaton is joined by bassist Tommy Cecil for an evening of their unique jazz improvisations on the great American song book.

EASTER EGG HUNT
Cherry Hill Park
Falls Church | 10am

The Easter Egg Hunt is held Easter weekend each year in Cherry Hill Park (312 Park Avenue). In addition to scrambling for eggs, children ages 11 and younger participate in a make-your-own-candy-bag craft project and have a chance to meet

and take pictures with the Easter Bunny. This event is free to all participants. Rain date Mon, April 1 at 4pm.

**MARCUS FOSTER
+ SEAN ROWE +
RUSTON KELLY**
Jammin' Java

Vienna | 6:30pm | \$15

Marcus Foster's poignant voice and the litany of his biographical landmarks are all combined with a salient feature of his personality; namely, a passionate curiosity for what creativity can conjure in terms of music, art, and storytelling. Several years ago, musician and naturalist Sean Rowe walked out into the wilderness alone. He spent the next 24 days constructing shelter and foraging for food to eat. He would come away from the experience with the songs that would eventually comprise his dazzling debut album, *Magic*. Ruston Kelly is a Nashville based singer/songwriter and multi-instrumentalist. At only 23, Ruston is gaining great esteem as a sought after songwriter in the Nashville scene. As the former lead singer of Elmwood, Ruston has toured with the likes of O.A.R. and G. Love to name a few.

APRIL

APRIL 1

**NOAH GUNDERSEN
+ DENISON WITMER**
Jammin' Java

Vienna | 7:30pm | \$12

Noah's newest EP, called *Family*, pays homage to the people who have shaped his life – rather than the self-aggrandizing so common to the often homogeneous world of singer/songwriters. "Family comes in many forms," says Noah. "It lives with us, for better and for worse. It shapes us. That's what this album is about." Denison

Witmer is familiar with the unexpected and often quixotic intersections that can take place between life and musical career. His newest album, *The Ones Who Wait*, is a reflection of this understanding of self and the growth that comes through life experience.

APRIL 3

**AN EVENING WITH
TONY LUCCA**

Jammin' Java

Vienna | 8pm | \$17

Tony Lucca captured America's hearts this year as the Team Adam finalist on NBC's hit TV show, "The Voice." Lucca's cover of Hugo's version of Jay-Z's "99 Problems" reacted strongly, propelling Lucca to the No. three spot on iTunes Overall Singles sales chart, and No. one on iTunes Rock Singles chart. Additionally, Lucca's duet of "Yesterday" by The Beatles with coach Adam Levine (Maroon 5) landed Top 5 on iTunes Overall and Pop Singles sales charts.

FARM OPENS

**Claude Moore
Colonial Farm**

McLean | 10am

The Farm ends its winter hibernation and welcomes the public for the 2012 season. The Farm is open Wednesday through Sunday from 10am to 4:30pm, April 3 through December 15. The Farm is closed Mondays and Tuesdays, Independence Day, Thanksgiving Day, and during inclement weather.

APRIL 3 & 4

**AL DI MEOLA
& GONZALO
RUBALCABA**
Barns at Wolf Trap

Vienna | 8pm | \$40

The multi-time winner of Guitar Player's Best Jazz Guitarist (Di Meola) joins the Cuban Grammy-winning

pianist (Rubalcaba) for show of rhapsodic jazz fusion.

APRIL 5

**PETER KOLKAY,
BASSOON WITH
ALEXANDRA
NGUYEN, PIANO
AND DEIRDRE
CHADWICK, OBOE**
Barns at Wolf Trap

Vienna | 8pm | \$35

Called a "star ascendant" by San Francisco's *Classical Voice* and "stunningly virtuosic" by *The New York Times*, bassoonist Peter Kolkay has just been invited into the ranks of the Chamber Music Society of Lincoln Center.

AN EVENING WITH DOPAPOD

Jammin' Java

Vienna | 10pm | \$10

Dopapod exists at the crossroads of full throttle intensity, deep pocket groove, intricate technicality, and limitless experimentation. With no regard to stylistic boundaries, the sound that emerges from the quartet—both live and in the studio—is as varied and diverse as the many influences that they adapt from. Their approach and commitment to complementing a distinct genre bending sound to top-notch musicianship has set them apart from many of their contemporaries and keeps music lovers eagerly returning to shows.

APRIL 6

**KIDS CLUB,
POWERED
BY NATIONAL
GEOGRAPHIC KIDS**
Tysons Corner Center

McLean | 10am

The Tysons Corner Center Kids Club is a great opportunity for your child to learn in a fun, interactive setting. We've teamed up

with National Geographic Kids to create activities and games that focus on discovery through play.

APRIL 6 & 7

HAPA
Barns at Wolf Trap

Vienna | 7:30pm | \$25

With influences ranging from ancient chants to contemporary Hawaiian songs, HAPA's music is "beautiful, fragile, spiritual, and powerful" (*Los Angeles Times*). By updating the traditional Polynesian sound with tasteful pop and world beat influences, HAPA has created their own unique musical niche and developed a devoted following throughout the Hawaiian islands and beyond.

**BOOK SALE TO
BENEFIT THE
TYSONS-PIMMIT
REGIONAL LIBRARY**
*Tyson-Pimmit
Regional Library*

Falls Church | 10am-4pm

Sponsored by the Friends of the Library. Large selection of books, magazines, and media for adults and children. Bag Sale/Clearance Sunday April 7, 1pm - 4pm

**RUSSIAN NATIONAL
BALLET THEATRE**
*George Mason University's
Center for the Arts*

Fairfax | 4pm & 8pm | \$27

Experience one of the most venerated works in the classical ballet canon as performed by this celebrated Russian ensemble. This Russian masterpiece is the perfect showcase for the extraordinary skill and talent of these dancers and features Petipa's luminous choreography, a hauntingly beautiful score, and resplendent costumes and sets.

APRIL 9

AN EVENING WITH HOT CLUB OF COWTOWN

Jammin' Java

Vienna | 8pm | \$20

Austin-based Hot Club of Cowtown have grown to be the most globe-trotting, hardest-swinging Western swing trio on the planet. The first American band to tour Azerbaijan, they have opened stadiums for such artists as Bob Dylan and Willie Nelson. They have created an international cult following for their brand of western swing.

APRIL 10

EDWIN MCCAIN

Barns at Wolf Trap

Vienna | 8pm | \$30

Dubbed "the great American romantic" by the *New York Times*, this platinum-selling alt-rocker performs ballads like "I'll Be" and "I Could Not Ask for More" along with fresh new songs. Hailing from Charleston, South Carolina, Edwin McCain is renowned for his soulful, inimitable sound and romantic expressiveness.

APRIL 11

HOLLY NEAR

Barns at Wolf Trap

Vienna | 8pm | \$25

A distinguished ambassador for social change, this award-winning folk singer creates quintessential American activist music. Over the course of 26 albums, featuring well-known songs such as the folk hymn "We are a Gentle Angry People," Holly Near has developed a reputation as one of the most important activist songwriters of our time.

GARNET ROGERS

Jammin' Java

Vienna | 7:30pm | \$15

In a darkened bedroom, lit only by the amber glow from

an old floor model radio, two young brothers aged 6 and 12 lay in their beds, listening to the country music broadcasts from the Grand Ol' Opry and practicing their harmonies. Two years later, the youngest one was playing the definitive 8-year-old's version of "Desolation Row" on his ukulele. He soon abandoned that instrument to teach himself the flute, violin, and guitar.

APRIL 12

THE BAND OF HEATHENS

Jammin' Java

Vienna | 10pm | \$10

Since emerging as a favorite new live band out of Austin, TX in the late 2000s, the Band of Heathens has toured relentlessly, building a devoted following and landing on some of the finest stages in music. Over three studio albums and hundreds of shows each year, they've evolved as a group and broadened their sound.

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

APRIL 12 & 13

BROADWAY'S NEXT HIT MUSICAL

Barns at Wolf Trap

Vienna | 12th - 8pm

13th - 7:30pm | \$25

Welcome to the world's only unscripted theatre awards show musical made fresh every evening from audience suggestions, on-point accompaniment, and the razor-sharp minds and crystalline voices of some truly hilarious triple-threat improvisers.

APRIL 13

TYLAN (FROM GIRLYMAN)

Jammin' Java

Vienna | 7pm | \$15

After five studio albums and ten years on the road with the internationally acclaimed folk-pop quartet Girlyman, Tylan is returning to her roots with a debut solo CD, *One True Thing*. Tylan Greenstein decided to drop her last name for her new solo venture. Tylan is in good hands, working with producer Michael Connolly at the renowned Empty Sea Studios in Seattle to create this stripped-down sound—using guitar, piano, Hammond organ, upright bass, cello, and the drums of fellow Girlyman member JJ Jones.

AMERICAN FESTIVAL POPS ORCHESTRA

George Mason University's Center for the Arts

Fairfax | 8pm | \$24

Enjoy some of the most beloved music of all time! One of our favorite orchestras returns to perform a delightful program that includes some of the very best music of the Broadway stage and silver screen along with a collection of revered patriotic anthems. Since it was formed a few years ago, the American Festival Pops Orchestra has developed a large following of fans who give a rousing ovation at every performance.

RETRO '70S DANCE PARTY WITH RIGHT ON BAND

State Theatre

Falls Church | 7pm | \$12

The Right On Band is not your average '70's tribute show, the group has truly earned the title "The World's Greatest '70's Show Band." A ten-piece band with a full horn section, the Right On Band has been keeping the '70's alive for 15 years. They have performed all over the world, with notable performances such as President Obama's Inaugural Ball and opening for acts like KC & The Sunshine Band, The Doobie Brothers, Hall &

Oates, The Commodores, and The Village People.

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.

APRIL 14

KIM RICHEY + DARDEN SMITH

Jammin' Java

Vienna | 7:30pm | \$18

Two-time Grammy-nominated Kim Richey is a storyteller, a weaver of emotions and a tugger of heartstrings. Tender, poetic, and aching with life's truths, Kim's songs transport you to her world, where words paint pictures, and melodies touch the soul. Pure, arresting and honest, her voice makes you take notice. Kim has the kind of voice where if emotions were ribbons, they'd be streaming in rainbow. Darden Smith is an Austin-based singer/songwriter who continually redefines what it means to be a musician. Recording since 1986 from New York to Nashville and London to Los Angeles, his albums weave together rock, pop, country, folk, and Americana influences with the musical roots of his home state of Texas.

APRIL 17

AN EVENING WITH PEPPINO D'AGOSTINO

Jammin' Java

Vienna | 7:30pm | \$20

Known for what the *Chicago Tribune* praises as his “virtuosity and complexity,” as well as his gift for composing “memorable melodies,” the renowned multi-talented performer brings his trademark poetic eloquence and grace to venues stateside in the Northeast.

APRIL 18

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

Heartfelt ballads including “Don’t Cry Out Loud,” and “Midnight Blue” have been hallmarks of this Grammy-winning singer and actress’s distinguished career. A master of sentimental pop music and smooth, romantic ballads, Melissa Manchester has captivated audiences for more than three decades on stage and screen.

APRIL 19

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

Grammy-winning songwriter and vocalist behind introspective songs like “I Don’t Want to Wait” and “Where Have All the Cowboys Gone?” Paula Cole rose to prominence in the mid-’90s alongside contemporaries Tori Amos and Sarah McLachlan, but stood out for her especially poetic lyrics and instantly catchy melodies.

VIRGINIA OPERA: THE MARRIAGE OF FIGARO
George Mason University Center for the Arts
Fairfax | 8pm | \$44

One of the greatest operas ever written, *The Marriage of Figaro* is a witty, yet profound tale of love, revenge, and forgiveness. Figaro, valet to Count Almaviva, and Susanna, maid to the Countess, are set to be

married ... but the Count has his own designs on Susanna’s virtue! Naturally, Figaro is determined to prevent the Count from compromising his fiancée. What follows is a hilarious exercise in duplicity that leads to a blissful, memorable finale all set to Mozart’s timeless music.

THE LEGENDARY RHYTHM AND BLUES REVUE
State Theatre

Falls Church | 7pm | \$25

“A dynamic, take-no-prisoners blues and soul party that jumps out of your speakers” - Blues Revue

ELLIS PAUL
Jammin’ Java
Vienna | 7:30pm | \$20

Ellis Paul is one of the leading voices in American songwriting and one of the top songwriters to emerge out of the fertile Boston folk scene. He helped create a movement that revitalized the national acoustic circuit with an urban, literate, folk rock style that helped renew interest in the genre in the ’90s.

APRIL 20

ANDREA MARCOVICCI
Barns at Wolf Trap
Vienna | 7:30pm | \$27

“The greatest cabaret star of her generation,” (Sheridan Morley, cultural critic) who charms with wistful repertoire of romantic classics. Graced with an expressive voice and charming stage presence, Andrea Marcovicci’s acts specialize in timeless classics of Rodgers and Hart, Cole Porter, and World War II love songs.

DAIRY DAY
Claude Moore Colonial Farm
McLean | 1-4pm

Have you ever wondered what curds and whey look like? Do you know how to wash butter? Join in as the farm

wife makes soft cheese and churns butter, and gain a new appreciation for these foods so precious to the Farm family. Weather permitting – call ahead.

WILLY PORTER
Jammin’ Java
Vienna | 7pm | \$20

Having toured with artists as diverse as Jeff Beck and Tori Amos, Porter capitalizes on his experience as a seasoned live performer on *How To Rob A Bank*. World-renowned guitarist Greg Koch had this to say about Porter’s new disc: “You get the same feeling listening to it as you do from one of his solo gigs ... that you are in the presence of greatness.” Each song is a fresh cross-pollination of styles, genres, and musical forms.

APRIL 21

ANAIIS MITCHELL AND JEFFERSON HAMER - CHILD BALLADS
Jammin’ Java
Vienna | 7:30pm | \$15

Songwriter Anaïs Mitchell (Hadestown, Young Man in America) teams up with songwriter/instrumentalist Jefferson Hamer (Great American Taxi, the Murphy Beds) to co-arrange a series of English and Scottish ballads from the Francis James Child collection. The album, *Child Ballads*, was recorded in Nashville with legendary producer/engineer Gary Paczosa (Alison Krauss, Dolly Parton), and is slated for release by Wilderland Records in March 2013. These are traditional ballads that have been carefully re-imagined to embrace an American sensibility as well as a deep respect for the heritage of the tradition.

APRIL 24

JOE SAMPLE
SOLO PIANO

Barns at Wolf Trap
Vienna | 8pm | \$40

This world-famous pianist, composer, and founding member of the Jazz Crusaders takes the stage for an intimate solo performance. For more than 40 years, Joe Sample has been an illustrious jazz pianist who first achieved fame as a founding member of funk-quartet, The Jazz Crusaders (who later became known as the Crusaders).

EILEN JEWELL
Jammin’ Java
Vienna | 8pm | \$15

Eilen Jewell is the Queen of the Minor Key. Sad songs are her wealth and finery. Lend her your ears, and you will quickly hear why her humble subjects admire and adore her more with each passing year.

APRIL 25

JOHN MCCUTCHEON
Barns at Wolf Trap
Vienna | 8pm | \$22

A singer/songwriter with impressive musical credentials and an active social consciousness delivers folk ballads such as “Christmas in the Trenches” and poignant topical pieces such as “Hail to the Chief.” A prolific folk artist, McCutcheon has made more than 30 adult and children’s albums and garnered seven Grammy Award nominations.

APRIL 26

ROBBIE SCHAEFER
Barns at Wolf Trap
Vienna | 8pm | \$20

Famed guitarist of Eddie From Ohio performs a solo set featuring his sharp-witted lyrics and catchy, contemporary folk music. Since 1991, Schaefer has been a guitarist and singer for Eddie From Ohio, which has sold more than 150,000 albums and

has been awarded "Best Contemporary Folk Group" by the Washington Area Music Association six times.

APRIL 26 & 27

SPRING PLANT SALE

Claude Moore
Colonial Farm

McLean | 10am-5pm

This sale kicks off the growing season. Plants include hardy and tender perennials, annuals, and vegetable transplants. Plant sales continue Monday-Friday, 9am-5pm, and at the Gaehouse Shop. Rain or Shine. No admission fee.

APRIL 27

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.

RECURRING

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 and other varieties. Add a glass of champagne for a royal treat. *Advanced reservations are required.

REINHARDT LIEBIG, CONSUMMATE PIANIST

Maplewood Grill
Vienna | 8pm

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

MONDAYS

JAZZ JAM MONDAY

Maplewood Grill
Vienna | 8pm

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

TUESDAYS

SALSA NIGHT

Iris Lounge
McLean | 7:30pm

Lee "El Gringuito" and Kat "La Gata" teach the hottest Salsa dance moves! Classes go from 7:30-9pm, and then hot Salsa dancing until 2am.

LIVE JAZZ NIGHT

Iris Lounge
McLean | 7pm

The Christopher Linman Jazz Ensemble will keep you entertained from 7-11pm.

LOU NEELEY

Maplewood Grill
Vienna | 8pm

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

WEDNESDAYS

WINE'D DOWN WEDNESDAYS

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

Every Wednesday at Entyse, Wine Bar & Lounge, sample sommelier Vincent Feraud's hand-selected wines by the glass, or step up to the fresh market seafood station where you can create your own tasting of jumbo shrimp, crab claws, and fresh Louisiana oysters prepared right in front of you by our chefs.

THURSDAYS

SUSHI THURSDAYS

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

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

THIRSTY THURSDAY BEER TASTINGS

Red, White and Bleu
Falls Church | 6pm

Every Thursday, come and join us in our tasting room for our Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every 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 May and/or June, please send an email to:

events@vivatyson.com

by April 2nd.

ARTS & THEATRE CALENDAR

From aspiring artists to local theatre companies.

MCLEAN

THE ALDEN THEATER

March 13 • 7:30pm

Silent Films with Live Music:

Buster Keaton: Rare - Reconstructed - Rediscovered

Alongside Charlie Chaplin, the silent films of Buster Keaton are roundly acknowledged as the work of one of cinema's greatest and most unique comic minds, making it all the more painful that a number of his two-reel silent shorts of the early 1920s survive only in battered and fragmentary form. Bruce and Ben tackled three of the films from this unfortunate group — "Convict 13," "Hard Luck," and "The Electric House" — studied all available existing material and historical data, and set about restoring the flow and continuity of Keaton's own vision and style to these timeworn gems. Also on the program is an authentic-titled and sequence-corrected edition of Keaton's early masterwork, *The Play House*.

March 23 • 8pm

Upright Citizens Brigade Touring Company

Rated PG-13. Upright Citizens Brigade is the greatest producer of comedic talent in America today, and your life could be a source of laughter for 383 people. You set the scene for this bi-coastal improvisational comedy group made up of a cast that is hand-picked from the best improv comedians in New York City and Los Angeles. These performers are the "next wave" of comedy superstars from the theatre that brought you Amy Poehler, Horatio Sanz, Ed Helms, and many, many more.

April 1 • 8am - 5pm

James C. Macdonald Arts Scholarship

Each year, the McLean Community Center recognizes the hard work and talent of young performing and visual artists through the James C. Macdonald Arts Scholarship Competition. Following a preliminary audition and a final round of competition, prizes (1st – \$1200, 2nd – \$800, and 3rd – \$400) are awarded in each of four categories: Dance, Instrumental Music, Vocal Music, Theatre and Visual Arts. High school students who reside or attend school in the McLean tax

district (Small District One of Dranesville) are eligible to apply. Application deadline: April 1, 2013. Preliminary auditions: April 22–29. See preliminary round information for specific dates. Final competition: May 23, 2013.

April 6 • 8pm

Asphalt Orchestra

New York's electrifyingly energetic Asphalt Orchestra lays concrete in the Alden when they bring their street band sounds indoors. You'll hear everything from Björk to Zappa to David Byrne from this boldly original 12-piece ensemble that combines inventive choreography with an infectiously hip sound that shatters the mold of traditional marching music. Asphalt Orchestra offers a program that *The New York Times* describes as "part parade spectacle, part halftime show, and part cutting-edge contemporary music concert ... exhilarating!" For one night only we'll let you stand on our pretty new seats because we won't be able to keep you sitting in them!

April 20 • 2pm

Gustafer Yellowgold Show

For ages 4+. Gustafer Yellowgold is a friendly creature who came to Earth from the sun and is living out an explorer's life in a slightly psychedelic version of the Minnesota woods. The show is a multi-media performance of live music, animated illustrations, and storytelling.

1ST STAGE THEATER

March 22 - April 14

Never the Sinner

In a brilliant and compelling first play, award-winning playwright and screenwriter, John Logan (*Red, Any Given Sunday, Gladiator*), recreates the 1924 "trial of the century." Teenagers Leopold and Loeb kidnap and murder a 14-year-old in a sick effort to create the perfect crime. Their complex and fascinating relationship of fevered intellect, romantic passion, and distorted philosophy is unpacked by defense attorney Clarence Darrow, who reshapes the trial into a vivid and powerful exploration of violence, vengeance, and justice.

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

VIENNA ARTS SOCIETY

March 14 • 10am - Noon ***Free Artist Demonstration***

Collage artist, Megan Coyle, will show how she creates scenes and portraits using bits of magazine pages and other papers.

March 12 - April 21 (Tuesdays & Saturdays) • 10am - 4pm ***A Touch of Spring!***

Featuring twenty artists using a variety of techniques and media to evoke the approaching season.

March 11 & April 14 • 2pm - 4pm ***Second Sunday Arts***

Meet the artists, and enjoy a reception and art activities.

FALLS CHURCH

CREATIVE CAULDRON

March 1 - 24 • Noon - 3pm ***Peter Pan and Wendy***

Rediscover J.M. Barrie's classic novel in this delightful adaptation brought to life with the magical large-scale puppets of Margie Jervis. When the carefree and careless Peter Pan flies into the nursery of the Darling home, Wendy follows her instincts for maternity and adventure, bringing her brothers along to Neverland to take care of the motherless lost boys. Soon the Darling children are swept into Peter's deadly battle with Captain Hook and his most fearsome pirate crew. With so much excitement, why would you ever grow up and go home? Presented as part of our Learning Theater program.



Got EXIF?

by Keith Loria

If you look at some of the photos used in this issue of *VivaTysons* (such as those in the Bay Buchanan story), you might notice a difference in the style and quality of the images. Even the untrained eye can spot the difference between photos taken by an amateur and those by a seasoned veteran, and we are lucky enough to have Deb Cobb contribute to our publication now.

Cobb is a Chantilly-based freelance photographer whose work can regularly be seen in *The Connection Newspapers* as well as in wedding albums and on walls of Northern Virginia residents.

"I have been doing this for about four years, and I love the newspaper work because I get to do some really exciting and interesting things, I get to meet some interesting people, and I get to share what interesting people are doing in the community with the community, so it's like a public service in my mind," Cobb says. "It's awesome and a lot of fun."

Her photography jobs for the paper have required her to rappel down a building for a story on the Special Olympics, ride in a helicopter, and even documented in pictures a training session with the county police underwater rescue team.

"Each job has its own challenges, but the consistency is that you walk on scene and you have to make quick, accurate judgments, and you have to figure out how to tell the story," Cobb says. "You walk in most places with an idea of the shots that you want, but as things unfold, you have to bring those thrilling moments to life. It can be frustrating at times, but it's really a great pleasure."

In addition to her work for the paper, Cobb does studio work, with an emphasis on shooting animal portraits.

"I really love photographing animals," she says. "It's something that I enjoy, and it gets you out of that newspaper state of mind."

Of course, being this close to D.C., Cobb enjoys heading out to historic places like the mall or White House and putting her own spin on things. She always has her camera with her and is never at a loss for taking a photo.

"I go on little adventures with friends and go downtown to take photos of the cherry blossoms or regular landscapes that are about creating feelings of emotion and remembering days," she says. "My favorite thing to photograph is always what's in front of the lens at the moment."

Surprisingly, Cobb's interest in photography came late. In fact, she can tell you the precise date — July 10, 2002 — her hobby developed.

"My daughter was born, and I wanted to capture every moment. The smiles, the bubbles, the crawling, and just everything," she says. "We had a digital pocket camera, and I did everything I could with that, and I started getting frustrated because I couldn't get the action shots I wanted or the light I wanted."

Cobb started reading everything she could on the subject, engaged other photographers, and even took a photography class. Soon, she started buying cameras, trading up as she learned more, continuing with her lessons.



"I wanted to learn the technical side of photography, but also the mental side. What is a good photo, and how do you tell a story with one picture? My editors at the paper have been fantastic with positive feedback and encouragement," she says. "Every photo shoot is an adventure for me and I always learn something."

She admits that she's always had an interest in "documenting the moment," so her love of photography made a lot of sense to her and those around her. But her schooling netted her a Master's degree in International Relations, and it was not a career she ever considered.

"I have always been a visual person, and when I went to museums, I am always drawn more towards photography than other visual art forms," she says. "Once I took control and started to develop skills and expertise, it became obvious to me that this is what I needed to do."

While she does dabble in the studio, she is a little frustrated at the nature of the print business these days and how it relates to her expanding her career.

"Of course I entered the newspaper business when it's going through a dramatic transformation. Newspapers are shrinking, and it's almost impossible to get a full-time job as a staff photographer," she says. "I would happily have my camera strapped on working every day, going from job-to-job and working with a team to tell stories. For now, I will do what I can."

With four kids and three dogs in the house, when she's not out taking pictures, Cobb is volunteering or taking care of the brood. The freelancing works well for her because she can take the jobs that work well within her schedule, and photography is a nice balance to all she has in the rest of her life.

"It's kind of like I found my voice. It's a passion, and I do as much as I can within the constraints that I am living right now," Cobb says. "My son is starting kindergarten in the fall, which might allow me to do something different."

Looking ahead, Cobb is hopeful that her photography will lead her in other exciting avenues, and that more people will learn of her work.

"I'm not looking to set up a studio to compete with the portrait people. It's not where I'm headed," she says. "I like telling stories and sometimes it's 35 pictures, and sometimes it's just a series of portraits with a kid and his dog. Capturing that moment in time and documenting this special thing that's happening is important to me."

To view some of Deb Cobb's work, visit www.debcobb.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.



For a New Taste of the Old World,

GET THEE TO A MEADERY...OR CIDERY

by Linda Barrett

Virginia's wine culture is growing by leaps and bounds, and with the publication of the 2013 Virginia Winery Guide, there are two new categories: Meaderies and Cideries. According to the ABC Board, both fall under the broad category of "Virginia farm wineries."

"We're proud to have both mead and cider under the Virginia wine umbrella," says Annette Boyd, director of the Virginia Wine Board. "Each has a unique offering, like craft beers, and is providing some really unique, high-caliber products that are worth exploring."

So, let's explore them.

Mead

The first time I heard about mead was in the epic poem *Beowulf*. The second time was in Chaucer's *Canterbury Tales*. This time I got to taste it myself at one of Virginia's own meaderies. Mead is one of those "interesting-to-taste" items that is fun to compare.

Mead, or honey wine, is one of oldest-known fermented beverages and is created from the fermentation of honey. The kind and quality of the honey determine the final taste, and its alcoholic content may range from about eight to 18 percent.

"Traditional mead is just fermented honey," explains Colonel Locklear, owner and meadmaker at **Stonehouse Meadery** in Purcellville (opening Summer 2013), who has been raising his own honeybees for the past seven years. "Different mead flavors depend on the type of honey you're using. You get different flavors from clover, orange blossom, mango blossom, mesquite and other honeys." Honeys he harvests from his Virginia property include clover, wildflower, and special crop honeys.

There are other ways of flavoring mead as well. Mead that contains spices or herbs (cloves or lavender, for example) is called a **metheglin**. A mead containing fruit (raspberries, blackberries, etc.) is called a **melomel**. And mead fermented with grape juice is called a **pymment**.

Locklear's mead is fermented in the traditional way wine is made. "It is oak-flavored and processed the same way as if I were making a chardonnay or cabernet and can be dry, medium dry, medium sweet, or sweet." The meadmaker begins tasting anywhere from six to eight months in the second fermentation and expects the final product to come out of the barrel in approximately ten to 12 months.

He will premier five meads which will average in the 11.5 to 12.5 alcohol percentage range when he opens his tasting room this summer.

As with wine, mead pairs nicely with foods. It goes best with lighter foods like chicken, seafood, pork, and anything made with honey. Locklear recommends serving traditional mead chilled and sweet meads, like dessert wines, not chilled.

Mead also holds a place throughout history. It originated in diverse cultures in Europe, Africa, and Asia, and, in fact, the term "honeymoon" originates from mead. In Medieval times, a newly-married couple was given mead and encouraged to drink a glass every night for the first month (or moon cycle) of their marriage. If the wife became pregnant and bore a son, the mead maker was congratulated for his fine brew and held in high esteem throughout the community. Thus, the honey-moon.

Another positive aspect of mead-making is the preservation of bees. Bees are so vital to our natural cycle of plant life in the world that we want to encourage their well-being. Preserving lands for the raising of bees can help them come back and stay healthy.

Cider

"200 years ago, there were probably 75 cider varieties in the U.S.," Boyd says. "You have to remember that people were unsure of the caliber of the drinking water, and people drank wine, ciders and mead instead. They didn't know about boiling water to sanitize it, and the alcohol content in these beverages protected harmful bacteria from growing in it and acted as a preservative."

Cider was once one of the three most common alcoholic beverages in our country, along with beer and wine, but it has faded from our culture until recently. Back in the beginnings of our country, people ate what they grew, and apples in Virginia were plentiful, so in Colonial America, fermented cider was the drink of choice. President John Adams attributed his health and long life to a tankard of cider that he drank before breakfast, and Thomas Jefferson was famous for his champagne-like cider created from the Virginia Hewe's crab apple.

As the grapes used for making jams and jellies are not the same ones used for making wine, the best apples for creating cider may not be the best eating apples. Cider makers look for tannins and high acidity in apples like the Pippin or crabapple to make the finest cider. In apples, sugar levels are about half that of grapes, so when they are fermented, their alcohol levels are about half. Ciders generally contain approximately five to seven percent alcohol.

Again, the process reflects winemaking. "The press differs because apples need to be ground, but once the juice is in the tank, the process is virtually identical," explains Charlotte Shelton, principal at **Albemarle CiderWorks** in North Garden (near Charlottesville).

"Any fruit juice is sweet off the press, but in fermentation the yeast eats the sugars," Shelton continues. "Our ciders are quite dry, crisp, sparkling, and food-friendly. They are superb with American cuisine, cheese, and seafood and offer sweet and fruity refreshment."

"They also contain higher alcohol and have a rounder mouth feel than the sweet commercial ciders. We pay the same attention to tannins and the balancing of acidity and sweetness as one would in a fine wine."

Opened in 2009, Albemarle CiderWorks began from an interest in collecting and preserving heirloom apple trees. They now have about 250 varieties of apples and are one of the few sources for heirloom apple trees in the U.S.

"Cider is such a hot topic now," adds Boyd. "I read recently that within five years, cider could become five percent of the beer market." And what people may not know is that all cider is hard. There is no such thing as a non-hard cider, that "hard cider" was a term created during prohibition in the U.S., she adds. To everyone else in the world "cider" is fermented apple juice.

With over 230 wineries, 25 wine trails and nine winemaking regions, visiting wineries is a popular weekend activity throughout Virginia. Be sure to add meaderies and cideries to your "must stop" picks for a delightful new experience. Judge the quality of our home-grown products for yourself by using the same tasting notes as with wine: appearance, aroma, flavor, and overall quality.

So there you have it. Two more great reasons to hit the trails outlined in the 2013 Virginia Wine Guide.

Meaderies

Blacksnake Meadery (Blue Ridge)

605 Buffalo Road
Dugspur, VA 24325
www.blacksnakemead.com

Misty Mountain Meadworks (Shenandoah Valley)

1531 Pack Horse Road
Winchester, VA 22603
www.mistymountainmead.com

Stonehouse Meadery (Northern VA)

36580 Shoemaker School Road
Purcellville, VA 20132
www.stonehousemeadery.com

White Oak Mountain Meadery (Southern VA)

455 East Store Lane
Chatham, VA 24531
www.whiteoakmead.com

Cideries

Albemarle CiderWorks (Central VA)

2545 Rural Ridge Lane
North Garden, VA 22959
www.albemarleciderworks.com

Blue Bee Cider (Central VA)

212 W. 6th Street
Richmond, VA 23224
www.bluebeecider.com

Bold Rock Cider (Central VA)

1020 Rockfish Valley Highway
Nellysford, VA 22958
www.boldrock.com

Castle Hill Cider (Central VA)

6065 Turkey Sag Road
Keswick, VA 22947
www.castlehillcider.com

Foggy Ridge Cider (Blue Ridge)

1328 Pineview Road
Dugspur, VA 24325
www.foggyridgecider.com

Old Hill Cider (Shenandoah Valley)

17768 Honeyville Road
Timberville, VA 22853
www.oldhillcider.com

Potter's Craft Cider (Central VA)

4699 Catterton Road
Free Union, VA 22940
www.potterscraftcider.com

Lees Corner Elementary School • Race To The

FINISH**We want to help!**

The families of Lees Corner Elementary School have kicked off a “Race to the Finish” fund raising campaign to raise \$15,000 to build a two-lane track around their field. The Lees Corner PTA is spearheading the effort, recognizing that the track will be a remarkable asset for the community.

Please join us

VivaTysons, will donate \$5.00 to “Race to the Finish” for each subscription we receive in March and April. To subscribe, please visit our website:

www.vivatyson.com/subscribe



The Lees Corner PTA, a 501(c) 3 organization, is seeking private and corporate donations to “Race to the Finish” to build the 816 foot track.

For more information, please visit the Lees Corner PTA website at www.leescornerpta.org or contact Deb Cobb at deb@debcoobb.com.



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DINING RESERVATIONS AVAILABLE FOR MOST SHOWS

THE Chain Bridge

by Carole Herrick

The Chain Bridge is an anomaly when compared with the other ten bridges that span the Potomac River within the confines of the Capital Beltway. Excluding the American Legion Bridge, these bridges are located within the District of Columbia. (The Woodrow Wilson Bridge passes over a small portion of it.) They are highway bridges that are an integral part of significant

The first of several toll bridges to span the Potomac was erected in 1797 by the Georgetown Bridge Company just below Little Falls, the river's head of navigation. It was an uncovered wooden structure 120 feet in length and called the Little Falls Bridge. This location was selected because of the narrowness of the river at that location. Georgetown merchants were hopeful that the bridge would divert Virginia's inland trade away from their commercial competitor, the City of Alexandria, and farmers and planters would cross it to bring their overland goods into Georgetown. This bridge was swept away by an ice-filled spring freshet in 1804. Stockholders in the Georgetown Bridge Company replaced the bridge at the end of 1806, only to see it destroyed by a freshet six months later. It was the third structure, a chain suspension bridge that opened in February of 1808, from which Chain Bridge received its name. This bridge was a single



transportation arteries or existing commercial corridors for the Greater Washington Metropolitan area. This is not the case for Chain Bridge, which is located within D.C., but not part of any commercial corridor and does not connect with any major highway, expressway, or interstate route. The Chain Bridge, which stretches across the Potomac today, continues to be the eighth bridge built below nearby Little Falls.

span of 128½ feet in length with a wooden plank roadway that was 16 feet wide and suspended by four iron chains that hung in curves that linked with two stone abutments. It was during November of 1810 that it, too, was carried away by another severe freshet.

The Georgetown Bridge Company was desperate: it had financed three bridges that fell in 13 years. Merchants had become commercially dependent upon the bridge,

but this also worked in reverse because many Virginia farmers relied upon the crossing to get their goods to market. The Georgetown Bridge Company reorganized as the Georgetown Potomac Bridge Company to finance a fourth bridge at Little Falls which opened in April of 1812. This, too, was a chain suspension bridge. During January of 1832, ice piled up six feet above the bridge flooring as far as one could see. A road was hacked through the ice that led to Georgetown and, after repairs, the bridge reopened in late March. The Chain Bridge route was the most convenient way for the inland farmers to get their goods to market, but they insisted that the tolls were excessive. Merchants needed the Virginia trade, but it was the toll revenue that the company was after. In order to keep the farmers from seeking the Alexandria markets, the Corporation of Georgetown bought out the stockholders of the Georgetown Potomac Bridge Company in 1833 with money appropriated from Congress. The tolls were eliminated and the bridge was declared "free forever."

The Corporation purchased a repaired bridge which stood until a freshet carried it away on February 11, 1840. Now it was faced with funding an entirely new structure. A fifth bridge opened at Little Falls during late November of 1840. This was an enclosed wooden lattice truss structure with a shingle roof and a 400 foot roadbed. There were two arches: the span that connected with Virginia was 208 feet long and the other was 192 feet in length. Even though this crossing was no longer a suspension bridge, the Chain Bridge name remained. This bridge lasted a dozen years before collapsing during a catastrophic freshet on April 20, 1852.

The money Congress gave the Corporation in 1833 was gone. Georgetown faced the problem of whether to replace the bridge, but now it had to find a way to pay for it. The Corporation appealed to Congress for help to rebuild at Little Falls. Congress did grant funding, but once this happened, Georgetown lost control and the Chain Bridge became a government entity. An attempt was made in 1854 to build an iron bridge at Little Falls. This was abandoned after a tragic accident and the engineers went back to building a timbered structure. It consisted of eight 160 foot arches that were placed on piers and would no longer span just the narrow river channel, but continue across the floodplain and pass over the Chesapeake and Ohio Canal. This bridge was built in stages: the first portion opened in mid-January, 1855 with two spans that connected with a

wooden roadway that ran across the floodplain. The sixth bridge was completely finished in January, 1858. It was designed to carry heavy loads and held up through the Civil War, only to fall victim to another freshet in 1870.

On June 10, 1872, Congress authorized \$100,000 for building a substantial iron bridge based upon plans approved by the Chief of Engineers of the Army. Eventually the contract was given to the Clark, Reeves, & Company of Pennsylvania, known for its Phoenix column, a hollow cylinder consisting of multiple wrought-iron segments riveted together to form a lengthy column. The seventh Chain Bridge opened on April 10, 1874, with eight spans totaling 1352 feet in length, a 20-foot-wide wooden roadbed,

and a narrow walkway on the downriver side. This bridge survived the massive floods of 1877, 1881, 1886, 1889, 1924, and 1936. But this meant closures for repairs, and alternations. During the record flood of March 1936, President Franklin Roosevelt was at the bridge to witness its collapse. Chain



Bridge held and, after necessary repairs, it reopened on May 29, 1936. It was the flood of 1937 that ended the seventh Chain Bridge. It withstood the impact of the raging Potomac, but was badly worn out. It was time for the old bridge to be taken down and replaced with a new bridge. The dedication ceremonies for a three-lane Chain Bridge were held on June 17, 1938, with over 5000 people in attendance.

There have been repairs and alternations over the years, but the antiquated roads and three-lane traffic pattern on the bridge and Canal Road remain much the same. Engineers have struggled to provide safety as times have changed, but there is little space to widen the roads or expand the bridge using the existing piers. Today's Chain Bridge may be functionally obsolete, but it is unique for the nation's capital city because it has historic ambience. Except for the absence of a few commercial buildings, the area around Chain Bridge has changed little since the days when George Washington ventured across it. As the past is constantly being swept aside for "improvements," maintaining the rural environment around the Little Falls area is possibly the legacy of the Chain Bridge.

Carole Herrick is the author of Ambitious Failure: Chain Bridge, the First Bridge across the Potomac River. This book can be purchased through Amazon or by contacting Carole at caroleherrick@aol.com.

AROUND TOWN

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



"Jaraad" on the Sax. Every Thursday and Friday at Da Domenico in McLean. Hot sounds, good food, great people! See you there.



Christy Iversen of Bay Creek Resort Realty offers a peek in the retirement options offered in Cape Charles, VA



More Chocolate? Sure! Coming soon to Vienna is Cocoa Vienna. Here's the gang!

AROUND TOWN



It's open! Members of The McLean Chamber of Commerce join Charles Boswell for the ribbon cutting of The Color Wheel Gallery 65 in McLean.

Peter Himmelberger of Cruise Planners deals the winning hands on the black jack table at Casino Night at Westwood Country Club, sponsored by VTCC.



It's all about Chocolate-And the folks at Chesterbrook Residences know how to keep those residents in smiles!



AROUND TOWN



Briana Ozolins and Michele Farlow say: "Retire Here!" at the Retirement Community Show at the Ritz Carlton on Saturday, Feb 16, 2013.

Jodi Scholes, Joan Fletcher, and Charlene Gates smile for the camera at Casino Night at Westwood Country Club on Feb 16th, 2013.



Bailey B. Hoppie of The JBG Companies talks about the new Elm Street Project in McLean at the monthly McLean Chamber of Commerce Breakfast Meetings at JGilbert's. Read more about the project on page 120 of this issue.

CHAMBER NEWS

Real Estate Education Series

March 7, 2013
11:00 AM - 1:00 PM

Location: Teq Corner
1616 Anderson Road, McLean, VA

Session fee: Chamber members \$15 • Future members \$25

Held eight times/year and sponsored by SunTrust Mortgage, the Real Estate Education Series examines issues of interest to those in the real estate market. The series also offers attendees the opportunity to finish all their CEUs for the entire year.

Real Estate Education Series

April 11, 2013
11:00 AM - 1:00 PM

Location: Teq Corner
1616 Anderson Road, McLean, VA

Session fee: Chamber members \$15 • Future members \$25

Held eight times/year and sponsored by SunTrust Mortgage, the Real Estate Education Series examines issues of interest to those in the real estate market. The series also offers attendees the opportunity to finish all their CEU's for the entire year.

The topic of the April meeting will be "Fair Housing," in honor of Fair Housing Month.

McLean High School Golf Tournament

April 26, 2013

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Come join us for the Annual McLean High School Golf Tournament. Go to www.mcleanactivities.org and click on "Boosters," and then "Golf" for more information. We are very excited to have our new turf field thanks to your past support. Funds raised this year will continue to support the McLean High School Campus Campaign, providing additional improvements to the MHS campus.

For more information, please visit www.mcleanchamber.org





THE Blackthorne INN

A Bit of Ireland in the Virginia Hunt Country

by Allison Chase Sutherland

Delight in a succulent Irish smoked salmon salad accompanied by a perfectly poured pint of Guinness at Wolfe Tone's Pub at the Blackthorne.

“Ireland is like nowhere else. Ireland is magnificent, mischievous, moody, and misunderstood,” according to *I Never Knew That About Ireland* by Christopher Winn. The mystical month of March in the countryside of Virginia shares this austere beauty, with its stark pastures and enchanting landscapes. A thick Irish mist hovered in the Virginia air upon my arrival to the Blackthorne Inn, neatly tucked in at the edge of the Blue Ridge near historic Ashby Gap. Perhaps it was brought in by their ever-so-lovely Aunt Eilis (ay-lish) O'Donoghue visiting from County Westmeath.

As I approached the Blackthorne with its stately pines lining the black fences at the entrance, I was greeted by the now-resident guinea hens and black cat, Stella. I mentioned that the “turkeys cooed” at me. “Gobbled,” I was gently corrected. “They get along with the cat just fine now.”

Cottages and cabins are aptly named after the counties of Ireland. I was directed “past the pond over the bridge” to the Kerry Cottage, a cozy, rustic cottage that enjoys an old stone wall fireplace with fresh-hewn wood, a modern whirlpool bath with a quaint little curtain, an old wood plank floor, and a luxuriously comfy bed with a sage green goose down comforter. Bucolic touches included a wooden plow yoke on the wall, log-beamed ceilings, vintage lampshades, and a colorful rug in hues

of deep reds and earth tones. Outside the window, I could feel the fog hovering ever so heavily over the fields, making my little fire feel even warmer – and even brighter.

I usually tend not to flip on the TV in such a pastoral place, but the setting proved an inspiration for me to tune into my first episode of *Downton Abbey*. I started to wonder where my footman had gotten off to when suddenly it occurred to me that – of course – I don't have a footman. The setting is so authentic, you can really get lost in your imagination. And isn't that a wonderful reason to get away? This is a place where you have time to dream.

It is a place, indeed, that is full of history. In 1763, the property was deeded by Lord Fairfax to George Washington for surveying. One can imagine the ladies and gents of yesteryear tending fires in the very same fireplaces – experiencing the very same joys and the very same sorrows.

For a hearty meal in the historical inn, start with smoked trout mousse or pan-roasted, semi-boneless quail stuffed with leeks and pancetta over Swiss chard, mushrooms, and Madeira sauce and perhaps a rich and savory cream of mushroom soup. Follow that up with Arctic char with cheese grits, sautéed baby spinach, and broccolini with a lemon caper beurre blanc. Or, if you prefer light pub fare and libations, the

Blackthorne's Wolfe Tone's pub menu proposes the ever-popular Irish nachos, with Dublin cheddar, smoked bacon, green onions, and garlic-cheese sauce. I was reminded by my neighbor at the bar that the salmon in the generous Irish smoked salmon salad served with mesclun mixed greens, chopped egg, blue cheese, cucumber, kalamata olives, green onions, fresh lemon, and a champagne vinaigrette was from *Ireland* – not Nova Scotia, not Alaska, not Norway or any other icy waters – but directly from Ireland, as he delightedly finished it off. How nice with a pint of Guinness – which reminds me:

Travis's Tips for the Perfect Pour of Guinness

3-Minute Pour – Pour 4/5 of a glass of Guinness, up to the harp symbol on the glass, by pushing the lever backwards, full flow. Set glass down and wait two minutes until the Guinness settles completely. Finish pour by pushing the lever forward, restricted flow, until it makes a nice concave arch over the top of the glass. Nice and creamy.

At Wolfe Tone's Pub, characters abound – from horse farms, cow farms, and even Jack Russell terrier farms. It's nice to be in a place that is small enough where people know each other by name. Regulars vie for rank. I'm instantly identified as being non-local. They chirp up, "I've been adopted. I'm like family. I've known them forever," kind of like, "Mom loves me more." General Manager Michelle O'Connor Peirson agrees. "We have

a habit of adopting people," she acknowledges as a mother bird flying back to the nest, as if to say ever so sweetly, "Now, now, you're all special," to quiet the squabbling baby birds.

People enjoy feeling like they're part of this big Irish family, whether or not they really are. "I'm the oldest sister, so you have to listen to me," jests Donna Morris, longtime inn guest manager, originally from West Virginia. She echoes the sentiment of why so many people keep returning to the Blackthorne. "They come back and they bring their friends" because at the Blackthorne, "they really know how to make you feel at home." As the old Irish expression says – *céad míle fáilte*, or a hundred thousand welcomes!

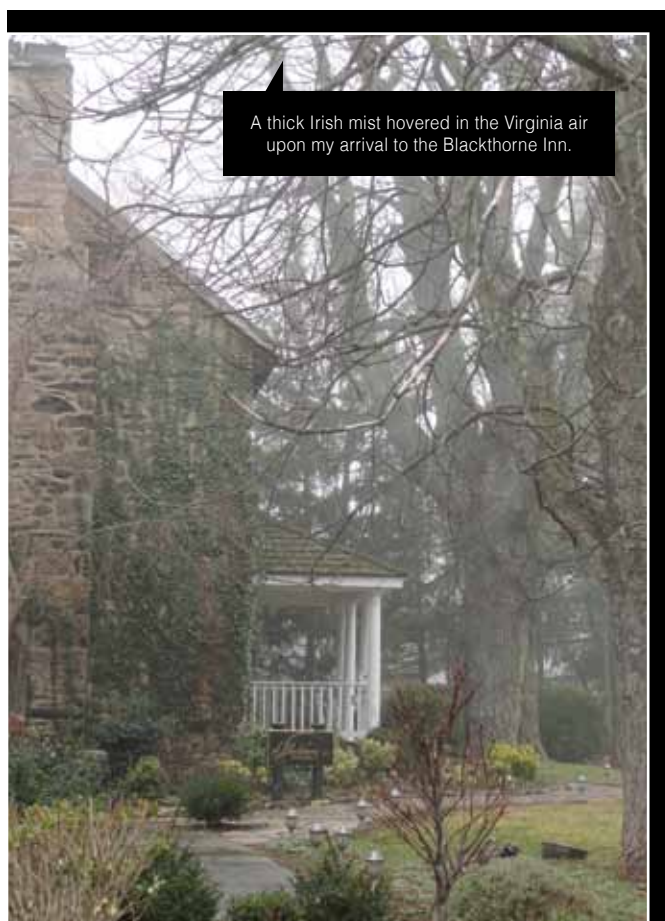
"This is one of the most beautiful places in the world. I've been here forever. They'll have to run me out – and there's talk of it," says Willis, the snowy-haired former Alabaman barkeep in the main house. Another familiar face in the pub described the draw of the land like this. "I kept coming back. Then, one day, I just stayed," explained Upperville Phil.

Owners Shane and Elizabeth O'Connor wanted to make the pub as Irish as possible, including building it from the very fieldstone from the earth outside the inn. Tales recounted with that Irish lilt are all the more compelling. The painted mural of the scenically spectacular seaside Cliffs of Moher at the entrance to the bar instantly transports me to my favorite place in Ireland. Irish music and other bands fill the room with conviviality on the weekends. And of course, the much-awaited St. Patrick's Day grand festivities feature the band Finnegan's Fury, flown in from Ireland for the occasion. The Blackthorne's website includes a St. Paddy's Day countdown clock as well as an Irish Quote of the Day, Today in Irish History, and a trivia quiz. They just can't resist fun at every turn.

Early the next morning, I awoke to the pecking of the red-crested pileated woodpecker, the tick of the bedside clock, the crackling of the logs in the hearth, the knock of the heater, or the hooves of the ghosts of horses past. It was, after all, once the barn. Then the next day I read the following: "The Blackthorne Inn remains a quiet and peaceful place. However, folklore holds that on a clear moonlit night, one can sometimes hear horses' hooves and see ghosts of Mosby's Raiders galloping across the Blue Ridge. Real or just a legend? You be the judge."

After a day out exploring the countryside, I am back at the Blackthorne, my headlights creeping slowly through the dark night back up the gravelly path to Wicklow Cabin, the wind whipping through the sturdy trees on the mountainside. I build a lively fire in the stone fireplace and cozy up with a history of Ireland. Catch up on the trials and tribulations of your tribe from the times of the Gaels and the Celts. After all, as my Irish family's old Healy clan motto states – "*Saepiens dominabitur astris*," or, "Knowledge rules the stars."

After a good night's sleep beside the glowing embers, enjoy an Irish Sunday brunch in the breakfast room overlooking the tranquil pond with its foot bridge



leading to the gazebo. Deer may venture forth from the forest; geese may glide across the pond. Authentic Irish bangers and chips with a veal demi-glaze are always a good bet. Perhaps sprinkle a little malt vinegar on your “chips.” Sip on hot cider in a tall, elegant glass with an orange slice. Or select from an Angus burger or fish and chips, beer-battered haddock with hand-cut fries and tartar sauce.

The family’s father, Brendan O’Connor, was a lighthouse keeper for over twenty years – hence, all the sandwiches are named after lighthouses. His posts included remote locations such as the Aran Islands and the treacherous Tuskar Rock. They even had chickens at the lighthouses, so they had fresh eggs every day. And when he couldn’t make it home for Christmas due to storms battering the coast, mother Margaret and the family would wait by the wireless for his call. The excitement in Michelle’s voice was still palpable even after all these years.

According to Catharina Day’s *Cadogan Guides*, “When you’re in Ireland, you can be certain that the irritations and annoyances that can accompany one through everyday life will disappear, and your desires for a good day’s walking in the mountains, a spot of fishing, or a good read by a warm fire will become realities.” So I followed suit and donned my moss-colored Irish cable-knit sweater to, as they suggested, meander through mountain, meadow, and marsh. Such is life at the Blackthorne.

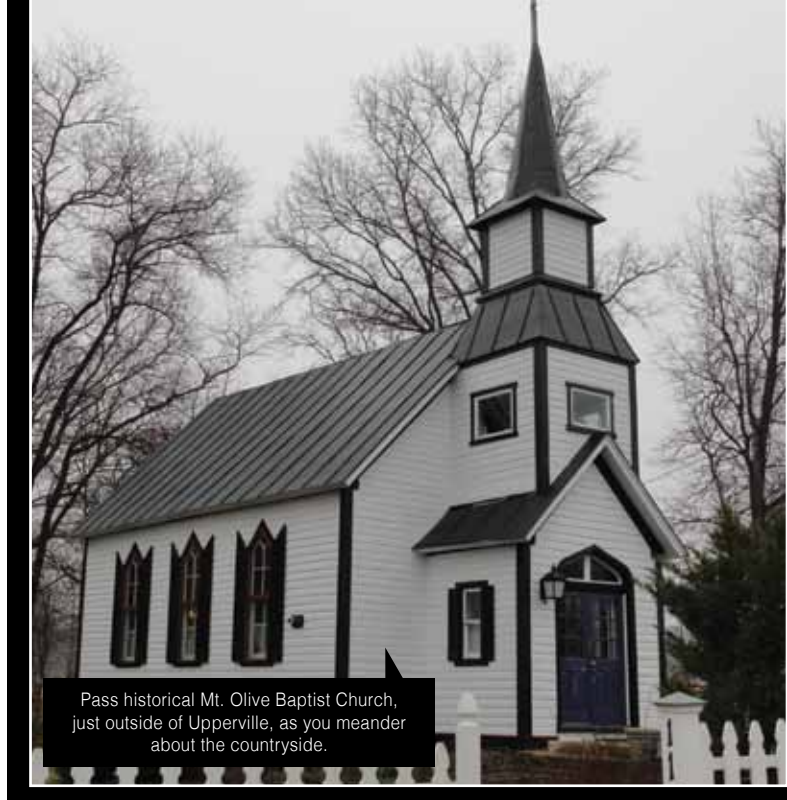
How delightful to experience the very essence of Ireland without ever leaving Virginia. We can easily imagine why so many migrated to these rolling knolls and vales of the Shenandoah Valley from old Hibernia in the first place. Turning their eyes upward to these quietly reassuring green hills, those early immigrants may have felt just a little less homesick for Ireland – and a little less lost. And for those whose ancestors migrated across the pond so long ago, the O’Connors – Brendan, Margaret, Michelle, Sharon, Shane, Maeve, and Neasa of the Blackthorne Inn – are the Irish cousins you never had but always wanted. And one mustn’t forget Michelle’s husband George, a boy from London, who is always up for some clever banter in the pub. And when it’s finally time to go, it’ll be a fine farewell indeed. Back at home in the days to come, you might just feel the wind pick up and you’ll know just what it is and just what to do. That echo in the wind is calling you back to the Blackthorne.

The Blackthorne Inn and Restaurant

10087 John S. Mosby Highway (PO Box 643)
Upperville, VA 20184
540.592.3848

Fox’s Den Tavern, Middleburg, VA

Venture down the road a spell through the heart of Hunt Country to Middleburg. As I steadily approach the quaint village, a sign indicates 2 miles to Middleburg, 25 miles to Fairfax. Out here one feels so far away from it all. It doesn’t seem quite possible that I could really be that close to home.



Pass historical Mt. Olive Baptist Church, just outside of Upperville, as you meander about the countryside.

Charlie Carroll will tell you that his Fox’s Den Tavern, open about two years now, was built between 1760 and 1780. He descends directly from Charles Carroll and Benjamin Franklin, signers of the Declaration of Independence. Interestingly enough, in 1776, my ancestor Samuel Chase of Annapolis, another Maryland signer, traveled with his fellow statesman Charles Carroll and the venerable Benjamin Franklin to Canada in an unsuccessful effort to entice the Canadians to support the American cause instead of that of the British. Who would have guessed that their descendants would meet centuries later? The tavern then served as a boarding house during the Civil War. It is rumored that Colonel John S. Mosby himself may have hidden his horse here.

Nowadays, Jamie Plaskitt, the daytime bartender who goes by J.P., is the huntsman for the Middleburg-Orange County Beagles. When I arrived, creative spirit and website designer Kris Goodwin Gali was just back from fox hunting, still in her jodhpurs and boots. Charlie says, “That’s how I grew up in Ireland – playing polo, fox hunting ...”

Having grown up in Waterford, Ireland, Charlie says of the surrounding countryside, “It just reminds me of Ireland so much.” He attended college in the states and in Dublin before undertaking jobs in places as far-removed as the Grenadine Islands of the Caribbean, Martha’s Vineyard, and Picardie in Northern France, continually honing his skills as a restaurateur.

Intriguing wine selections include Sea Salt Sparkling Sauvignon Blanc from New Zealand, Moscato Allegro Pink Moscato, or a Toscana Pergliamici, Italian meaning “for friends,” and indeed, the Fox’s Den provides quite a cozy spot to gather fireside with friends to escape the still wintery winds of March.

Don't miss local Chef de Cuisine John LoBuglio's velvety potato leek soup topped with scallions and bacon or the red beet and warm goat cheese salad with mandarin orange segments, served over tender baby spinach tossed with a house-made orange vinaigrette. Try the savory lemon chicken pan-seared with white wine, garlic, and capers. And if you can spare just a bit of space, you may wish to enjoy a molten lava cake garnished with sliced strawberries and fresh mint, a most decadent chocolate dessert.

So if you get a chance to escape, even just for a bit, squeeze in a visit to the historic hamlet of Middleburg for a little close-by getaway. This is a place where you can not only get out to the country for a spell, but step back in time.

Fox's Den Tavern

www.foxsdentavern.com
7 West Washington Street
Middleburg, VA 20118
540.687.4165

Vineyards with a Touch of Ireland

Meander down country lanes of Black Angus and longhorn steer along craggy hillsides and streambeds to Cobbler Mountain Cellars, where you will be greeted by Jeff and Laura McCarthy Louden's friendly little dogs. You could see their tails wagging from 200 yards, like they were never so happy to see anyone.

Laura's grandfather was originally from County Cork, Ireland. Her father Lawrence Daniel McCarthy bought these 90 acres of land and the old farmhouse over a handshake for \$100 an acre. He then proceeded to buy a cow, a pig, and a few chickens. Mr. McCarthy taught school in Marshall Virginia. A creative soul, he took his students on field trips to the farm. He was a sort of "whisperer of children with disabilities and special needs." They took their "walkers and wheelchairs into the wilderness" and studied the stars, hence the star lights in the tasting room. The forward-thinking educator even integrated a school in the late '60s. After his passing, the O'Malley-McCarthy clan "held onto us and never let go of us."

Open for a little over a year and a half, Cobbler Mountain's offerings include an Estate Hard Apple Cider and a fine Meritage, which can be accompanied by a picnic pairing pack with local cheeses and honey. In fact, Laura excitedly informed me, the Meritage Alliance is currently celebrating their twenty-fifth year. Erin Hunter, from the family's Vermont farm, and Jeff Louden have also co-developed recipes for Maple Reserve Amber and Special Dark, dessert wines with a Port-style brandy taste which will be re-released early this spring.

Another vineyard in this neck of the woods with a hint of Irishness would be Chateau O'Brien. Take Route 66 to exit 18 (Markham), cross the train tracks, go up the hill, and you're there. Château O'Brien enjoys majestic vistas of surrounding mountain orchards, with their raspberries, apricots, and apples from removable windows that overlook the valley. There's not a bad view in the house. According to Ashleigh Gajewski, "Wines wind-pollinate; they don't bee-pollinate." Specializing in full-bodied reds aged in French oak, all grapes here are estate-grown. For a fun twist on sangria, they combine the luscious Padlock Red with Virginia Apple Wine made with apples from Northpoint Orchard, along with diced apples and oranges. Their cheese/charcuterie plate features Genoa salami, prosciutto, brie, Dubliner, and Mature Coolea served with Irish mustard. *Sláinte!*

Cobbler Mountain Cellars

www.cobblerscellars.com
5909 Long Fall Lane
Big Cobbler Mountain
Delaplane, VA 20144
(Mapquest old farmhouse address)
10363 Moreland Road
540.364.2802

Chateau O'Brien at Northpoint

www.chateauobrien.com
3238 Rail Stop Road
Markham, VA 22643
540.364.6441

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.





Food...

NOW & THEN

What We Can Learn from Our Past

by Laurie Young

There's an old joke about a city person who goes to the country for a visit with relatives he hasn't seen in many years. Looking at his cousin's huge and prolific garden he exclaims, "What in the world are you going to do with all those vegetables?!"

"Well," says the farmer. "We eat what we can. And what we can't, we can."

When I was young, we used to go berry-picking in the summer. Our neighbors kept bees, so there was always a jar of honey on the table. Fresh vegetables from the garden were plentiful from late spring into autumn. Tomatoes, having just been picked, were sun-warmed and full-flavored. Green beans tasted like what the were, not a pale version of their former selves. We ate what was in season, and in winter we went downstairs to the basement cellar and selected from a large stock of canned food that my grandmother had "put up" in late summer for future use.

I lived in a small town, and fast food hadn't yet arrived. There were no celebrity chefs on T.V. performing heroic culinary feats, no gourmet delicacies transported long distances from exotic places, and certainly no quick-fix weight loss programs with packaged foods made of questionable ingredients. In those days, we shared food and homemade recipes with our neighbors, and learned to cook what our family had eaten for generations. If we spent all day in the kitchen, it was because we were preparing for a celebration. Most of the time, though, food was simple sustenance. We gave thanks because we understood the effort that went into growing and gathering it. And we weren't afraid to slow down and enjoy eating until we were full.

Many of you share my story. Perhaps your memories are not of gardens and home-cooking, but rather special meals and traditional ways of eating handed down through generations of your family. Let's take a moment to consider food as it was then, and as it is now. Over the years, home gardens have given way to supermarkets. Vegetables and jams canned in the kitchen have given way to shelves of

food packaged with artificial preservatives. Simple cooking has given way to convenience products. And sharing slow meals with conversation has given way to eating on the run. We have become a culture obsessed with calories and workouts rather than nourishment and community. We have forgotten the deep pleasure of real, simple food and slow, joyful eating.

Indeed, most of my clients and friends express concern about sugar, salt and fat—a subject never discussed when I was growing up. Many say they either have no time to cook or simply don't know how to make simple food taste good. Yet tremendous energy is invested in worrying about the right things to eat, how much to eat, how many

Razz-Blue Smoothie

- ½ cup water
- 1 banana
- ½ cup frozen raspberries
- ½ cup frozen blueberries
- 1 cup spinach and/or kale, washed
- ½ - 1 cup ice cubes

Directions:

1. Wash the fruit and vegetables.
2. Place all ingredients into your blender in the order listed and secure lid.
3. Slowly increase speed of blender, until it is at full speed.
4. Check to see if you need to stop the blender at any time to help contents further down into it.
5. Blend for 45 seconds or until desired consistency is reached.
6. If you'd prefer a lighter taste, you can always add more ice and blend again!

calories food contains, and how to be successful on a diet regimen. Time and energy that could just as easily be spent learning simple techniques for preparing real food. They worry about the expense of organics while eating at restaurants that charge far more than it would cost to prepare a healthful meal at home.

"I took my family out to dinner a few nights ago," said a friend recently, "and we spent nearly \$100. The food wasn't bad," he said, "but I realized that we hardly eat together at the table when we're home. We could have made something as a family that cost a lot less and probably tasted even better."

As we've lost our connection to where food comes from and how to prepare it, cooking has become a hassle rather than a pleasure, and staying healthy has become a series of small and large battles against willpower and desire rather than a partnership between nourishment and our bodies. My clients often worry as much about real, whole food as they do about processed products. Reducing food to a set of calories and abstract substances like "protein" or "carbs", they speak of whole food and packaged meals as if they were the same thing. They're not.

"How much sugar does a banana have?" asked one of my clients abruptly, in the middle of our discussion. "They have a lot of sugar, don't they?"

I'd suggested she try green smoothies, which are essentially a combination of leafy greens and fruits that make a sweet, light and refreshing drink. I wanted her to add more fruits and vegetables by playing around with ingredients. I wanted her to have fun experimenting. She was skeptical.

"I don't think a green smoothie is a good idea. I just think the sugar content would be too high."

Before food became such big business, before microwave meals and diet plans were so heavily marketed, we didn't think to speak of it in that way. Now all food is suspect. A possible culprit in weight gain. It gets analyzed, reduced to a list of nutrients and calories, an abstract combination of fat, sugar and salt that either falls in the "bad" or "good" category. We apply these judgments to ourselves, too: we are either being "good" by staying on a proper diet, or indulging in a "sinful" treat that we shouldn't have.

This way of eating consumes a tremendous amount of emotional energy. It puts you in a tug-of-war with desire, a constant state of trying to control cravings. Unfortunately, it's also the basis of most diet plans. And it's hard to enjoy your food when all you can think about is cutting back. No wonder you can only hold out for so long before you're back to the same habits as before. That's the central reason diets fail over time, despite moments of periodic success. Because they're no fun.

So this spring, spend some time thinking about how your grandparents ate, where they got their food, and how they prepared it. Odds are, you've already been considering ways to eat better and get in shape for the summer months. As you set your goals, consider that you probably already know what you really need to do: eat more whole foods emphasizing fruits and vegetables (especially green ones, which are my favorites), experiment with fun ways to get your body moving, and balance all that activity with slowing down to relax. Make choices based on enjoyment rather than restriction, and eat food as close to its natural state as possible. Most importantly, simplify your health goals by recapturing the basic skills your ancestors had, respecting your body and savoring real food with gratitude.

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.

Try Something New This Spring

My philosophy of health is focused on adding in new practices, new foods, and new ways of thinking about nourishment. When you open up to the idea of experimenting with whole foods and figuring out how to make them taste great, it's much easier to crowd out unhealthy eating habits. Enjoy it slowly and with pleasure, taking time to notice how your body feels in response. Here are two ideas to add in this spring:

The Great Green Smoothie Experiment

You can try the recipe included in this article, or run a search online to find recipe ideas. The goal is to have your smoothies be all fruit and leafy greens. Ripe pears, pineapple chunks, bananas, berries, and oranges are all delicious. Be sure you have some sweet fruit as a base. If you are new to green smoothies, start with spinach as

your leafy green of choice. You can increase the volume and variety of greens over time. Increase ice to get a lighter taste. And be sure to use a good blender that crushes ice well and can withstand a lot of use.

The "New Vegetable a Week" Plan

Most people either don't eat enough vegetables or enough variety. Make a list with a new one to try each week, starting with leafy greens (some of the most nutrient dense foods) and colorful veggies. Get versatile at simple preparation and spicing. Look for creative recipes. Take a basic cooking class or watch one online or, better yet, get together with a friend who knows how to cook and is willing to share ideas and recipes.



The Rhythm

AND THE BEET

by Chef Bonita Woods, CDM, CNC

For me, summertime is all about lounging by the pool, flipping through a pile of sci-fi novellas while sipping a fruity-spinach smoothie ... but that was several seasons ago. We have now fully arrived to that time of year when I most love to curl up with a cup of hot cocoa and a classic romantic novel. Instead of hiking or joining a rousing game of volleyball, I like to sit still and relax with my polar fleece blanket.

This is very natural, part of rhythm of nature. All the smartest mammals hibernate in winter! The inclination to curl up in a cozy nest helps to slow the body down and keep it warm. Unfortunately, this staid behavior also slows down breathing and causes the entire metabolic system to reduce to a crawl. Just when we hit the time of year when we most crave high calorie comfort food, we are also in the season when we process calories slowly and dysfunctionally.

Aside from the “winter weight” issue that we all immediately obsess about, there are other wellness considerations to keep in mind. Winter is the cold and flu season. Coincidence? No way! Think about it. Exercising makes us breathe deeply, which in turn increases internal circulation and oxygenates our blood. Air is so important to us that even our cells need to breathe! Deep breathing also increases our thirst, so we hydrate. Air and water are two of the most essential elements for maintaining a healthful existence, especially during cold and flu season. (Just ask any house plant how they do without fresh air and regular watering.)

Aside from lifestyle, there are specific foods that also help keep our systems circulating – foods rich with vitamins B and C. Vitamin C is already famous for its cold fighting abilities, but it works much better when teamed with a dose of B. Basically, C oxygenates and reduces inflammation,

while B lowers cellular stresses and supports C to do its job. Luckily, both exist in abundance in most of the orange, red, or purple fruits and veggies. They are especially healthy when you combine the colors.

Some of my winter favorites are beets, sweet potatoes, carrots, and butternut squash. I try to eat a serving of these fellows every day! I buy bags of shredded carrot and beets to sauté with kale. I bake several sweet potatoes at a time and store them in the fridge to warm up as I need. I keep roasted beets tossed with orange slices and grape tomatoes to add to my luncheon salad. I broil fresh butternut with cinnamon then top it with vanilla ice cream. All of these lovely treats help to protect my immune system and keep my cells in full breath, the epitome of delectable delights!

While most of us are used to the joys of sweet potatoes and winter squash, beets are often overlooked. This is unfortunate, as they are rich with vitamins B and C, phytochemicals, isoflavonoids and micro-nutrients galore! Don't forget: beet greens are calcium rich and about as healthy, I think as kale.

Red beets are a rich source of a multitude of essential vitamins. Beets also help guard against gum disease and skin inflammation. Beets are a low-calorie, low-sodium, no-cholesterol food. A cup of red beets provides 2 grams of protein and 3.8 grams of dietary fiber, which plays an important role in digestive tract health.

These red beauties are also ripe with folate, an essential vitamin that helps in the development and maintenance of new cells, and contain high levels of manganese, potassium, and vitamin C. Other nutrients present in red beets include calcium, niacin, thiamin, riboflavin, vitamin A, magnesium, pantothenic acid, vitamin B-6, phosphorus, zinc, copper,

and selenium. They also provide small amounts of omega-6 and omega-3 fatty acids. The list goes on and on.

Most importantly, beets contain high levels of phytochemicals, plant compounds that are not classified as nutrients, but still provide health benefits upon consumption. The phytochemicals that give beets their red color belong to a group called betalains. Betalains act as antioxidants, destroying free radicals that try to damage our cells. Betaine is vital to good cardiovascular health and aid with the prevention of vascular disease, stroke, heart disease, and liver disease. It is also wonderful with protecting your stomach from digestive discomfort and stomach ulcers.

The juice from red beets, beetroot juice, has been actually shown to reduce high blood pressure, a godsend for people with hypertension and those looking to avoid cardiovascular dilemmas. The effects on high blood pressure are apparently so potent that information published in the journal *Hypertension*, a publication from the American Heart Association, established that consuming 500 milliliters of beetroot juice resulted in a measurable reduction in hypertension in just an hour. These beneficial results lasted even up to 24 hours after drinking beetroot juice. Scientifically, the credit goes to the high content of nitrate that is present in the beetroot juice.

Beet greens contain a larger amount of nutrients than beet roots. The greens are richer in iron, calcium, and vitamins A and C. Beetroots are an excellent source of folic acid and a very good source of manganese, potassium, and fiber. Both the greens and roots are a good source of phosphorus, magnesium, iron, and vitamin B6.

Throughout history, even back in Ancient Rome, beetroots have been used for medicinal purposes. There are ancient recipes using beets for detoxification and recovery from illness. I believe it was used in Roman hangover cures ... But back then or now, beets possess the stuff that cures. Give it a try, and see how you feel!

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

Beet and Sweet Potato Soup

Ingredients:

- 2 cups raw sweet potatoes, sliced or diced
- 2 cups raw peeled beets, sliced or diced
- 3 tablespoons olive oil
- Salt and ground black pepper to taste
- 1 stalk celery, diced
- 1 onion, diced
- 1 clove garlic, crushed or chopped
- 4 cups chicken broth
- ½ teaspoon dried thyme
- 1 bay leaf
- 1½ cups whole milk
- 1 tablespoon lemon juice

Method:

1. Heat a large soup pot over medium-high heat. With one Tbsp olive oil, add the sweet potatoes and beets. Do not "over stir". Allow the underside of the vegetables to caramelize and turn golden or brown before agitating them.
2. Stir in the celery, onion, and garlic. Cook, until the onion is translucent, about five minutes. Mix in the chicken broth, thyme, and bay leaf. Bring to a boil, and reduce heat. Simmer until the celery is very tender, about 45 minutes. Add milk and let simmer a moment before removing from heat.
3. Remove from heat, and discard the bay leaf. Puree the mixture in the pot with an immersion blender until very well blended. (If using a regular blender, be very careful and work with small batches because of the hot liquid.) Adjust seasoning with salt and pepper. Add lemon juice and serve.

Quinoa, Beet, and Arugula Salad

Ingredients:

- ½ pound beets, peeled and sliced
- 1 cup red quinoa
- 2 cups water
- ½ cup olive oil
- ½ cup red wine vinegar
- 1½ teaspoons white sugar
- 1 clove garlic, crushed
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ½ red onion, sliced with the grain
- 3 ounces arugula, chopped
- 5 ounces goat cheese, crumbled

Method:

1. Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil. Add beets, cover pan, and steam until just tender, 7 to 10 minutes. Set aside. (OR you can use canned beets.)
2. Mix quinoa and 2 cups water into a saucepan. Let sit at room temperature for at least 20 minutes to soften the grain. Put pan on high heat and bring to a boil. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes.
3. While the quinoa is cooking, whisk olive oil, red wine vinegar, sugar, garlic, salt, and black pepper together in a large bowl.
4. Remove quinoa from heat, then immediately add half of the vinegar dressing while fluffing the quinoa with a fork; reserve remaining dressing. Cool quinoa and refrigerate for at least 1 hour to overnight.
5. Stir red onions, arugula, goat cheese, beets, and remaining dressing into cooled quinoa mixture. Toss lightly before serving.

Personal ECOSYSTEMS

by Judy Caplan



Earth Day reminds us to treat our planet's ecological system with care. Just as our global ecosystems are in danger, so are our personal ecosystems: our bodies and our biochemistry. Over the last 40 years, there has been a dramatic increase in the amount of sugar (of all kinds) into our food supply. This constant exposure to sucrose, glucose, and fructose from both natural and processed sources can result in metabolic syndrome. Metabolic syndrome shows itself as elevated blood pressure, elevated glucose levels, elevated cholesterol, and weight gain. Metabolic syndrome increases your risk of chronic disease and early death. Surprisingly, you do not have to be overweight, as even thin people can have metabolic syndrome.

Limiting sugar (and the consequent insulin release) in all forms is a good place to start to protect your personal ecosystem. Here are some simple suggestions:

1. Avoid fruit juice and smoothies. Fiber slows down the digestion of sugar, causing less insulin to be released. Fruit juice has the fiber removed. Blended fruit drinks mechanically break down the fiber in the fruit, causing a rapid rise in blood sugar. Fresh whole fruit containing natural fiber is best.
2. Agave, honey, maple syrup, and raw sugar are all "natural," but still cause a rise in blood sugar. Limit these. Read labels to determine the kind of sugar and the number of grams. Try to keep a serving below 5 grams of sugar and 15 grams of carbohydrates.
3. Avoid soft drinks with sugar and high fructose corn syrup.
4. Watch the added sugar in yogurt. One carton has almost as much sugar as one soft drink. Choose plain yogurt and add your own fresh fruit. Toss in some raw seeds and nuts for added fiber.
5. Cereals, pastries, white bread, ice cream, sorbets, and chips are all low in fiber and full of added sugar causing an insulin release. Whole grains are loaded with fiber. Choose whole grains without added sugar. Read labels.
6. Salad dressings, relish, and mayonnaise all have sugar. Stick to ones where sugar is listed at the bottom of the ingredient list.
7. Eat healthy fats like olives, olive oil, avocado, seeds, nuts, and natural nut butters. These help stabilize blood sugar.
8. Choose lean proteins: tofu, beans, chicken, fish, and lean red meat.
9. Eat your veggies every day.
10. Watch alcohol intake.
11. Exercise! While exercise may not help you lose weight, it does build muscle, which helps you burn calories while sitting and sleeping. Movement is nature's best anti-depressant.

As long as you are on planet Earth, every day is Earth Day.

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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Top Five

RED FOODS

by Rob Graveline



February was Heart Health Month meaning it was ablaze with the color red! The purpose of the American Heart Association's Go Red for Women movement is to call attention to the fact that heart disease is the number one killer of women (and men). Regardless of the month, you should take care of your heart and tap into the heart-healthy power of eating "red" to garner the healing power of this fabulous group of nutrition powerhouse foods. Red is the new green, at least as far as heart-healthy eating goes. The bright hue of red foods (and no, I don't mean the **Red Hots** candy you ate on Valentine's Day!) is a sure sign the food is packed with a lot of disease-fighting antioxidant plant chemicals. The specific phytochemicals include some names you may have heard before: lycopene, carotenoids and resveratrol. Here is a list of the **top 5 RED** foods you should be eating on a regular basis to keep your ticker strong:

1. Tomatoes: Tomatoes and cooked tomato products (such as tomato sauce and tomato paste) are high in the powerful antioxidant, lycopene. Lycopene is a plant pigment responsible for the deep red color of tomatoes. Lycopene has numerous health benefits, most notably its ability to ward off prostate cancer in men. When it comes to heart health, lycopene stops LDL or "bad" cholesterol from becoming oxidized by free radicals hence preventing the formation of arterial plaque. Cooking tomatoes has been shown to increase the amount of lycopene that the body can absorb by breaking down plant cells that trap the substance, so eat that tomato sauce!

2. Red Bell Peppers: Who knew? One red bell pepper has three times the amount of vitamin C as an orange! Red bell peppers are also packed with other antioxidants, and fiber which functions to keep your intestines in good shape as well as lower your cholesterol. Try snacking on red pepper with a hummus dip.

3. Beets: Reddish purple beets are chock full of plant chemicals called anthocyanins which give them such a deep red color. Anthocyanin pigments and the associated flavonoid polyphenols have demonstrated the ability to protect against a myriad of human diseases, and are also powerful antioxidants that can protect the heart.

4. Apples: An apple a day truly does keep the doctor (cardiologist) away! Sometimes the best heart medicine is the kind you can get from your produce section. In this case, apples contain a large amount of pectin, a soluble fiber, which blocks cholesterol absorption in the gut and encourages the body to excrete the cholesterol. Apple peels are also packed with polyphenols - antioxidants that prevent cellular damage from free radicals. So whatever you do, don't toss the peel.

5. Red wine: Red wine is liquid heart medicine. Studies have shown that drinking one glass a day with a meal promotes clear, healthy arteries. Make sure to go red and not white when you choose your color of wine as red contains the powerful antioxidant resveratrol as well as flavonoids which partner together to ease arterial inflammation. Your best bet for maximum antioxidant power is to drink either pinot noir or cabernet sauvignon. Remember, one glass a day is all you need, any more could cause health problems. Don't drink? Try a small glass of 100% Concord grape juice instead.

Do your heart a favor and "Go Red!" by including these heart-healthy foods into your daily diet. And don't forget the exercise!

author: Rob Graveline owner of Fitness Together Tysons and Fitness Together Fairfax, possesses excellent credentials. With 25 years of industry experience and a stellar education that includes a Master's degree in Exercise Physiology from the University of Virginia, clients can feel confident that they are working with a professional of the highest caliber.

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WEIGHT LOSS

Working From the Inside Out – Part I

by Cindy Pavell M.S., Fitness & Wellness Specialist for individuals and businesses



I am writing to a specific audience, an audience of millions. In 2009, CBS news reported that Americans spend approximately \$35 billion a year on weight-loss products. Thirty-five BILLION! With all this money being spent on weight loss, why is America fatter than it has ever been? Why is it the norm that 90 to 95% of people who do lose weight gain it back within two years? Every person I know who has lost weight truly enjoys the positive effects of weight loss – clothes fitting nicely, more energy, and less shame and embarrassment. However, in the long run, most will make choices that will inevitably put the weight back on. What is happening here?

I have extensive personal experience with the dilemma of weight loss. I have been in the health and fitness business since 1985, full-time since 1988. For six years I taught a plethora of health and wellness classes at a local university. I was/am engaged in corporate wellness programs. I have years of education and certifications in this field, and yet, at one point (2010) I weighed 267 lbs. (My weight most of my life was between 160-165; I am 5'10.) This fact is so embarrassing for me that it is difficult to put it in writing. No more button/zipper jeans – only stretch waist. Size 2x tops, and even they were starting to feel tight. I was training clients to be fit as I ate cookies, pastries, and candy between appointments. No joke. The shame and embarrassment I carried with me every day for years was crippling. Long-term clients were witnessing me getting fatter and fatter. I kept waiting for them to fire me. None did. I am puzzled by that because I would have fired me. What is really bizarre is that new clients kept coming! I would think to myself, “Don’t they see how fat I am? Why would they hire me to help with their fitness and wellness when I can’t even do it for myself?” I never asked anyone these questions, so I do not know the answers.

I really started gaining a lot of weight in 2004. Up until that point, I had been pretty fit. At times, extremely fit.

What changed? I realize now that I was using exercise as a form of bulimia. I have always eaten healthy food along with a good amount of sugary junk food, but the exercise kept the weight off. Finally, in my early 40s my body could no longer take the abusive amount of exercise I was doing; serious chronic feet and knee problems were followed by back surgery. I was forced to change my exercise habits, and the weight came with it. Then began the relentless pursuit of various food and diet plans to lose weight. Did I lose weight? Yes. Did I keep it off? No. I became one of the millions!

In 2010, I knew I had to do something different. I was so tired of the pressure I kept putting on myself to lose weight. I felt exhausted by the relentless chatter in my head every minute of every day. It went something like this:

I want this, I want that, but I already ate. If I eat that, then later I will be real good in my food choices. I am not going to eat sugar today. Well, if I have those two donuts, I will increase intensity of my workout, or I will get back on the wagon tomorrow. I have already blown it for today, so I might as well go for it the rest of today. It is the weekend, so I will eat whatever I want just over the weekend, then Monday morning ... that’s it. I am really going to buckle down. (You get the picture.)

What changed? There have been many steps in this process. The first step was to admit I needed help, a different kind of help. I needed to understand the factors that were driving me to food, that caused me to eat so often when I was not hungry, and that brought me to a point in my life where self-loathing was my closest companion and food was my best friend. I was an athlete. How did this happen to me? In Part II (next issue), I will expound on the process that has changed my life and has freed me from compulsive overeating!

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

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Serving Up ACES

by Keith Loria



Looking around the talented high school volleyball squads in our area, it might be surprising to know that six years ago, girls interested in taking part in the sport were pretty much at a loss for options. Although there were some house leagues in Sterling and other Northern Virginia locales, there was nothing for those in Vienna, McLean, or Oakton.

"There was no volleyball at all for these girls, so for an elementary-, middle school-, or high school-aged kid to play, you had to go out to other areas because of the lack of opportunity," says Bob Bell, a volleyball enthusiast and father. "I worked with the Vienna Youth Incorporated, which runs other sports, to establish a house league known as Vienna Youth Volleyball."

The teams were formed based on the school pyramids, and in the first year of 2008, more than 200 kids signed up. That has grown to over 350 today.

"I was surprised by the interest. We sent it out to our existing sports people and made it really easy for everyone," Bell says. "There was no weekend commitment, so you could play at your other sport, and that was our initial focus. We were real flexible to allow people to practice on days that don't conflict with other commitments."

Bell's volleyball background includes championship caliber play at inter-collegiate clubs, USAV clubs, and co-ed and

sand/grass doubles. He says his passion for the sport is fulfilled when he works with the younger players in teaching proper techniques and spreading the love of the game. His goal is to never be the last volleyball coach for any player — and his hope is that all his players progress to their next level of play.

"I became involved in all this when my daughter was in seventh grade and came to me saying she wanted to try volleyball. She was a competitive swimmer, and because I used to play volleyball, I reached out to my friends," Bell says. "I went to see my friends at Virginia Elite Volleyball, and they became my mentor on this."

Bell started running some clinics and began coaching in Centerville and eventually started his own program. At first, the girls weren't that good, but he brought in great coaches and the talent level has grown considerably.

VYV now has 350-plus girl and boy participants and focuses on introductory and intermediate volleyball programs that are run in the spirit of USA Volleyball's grassroots initiatives.

For the first time, boys 14 and under can compete on the same teams and in the same tournaments as girls. There are also boy-only teams, and currently about 25 boys play in the house league.

In addition to serving as commissioner of VYV, Bell also founded Vienna Elite Volleyball in 2010. This league is part of USA Volleyball, the highest national affiliation for the sport around. All participants have to be members.

"We are part of the Chesapeake Regional Volleyball Association, which goes from Delaware to Richmond," Bell says. "On any given weekend we can be in Annapolis, Manassas, or Dover."

The clubs also travel to other tournaments, such as a recent trip to Pennsylvania and national tournaments upcoming in Philadelphia and Omaha. Then there's the annual Williamsburg Revolutionary Rumble in May, which brings teams up from the south.

Many of the Elite teams are finding great success. In January, the U16 Voltage team won gold at a tournament in Columbia, Md. Meanwhile, the U15 Tenacity squad took first place at the NVVA Volley Like a Rockstar Open tournament, held January 26.

"We're having a good year. It's too early to say how good we are, but the teams are doing well relative to their competition at this stage of the game," Bell says. "Hopefully, we can continue to improve and sustain that."

For the 2013 season, Vienna Elite drew from a pool outside from just the Tysons area for the first time. Volleyball players from Langley, Marshall, Madison, South Lakes, and some private schools all join forces.

"We really should be called Liberty Elite, because most come from the Liberty district," he says. "We started in Vienna, so our name is just a little more restrictive than what we actually are right now."

Bell believes that volleyball is a great sport for girls and offers more than some of the more popular options out there today.

"It's a great team sport, and I think some sports you aren't dependent on someone else, but in volleyball, if you play it right, three people are touching the ball every time the ball comes over the net," he says. "It's all designed that 50% of those on the court are in on the play."

He also praises the social aspect of the game with relatives and friends of all ages enjoying the action.

"You start to see your friends come out to watch them play, more so than in other sports, Bell says. "It's not an easy game. You have to be jumping and getting to the right position at the right time and not let the person on the other side of the net block you. It's challenging and a lot of things have to be done right, and the draw is that it's different and fun."

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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- 3½ oz shredded coconut

FOR THE GLAZE:

- 2 tablespoon unsweetened coconut milk (or regular milk)
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Directions:

- Preheat oven to 325°F. Grease and lightly flour a 9- or 10-inch tube pan.
- In a large bowl, whisk together flour, baking powder, and salt.
- In a separate bowl, use an electric mixer (on medium speed) to cream the butter and sugar until fluffy (about three minutes). Add in eggs, one at a time, and mix well. Stir in the milk, coconut extract, and shredded coconut. Finally, add the flour, baking powder and salt mixture, and stir to combine. Pour batter into prepared pan and bake until golden brown, about one hour.
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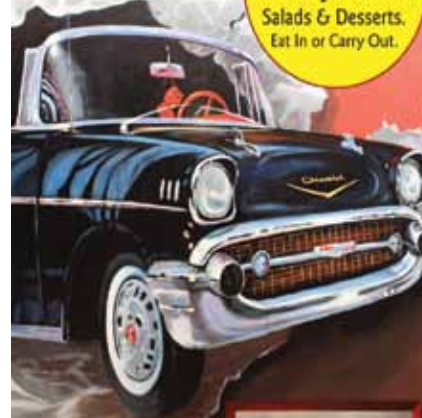
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Dining with Jeannine • by Jeannine Bottorff

I love restaurants where the owner is right there behind the counter, taking orders and making things happen. That's what you get when you go to Skorprios Maggio's Family Restaurant in downtown Vienna. When you enter this small, but bustling restaurant, you can't help but notice that it is sparkling clean, and the owner Chris Maggio and his staff are friendly and anxious to provide delicious food and quick service.

Greek and Italian specialties are the focus at Skorprios, but they are famous for their roasted chickens. All fresh, never frozen chickens are marinated for two days before being roasted dark and crusty on the outside while maintaining a juicy interior. You can order whole or half chickens served with bread or as a meal with a choice of two side dishes, such as spinach rice or steamed broccoli (if you're trying to be healthy).

On a recent visit, I had a Greek salad that was fresh and perfectly dressed. At other restaurants, I've had Greek salads that were good, but too vinegary. This one was perfectly balanced and topped with a healthy handful of feta cheese and olive garnish. It was served with the best warm pita bread I've had

in quite a while – chewy and spongy enough to soak up the creamy garlic dill Tzatziki yogurt dip that I ordered to go with my salad.

If you are really hungry, order the Gyro, a ridiculously large helping of marinated beef and lamb tucked into one of their fresh pitas and served with lettuce, tomato, and Tzatziki. My friend ordered it, and it was so huge that she had to remove half the meat to get it to a manageable bite size! She had enough meat to share with me and still have leftovers! We also shared a plate of dolmas, a stuffed grape leaf filled with rice and served with a lemon sauce, a salute to traditional Greek cuisine.

If you're not craving Greek, order one of their hot or cold subs, thick cut French fries, and all sorts of stir fries made "Greek" by topping with feta and served in pita. You would be hard-pressed to dine here daily and have the same thing twice. Their dinner menu includes Italian specialties such as chicken or veal Marsala or Piccata, Eggplant Parmigiana, or even Shrimp Scampi with Ziti. Skorprios makes everything from scratch, including the desserts that range from Greek

confections, such as baklava, to cakes, brownies, and milkshakes.

This is a great lunch place, but it is also a great place to stop in for a home-style dinner or to pick up an order to take home – like the roasted chicken; or their homey Moussaka, a beef, eggplant and béchamel baked dish; or Pastitsio, a dish of ground beef, pasta and Greek-style béchamel sauce, also baked golden brown.

Vienna is lucky in that there are so many great restaurants to choose from, but this one is special. It's small, homey, and serves consistently good food provided by people who truly care about their customers' experience.

**Skorprios Maggio's
Family Restaurant
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www.maggiosvienna.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 and daughter and, of course, food!

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Ingredients:

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- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup fat free half and half
- 4 oz. garlic and herb goat cheese
- 2/3 cup grated parmigiano reggiano cheese
- 1/2 cup artichoke hearts (optional)
- 1/2 lb linguine, cooked to al dente
- salt and pepper, to taste

Directions:

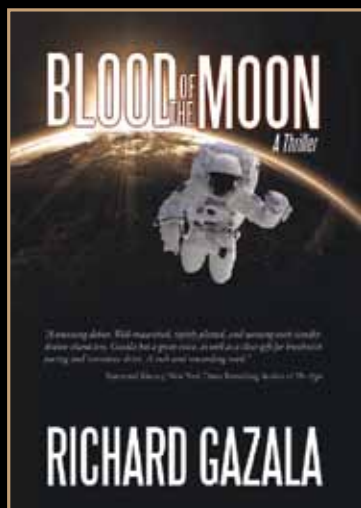
Preheat oven to 500°F. Place red peppers on baking sheet and roast 20-30 minutes until peppers are charred. Remove from oven and cover with foil for ten minutes.

In the mean time, saute onions and garlic in olive oil for seven minutes or until tender. Pour in half and half, goat cheese, salt and pepper. Stir to melt goat cheese into sauce, and keep warm over low heat.

Uncover peppers, peel off skin, and remove stem and seeds. Chop into large pieces, and place into sauce along with parmesan cheese. Stir to melt cheese, and remove from heat. Pour sauce into food processor and puree, or use an immersion blender. Place back into hot pan, and toss with cooked pasta. Adjust seasonings to taste. Top with more parmesan cheese, pepper, salt, and parsley, if desired.

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Admission is free

Guests will have the opportunity to purchase food and beverages from over 30 local restaurants.

Outdoor Event - Rain or Shine

For details visit, www.tasteofvienna.org



Proceeds from this event will benefit The Vienna Volunteer Fire Department. For over 100 years, VFD members have been serving the Vienna Community. In addition to protecting and preserving the lives and property in and around the Town of Vienna, Vienna volunteers spend countless hours raising money to support and maintain its mission.

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Pazzo Pomodoro

by Keith Loria

NAPLES DISHES DONE RIGHT

When one thinks of Neapolitan food, images of pasta, pizza, and tomatoes fill your head, but that stereotype barely scratches the surface of the delectable full menu that Chef Raffaele Mastromarino conjures up at Pazzo Pomodoro, Vienna's newest Italian cantina.

Offering modern, but authentic Italian cuisine, Pazzo Pomodoro pays homage to Southern Italy in both décor and food. It opened on November 28 and just started serving lunch as the calendar hit 2013.

Take a look at my last name and understand that I take Italian food very seriously. Growing up, there was hardly a Sunday that I didn't spend fighting with the family over the last meatball or the final scoop of Grandpa's gravy, so I was eager to see what Pazzo Pomodoro was all about.

Since this is a family-friendly restaurant, my wife and 7-year-old daughter came along, and the three of us were ready for whatever the former head chef at Washington, DC's Davinci and McLean's Capri served up.

As we waited for the food to arrive, we took in the inviting ambiance, which included a wall of famous Italian celebrities and a beautiful mural of the Napoli Coast. The checkered red-and-white tablecloths provided an old-Italian feel, and the essence of Italy could be felt all over. A bar in the back is bright and modern, yet still manages to present some old world charm.

I also took the opportunity to peruse its massive wine list of over 100 wines, which is presented on an iPad and provides descriptions, origins, and information about each wine.

For appetizers, we began with the Panzerotti, a delightful fried potato croquette filled with prosciutto and mozzarella, which practically melted in my mouth. This was followed by the Carpaccio Di Manzo, a thinly sliced Chianina beef tenderloin flavored with extra virgin olive oil, arugula, fennel, and grana padano. It was light and a good choice for those who want a little meat as an appetizer.

The menu also features a wide variety of different salads, from a classic Caesar to a Insalata Di Sicullia of fresh feta,

tomatoes, green peppers, cucumbers, olives, extra virgin olive oil, and red wine vinegar.

With an equally impressive listing of pastas, pizzas, and Chef Raffaele's signature dishes, we chose to share one of each.

Although it was tough passing on the Gnocchi Sorrentina and the Pappardelle Al Ragu Di Anitra E Porcini (pappardelle in a duck and porcini mushroom ragu sauce), we went with the Ravioli Di Carne for our pasta choice. The handmade ravioli is filled with the chef's secret meat sauce, and it wasn't long before forks were flying to grab the next one. As a family who eats at a lot of Italian restaurants, we definitely know how to appreciate a top-notch sauce.

Having spent some time in the Napoli Coast, my wife was eager to try the chef's signature sea bass, which was a delicious blend of tomatoes, potatoes, sweet onions, and basil in a white wine sauce. The unique flavor of the potatoes really stood out and made the meal sensational. It's no wonder that it's the most popular item on the menu.

The pizzas are all made in an authentic Stefano Ferrara pizza oven from Napoli, and judging by the number of customers ordering pizza on the side, it's quickly become a favorite of the community.

My wife and I both enjoyed the pizza, but by the time we took our first bites, we were already pretty full from the

rest of the meal. Before I forget, my little one said the four-cheese pizza was delicious, and she especially enjoyed the pasta. She even took a few bites of the fish and said, "yum," which is the equivalent of a four-star rating. There is a children's menu for those with pickier eaters than my girl.

As any good Italian does, we did manage to save a little room for dessert. My wife chose the house specialty of Zucotto, and it is now her favorite dessert in all of Vienna. I went with the more delicate sponge cake with some vanilla gelato, and it ended the meal on a nice note.

Thanks to a friendly and assertive staff, an open kitchen that lets you see the chefs in action, plus a delicious Napoli meal to boot, Pazzo Pomodoro is the perfect place for some fine dining, even with the little ones in tow.

Be warned, the restaurant starts to get really busy around seven, so come early or be sure to have a reservation. Believe me, it's worth the trip.

Pazzo Pomodoro is located at 118 Branch Road in Vienna. Lunch is served 11:30 a.m. to 2:30 p.m. Tuesday through Sunday, and dinner is served 5 to 9 p.m. Sunday through Thursday and 5 to 10 p.m. Friday and Saturday. For reservations, call 703-281-7777.

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

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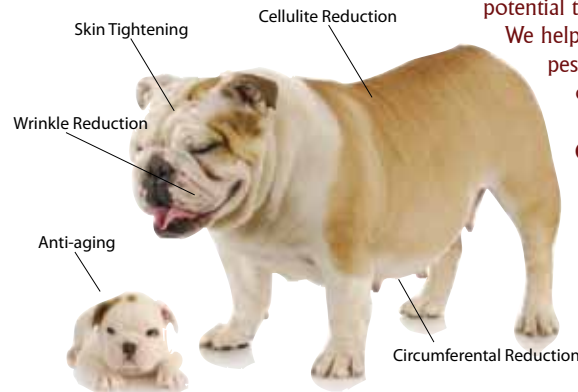
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Sergio Domestici

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428 East Maple Ave, Vienna, VA • 703. 281.7550 • BonarotiRestaurant.com

Young Sergio Domestici attended culinary school at Santa Margherita in Ligure, Italy. Armed with a passion for the culinary arts, his American adventure began at Cantina D'Italia in Washington DC. After opening Michelangelo and relocating to Vienna, Virginia, he opened the adored Ristorante Bonaroti.

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McLean resident and retired public servant, Jon Monett served our nation as a Senior Executive in the Central Intelligence Agency before founding Telemus Solutions, Inc., a global provider of security and intelligence solutions. Upon retirement, his devotion to those who have served played a significant role in the founding of QL+, a non-profit organization devoted to helping wounded warriors whose ability to function has been compromised, in the service of our country. As Chairman of QL+, Jon continues to be responsible for overseeing strategic planning and developing opportunities for advancing the charitable purposes of the QL+ organization. John was photographed in front of a painting by Clara Harkavy holding the new "Ergo Knife."

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Earth DAY

On April 22nd each year, millions of people in over 175 countries celebrate Earth Day together. The common goal of this celebration is to create awareness and appreciation for our planet and what we can do to preserve it. Earth Day was officially named in 1970 by Gaylord Nelson, a U.S. Senator from Wisconsin, who was inspired to create a day like this after witnessing the horrific damage and aftershocks from the 1969 Santa Barbara oil spill. It was initially a "teach-in" day that was spread across several universities and focused on the environmental issues of that time. However, it gained so much momentum that 20 million people celebrated the first Earth Day, and it has since blossomed into an event which is 500 million and counting. People pledge to help each Earth Day and continue to do their part throughout the year.

Help out and pitch in this year. Our community has a lot of opportunities to volunteer and contribute to our environment. See the "Participate and Celebrate" page in this section for some suggestions for what to do during the month of April, and also keep your eye out for more events that will come along. But remember, you can always participate and volunteer to help everyday, in big or small ways.

- ✿ 20 million people participated in the first Earth Day.
- ✿ It is estimated that more than 500 million people from 4,500 organizations in 180 countries will participate in Earth Day events during the month of April 2013.
- ✿ Earth Day is the third most activity-inspiring holiday in our schools, after Christmas and Halloween.
- ✿ The United States was the first country to participate in Earth Day in 1970. Today, over 180 countries celebrate Earth Day.
- ✿ Today 32% of our waste is recycled.
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- ✿ The first wildlife refuge was formed on Pelican Island Florida in 1903.



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- Scrap metal
- Cardboard and mixed paper (junk mail, office paper, newspapers, magazines, etc.)

Residents of townhouses and single-family homes receiving curbside refuse and recycling collection are required to separate recyclables from trash (source-separate) so that they can be delivered to a recycling facility rather than a disposal facility. Residents

should set out recyclable materials as directed by their collection companies.

Multi-family Dwelling Units*

Owners of multifamily dwelling units built after July 1, 2007, must provide a system for their residents and tenants to recycle the following materials:

- Mixed paper and cardboard
- Container glass (bottles and jars)
- Metal food and beverage containers (cans and tins)
- Plastic bottles and jugs
- Scrap metal

Yard Waste*

Occupants of single-family homes and townhouses must source-separate yard waste for recycling from March 1 to December 24 of each year. Yard waste is comprised of leaves and grass and woody materials such as branches, sticks and twigs. From December 25 through the end of February, the collector must still collect yard waste from the curb but is allowed to mix it with trash rather than collect it separately.

Yard waste means grass clippings, leaves, and brush arising from general

homeowner maintenance.

Brush means shrub and tree trimmings arising from: 1) general homeowner landscape maintenance and 2) similar nonresidential landscape maintenance. Brush must be limited to individual pieces or bundles no greater than 50 pounds in weight, four feet in length, and no piece larger than six inches in diameter. Pieces larger than this are not required to be collected as a minimum level of service.

Yard waste does not include any materials arising from tree removal, land clearing, or development activities; therefore, collection companies are not required to collect materials arising from these activities as a portion of the minimum level of service. Collection companies may provide collection service for these materials, but will most likely charge an additional fee.

Non-Residential Recycling

To see recycling requirements for non-residential properties, visit www.fairfaxcounty.gov/dpwes/recycling/requirements.htm.

**All recycling information for Fairfax County can be found at www.fairfaxcounty.gov/dpwes/recycling/requirements.htm, or you can call 703-802-3322, TTY 711.*



What Can You Do TO HELP?

E-liminate Your E-waste

Recycle it! E-waste is referred to as waste from cell phones, computers, laptops, PDAs, monitors, televisions, printers, scanners, and any other electrical device. These parts contain hazardous materials such as lead, mercury, and cadmium, which can leak into our environment. If you have any e-waste lying around your home, have it recycled. You can request **E-Haul Away** in McLean to come pick it up, or you can bring it to **eAsset Solutions** in Falls Church. Fairfax County also offers **Electric Sundays** where you can go to various locations and drop off your e-waste. Here are the dates and locations for March and April:

March 24: I-95 Complex,
9850 Furnace Road, Lorton

April 28: I-66 Transfer Station,
4618 West Ox Road, Fairfax

Use Those Rays

Using solar energy is gaining more attention since it reduces costs and is a very effective means to produce power. Many homeowners are now looking to install solar panels in their homes, not only to produce clean energy, but to cut down on energy bills in the long run. Once the initial installation is

taken care of, the return in lowering energy costs increases dramatically in the years to come. Plus, you can get tax exemptions! To get more information or to see if solar energy is right for you, contact **Continuum Energy Solutions** in Alexandria or **President Solar** in Fairfax.

Plant Trees

Trees not only help clean our air and provide shelter for animals, but they help absorb ground water from rain as well as protect us from noise pollution. Trees are essential to our lives and need to be cared for and replenished when they die or fall down. **Tysons Tree Service** offers many options for tree care to keep your "existing residents" happy and healthy, and **Tysons Wolf Trap Nursery** has a large variety of trees to plant if you need some new ones.

Riverfront Cleanup (see opposite page)

Our rivers are essential ecosystems within themselves. We need to keep them clean and healthy so they continue to feed our planet. Rivers are the "veins" of our earth they help drain storm water, create energy sources, flow irrigation, as well as distribute nutrients. Just keeping the riverfronts

clean helps to prevent disease and pollution. You can participate in any local riverfront cleanups, which cover a lot of ground and get much of the pollution cleaned up. Plus, if you see a plastic bag or water bottle, pick it up and toss it in the recycling bin or garbage can. Every little bit helps!

Donate

In these tough economic times, it's hard to have the ability to donate money. But if there's one thing that is worth your while, it's giving to the environment. We only have one planet, and what we give to it is what it will return to us. There are many organizations who use donations to develop new technologies to improve our energy usage, clean up and preserve our land, protect local wildlife, and develop new strategies for our health. **Northern Virginia Conservation Trust** works to preserve our local parks, trails, and land, and **Audubon Society of Northern Virginia** helps to protect our wildlife, all of which are vital to keeping our community health and happy. **EarthDay.org** is also a great resource for national and international environmental happenings and donation ideas.



Participate AND CELEBRATE

Recycling Extravaganza

April 27 • 9am-2pm

Recycling Center, 217 Gordon Rd.,
Falls Church, VA

Here's your chance to recycle electronics, cell phones, clothing, bicycles, printer cartridges, eyeglasses, hearing aids, and medical supplies.

For residential use only. This event is also a volunteer opportunity. Go to www.fallschurchva.gov/Volunteer for details.

Springfest Fairfax

April 27 • 10am-4pm

Workhouse Arts Center

9601 Ox Road, Lorton, VA

Celebrate clean living at Springfest in Lorton! Enjoy activities, including pony rides, petting zoo, farmers market, theatre, games, music, crafts, environmental workshops, and more. You can also take a trip over to Occoquan Regional Park for more activities including kayak and bike rentals, fishing, and scavenger hunts. For more information visit, www.SpringFestFairfax.org.

Alexandria Earth Day

April 20 • 10am - 2pm

Ben Brenman Park (4800 Brenman Park Drive). This year's theme is **Water: Every Drop Counts!** The

event focuses on efficient and eco-friendly transportation options, such as walking, bicycling, ridesharing, and public transit. Activities will include educational exhibits, demonstrations, hands-on activities for children, a tree sale, and more!

For more information, visit www.AlexEarthDay.org.

Potomac Watershed Clean Up

April 6 • 9am - 12pm

Throughout April, families can help remove trash from any one of 276 sites along the Potomac River in Washington, D.C., Maryland, and Virginia. In 2012, 14,616 volunteers helped collect 262 tons of trash, 1566 tires, 185,300 recyclable bottles, 31,450 plastic bags, and 37,600 cigarette butts.

For more information, visit www.FergusonFoundation.org.

Native Seedling Sale

Available until Mid-April

The district's annual seedling sale makes low-cost native shrub and tree seedlings available to Northern Virginia residents. Trees and shrubs help cleanse water, prevent soil erosion, provide habitat, cool our climate, and clean our air. Consider adding native trees and shrubs to your

community today! The 2013 Shrub and Small Tree Package features ten seedlings for \$15.95. The Tree Package includes six seedlings sold for \$10.95. A full, nonrefundable payment must accompany your order by Monday, April 22, 2013 or until supplies run out. Orders may be picked up on Friday, April 26, 9:00 am-4:00 pm, or Saturday, April 27, 9:00 am.-noon. For more information, visit www.fairfaxcounty.gov/nvswcd/seedlingsale.htm.

Earth Month 2013 at Union Station

April 1 through April 30

Earth Day Network has teamed up with Union Station – one of the nation's most iconic and historic transportation hubs and a must-see destination for every visitor to Washington – to present *Earth Month*. From April 1 through April 30, Earth Month at Union Station will feature dozens of exhibitors, a film festival, a farmers' market, alternative energy demonstrations, a green fashion show, and a science fair with local schools. There will also be programmed activities, entertainment, discussion panels, contests, games, giveaways, and much more throughout the month, with a full day of special events and entertainment on Earth Day, Monday, April 22.



TYSONS

TURNING GREEN WITH OPTIMISM

Building a Sustainable Urban Center

by Gregory A. Riegler, Partner, McGuireWoods LLP
and Michael Caplin, Executive Director, Tysons Partnership

Tysons, Virginia has begun an evolution that will make it one of the most sustainable and complete communities in the Metropolitan Washington Area. “Sustainable” will include the creation of a diverse community that offers a wide range of housing opportunities, is progressively less dependent on the automobile, has embraced the leading edge of building and construction technology to add efficiency and reduce energy consumption, and is a vibrant place to live, work, and enjoy.

“Transformation” on this scale demands visionary leadership, an engaged and committed business community, and residents and employees ready to embrace the collective change that comes with new commuting and living arrangements. We have reached a pivotal point in this region’s economic and political history where all of these circumstances are beginning to align.

The Fairfax County Board of Supervisors undertook a ground-breaking, Herculean planning challenge: a 40-year strategic plan to transform Tysons from a suburban office park into a walkable, sustainable urban center that will be home to more than 100,000 residents and 200,000 jobs. The Comprehensive Plan for Tysons, adopted in 2010, is the first of its kind: a four-decade development projection that contemplates an addition of a grid of city streets, rigorous design principles, and demanding standards for environmental responsibility – including storm water management, green buildings and green building technology, and a network of parks and open spaces.

The majority of new construction is concentrated around the four new Silver Line Metro stations. This transit-oriented development strategy assures that most residents and workers will be within a short walk of rail transit options. New bus routes, van routes, bike paths, and car pools will further increase connectivity and transportation options. The private car will no longer be essential to life in Tysons.

“Development” is often viewed as the antithesis of outcomes that are “green” or environmentally responsible. However, it is the substantial new development opportunities in Tysons that create the platform to collectively advance the sustainability cause. Regulators, landowners, and other stakeholders are realizing that sustainability and economic development can be synonymous.

To implement the Plan in a manner that balances competing interests of diverse stakeholders, the Board of Supervisors and community leaders created the Tysons Partnership — an association of landowners, residential organizations, employers, retailers, hoteliers, civic groups, professional consultants, and Government staff. The Partnership and its associated councils meet on a regular basis to discuss and refine goals and standards and tactics to realize the vision of the Plan.

The Partnership Sustainability Council seeks innovative and best practice examples of responsible development, energy conservation, transportation efficiencies, and green living. It clarifies how sustainable practices can promote growth and opportunity, and it helps coordinate developer compliance with sustainability goals.

The tremendous opportunity embodied in the Comprehensive Plan will be realized only as implemented by stakeholders who have the collective capital, courage, and creativity to accept the risk and make the investments that can redefine Tysons. Sustainability investments can distinguish Tysons and showcase a community commitment to quality development and quality of life.

The Partnership and its Sustainability Council welcome the membership and participation of all landowners, employers, and community stakeholders in Tysons, Virginia. For additional information on the Partnership, please visit www.TysonsPartnership.org.

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

REBATES ON OTHER NATURAL GAS PRODUCTS.

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

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

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



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by Lauren Simmons



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TYSONS SENIORS

The Aging Eye

by Gary Hughes

“D ownsizing” is a word that is all the rage these days. In general it means a senior is moving from a house to a smaller house or a condo. In general it also has a somewhat negative connotation. After all, in our society who wants less? So, for those who believe less is more, here is a more positive term: “Reduce an Individual’s Space and Environment,” or RISE. There are many great places to RISE in and around the Tysons area. Falls Church has wonderful condos and a great walkability rating. And with the addition of a Harris Teeter on Broad Street, the little city is certainly one place to consider when you are ready to RISE. There is also Vinson Hall for people wanting to make sure options for care are available on site.

Now, let’s take a look at one important consideration of the property to which we aspire to RISE, regardless of its location. It is illumination. As we age, so do our eyes. The aging eye can be difficult to understand and accept. Without understanding the aging eye, it is easy for an older adult to live in an environment that is not supportive.

The Illuminating Engineering Society has published a wonderful document, *Lighting Your Way To Better Vision*. Here are some questions to consider when looking to RISE.

1. Is there adequate lighting in the parking area and from there to the entry? Are steps and curbs marked with white or yellow strips to indicate a change of level?
2. Are all steps properly lighted to help prevent falls? Both inside and out? Tip: Ground level lighting is fine. Just make sure it is bright enough to help.
3. Is the lighting in the corridors even and consistent with adequate light to read the apartment number and get the key in the keyhole? Is there an excessively bright window at the end of the corridor that causes glare? Are corridors carpeted? If the floors are wood or vinyl, has lighting been placed to reduced glare?
4. How many windows will there be in each room? Tip: More is better. Control the light with window treatments.
5. Is the light pleasant, or does it produce glare. Does the lighting create strong shadows? Is the lighting indirect, filling the space with light, or are the fixtures recessed making the ceiling dark and cave-like? Do they provide balanced light that is even and consistent?
6. Are the light controls for the bedroom and bathroom illuminated with a glowing switch?
7. Where are lights placed relative to mirrors?
8. Is there lighting in the closets? This is important!
9. Are fluorescent task lights installed underneath the cabinets in the kitchen?

Paying attention to lighting both inside and out will not only provide a more enjoyable environment, but one that is healthier, especially to the extent that good lighting helps prevent falls. A fall resulting in a hip fracture can be life changing or even fatal for older adults.

Typically, you will look at a place during the day. If you like it during the day, return in the evening to check out the light. It is important to make sure the house functions well for you. All too often, older adults are presumed to lack functionality when in fact it is their environment.

There are lots of other aspects to consider regardless of the location. Future articles will address some of those items. In the meantime, consider how your current house measures up.

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.

JOHN MUTCHLER

Loving Father, Grandfather

by Rick Mundy

Sitting down with John Mutchler, one quickly discovers a man who truly appreciates all that he has and who sees beauty all around him. A resident of Hermitage of Northern Virginia in Alexandria, John is active in many activities there.

Mutchler is one of those rare individuals who actually grew up in the Washington area. In his early life he lived in Kensington and feels fortunate to have attended Chevy Chase High School, considered “the best in the country” at that time, according to *Parade* magazine. He went on to Cornell, majoring in chemistry. “It was very difficult,” he laments, “but when I graduated, I knew my chemistry.”

He worked as a chemist throughout his career, working first for Gillette in Washington and later for Atlas Chemical in Wilmington. John’s primary goal was to “be a good father to my children, Bill and Karen, and they’ve told me I was a kind and loving father. I made sure to tell my kids regularly that I loved them and to show my love for them.” Great parents know that one of the best ways to love your children is to spend time with them, and that is what John did. He could always be found attending their soccer and baseball games, cheering them on. “I always made sure to tell the kids that they did a good job when they were working hard. It was important to build their self-esteem.”

He was also active as a scout leader with the Boy Scouts in Wilmington and served as Cub Scout District Commissioner. He “really liked the Boy Scouts – the camping and hiking, including hiking the Appalachian Trail,” and on Friday nights, he could be found at Troop 234 gatherings.

Mutchler retired to northern New Jersey where he found that he really loved Manhattan. He had regularly visited the Smithsonian and the National Gallery of Art in his earlier days. As a music and culture buff, he enjoyed the museums, the opera, and all the other cultural institutions that New York has to offer. “I have joked that

when I die, I wish my ashes could be spread at the Metropolitan Museum of Art because it would take me an eternity to see and appreciate everything there.”

Unfortunately, John fell and broke his back a while back, so he had to find an assisted living home. His daughter encouraged him to move back to this area to be near his grandchildren, 13-year-old Isabel and 10-year-old Adam, which is wonderful for John because now he gets to see them often. It means he gets to see his twin sister in Alexandria as well.



John finds life at Hermitage to be stimulating and busy. “We have excellent programs to promote spiritual, mental, and physical health. The staff is very professional and concerned about the residents.” He has recently joined the executive committee, which

is charged with communicating the residents’ concerns and feelings to the executive director. “We can propose new programs and discuss improvements that could be made.”

Mutchler participates in Functional Fitness, an exercise program to keep physically fit. He also is engaged with the Poetry group and was quick to recite one of his own compositions from memory without much prompting. A third activity is Current Events, which entails much group participation. People bring in clippings, and then everyone discusses their ideas about the topic at hand. John admits that people are not shy to express their viewpoints, which can sometimes lead to lively interactions. John also enjoys “just plain, good entertainment” which is prevalent at Hermitage.

John also has plenty to say about the staff. “I really appreciate what the staff does for me and others. Often someone will notice a need and they fulfill that need without even being asked. I’m very happy with my home,” John proclaims.

Not a surprising comment coming from this man who finds joy in every aspect of his life.

RALPH NIDER

Student of Cultures and People

by Rick Mundy

Born in Philadelphia at the height of the Great Depression, Ralph Nider was raised in Europe by loving parents who gave him his basic values and principles and provided him the opportunity to obtain a broad education. He experienced all the destruction and horror that World War II brought, but believes that difficult period made him strong and more adaptable to the obstacles that often affect a person's life.

He met people of various nationalities from all walks of life, which instilled in him a desire to learn as much as possible about everything, but primarily people. This was a trait that would serve him well throughout his life.

Nider enlisted in the Army Signal Corps during the Korean War and served a tour of duty in Germany as instructor on the usage, maintenance, and repair of radiation-detecting instruments to officers of the NATO armies forming in Europe. After his honorable discharge, he found employment at a bank in Philadelphia, taught languages at the JUNTO school for adults there, and later worked for the Social Security Payment Center.

Determined to serve his country by using his experience and knowledge, Ralph joined the Foreign Service of the Department of State in 1963 where he served for 33 years. His assignments took him to Bonn in West Germany, Palermo and Rome in Italy, Bangkok, Hong Kong, Macao, Mexico City, and Toronto in addition to Washington where he once served as Cultural Officer for Greece, Turkey, and Cyprus. This was during the crisis caused by the tension between Greece and Turkey, both attempting to take over the island nation. Ralph notes that even with his many assignments, he never once crossed the equator during his service. His favorite location was Hong Kong, but one of the most memorable was Mexico City, where an aircraft crashed on a mountain and he helped in the aftermath, for which he received a meritorious award.

After retirement, he was recalled for a special assignment to Warsaw and participated in the Foreign Visitors Program of the Department of State. This program brings prominent individuals from other countries to the U.S. to familiarize them with our economic, political, and judicial systems plus our daily life and culture.

Ralph's public life gave him exposure to people of various races and ethnic background, with different cultures, religious beliefs, economic conditions, and more on three continents. Convinced that we are all brothers and sisters, he loves to share his experiences and views with others.

Nider has participated in Shepherd's Center of Vienna (SCOV) for several years, and six years ago, he developed a seminar for the Adventure in Learning program: "National Affairs." At its classes, he brought in prominent government officials, legislators, educators, religious leaders, lobbyists, and more to address the group. He has also given his own presentations on subjects he knows and enjoys. At present, he holds a discussion group on subjects of current interest to our nation. He has also begun through SCOV to direct "Great Decisions," the well-known program offered by the Foreign Policy Association.



Those projects keep him active and allow him to give back, in his own way, to the people he meets and befriends. For his own pleasure he reads biographies, history, economics, philosophy, and religion, but also fiction. A self-taught artist, Ralph paints oils, watercolors, and acrylics.

He is married to his wife of 55 years, Licinia, whom he met while at the university in Padua, and they have two grown children, a daughter and a son, and a 3-year-old granddaughter. Both son and daughter know several languages, although not necessarily the same ones due to the different countries they lived in or visited!

Nider attended three universities: Trieste and Padua in Italy and George Washington University in Washington, DC. He studied economics, public administration, and political science.

Ralph philosophizes, "Life happens, and I'm happy with how mine has unfolded. Some opportunities have just come to me, some because of my ability. We are all blessed or hindered by events over which we have no control, but they can change you. I have always tried to use skills acquired throughout my life to help people, to help make a better world."



*"I've made a lot
of good friends
since moving to
the Hermitage."*

—John Mutchler



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Keeping Politics AT BAY

by Keith Loria



Not long after Mitt Romney's loss to President Barack Obama, former U.S. Treasurer and Romney adviser Bay Buchanan hinted that it might be time to exit the politics world. After all, the sister of Pat Buchanan had spent a majority of her life involved in the political game.

The prominent conservative political commentator served as Treasurer of the United States under President Ronald Reagan. Appointed at 32, she was the youngest person ever to serve the post. She also ran her brother's three unsuccessful presidential bids, was appointed Chairwoman of the President's Commission on Women Business Owners, was appointed chair of Team America PAC, and has been a key part of the past ten Republican presidential runs.

That last one, she says, was a heartbreaker.

"I really put my heart and soul into that, and I do believe Romney is a remarkable man and his message is the best, but it was really tough when we lost," Buchanan says.

"We thought we were going to win it, and the huge crowds convinced me his message was heard. That night, I said to my son, 'I don't want to be the one over the next four years to be on television angry at everything. Cable news has changed so much. It's not a debate anymore, and I don't want to be mean spirited, and I felt I had one more good career left in me.'"

She had often thought she would be good at real estate due to her love of investing, fixing up homes, and being a people person. Buchanan enrolled in an online real estate class just a couple of days after Romney's historic loss and, by the end of 2012, had her real estate license in hand and a new career about to start at McEneaney Associates, Inc. in McLean.

"I picked a marvelous relator to associate with. These are wonderful people who are always willing to help," she says. "I'm really looking forward to this."

The mother of three sons - William (30), Thomas (28) and Stuart (25) - Buchanan spent most of their lives as a single mom, making her accomplishments even that much more impressive.

She recently released a book about raising her boys alone called *Bay & Her Boys: Unexpected Lessons I Learned as a (Single) Mom*.

"Basically, I raised my children by myself for 23 years, and during that time I was really moved by the fact that there was very little positive encouragement for single moms, either from the left or the right, and having been through the experience, knowing how difficult it is, I wanted to show that you can do it," she says. "I decided a couple of years ago to put it in writing, and it's an account of my personal experiences and the lessons I have learned."

The book details nine lessons that Buchanan believes all single moms should take to heart and apply to their own lives in a way best for their own families.

"It's positive, humorous at times, and doesn't worry about how you became a single mom," she says. "It talks about how I did things well and times when I didn't. It's my heart and soul inside the pages, and I'm really proud of it."

The three Buchanan boys also get to share their experiences as their mom wanted to give them the opportunity to tell their side. The second chapter shows their views, and Buchanan was surprised at how much the boys were impacted by events from the past and how tough it

was for them. Her son Stuart was even responsible for the epilogue.

"I wanted to show what they felt was difficult about being raised by a single mom and if they felt they had missed out on something, not having their dad in the home, but at the same time showing how happy they are to have a mom they are so close to," she says. "It's been enormously well received by all my political friends, and it doesn't matter what your political affiliation is, what your religion is, what your philosophy is, it makes no difference. When it comes to parenting, it's the same for all of us."

Putting together the book wasn't all easy. Buchanan admits that remembering the rough stuff was tough — especially reliving the divorce and other difficult moments in the early years."

"I realized I had to share how I got through that so other single moms or single dads could relate and really understand what happened," she says. "One of the most difficult things about going through this is when all the kids are asleep and not being able to share the little things that happened or something the teacher said about it. You're on your own. Remembering I didn't have that person was the toughest part of the book."

Born and raised in Washington D.C., Buchanan lived in California while raising her family, but has called Oakton home for the past 20 years. She has worked in Vienna and McLean and is excited to be working at the new office in the latter.

"I think Virginia is one of the most spectacular states, and we compete with the best of them," she says. "I want to be a full-time real estate agent, and I want to spend time really building my business, and now I can do that."


So, is she really out of politics?

"I'm out of the debate on TV, or at least I think I am," she says. "I'll still give speeches to students, which I find enormously rewarding. I'll continue to go to conferences where they ask me to speak and maybe some forums about the budget ... but I will not be a full-time activist. I will be a full-time real estate agent."

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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I Sing

THE BOOK ELECTRIC

by Richard Gazala



Hold on a sec. Just getting my stuff together before I leave the house.

Let's see ... My cell phone? Check. My music player? Check. Where did I leave my still camera? I'm sure I put it right here. Or was it over there? Here it is, next to my video cam. Can't forget my handheld gaming machine, either. Man, I need more pockets.

How often does that little vignette happen at your house? Not a whole lot since about 2007, I'm guessing. All right, maybe 2009 or so with that bit about the video cam. Still, the bottom line is when you shove your smart phone in your pocket, you're also putting your music player, your still and video cam, a game console, an untold array of apps and the entire Internet in your pants before you saunter out the door to start your day.

Admittedly, there are professionals, aficionados, and die-hards who'll never abandon the latest or favorite iterations of a given purpose-specific technological tool. For one among their number, the new Nikon Coolpix S800c is simply *de rigeur*, just as Ashton Kutcher says.

But for the ever-growing majority of us, convenience trumps all. Why pay for, attend to, and lug around a handful of devices when we can enjoy all those devices' disparate functionalities in one compact, pretty machine?

The answer is, increasingly we don't. Nor should we. Unless you're making your living as a professional

photographer or videographer, the photo and video features on your smart phone serve perfectly well for all your creative visual imagery needs. The music player works great. The apps and the Internet are always at your twitching fingertips. Oh yeah, and it's a phone, too.

One machine that does many things well is what you want. There's nothing wrong with that. It makes perfect sense. And there's a vast global community of hardware and software engineers, designers, and programmers who toil constantly to invent and refine your phone and what it can do for you, giving you opportunities to use that pretty little machine in ways you never knew you wanted to until you knew you could.

So when's the last time you bought a stand-alone camera, regardless of Kutcher's pitches?

Exactly, and that's also the fate of dedicated e-readers, for the same reasons.

Consider the burgeoning popularity of reading books in electronic format. Last December, a study released by the Pew Internet & American Life Project reported that the number of Americans choosing to read e-books escalated from 16% to 23% over the course of 2012. The same study said the number of adults who read printed books declined from 72% to 67% over the identical period.

That's intriguing. But what's more intriguing, particularly for authors and publishers, is this:

in 2011, nine out of ten e-books were read on dedicated e-readers, such as Amazon's Kindle or Barnes & Noble's Nook. In 2012, that declined to only three out of four. In other words, in the 24 months from January, 2011 to December, 2012, reading books on dedicated e-readers declined from 90% of the e-book market to 75%.

Where did the e-book reading migrate to from Kindles and Nooks? You guessed it — to tablets. This is a trend that will accelerate for a long time before it decelerates.

Amazon sells a whole lot of books. It wishes to continue doing that, so it recognizes and embraces this trend very clearly. Thus, its introduction of the Kindle Fire, which is a sophisticated, multifunctional multimedia tablet device rather than strictly an e-reader. The Fire is designed to compete with iPads, Google Nexuses, Nook HD+, and the like, tablets all.

Remember, the iPad was introduced to the world not even three years ago. Technology research firm IDC predicted that when 2012 sales numbers are finalized, over 122 million tablets will have been sold worldwide. That's up from 65 million tablets sold in 2011 and barely 17 million in 2010.

How will that affect the dedicated e-reader? Let's go back to our friends at IDC. They estimate 2012 global e-reader shipments declined 28% from 2011 and from nearly 28 million e-readers in 2011 to less than 20 million in 2012.

What do these statistics foretell? Lee Rainie over at Pew says, "We haven't reached this point yet, but there are reasonable thoughts that the book experience of the future will be dramatically different than today. It will be multimedia, highly social and maybe even incorporate a wiki experience."

Gazalalooza agrees. As a matter of fact, we agreed quite some time ago, in a piece called "The E-luminated Manuscript" published in these very pages in 2011.

When a reader migrates from e-reader to tablet, she'll expect, if not demand, that the books she buys to enjoy on her tablet take advantage of more than one of the machine's features. This will be true particularly if she's a younger reader, because if she is one then she has been inundated with multimedia machines since (if not before) she escaped her cradle.

One thing is sure: these newfangled e-books will be costly to produce and so costly as well to purchase. It won't be easy to make an interactive multimedia e-book on a typical book budget, rather than budgeting usually associated with producing a video game, much less a movie. Talent other than authorial will have to be recruited and paid, and rights to audio, visual, and imagery elements will have to be secured without violating copyrights. But that's not

stopping publishers from venturing into this largely undiscovered literary terrain. Penguin says it plans to release about 50 fiction and nonfiction "enhanced e-books" this year. Simon & Schuster has around 60 of them slated for publication in 2013, and Knopf and Random House also have enhanced e-books heading toward a tablet near you before this year's end. Of course, Apple is jumping into the deep end, though its concentration is on enhanced, interactive e-textbooks.

The question is, whether these interactive, multimedia tale-telling things "books" in any true sense? They spin stories and impart information, which are the most essential functions of books in their traditional paper iterations. But they also incorporate one or more of music, 2- and 3-D photos, maps, videos, games, puzzles, social media, and wikis. Is it a book, or is it a digital app, or is it a video game? And if it's more than a book, is it really a book at all, or is it something else? If nothing else, the evolution forced on authors and book publishers by readers armed with tablets will twist the definition of the word "book" in ways unforeseen just a few years ago. It may well twist just as profoundly the definition of "author."

And all this enhanced e-book noise may be just a passing fad. Book publishers have stumbled down a path not unlike this one before, when they experimented with multimedia books on CD-ROMs a few years back. To put it charitably, the experiment was not a success. Or, as e-book publisher Open Road Integrated Media's CEO Jane Friedman said recently, "The consumer is not asking for this. It takes it from being a reading experience to something else."

Still, despite what she says, Friedman's company is dipping its toes into the enhanced e-book market. This spring Open Road is set to release *Gift*, a novel by Andrea Buchanan for young adults that incorporates original music, graphics, diary entries, and a music video by Swedish YouTube superstar FreddeGredde.

All this swirls in my fevered brow as I'm writing the hotly-anticipated sequel to my thriller, *Blood of the Moon*. For enhanced e-book purposes, am I an author or a producer? Seemingly the latter. If so, I'm thinking Dave Grohl does the soundtrack. Maybe I can get Steven Spielberg to direct. And a holographic appearance by Marilyn Monroe would surely boost marketing and sales, don't you think?



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.

Selected Camp and Private School Opportunities

The private educational and recreational options for our children today have never been greater. From schools for gifted children, to military educational instruction, science and health, to schools with a religious view and purpose, we invite you to review the camps and schools on the following pages.



Brooksfield School

The Brooksfield School, founded in 1987, is based on the Montessori philosophy with an emphasis on discovery through the arts and the outdoors. The curriculum begins at age three and goes through fourth grade. Brooksfield strives to nurture the social, physical, emotional, and intellectual development of students. Students develop independent thinking skills, a love of learning, respect for oneself and others, imagination, observation and listening skills, risk taking, and curiosity. In addition to the Montessori curriculum, children study Spanish, art, dance, physical education, computers, and music.

Lower School students, (pre-k to kindergarten) study practical life skills, language arts, math, geography, history, and science. The Upper School (first through fourth grade) curriculum includes language arts, math, geography and cultural studies, anthropology, biology, physical science, robotics, nutrition, and practical life. Brookfield's Outdoor Adventure Program is for students in kindergarten through fourth grade and their families; activities include hiking, orienteering, camping, ice skating, and more.

Part of Brookfield's mission includes teaching kids about sustainability. The school's aim is to create healthy, eco-friendly learning environments and instill in the children the importance of environmental stewardship.

Brooksfield offers extended day and after school activities, as well as a summer camp program. Come and see for yourself what Brooksfield is all about! 703.356.5437 www.brooksfieldschool.org.

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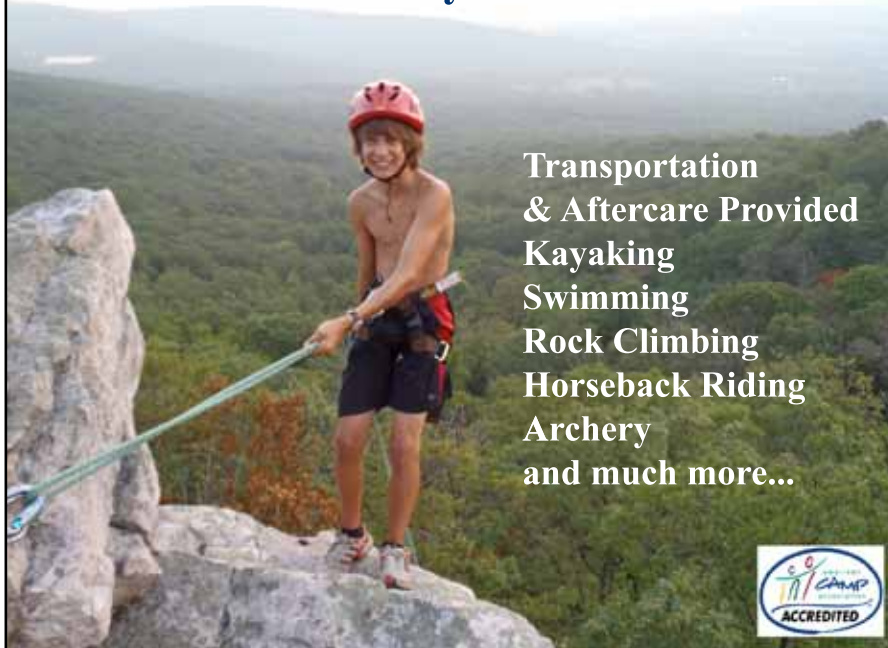
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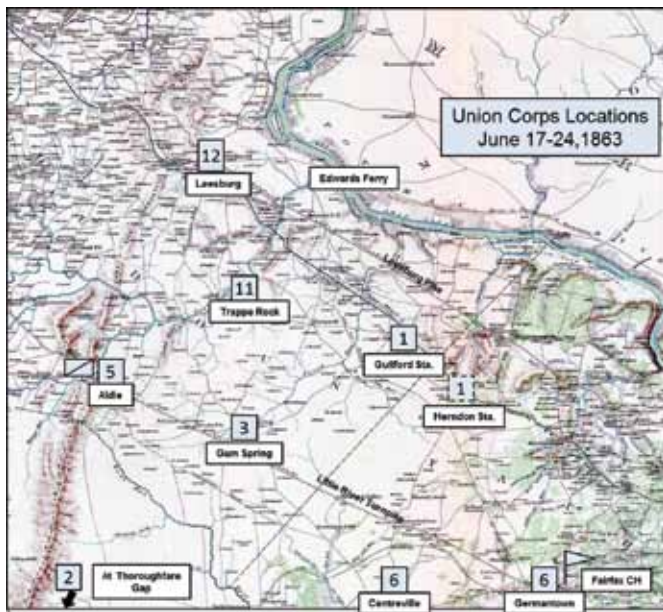


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The Arduous Journey of the Union Army

ACROSS NORTHERN VIRGINIA

by Brian McEnany



Much has been written about the battle of Gettysburg, yet little has been written about how the Union army reached there in June of 1863. There is an interesting “untold story” about that movement that few are aware of, and it took place right here in Northern Virginia. Soldiers of the Army of the Potomac endured intense heat and torrential rains to cross Fairfax, Prince William, and Loudoun counties before crossing into Maryland.

What prompted the movement across Northern Virginia? General Robert E. Lee and the Army of Northern Virginia started moving west from Fredericksburg at the beginning of June. On the opposite side of the Rappahannock River, General Joseph Hooker awaited confirmation of Lee’s movements and intentions. Once Hooker was certain Lee was moving, he split his army into two wings: the left wing to march west and up the railroad line past Warrenton to Centreville and Manassas, and the right wing to march up Telegraph Road (US Route 1) and cross the Occoquan River at Wolf Run Shoals on its way to Fairfax Station.

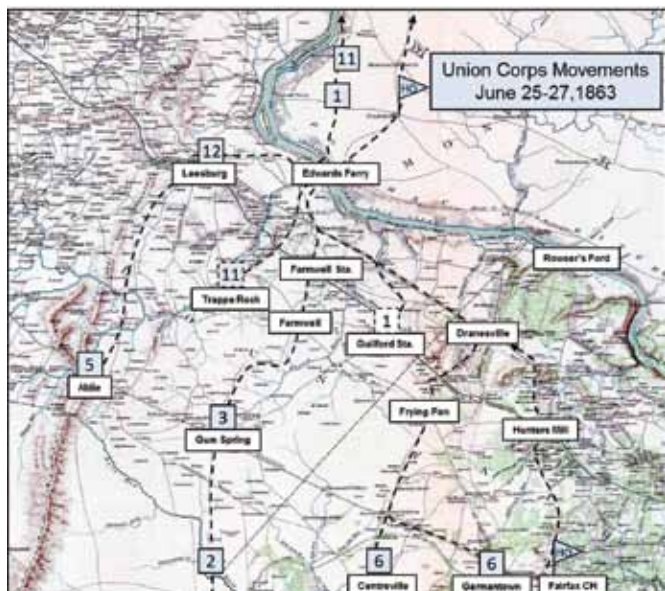
Hooker’s orders sent tens of thousands of men and animals and thousands of wagons toward Northern Virginia beginning June 11. During the summer

months, most Virginia roads were topped with an inch or so of fine silt. Within several hours, everyone was coated white from the clouds kicked up by thousands of feet shuffling along the road. But that wasn’t the worst of it. The movement began in the middle of an intense heat wave. The temperature, as measured by the weather observatory in Georgetown during mid-June, ranged from 93.5 to 99 degrees in the shade! Each soldier carried a rifle, a 40 to 50-pound backpack, three days rations and 60 rounds of ammunition. The army was in a hurry to get somewhere, one soldier wrote. Stragglers fell out frequently and many died of sunstroke.

By June 16, seven Union corps and the cavalry were located in Fairfax and Prince William counties. When rebel cavalry was seen near Point of Rocks, the 12th Corps marched up Hunter Mill Road and the Leesburg Pike to Leesburg on June 17. The other corps were repositioned to protect the key approaches to Washington as shown on the 1862 map. They remained stationary for almost a week.

On June 24, Hill’s Third Corps crossed the Potomac at Williamsport and Longstreet’s First Corps at Shepherdstown the next day. Messages flew to Hooker’s headquarters at Fairfax Court House – most of Lee’s army had crossed the Potomac! Hooker’s corps began moving to Edwards Ferry where an upper bridge was constructed across the Potomac from what is now the River Creek golf course and a lower bridge built on the opposite side of Goose Creek on the current Lansdowne golf course.

Torrential rains pelted the soldiers between June 25-27 as they struggled along muddy Virginia roads shown on the 1862 map. The old routes can be traced to current roads. The 11th Corps likely followed the trace of the current Belmont Ridge Road from Trappe Rock, where Sycolin Road crosses Goose Creek to Edwards Ferry. The 1st Corps left Guilford Station (near Sterling) and marched up Leesburg Pike. The 3rd Corps headed north through Ryan (Farmwell) and up Ashburn Road to the bridges. The 5th Corps left Aldie and trudged along the path of the current US 15 to Leesburg and followed the 12th Corps across the river. Hooker’s headquarters moved along Hunters Mill Road and the Leesburg Pike to reach the bridges.



The 2nd Corps backed away from Thoroughfare Gap at the same time as General JEB Stuart's cavalry brigades tried to cross behind the Union army. The head of Stuart's column struck the rear of the 2nd Corps at Haymarket around noon on June 25. Artillery rounds were exchanged and a few casualties were sustained on both sides. Stuart and his troopers withdrew and eventually crossed the Occoquan River at Wolf Run Shoals (off map south of Fairfax Court House) and the Potomac

later at Rowser's Ford. The 2nd Corps followed the Warrenton Turnpike, crossed the 2nd Bull Run battlefield, and trudged along Gum Spring and Ashburn roads to reach the bridges on June 26. The 6th Corps gathered up its divisions and marched through Chantilly Church, Fryer's Pan, and Herndon Station on old Centerville and Dranesville roads to the Leesburg Pike on June 26. It would be among the last to cross the next day.

Meanwhile, the crossing sites were churned into a muddy morass. Units waited in long lines to cross. Wagons sank into the soft ground and soldiers complained about standing in ankle-deep mud. The last unit finally crossed the river during the afternoon of June 27. Once across, the tired and wet soldiers would conduct several forced marches before engaging General Lee's army at Gettysburg in one of the bloodiest battles in our nation's history.

Brian McEnany and co-author James Lewis have created a 32-page color illustrated driving tour guide entitled *Sunstroke and Ankle-Deep Mud* that follows the route of the 2nd Corps. Complete with Civil War and current time period photos, situational maps, local history, and historical points of interest along the 46-mile route, six specific areas are identified where the 2nd Corps soldiers traveled. Readers interested in learning more of the "untold story" can obtain a copy by contacting bmccenany@cox.net. Cost is \$16 plus a \$2 mailing fee (cash or check only).



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Townhouse Kitchen Solution

DEFINES OWNER'S GOURMET SENSIBILITIES

After living all over the world, retirees Bill and Louise Hopewell create the home they always wanted

by John Byrd

Sometimes it's not about the size; it's about functionality, presentation, and style.

Consider the case of Bill and Louise Hopewell, occupants since 2003 of a three-bedroom, four-level townhouse and recent retirees looking for ways to express their gourmet sensibilities.

At 2,220 sq ft, the Hopewell townhouse had much to recommend it.

A nicely configured first floor living area with fireplace and large bay windows peering out over treetops. A spacious master suite, plus two other bedrooms and a sizeable guest bath. There's also a garage and a pleasant backyard garden ideal for warm-weather grilling.

"Our biggest shortcoming by far was the kitchen," Louise Hopewell explains. "The layout never worked very well. Cooking and clean-up tasks were always spilling into each other; even two people near the cooktop seemed like a crowd."

Hopewell contends that the original floorplan configuration — while popular in the 1990s — showed little consideration to the fundamentals of townhouse living.

"I suppose the intention of the U-shaped counter top is to protect the cook from thru-traffic," Hopewell speculates. "In truth, the cook is always pushed into a corner and anyone coming into your space even to help out is simply in the way."

Compounding this were the multitude of graceless irritants that seem to always follow from a poorly conceived floorplan. To wit:

- A refrigerator door that swings into the breakfast table.
- An oven that's too low.
- The trash bin that is visible from the sitting area.
- A lack of storage space that banishes useful items to back recesses.
- Spices and utensils consigned to odd corners.
- Restricted food preparation.
- Nothing where you want it.



The custom-designed food preparation island is the centerpiece of an innovative space plan. A deep sink, 4.5' x 3' of marble surface, and glass-facing cabinets are among the distinctive design details.



The Hopewells initially hired Sun Design Remodeling to convert the existing builder-grade master bath into a luxury spa complete with walk-in shower and whirlpool bath.



A backsplash of honed-and-filled limestone lends texture to the revealed wall surface behind the gas-powered cooktop range.

“Typically, when the appropriate space plan is implemented, a kitchen's footprint doesn't need to be enlarged much at all. The real challenge is putting priority items in the right place.”

A key component in townhouse kitchen space plan revolution, Durosko says, is the replacement of the U-shaped counter with a stand-alone food preparation island.

“An island affords the cook with the necessary psychological buffer to keep traffic away, but adds the freedom to move in and out of the work zones from two sides. It's easier to coordinate serving and clean-up. Easier for someone else to assist or retrieve without getting in the way.”

But overriding even these practical problems was a generally uninspiring interior presentation that had just worn thin — physically and emotionally.

“We had upgraded the masterbath and guest bath a few years ago,” Hopewell recalls, “and we were so pleased with the outcome, we started talking about a new kitchen plan within a few months.”

“I clipped some ideas from magazines. We even tried to sketch out an alternative floorplan.”

Soon recognizing the limits of their design expertise, however the Hopewells then made the obvious call: bring in the company that had re-designed the bathrooms. Specifically, Craig Durosko, founder of Sun Design Remodeling and Dawn Parker, one of the firm's top designers.

Space Planning

“Space planning in a restrictive footprint is part art and part science,” Durosko observes. “Inches can count for a great deal, so you need to clearly envision how people are going to circulate, what the use priorities are, and where to position work triangles that will be ergonomically effective without inhibiting movement.”

On this point, Durosko notes that the once-standard U-shaped counter — a feature of many homes built from the 1950s to the 1990s — has become “a bit of a dinosaur” as contemporary lifestyles gravitate towards more fluid “kitchen-centric” plans.

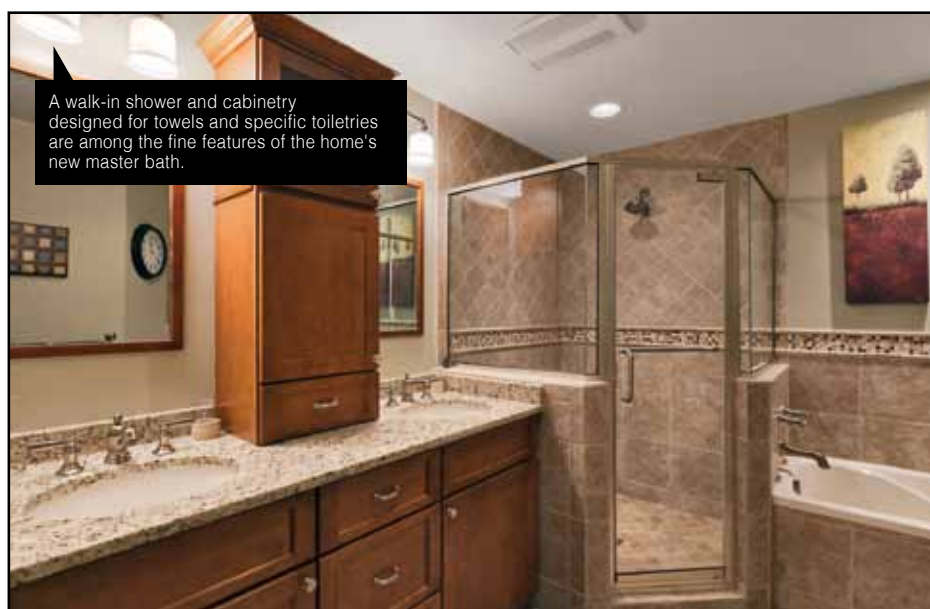
“Just as there's a trend in single family homes away from the galley kitchen, so townhouse kitchen design is undergoing a revolution aimed at making it easier for cooks and guests to interact,” the remodeler observes.

Adding value to the equation, Durosko and team also custom-designed the Hopewell's island to satisfy several specific needs:

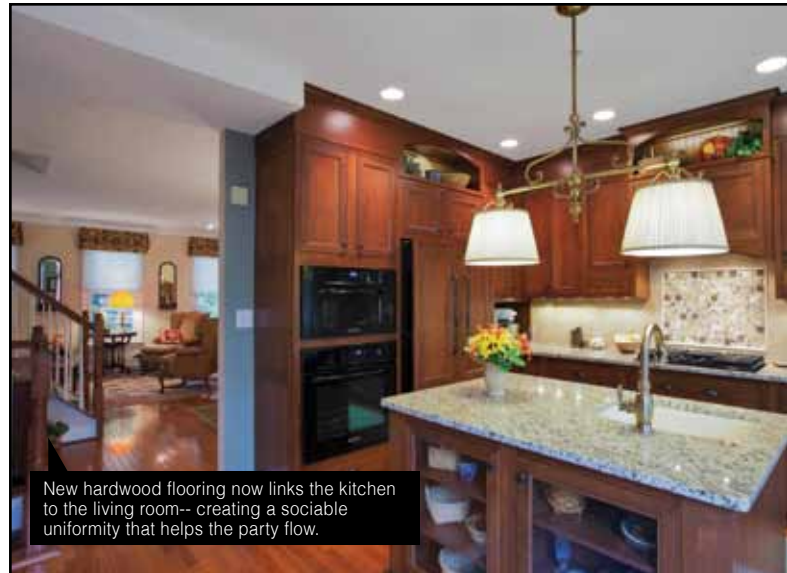
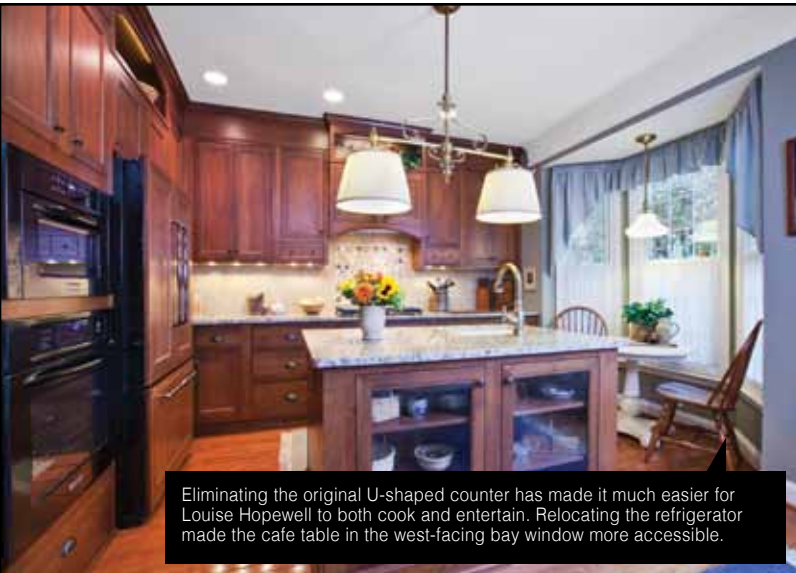
- Food preparation and sink just opposite the new gas cooktop range.
- Dishwasher and added storage below.
- Glass-facing display cabinetry facing out toward the dining room.
- Granite surface (4.5'x3') ideal for cutting vegetables, rolling dough, and staging meals.

“Once we saw how precisely the designer's elevations responded to our personal requirements, the interior design ideas came together quickly,” Louise Hopewell allows. “We started thinking in terms of a finely articulated traditional American style — with cubbies for selected ceramics, handy spice drawers and a balanced combination of wood, granite, and decorative tile.”

Making these details work was the task of designer Dawn Parker, who steered the Hopewells through a catalog of practical and aesthetic considerations.



A walk-in shower and cabinetry designed for towels and specific toiletries are among the fine features of the home's new master bath.



"Our talks concerning finishwork and design details led us toward choosing cherrywood and Shaker-style inset cabinets," Parker recalls. "A lot of the cabinet trim details followed from this."

Still, there are always tricks entailed in executing such deft illusions as a floor-to-ceiling cabinet edifice that wraps and conceals the ductwork. Or neatly trimmed ceiling-level recesses designed to show off prized collectibles.

"The taller cabinetry draws the eye upwards and makes the room feel larger," Louise says. "We even added hidden spotlights on a dimmer. A really nice effect."

Carrying the "textured" theme forward, the new, relocated refrigerator is surfaced in matching cherrywood panel, and is now situated next to an easy-access wall oven.

Overall, continuity and warmth are stressed.

A backsplash of honed-and-filled limestone behind the cooktop provides offsetting, softly muted tones that balance the coffee-stain glazed wood surfaces. Granite surfaces in

vanilla and chocolate chip pattern reinforce the lighter highlights of the ceiling trimmed with crown molding.

New hardwood floors extending into the living room, in turn, create a sociable uniformity that helps the party flow.

"It just works beautifully for all occasions," Louise expounds. "We've lived all over the world, but this is really home."

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:
703.425.5588 or www.SunDesignInc.com

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

Is Your Home WORKING FOR YOU?

by Hillary Staats

Have you ever asked yourself, “Is my home really what I want it to be?” How many people do you know who have giant trophy houses and still feel like something is missing? As an interior designer, I always work with people who want to change their homes in one way or another. From my experience, it seems that the people who are unhappy with a room are usually not using it effectively.

Your home should always fit your own personality and needs. Every room should be a space that will work for you, not against you. You should be able to walk into any room and feel comfortable, and every room should have a purpose.

Here are some ideas that you can use in your home – whether it's a large suburban home or a two bedroom apartment – to make your space work for you.

1. Let there be light!

If there's one thing that can morph a space in a day, it's a new lamp. Floor lamps, reading lamps, table lamps, desk lamps – any of these can bring new life into a room. Adding a new lamp can entirely change how you see a room. You can even have different lamps for different seasons to constantly change the energy. No matter what, proper lighting is always essential.

2. Don't cling to the idea of a typical “formal” room.

Let's be honest: no one uses a formal living room anymore. Most people who do have a formal living room also have a family room or den that they use on a daily basis, which makes the formal living room a “dead room” in the house. Consider turning your living room into a home office. This will still give the room a more proper feel while making it useful at the same time.

Another room that tends to see little use is a formal dining room. While these rooms can be great for entertaining, they usually don't get daily use. To fix this, consider combining the dining room with a home library. Simply put in a bookshelf or two and fill them with the books that you've collected throughout your life – school books, novels, etc. This makes the room multipurpose: a dining room for formal occasions and a workspace for you or for your children to do homework.

3. Make your bedroom your sanctuary.

Many people have a tendency to put others' needs before their own and the master bedroom is no different. Whether the room becomes a dumping ground or it just seems like there isn't enough time for it, the master bedroom typically gets the least amount of attention. But think about how important a bedroom is. It's the first thing you see in the morning and the last thing you see when you go to sleep at night. For those of us who are married, the master bedroom is like the marriage room so it truly deserves attention.

The first thing you should do to help your bedroom is getting nice bedding. This may sound intimidating to some people, but there are great sets you can find at Marshall's that can completely turn a room around. Another easy way to improve your bedroom is by getting comfortable pillows to top your bed with. Whether they're from Neiman's or Home Goods, pillows can add both comfort and color to your bed.

4. Let the function of each room change with your life.

Life is always changing, so the purpose of the rooms in your house may have to change to suit your needs. You can't remain preoccupied with what the function of a room has always been. Sometimes you need to think outside of the box. For example, for those of us with children, we know that there will be a time when the kids move out and we'll be faced with an “empty nest.”

There are several things you can do to redefine a room after a child moves out. This room can become a new den, where you can spend time with your better half while still leaving a place for the kids to come back to. Or, if perhaps you're a more creative person, you may want to make it into a scrapbooking room where you can make scrapbooks of your kids' memories. The possibilities are endless!

Overall, the most important thing to remember is that you need to keep your home true to who you are. The size of the house really doesn't matter; what's important is bringing people together and making memories with the people you love. A house is just a pile of wood and brick; it's what you bring to it that makes it a home.

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REAL ESTATE NEWS

by Deborah Ford Larson, Long and Foster

In the McLean, Vienna, Great Falls, and Oakton area, trends for average days on market, median home prices, and numbers of units sold are fairly inconsistent from one zip code to another. The most compelling trend, however, is the lower inventory in January 2013 as compared with January 2012. The declining inventory and increased buyer demand has changed the dynamics in the local housing marketplace to create more of a Seller's market.

Active listings decreased by almost 22.94 percent from last year, with 415 active listings in January, compared with 521 homes available in January 2012. The number of new pending home sales in McLean, Vienna, Oakton, and Great Falls in January 2013 increased by almost 30 percent to 164 compared with 130 new contracts pending in January 2012.

A total of 119 homes sold in January 2013, a 23.9 percent increase above January 2012 home sales of 96.

Properties which are priced competitively and are in good condition enjoy a shorter market time than in January 2012. We continue to see multiple contracts on some listings. In a "multiple contract" situation, many buyers are equipping their contracts with price escalation clauses or are using other creative tactics to give their offers a positive edge over competing contracts. However, the very judicious appraisal process will temper pricing.

Recent local trends tells us that buyer demand is strong, which when coupled with lower supply, should portend a healthier real estate market in 2013 with modest price increases.

ZIP CODE	2012 ACTIVE LISTINGS	2013 ACTIVE LISTINGS	% CHANGE	2012 TOTAL SOLD UNITS 2012	2013 TOTAL SOLD UNITS 2013	% CHANGE	2012 AVG DAYS ON MKT 2012	2013 AVG DAYS ON MKT 2013	% CHANGE
22101	113	99	-12.39%	23	12	-47.83%	125	94	-24.80%
22102	86	65	-24.42%	18	25	38.89%	139	112	-19.42%
22180	72	47	-34.72%	12	19	58.33%	149	76	-48.99
22181	31	15	-51.61%	11	9	-18.18%	86	47	-45.35%
22182	50	45	-10%	9	20	122.22%	47	74	57.45%
22124	58	52	-10.34%	7	15	114.29%	120	78	-35%
22066	111	92	-17.12%	16	19	18.75%	174	168	-3.45%
	521	415	22.94% avg	96	119	23.9%	120 avg	92 avg	-17.08%

SOURCE OF DATA: RBI STATISTICS

2012 AVG SALES PRICE	2013 AVG SALES PRICE	% CHANGE	2012 MEDIAN SOLD PRICE	2013 MEDIAN SOLD PRICE	% CHANGE	2012 NEW PENDING 2012	2013 NEW PENDING 2013	% CHANGE
968,717	1,157,538	19.49%	760,500	1,167,500	53.52%	25	28	12%
1,099,772	1,058,340	-3.77%	914,500	610,000	-33.30%	15	35	133.33%
690,543	771,850	11.77%	592,500	620,000	4.64%	22	21	-4.55%
562,127	522,667	-7.02%	615,000	515,000	-16.26%	12	13	8.33%
628,806	812,630	29.23%	612,500	751,000	22.61%	24	29	20.83%
582,286	449,460	-22.81	555,000	390,000	-29.73%	20	23	15%
1,084,031	1,313,300	21.15%	862,500	912,500	5.80%	12	15	25%
802,326 avg	869,397 avg	6.86%	701,785 avg	709,428 avg	1.04%	130	164	29.99%

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ONE PARK CREST, McLEAN
\$519,900

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Macerich Redefines

TYSONS CORNER CENTER



Acting on a once-in-a-generation opportunity to amplify the success of Tysons Corner Center, Macerich has master-planned what will be one of the nation's signature new mixed-use communities located in Fairfax County just outside Washington, D.C.

In the role of owner and master-developer of the Tysons Corner mixed-use expansion, Macerich can ensure the highest levels of quality across the board. The Company is aligned with best-in-class, third-party consultants. Hotel specialist, Woodbine Development Corporation, multi-family development company, Kettler, and international real estate firm, Hines will manage the construction of the office tower.

"Along with Macerich, these firms will assist in delivering a high-end hotel, luxury apartments, a trophy-class office tower, and additional retail, all within steps of one of the nation's premier shopping destinations, Tysons Corner Center," says Timothy J. Steffan, senior vice president property management and commercial leasing for Macerich. "With their expansion plans, Macerich has taken this famed suburban real estate and maximized its value by transforming the property into a true mixed-use destination, adding 1.4 million square feet of office, residential, hotel, and additional retail space."

The visionary vertical development that will bring 24/7 activity for residents, office workers, hotel guests, shoppers, and visitors alike has been contemplated by Macerich and long-term investment partner, Alaska Permanent Fund Corporation, for many years.

Since Macerich became involved in the property following its 2005 acquisition of Wilmorite, the two organizations have pursued a path of high-quality enhancements.

Connecting the different elements of this new vertical community will be a first-of-its-kind elevated outdoor plaza. At just over an acre and 32 feet above the street level, the plaza will connect directly to the Tysons Corner Metro station and to the second level of the mall.

"Acting as the heart of the overall development, the plaza will enhance walkability and provide an open area for outdoor activities," Steffan says. "Tysons Plaza is envisioned to be an attractive and activated shared venue for activities and events, such as a concert series, festivals, and seasonal shows."

Further differentiating Tysons Corner in the region is the fact that this will be the first commercial hub and only office space in the area with a direct connection via the Silver Line under covered walkway to the new Metro station, just minutes away from Dulles International Airport and downtown Washington, D.C.

In essence, Macerich is working to achieve the experience of a seamless, world-class destination, where guests, shoppers, residents and office workers can enjoy the highest quality amenities in a fully integrated, thoughtfully developed and well-managed setting.

Steffan believes it's the project's efficiency and modernity in the office that will be a huge appeal to tenants.

With its first anchor tenant already named — the U.S. headquarters of Intelsat (the world's leading provider of satellite services) — Macerich is continuing to pre-lease the market leading Tysons Tower.

"In selecting a new location for our U.S. headquarters, we sought an environment that reflects the innovative and dynamic nature of our industry," says Intelsat CEO David McGlade. "Given our highly skilled workforce and global presence, our requirements warranted a modern and collaborative workspace with access to well-educated professionals, a first-class transportation system, and compelling amenities. Tysons Tower fit that requirement perfectly."

The 20-floor, trophy office tower will become the tallest office building in Northern Virginia and offer panoramic views of the D.C. metro area. Presented by CBRE and targeting professional service companies, law firms, and higher-end government contract end-users, the tower not only offers an

ideal location, but also a superb collection of amenities: four levels of parking; a restaurant; a sweeping, two-story lobby; and a fully equipped fitness center.

The tower will also appeal to those focusing on sustainability as it has already been pre-certified by the U.S. Green Building Council for LEED Gold status, incorporating a green roof, floor-to-ceiling windows, and solar shades.

“As the only office building in the area directly connected to the new Metro station — accessible through a covered walkway — and adjacent to one of the most desired shopping and dining destinations in the country, Tysons Tower further establishes Tysons Corner as a premier business location,” Steffan says. “The trophy-class office tower brings 524,000 rentable square feet of exceptional office space to the region.”

This is a residential tower with something for everyone.

The luxury for-rent 429 unit residential tower will also offer panoramic views of the D.C. metro area and a broad array of features unlike any residential building in the metropolitan region.

Building amenities include a variety of services and common spaces located on the plaza, terrace, and rooftop levels of the tower. Featured amenities include a 1,500 square foot gaming center, a 2,300-plus square foot fitness club with connected outdoor terrace, and a nearly 1,500 square foot coffee/tech lounge.

The commanding rooftop level will feature a 2,000 square foot lounge for residents, with a catering kitchen and outdoor terrace that offers a pool and sundeck with cabanas, outdoor kitchen with gas grills, bar seating, fire pits, and conversation nooks. Additional features include a pet grooming room and

bicycle storage/work room. The tower is designed to achieve LEED Silver certification, in fact, residents driving low-emission and fuel-efficient vehicles will have priority parking spaces.

Also included in the development will be a local global luxury hotel. With its proximity to one of the nation’s best shopping destinations, as well as the Tysons Tower office building, Dulles International Airport, and the Silver Line Metro to downtown Washington, the 300 room luxury Hyatt Regency hotel will be a magnet for global and domestic business travelers during the week and to visiting shoppers and tourists on the weekend.

Timothy J. Steffan



The hotel will feature a number of exceptional amenities, including a white tablecloth restaurant, an executive conference center, and an outdoor club as well as event-planning services.

Additionally, it is close to some of the D.C. metro’s best shopping as Tysons Corner Center mall attracts tens of millions of shoppers each year from around the world. At 2.2 million square feet, the shopping center offers 300-plus specialty shops and restaurants, as well as a 16 screen movie theater with IMAX. With Bloomingdale’s, Lord & Taylor, Macy’s, and Nordstrom, Tysons Corner Center delivers the largest concentration of retail on the East Coast outside of New York City. Among its many retail firsts are the first-ever Apple store, the very first Cusp from Neiman Marcus, and Microsoft’s first East Coast location.

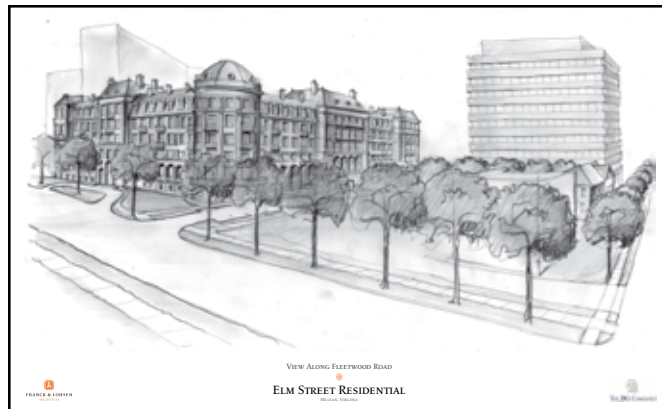
The entire redevelopment, including a series of pedestrian walkways and bicycle paths serving the area, will open in 2014, anticipated to follow the opening of the new Metrorail. For more information, visit www.tysonsfuture.com.



6862 Elm Street

Operating exclusively in the Washington, D.C. market, The JBG Companies has become a trusted real estate investor, developer, and manager since its founding in 1960. Investing almost exclusively in mixed-use, smart-growth, transit-oriented developments, JBG is a recognized leader in creating successful, walkable, and sustainable communities. As a D.C.-based company, JBG is uniquely positioned to build communities that incorporate neighborhood input and objectives.

JBG invested in downtown McLean in 2009 with the acquisition of two existing office buildings: 6862 Elm Street and 6849 Old Dominion Drive. Since acquisition, JBG has identified 6862 Elm Street's surface parking lot as a prime candidate for redevelopment. Such a vast empty lot in the heart of downtown McLean provides an opportunity to create a building and a place that looks like it has always been a cohesive part of McLean's fabric.



At 6862 Elm Street, JBG hopes to be part of a positive transition for McLean's under-utilized properties toward a more vibrant, connected mix of residences, businesses, and open space. Having invested heavily in community outreach and involvement, JBG has received overwhelmingly positive feedback from the community indicating an interest in creating a pedestrian-friendly, mixed-use downtown McLean. As a result, JBG has filed a rezoning application with Fairfax County, and the County has initiated a Comprehensive Plan amendment for redevelopment of the surface parking lot at 6862 Elm Street. The project includes a balance of 240 residences and up to 8,720 square feet of commercial and retail space and maintains 109,600 square feet of existing office space. The unit mix has been designed to appeal to a wide audience in the McLean market, including professionals, empty nesters, and young families. Additional residential areas in combination with commercial and retail space, gardens, walking paths, and a park will enhance the vibrancy and connectivity in the downtown area while remaining consistent with the character and vision for McLean.



As a local D.C.-area firm, JBG focuses not only on the individual plans for its projects, but invests significantly in public outreach to ensure its projects also respond to community desires. JBG has applied the same approach at 6862 Elm Street. In response to community input, JBG believes the Elm Street project brings a number of benefits to the larger McLean community beyond the site itself.

The architectural design of the project is a direct result of community feedback. The plan incorporates a classical, Jeffersonian design, reflecting the character of McLean while also enhancing the area's commercial and residential architecture. The location and layout of the planned residential building is also designed to respond to the surrounding neighborhood. Located toward the north of the site, the residential building relates to the townhome community to the west and the residential condominiums to the north, while also providing a buffer along the commercial zone to the south. The plan also includes a small retail building along Elm Street, designed to continue the commercial zone at the south of the site and respond to local demand for retail encouraging a social atmosphere on site that is still reflective of the neighborhood community character.

As JBG integrates the design into the overall fabric of McLean, the plan will also increase the walkability within the site and downtown McLean - adding better sidewalks, easier pedestrian connections, and a new internal "street" through the site. The large amount of open space incorporated into the site is also designed to encourage everyone in the McLean community to enjoy these spaces alongside future residents. The project incorporates a central plaza, designed to bring vitality to the site and the surrounding community.

The plan also includes upgrades to the existing walking path at the north of the site to provide enhanced connectivity between Fleetwood and Beverly Roads. And as a final compliment to the open spaces, the plan also provides an active recreation space at the end of the walking path along Fleetwood.

Dovetailing with enhanced walkability, the combination of uses on the site offers an opportunity to ease the overall transportation impact of the project. The mix of uses – residential, retail and office – encourages fewer and shorter car trips since so many day-to-day uses are easily accessed nearby. While walking offers one form of transportation, JBG has also focused on the other types of transportation connections the site provides. The site already has good access to nearby biking routes and the project will incorporate bike racks on-site and encourage use by future residents. In addition, Fairfax County is in the process of planning bus routes servicing downtown McLean and the new McLean Silver Line Metro station. Drafts of the new routes run through downtown and along Fleetwood Road, providing a direct connection to the McLean Metro station. The ultimate goal is to provide a bus stop on-site, allowing easy access to the new Metro station.

JBG's objective is to deliver a project at Elm Street that is consistent with the vision for downtown McLean and will enhance the energy and activity of the whole area. Since the project is still in the rezoning process with Fairfax County, JBG would still like to hear from the community. Your input is an important part of the process. Please send comments, concerns, and feedback to outreach@jbg.com.

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Working along Route 7 in August 2009. Dulles Corridor Metrorail Project photo.



Early utility relocation along Route 7. (Dulles Corridor Metrorail Project Photo.)

Celebrating Four Years OF CONSTRUCTION

Silver Line Marching Toward the Finish Line

by Marcia McAllister

March 2013 marks the fourth anniversary of the start of construction of the Phase 1 of the Dulles Corridor Metrorail Project.

Construction started soon after a \$900 million Full Funding Grant Agreement for the project was signed by U.S. Transportation Secretary Ray LaHood.

But many months before the official construction of the Silver Line began, the long process of relocating more than 20 different utilities in Tysons Corner launched the transformation of the landscape along Route 7 and Route 123. Soon, the old two-way service roads that bordered both east and west lanes of Route 7 disappeared.

Drivers in Tysons have adapted to new traffic patterns caused by the disappearance of the service roads and the elimination of mid-block left turns all along Route 7. Route 7 was moved as much as 60 feet over the years to accommodate the rail line and two stations that have been built in the median. Businesses saw their access points changed temporarily and permanently.

This spring the work begins to create the final alignment of Route 7 and the final access to businesses, welcome news for those who shop, live, and work along the corridor.

Rail project officials are working toward the late summer completion of not just the work along Route 7, but all of

Phase 1 from East Falls Church to the eastern edge of Reston, including five stations:

- McLean (a.k.a. Tysons East) along the northwest side of Route 123 at Scotts Crossing Road
- Tysons Corner (a.k.a. Tysons Central 123), also along the northwest side of Route 123, at Tysons Boulevard
- Greensboro (a.k.a. Tysons Central 7) in the median of Route 7 west of Route 123 and east of West Park Drive/Gosnell Road
- Spring Hill (a.k.a. Tysons West) in the median of Route 7 at Spring Hill Road
- Wiehle-Reston East (a.k.a. Wiehle Avenue) in the median of the Dulles Airport Access Highway/Dulles Toll Road corridor just west of the Wiehle Avenue overpass

In the past several months, pedestrian bridges to provide rail users access to all five stations have been moved into place. These bridges will connect the stations to pavilions that will allow rail users to use stairs, escalators and elevators to reach the platform. Pedestrians can also use the bridges to simply cross the busy streets below.

In addition, Fairfax County is currently meeting with residents to discuss proposed plans to improve bus access from their communities to the stations when the rail line opens.



Duct bank construction in January 2009.
Dulles Corridor Metrorail Project photo.



Utility work along Route 123 near International Drive
in January 2009. Dulles Corridor Metrorail Project.



Along Route 7 near SAIC in January 2009.
Dulles Corridor Metrorail Project Photo.

Currently, rail project officials are planning to complete construction of Phase 1 in late summer of this year. Then, the Metropolitan Washington Airports Authority, owner/manager of the extension, will turn it over to the Washington Metropolitan Area Transit Authority (WMATA) to operate as an expansion of its current 106-mile transit system.

WMATA and the rail team have been working closely on the project since before construction began and testing has already started, including the running of clearance cars along the new tracks.

In fact, one of the biggest challenges in construction has been the tie-in of the existing Orange Line tracks with the Silver Line tracks near the Haycock Road area in Falls Church. This has required coordination of Silver Line work very close to existing tracks where Orange Line trains are operational and some weekend service disruptions between the existing East Falls Church and West Falls Church stations. Major work is also taking place at the West Falls Church Rail Yard where the project is expanding the yard and maintenance and shop facilities.

WMATA will complete additional testing after taking over the project and then set the date to open the Silver Line.

As Phase 1 construction nears the finish line, U.S. Transportation Secretary LaHood has praised the project as a model transportation project for America.

Speaking at the Washington Airports Task Force annual general meeting in February, LaHood said construction of the Silver Line is a continuation of the vision and leadership that led to the construction of Dulles Airport in what was then a rural area, far from the bustle of downtown Washington.

He called the Silver Line a vision for a better quality of life, a better economy and a better regional transportation system. And he praised the diverse communities that came together to build rail to Dulles.

"Just think what an economic engine this will be," he told the group gathered at the Fairview Marriott.

The Task Force saluted LaHood and gave him the group's 2012 Williams Trophy for his leadership in ensuring the plans for extending rail to Dulles and into Loudoun County and for his support of the Federal Aviation Administration's pilot Metroplex Initiative in the national capitol region.

The Williams Trophy commemorates the work of the late Carrington Williams who spent decades working to improve Dulles Airport and the entire Dulles region. Previous trophy winners, developer/lawyer John T. "Til" Hazel Jr., former U.S. Transportation Secretary Norman Mineta, and Stan and Doris Harrison, attended the lunch honoring LaHood.

Photos taken by Chuck Samuelson of Dulles Corridor Metrorail Project





From the 495 Express Lanes, the new ramp to Westpark Drive saves motorists time getting to work or shopping. Photo by 495 Express Lanes

Tysons Corner Time-Saving Routes



Trips to Tysons

ARE A BREEZE WITH NEW ENTRY POINTS

by Mike Salmon

Traveling to Tysons Corner has never been easier thanks to the two new access points from the 495 Express Lanes.

Access points at Jones Branch Drive and Westpark Drive, which opened in November, give travelers a convenient new way to get in and out of busy Tysons Corner. The Westpark exit leads to Westpark Drive and provides convenient access to one of the Tysons Corner parking decks as well as the office buildings on Tysons Boulevard and Greensboro and International Drives. The Jones Branch exit leads to Jones Branch Drive, which is also home to several well-known office complexes such as Freddie Mac, SAIC and *USA Today*. In addition to these entirely new entry points, the project also added a ramp from the 495 Express Lanes to Route 7 for those accessing that part of Tysons.

These new access points allow drivers to avoid the two other entrances – Leesburg Pike (Route 7) and Chain Bridge Road (Route 123) – which are frequently congested during rush hour and busy shopping times. Now, shoppers and commuters who use 495 Express Lanes can enjoy time savings on their trips in and out of Tysons Corner.

Shoppers also have benefited from relatively low tolls, especially those using the Express Lanes during the midday hours as toll rates are based on the level of congestion.

Before you try out these new routes to Tysons, it's important to remember the correct procedures for using the 495 Express Lanes. Remember to have an E-ZPass® or E-ZPass® FlexSM properly mounted to your vehicle's windshield. An improperly mounted E-ZPass® increases the chance that the device won't be read correctly, which could trigger an unpaid toll invoice. It's also important to have just one E-ZPass® in your vehicle, again to ensure proper billing. And remember that the new E-ZPass® Flex, the switchable transponder, gives you a toll-free trip if you carpool to the mall with a couple of friends, while allowing you to pay the toll the next time you go shopping alone.

To see how all the access points work on the 495 Express Lanes, take a virtual tour at www.495expresslanes.com/access-videos.

TECHNOLOGY NEWS



The technology of wine storage

The number of individual wine cellars is growing. As more people remodel their home's lower levels, a wine cellar is a great addition because they are staying in their homes longer and entertaining more. Wine cellars lend themselves to that trend.

Another popular location is on the main floor near the kitchen. In either case, they can show off their wine collections.

For collectors without a wine cellar, keeping wine at 55 to 57 degrees Fahrenheit is their main goal. Fluctuating temperatures are a big problem, so they shouldn't chill a bottle in the fridge, then return it to the cellar. Bottles should always be kept out of sunlight.

For enthusiasts, available wine coolers are sized for 12 to 28 bottles. Prices range from \$80 to hundreds.

For those who enjoy an occasional glass of wine, built-in cabinets with special wine slots are recommended.

Budget-minded wine lovers can always use an inexpensive wine rack. It can be painted to match the kitchen.

This mouse doubles as a scanner

Hackers are continuing to check the Android platform to find security holes.

Recently, spammed text messages have begun circulating that can infect Android handsets, causing them to continually send dangerous text messages to thousands of live phone numbers every day.

Cloudmark Research, a messaging security firm, has discovered a spam

campaign that sends texts to Android users offering free versions of Most Wanted, Angry Birds, Star Wars, Grand Theft Auto, and other games.

If the free app is installed, it connects to a server in Hong Kong. The server sends 50 phone numbers, copies of viral messages, and instructions to begin sending the messages to each number. Then, a fresh batch of numbers is sent over and over.

If the phone user doesn't have unlimited texting, the next phone bill could be huge. In addition, the malicious program blocks incoming messages from anyone not on the user's contact list. That means the phone company or a friend can't text the caller to say, "Stop sending me spam."

At any time, the phone company can decide to shut down the user's text-messaging capabilities.

Because Android is designed to be an open system, the handsets are more likely to be targeted than those by Apple, Microsoft, and Research in Motion.

That fickle claw is rigged

You probably noticed those claw game machines at the front of the grocery store, packed with little toys, perfectly suited for the pleading 6-year-old you have in tow.

It looks like a game of skill, but if you have 10 bucks and time on your hands, you're going to lose both. That claw! This game is rigged!

Well, yes, it is.

According to the manual for the Captain Claw crane game (Google it: it's online), the default setting is to make

the claw strong enough so that one person in every 18 gets to grab something.

Machine owners can choose the length of time the claw grabs, the strength it grabs with and how often those factors combine to allow a win.

California even has a law for that. Claws must be set to win at one chance in 12, and in Nevada, one chance in 15.

So, at a buck a try, that little treasure is going to cost at least \$12 (more likely \$18), and that's if you manage to get it when the getting is good.

It took 65 years to develop bar code technology that took over the world

The first step toward today's bar codes came in 1948 when Bernard Silver, a graduate student, overheard a conversation in the halls of Philadelphia's Drexel Institute of Technology. The president of a food chain was pleading with one of the deans to undertake research on capturing product information automatically at checkout.

After hearing the conversation, Silver and N. Joseph Woodland, an instructor at Drexel, accepted the challenge. They first built a product that would glow under ultraviolet light, but it was expensive and not dependable.

According to www.barcoding.com, Woodland dropped out of school and moved to his grandfather's apartment to concentrate on the product. One day, while sitting on a beach and making patterns in the sand with his hands, he got the idea of using lengthened versions of Morse Code dots and dashes, making some bars wider or

narrower than others. He patented the idea in 1949, and a preliminary version of the bar code was born.

The technology had four features that ultimately let it take over the world, reports *Bloomberg Businessweek*.

- The bar code is simple and reliable. Before its time, punch cards were used for inventory calculations, but they were inaccurate and required time and expensive equipment to operate.
- A governing body of retailers and manufacturers was formed to develop standards. It chose the UPC, IBM's barcode system that Woodland helped develop after taking a job at IBM.
- A lengthy and expensive effort to seed and develop markets started with Bank of America's famous move to send a credit card to every home in San Francisco. It worked.

For UPCs, seeding of the market was followed by the rise of Walmart Stores, which used the code to create its efficient distribution system.

- The fourth ingredient was openness, allowing everyone to build their own version of a technology.

Recently, Google persuaded Asian phone makers to adopt its Android system by offering an open-source version of the bar code that they could change if they wanted to.

Attention: The Arizona quarter recall is a joke!

A widely circulated urban legend says:

"Hang on to any of the new Arizona quarters. If you have them, they may be worth much more than 25 cents. The US Mint is recalling all of the Arizona quarters that are part of its program featuring quarters from each state."

The jokesters go on to say the coins are being recalled because they don't work coin-operated machines.

They tell the same story about unworkable quarters in Alabama and other states.

Don't believe the quarter recall legends. Your quarters will never be worth much more than 25 cents.



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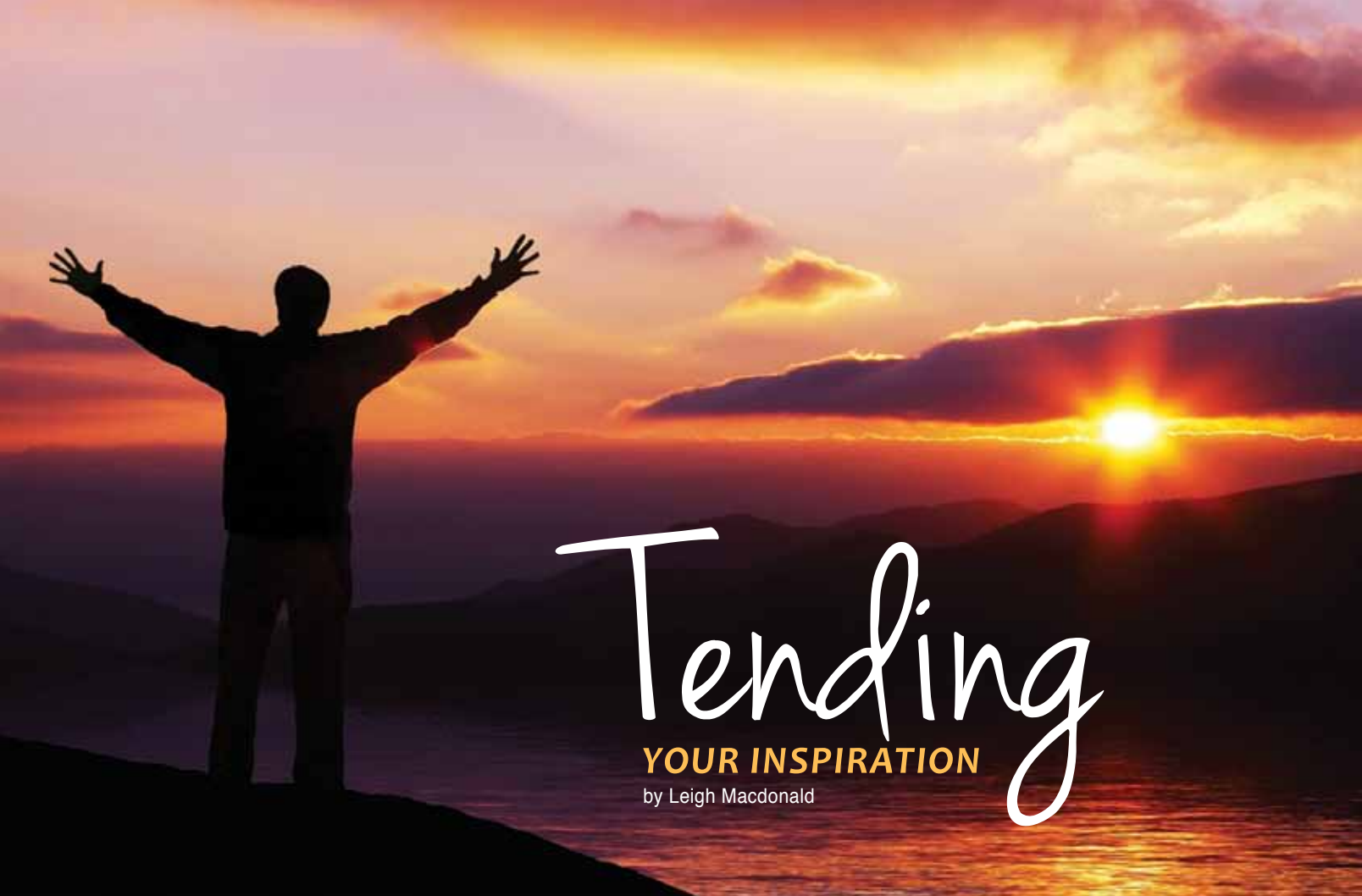
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Tending

YOUR INSPIRATION

by Leigh Macdonald

I bet you are inspired by something. In fact, you may well be inspired by several somethings. But if you're like most people, it's hard — oftentimes, very hard — to nurture with any frequency the things that inspire you. Life is so full of priorities, ambitions, and commitments. And by the time those priorities, ambitions, and commitments are organized, accomplished, and met, it's no surprise that most of us feel pulled in a million directions. In fact, at some point, even the idea of devoting five minutes of focus to something that inspires you ... well, it may seem crazy.

But it's not crazy. Not at all.

You see, your inspiration deserves your attention. At least every now and again. That's right, I'm suggesting that sometimes, you owe yourself and your inspiration a bit of time and effort. But it's actually bigger than that. Indeed, in my view, your debt isn't due to you alone. Instead, that debt — your effort invested in something that you love — is owed to you, your family, your friends, and even humanity.

Here's the logic: your inspiration is likely one of the many things that you do well and with heart. And our collective talents are more than just traits for our enjoyment. Indeed, it's not a stretch to suggest that our collective talents have fueled every innovation since

the beginning of time. The Wright brothers' fascination with flight stemmed from childhood when their father brought home a small toy, which flew thanks to a twisted rubber band. When the toy broke, the boys rebuilt it. And Thomas Edison, he tinkered tirelessly. The light bulb, the phonograph, and the earliest motion picture camera and projectors were all his inventions. Indeed, Thomas Edison was such a tinkerer that he ultimately held 1,093 patents.

With just those well-known examples, it's evident that we all benefit when people nurture the things that inspire them. And so, I'm suggesting that in one way or another, you are obliged to do the things that you do well. Really, you are.

So today, or tomorrow, or sometime really soon, make some time, and tend to something that inspires you. You'll surely benefit from the time that you devote to your inspiration. But the rest of us will benefit, too.

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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Ask Coach AMY

DEAR COACH AMY,

I am a widow that is age 65. My husband died about a year ago. I am interested in meeting people not for dating and marriage, but just to get out and to participate in activities. Do you have any suggestions for me or websites that may be helpful to me?

DEAR WONDERING,

I am sorry to hear about your loss, and I am assuming you had a marriage of about 40 years. Many times your friends are couples and are pretty much the same for many years. Meeting new people can be daunting for some. And yet, there are always ways to expand your social network if you choose to focus on doing so.

What I find about the Washington D.C. area (I have lived here over 30 years now!) is that there are people who have lived their whole life here, and there are many who are new to the area and are here for a particular job or educational opportunity. Also, like yourself, many people do have a change in their marriage-relationship status due to long term relationship breakups, divorce, or a loss of a partner from death.

You are fortunate that D.C. has an active over 50 singles population. So getting out and meeting new people depends upon your interests and where your passions lie. You did not give much information about yourself, and there is no one-size-fits-all answer here. When I work with a client, I take into account their values, interests, passion, and personality, my VIPP formula.

All I can tell you is that I have many social groups listed in my website at www.DCDatingInfo.com. However, I will give you a quick runthrough of what may be best for you given your age and life stage:

- 1. Support Groups.** I suggest you find a support group for widows and widowers. Many churches and religious organizations provide that, and it's a good way to connect with people who are in a similar situation. Many times, close friendships are formed. I myself was in a divorce support group and made very close friends and even dated a couple of men I met through my support groups.
- 2. Meetup.com (www.Meetup.com)** is a site where you can find a group for any interest and age group that you want

in your general locale. So I suggest you check off the age group "over 50" and then interests such as "world events discussion" for an example. Then, the site will email groups that you may want to join if they appeal to you. You can try out the group to see if it's a good fit for you. I recommend that you go a couple of times before deciding to leave the group. It may take more than one time to start connecting with the group members.

- 3. Paul's List (Paulsslist@aol.com)** is a private group of over 45 singles that are gathering for events in the metro area. Paul has an extensive weekly calendar of events almost every day of the week. There are people attending dances, lectures, and hikes together, to name a few. There are also travel opportunities through this group, too.
- 4. The Ski Club of Washington, DC (www.scwdc.org).** This club is not for skiers only! If you are active and like to do different activities, then you may enjoy this social group. The group has been around for many years, and it tends to be an over 50 group. They have happy hours, hikes, and even go to concerts together. They even have an annual crab fest.
- 5. The Ethical Society. (www.ethicalsociety.org).** Here is a community of educated, non-denominational people. They have different discussion groups and dinners based upon your interests.

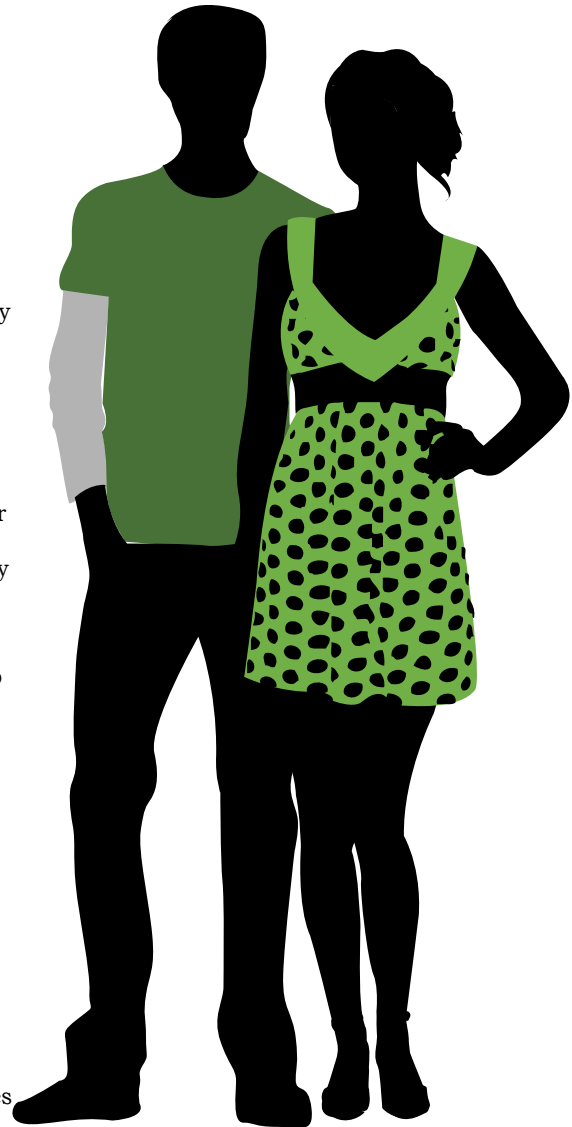
This short list provides you with a good start on how to expand your social network and help you to get out and get involved in the D.C. metro community. Again, much depends upon where you want to put your energies and what types of people you desire to hang out with.

If you want some more one-on-one help to formulate a more specific plan for getting out and socializing, fill out my form at www.HeartmindConnection.com to have an exploratory conversation with me.

Intentionally yours,
Coach Amy

Activities

by Amy Schoen



author: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. 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.

Ask Jonna Wooten!

How will my policy change if I add a new teen driver?

There are many things to consider when you have a new teen driver in your household. Your State Farm agent is there to help explain the impact on your insurance and to meet with your new driver. Although premiums typically increase when a teenager is added to your policy, you can save money if your child completes the Steer Clear® Safe Driving Program, or qualifies for the Good Student Discount. You might also want to think about a personal liability umbrella policy (PLUP), which provides an additional layer of protection.

State Farm is committed to promoting the safety of our teen drivers. Visit the State Farm® Teen Driver Safety Website for tools, tips, and resources to help teens and their parents throughout the learning-to-drive process.

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HOW TO MAKE A SUCCESSFUL MORTGAGE REFINANCE DEAL

The mortgage refinance boom is in full swing again, as homeowners take advantage of record low rates by refinancing their home loans.

But it's more complicated than it was a few years ago, say experts at Bankrate.com. Home values are lower and paperwork requirements are higher.

What you should know:

- The most common factor in a refinance denial is an appraisal that comes in too low. Don't overestimate the value of your home, says Dale Robyn Siegel, author of the book *The New Rules for Mortgages*.
- Avoid starting a renovation of your home before the appraiser visits. The appraiser delivers an estimate of the home's value on the day of the inspection. The house will be worth less on that day if the bathroom fixtures have been ripped out. That's the case even if the renovations will enhance the home's value upon completion.
- Don't disappear or go on vacation without telling the lender, who will be calling to ask for various documents. Stay in contact and respond quickly to requests for more documentation.
- Don't start over with another 30-year term. At least do a 25-year, so you're not back at square one.
- A 20-year is even better because you'll save tens of thousands of dollars in interest, and your payment will not be a great deal more.
- Once approved, be sure you understand the rate lock. If you don't lock in an interest rate, you take the risk that mortgage rates will go up so that it's no longer worth the time and expense of refinancing, says Bob Walters, chief economist for Quicken Loans.

Rate locks have expiration dates, so build in a cushion of a few days in case there's a delay in the loan closing. If you have a 30 day rate lock, set the closing date for the 27th or 28th day in case there's a snag that delays the closing.

MORTGAGE INTEREST DEDUCTION ON THE CHOPPING BLOCK?

As politicians look for ways to get more tax revenue, the once-sacred mortgage interest deduction seems destined to change.

Only 26 percent of taxpayers take the mortgage interest deduction, but those who do say it's something that they depend on.

Most lower income taxpayers do not benefit by itemizing and taking the mortgage interest deduction. Only eight percent of people making less than \$50,000 claim the deduction.

In states with high-cost housing, like California, Hawaii, Virginia, Maryland and Nevada, the average interest deduction is about \$12,000, or more than the standard deduction of \$11,900. In those areas, some say the mortgage interest deduction was a factor in buying a home.

The deduction is a rich source of possible tax revenue. Homeowners keep \$108 billion using the deduction.



FEWER ADULTS ARE LIVING IN SOMEONE ELSE'S HOME

The number of adults living under someone else's roof has shown a slight decline.

Living with someone else, or "doubling up," has been common among young adults and seniors since the recession began in 2007. It hit its apparent peak in 2010 when 22.2 million or 19.4 percent of households were shared. In 2011, the number dropped to 22 million or 19.2 percent.

However, in high-rent areas of California, Florida, Hawaii, Maryland, New Jersey and New York, more than 30 percent of adults ages 25 to 34 lived in someone else's home in 2011.

SKILLED WORKER SHORTAGE

The skills gap is not that wide. A shortage of skilled manufacturing workers that's blamed for helping push unemployment is far smaller than believed, according to a study by Boston Consulting Group.

Reporting in *USA Today*, the study shows that manufacturers may have jobs they can't fill, but it's not because workers aren't out there. It's because companies are being too selective about who they hire and are often unwilling to pay a competitive wage.

Skilled workers in highest demand are welders, machinists, and mechanics.

CHECK YOUR FINANCES TO SEE IF YOU CAN INCREASE YOUR 401(K) CONTRIBUTIONS

Moving money from your paycheck to your 401(k) plan is one of the best investment moves you can make.

First, your investment is made on a pre-tax basis. That means it will grow faster. Second, you'll get free money from the company. Third, your investment will be matched by a certain percentage of your contribution.

Here's the basic idea of pre-tax investing: after you retire and begin taking money from the plan, you'll pay far less income tax on it than you would have paid when you earned the money.

How much you decide to put into the plan is up to you. You can change that amount, up or down, whenever you want to. With payroll deduction, it's easy.

Your retirement money grows at a compound rate. When interest is added, the balance grows to a new sum. When interest is calculated next, it will be calculated on that sum. The more frequently interest is added to the principal, the faster the principal grows and the higher the compound interest will be.

In 2013, you can contribute \$17,500 to your 401(k), up \$500 from 2012. If you are 50 or older, you can add another \$5,000 to your contributions.

Only about five percent of plan participants can afford to make the maximum contribution, but an increase of any amount will help to secure your retirement.



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Medication

AND AFFECTION

by Sanford Christmus



Dear Doctor Christmus:

Why should I buy medications from my veterinarian when I can get them for less money online or at superstores?

- Jake C de la T

Online shopping and big box superstores have given us more options regarding our purchases. The downside is that smaller brick-and-mortar businesses, such as hardware stores, drug stores, local pet stores, and veterinarians, are struggling to compete with those behemoths. Generally it's impossible for a drug store to sell a bottle of shampoo for the same price as an online retailer because of building costs, employee costs, local taxes, and many other expenses that a computerized warehouse with minimal staffing doesn't have.

In the past, your veterinarian's office was the only place to purchase your pet's prescriptions. The office charged a fee to cover the cost of the following:

- Keeping medication immediately available
- Controlling inventory of medication to keep it fresh
- Labeling and counting the medication prior to dispensing it
- A doctor's time to answer questions about the medication and discuss potential side effects or adverse drug reactions
- A doctor's knowledge and recordkeeping to enable him or her to identify possible drug interactions with other medications the pet may be taking

An online pharmacy has to pay only for a computer system and minimal staff to be able to dispense the same medication. On the other hand, the pharmacy will not be able to identify whether your pet is having an adverse reaction or whether there is another medication that may be more beneficial to your pet. Online pharmacies don't care about other medications your pet takes and whether a combination of medications can be detrimental to your pet's health or life.

Another reason an online pharmacy may have lower prices is that most online pharmacies and large stores use some medications as "loss leaders" and charge much less for those products, but they then encourage you to buy other products at much higher markups. Using a loss leader to gain business is also why pharmacies are charging less than

\$5 for a month of treatment with some antibiotics.

The pharmacy may lose money on that one prescription, but it will make much more from your future prescriptions if you switch to that pharmacy for all your pet's medications.

Another concern I have with online pharmacies is that they do not get most of the heartworm and flea/tick preventatives directly from the manufacturer. They get these products from veterinarians who concentrate more on financial gain than on any particular's pet's health. To make money, these veterinarians buy cases of the product on contract.

A middleman then pays the veterinarian a small profit for the product and then sells it to the online pharmacy. Veterinary hospitals get e-mail and fax messages from these distributors several times a year, asking us to purchase heartworm medications and flea/tick preventatives and sell to them. The product you buy from PetMedExpress, Drs. Foster and Smith, or PetCareRx may have been sitting in a shed with the original veterinarian for a while, shipped to Florida (where most of these companies are located), stored in a trailer or warehouse with little or no climate control, and then finally shipped to the online pharmacy for redistribution. Most companies that make parasite preventatives will not guarantee the product because they don't know how it's been treated.

When you buy the product from your favorite veterinarian, you know the supply chain and can trust that the medication has been handled and stored properly. You may even get a guarantee from the manufacturer that if you purchased the product from your pet's hospital and used it appropriately and your pet becomes infested anyway, the manufacturer will pay for your pet's heartworm treatment or your environment's flea treatment (in the case of Frontline Plus, at least). You can also feel good that you're helping the local economy, supporting your favorite veterinary staff and office, helping pay for its employees' health insurance, and allowing local residents to afford living in this high-priced area by helping the hospital pay their staff members a living wage.



Dear Doctor Christmus:

Is there a better way to pet my cat?
I stroke her back, but sometimes she
swats and bites me.

- Jodi Kins

Some cats love to be gently stroked for minutes on end, and then others get overstimulated when the stroking continues. Sometimes they give signals, such as swishing a tail quickly or flattening their ears a little before they strike or bite. At other times, they seem to strike without an obvious warning sign. Some cats will even walk away after hitting you and then saunter back and want to be stroked again!

The best way to deal with all cats is to let them dictate the petting. If your cat likes to be stroked from head to hips three times, don't do it four times. Some cats will get desensitized over time and allow longer stroking sessions as time goes by. Others will stick with the three strokes, and they'll be happy.

Many cats don't like the bodywork at all, but prefer to have their face, head, cheeks and chin stroked or scratched. Cats have many scent glands in these areas, which you've seen them use when your cat rubs a wall corner or the edge of the fridge with her cheeks. She's placing her "happy scent" to mark the area. In multi-cat households, where one marks a spot, the others often do, too.

Place your fingers or softly closed fist in front of the cat's nose. Let her smell you, and if she's interested, she'll give your hand a rub. If she rubs your hand, this is an invitation for you to give her affection. You can then allow her to rub your hand or you can gently stroke or scratch her slowly on her cheeks just under her eyes and behind the corner of her mouth. She may also enjoy scratches under her jaw. Some cats will rub your hand with the top of their head and along their ears. If she prefers to rub you with those body parts, then do the same for her.

Even with my own cats, I've found that some prefer body rubs and others like just their face and head scratched. I did an experiment for several weeks with one of my cats when I followed the above rules exclusively. In that time period, she seemed to become more affectionate to me and started demanding this sort of attention more than before the experiment started.

Here's one caveat. If your cat gets on your lap and lies down, don't stroke her incessantly. You can give a little affection, but sometimes cats just want to sleep and enjoy your warmth. Let her lie and get a cat nap and enjoy the closeness you have with a warm and fuzzy friend.



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.

Eco-Friendly PET PRODUCTS

Everybody knows that a healthy pet is a happy pet, but something even better is an environmentally-conscious healthy and happy pet. Many companies are now developing green and 100 percent natural products that help reduce waste and are also healthier for your pet. Everything from chew toys to food to shampoo, is becoming more and more popular and easier to find. Here are some cool products that we've found in our local stores that would be a great way to help reduce, reuse, and recycle for your pet.



Is your pet ready for their close up? Send photos to articles@vivatyson.com.



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Owner: Heidi Cuthbertson



Ziggy
Owner: Khorrami Family



"Party Hat" Steve Beasley
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Natural Planet Organics food is not only organic with the added benefits of premium ingredients and supplements, but it also does its part for the environment. Their dog and cat food is stored in compostable bags which break down completely naturally, avoiding the waste residue of other plastic and paper bags. Visit **Profeed in Vienna** to check out this and many other great brands of food.

Toys with a Conscience

Dog and cat toys can be made from a vast array of materials but these toys called Orbee-tuff®, made by Planet Dog, are 100 percent recyclable and the company makes sure to use every bit of material they have as they make them. If any scraps weren't used in the initial production they'll grind it up again and reuse it for the next batch of toys, saving precious materials. Visit **Wylie Waggs in McLean** or **Vienna Pet Spaw in Vienna** to find these durable and conscious toys.

The Poop Bag Disappearing Act

No more plastic bags needed! Mutt Mitts® from **Wylie Waggs in McLean**, are actually designed to be stronger than plastic but will biodegrade quickly and easily, even in landfills. They are puncture resistant and conceal solid and liquid waste, including odors. Regular plastic bags can take ten to 20 years to biodegrade, but these nifty bags will break down MUCH faster than that and won't leave those toxic chemicals behind. They're worth every penny!

Environmental Shampoo?

Absolutely! You can find some great shampoos for your dog or cat that don't contain any harsh soaps or noxious chemicals and are all natural. Earthbath® shampoos use ingredients like lavender, oatmeal, aloe, and tea tree oil to naturally leave your pet's coat soft, supple, and smelling great. Best of all, these shampoos don't leave that chemical residue that can be reintroduced into our environment. Buzz by **Wylie Waggs in McLean** or **Vienna Pet Spaw in Vienna** to check out their selections of bathing options.

Dressed to be Green

Yup, even the wardrobe can be environmentally conscious! Check out the latest in couture green style at the **Vienna Pet Spaw in Vienna**. Planet Dog Cozy Hemp Collars are the most durable and yet natural collars you might find anywhere. These naturally-dyed hemp collars can withstand everything from water to snow to mud. Salt water, fresh water, sand, a roll, a romp, or a shake, it even has a comfy fleece lining.

Clean It Up

Oh the ever loved kitty litter box, the battle of keeping it fresh and clean continues. How do you keep it clean and remain green? Well, we found something! Blue Naturally Fresh Quick-Clumping Litter from **Wylie Waggs in McLean** is composed of material derived from walnut shells that have been proven to beat that pesky odor and also clumps much faster. And if you want to really clean the box, try CLEAN & GREEN® Litter Box Cleaner which is made from environmentally friendly, natural cleaning ingredients and packaged in a recyclable container.

Bedding and Burrowing

Even our tiny furry friends can benefit from eco-friendly products. A company called Carefresh® has developed a 100% biodegradable and compostable bedding that is made from wood pulp, which is a natural and sustainable resource. It is non-toxic with low dust and provides a natural odor absorbing home where they can burrow and run around. The bedding comes in a variety of colors and sizes, you can find it at **Profeed in Vienna**.



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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.

Taylor Gourmet is open! Look for it at 2905 District Drive, Suite 160 in Fairfax. Founded in Philadelphia, Casey Patten and David Mazza brought the taste and admiration for the Hoagie to Washington. A few rave reviews and the rest is history.



Black-Eyed Susan, The wonderful garden and gift shop on Church Street has closed. Known for her magical eye and taste for gifts, Barbra Werner has sold us so many items, so perfect for the occasion. The store, and especially Barb will be missed.

Magrucker's

It's closed. **Magrucker's**, the store my mother loved since 1970 has been closed and at our deadline the owners were trying to sell the operation to a group and reopen soon. The wide variety and price strategies used by Magrucker's were legendary. Magrucker's has been around for 138 years. Ulysses S. Grant was President when they opened. Stay tuned!

It's closed. **Magrucker's**, the store my mother loved since 1970 has been closed and at our deadline the owners were trying to sell the operation to a group and reopen soon. The wide variety and price

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Have you seen it yet?
We have a brand new website up now.
Visit www.VivaTysons.com to see all of the new updates!



Speaking of dates, let's not forget about the **Annual "Viva Vienna"** sponsored by **The Rotary Club of Vienna**. **ViVa! Vienna!** is a family and community oriented celebration of Memorial Day and the greater Vienna Community spirit. It emphasizes the historic area of Church Street, the Freeman House, the Town Green, the Old Vienna W&OD Railroad Station, and the Caboose as well as the park area of the WO&D Trail through Vienna. It provides amusement rides, food, and entertainment May 26th through May 28th. Entertainment starts Saturday evening and continues through Monday. Street vendors, crafters, professional and non-profit groups are open May 25th-27th, 10am to 6pm. There is fun, food and music for families and friends of all ages and over 50,000 people attended the event in 2011. **ViVa! Vienna!** is the major fund raising event for the Rotary Club of Vienna, VA, Inc.; All proceeds from **ViVa! Vienna!** benefit our community, nation and the world making them a better place for all of us. Please contact one of the following Rotary members for more information on sponsorships and booths. James Cudney: (703) 999-9306, Brian Billett: (202) 302-4949, or Keith Bodamer: (703) 938-1366.

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.

Watch for the opening of **Achikian Goldsmiths** in their new location at 132 Church Street, NW in Vienna. A Vienna tradition for as long as we can remember.



Watch for more openings in the mosaic district including **Matchbox, the Vintage Pizza Bistro, Red Apron Bucher, and Docezza Gilato**. We can't wait!



Bennigan's is opening again in Tysons! The steakhouse plans to reopen at 8201

Greensboro Drive in McLean. Stay tuned, under construction.

Find a new best friend! Every Thursday from 12-2 at Tysons Galleria. It's called **Adoptable Thursdays!** It's held every Thursday on Level 1 near Starbucks. Sponsored by the Washington Humane Society, The Society will showcase a featured dog available for adoption.



It didn't take long for the word to get out. **PAUL**, the new Galleria hot spot opened to waiting fans of the new Viennoiserie and Patisserie. With bakeries in over 20 countries, PAUL is already a great meeting place...and the breads, pastries and coffees are delightful. Across from The Lebanese Taverna in the Mall.

Aldo Shoes has come to Tysons Corner Center. Find the latest fashion in shoes, leather goods, and accessories. Everything from platform heels, trendy flats, handbags, sunglasses, and more. They also have a great selection for men as well.



Save the date! **The Vienna Volunteer Fire Department** will be holding the first ever "Taste of Vienna" on

April 28, from 11am-8pm. Food, Music, and all for a good cause. Wanna help? Anthony@VVFD.org. www.tasteofvienna.org

Sign up today for our mailing list for a chance to win a gift certificate to one of Tyson's many amazing restaurants! Visit our website www.VivaTysons.com to sign up.



It's Open on Strawberry Lane in the Mosaic District in Merrifield. **The Docezza Gilato Shop and Coffee Bar** which is known for its fresh made artisanal gelato products produced in small hand-made batches every day. The locally owned shop is known for its commitment to local farmers and buys fresh local ingredients every chance they get. Rotating over 400 flavors year around, you can be sure owners Robb Duncan and Violeta Edelman will continue to surprise us with new and exciting gelatos for years to come.



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.

Everyone who has achieved financial independence will tell you, at least in the early days, you have to work smarter and harder. The price of success must be paid in full, and it must be paid in advance. There are no shortcuts.

- John Cummuta: author and financial advisor

Funny Stuff

Little Harold was practicing the violin while his father was trying to read.

The family dog was lying in the den, and as the screeching sounds reached his ears, he began to howl loudly.

The father jumped up and yelled, "For pity's sake, can't you play something the dog doesn't know?"

How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Champions' Sudoku

		4		9		3	1	
		8		4				5
			3			7		4
7					4	2		
	9			2			5	
		6	5					8
6		7			5			
4				8		5		
	2	5		7		8		

You can close more business in two months by becoming interested in other people than you can in two years by trying to get people interested in you.

- Dale Carnegie,
an American self-improvement
writer and lecturer

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

- Arnold Schwarzenegger

What English word has three consecutive double letters?

Bookkeeper

A man went to the Police Station wishing to speak with the burglar who had broken into his house. "You'll get your chance in court," said the desk sergeant.

"Oh, no!" said the man. "I just want to know how he got into the house without waking my wife. I've been trying to do that for years!"



"He must really have a bad case of fleas."

Trivia Teaser • Just Curious

- According to a popular saying, what animal was killed by curiosity?
A. Pig B. Horse C. Cat D. Dog.
- In the Brad Pitt movie *The Curious Case of Benjamin Button*, Benjamin Button was born in what city?
A. Mexico City B. Toronto C. Las Vegas D. New Orleans.
- What color is the hat worn by the man who accompanies fictional monkey Curious George?
A. Red B. Yellow C. White D. Silver.
- Who was the author of the 1841 novel *The Old Curiosity Shop*?
A. Mark Twain B. Leo Tolstoy C. Charles Dickens D. George Eliot.
- Which literary character uttered the phrase "curiouser and curiouser"?
A. Dracula B. Anne of Green Gables C. Alice in Wonderland D. Pollyanna.
- Which pop singer lent her name to perfumes produced by Elizabeth Arden called Curious and Fantasy?
A. Madonna B. Britney Spears C. Miley Cyrus D. Christina Aguilera.
- What is the name of the Martian crater where the Curiosity rover landed in 2012?
A. Clara Crater B. Victoria Crater C. Curious Crater D. Gale Crater.
- "Curiosity" was the first single from what band, whose bigger hits of the 1980s included "Crush on You," "Rocket 2 U," and "You Got It All"?
A. The Jets B. Roxette C. Men Without Hats D. Miami Sound Machine.

Seen in Space

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

ALDRIN	REDSTONE
APOLLO	RIDE
BORMAN	SCHIRRA
CHALLENGER	SCOTT
COLLINS	SHENZHOU
CONRAD	SHEPARD
COOPER	SHUTTLE
GAGARIN	SKYLAB
GEMINI	SOYUZ
GLENN	SPACEWALK
GRISOM	SPUTNIK
LEM	VOSKHOD
LOVELL	VOSTOK
MERCURY	YOUNG
MOON	

You may never know what results
come from your action. But if you do nothing,
there will be no result.

- Mahatma Gandhi

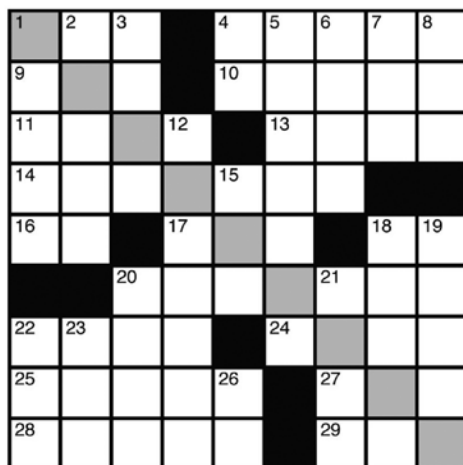
At night they come without being fetched.
By day they are lost without being stolen.
What are they?

The stars

A Champions' Meeting Place

Across

- ___ Lanka
- "La Boheme," e.g.
- Magna ___ Laude
- Deception
- Mail agency
- Therefore
- Is worthy of
- While
- "___ we having fun yet?"
- Leave
- Organ
- Lotion ingredient
- Body
- Unsmooth
- Clock standard: Abbr.
- Rwandan people
- Freelancer's enc.



- Ability to walk well on a ship
- Big time
- Author Halliday
- Give a speech
- Fight
- Retrievers and spaniels
- Singer Garfunkel
- Singer Rawls
- Hello

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

Down

- Underwater gear
- Tricks
- Rapscallions
- "___ thee I sing"
- Students hoping to go on to get an MD
- Rabbit ___
- Persian, e.g.
- Rumpus

Fun Facts: Earth

Earth isn't just spinning: it's also moving around the sun at 67,000 miles per hour.

El Azizia, Libya hit 136° F in 1922, making it the hottest temperature on record.

Vostok Station, in Russia, was awarded the coldest place by hitting minus 128.6° F in 1983.

The Earth is about 4.54 billion years old.

It's not a perfect sphere. As Earth spins, gravity points toward the center of our planet, and a centrifugal force pushes outward.

The circumference of the globe is 24,901 miles.

Depending on where you are on the globe, you could be spinning through space at just over 1,000 miles per hour.



Nurseries & GARDEN CENTERS

Trees, flowers, plants, stones, waterfalls and good ole dirt: everything you need to complete your landscaping. If you're looking for places to help you, or just for inventory, look no further. Here are some local merchants who can help you with everything you need to make your yard a utopia of gardens!

Wolf Trap Nursery & Greenhouse

9439 Leesburg Pike
Vienna, VA 22182
(703) 759-4244
www.wolftrapnursery.com

Merrifield Garden Center

8132 Lee Hwy
Merrifield, VA 22081
(703) 560-6222
www.merrifieldgardencenter.com

Sam's Farm

7129 Leesburg Pike
Falls Church, VA 22043
(703) 534-5292
www.samsfarmgardencenter.com

Craven's Nursery

9023 Arlington Blvd
Fairfax, VA 22031
(703) 573-5025
www.cravensnursery.com

American Plant Food

10106 Georgetown Pike
Great Falls, VA 22066
(703) 438-8880

Meadows Farms Nurseries

Seneca Falls
Great Falls, VA 22066
(703) 759-3900

Mehr Bros Flowers

7166 Old Dominion Dr
McLean, VA 22101
(703) 356-4877

J Byron Landscaping

9034 Leesburg Pike
Vienna, VA 22182
(703) 759-7350
www.jbyronlandscaping.com

Hill's Nursery & Camellia Gardens

10500 Leesburg Pike
Vienna, VA 22182
(703) 759-2207

Seneca Falls Greenhouses & Nurseries Inc

10618 Leesburg Pike
Vienna, VA 22182
(703) 759-3900

Prochaska Landscaping

2935 Gallows Rd
Falls Church, VA 22042
(703) 560-3030

Maison Et Jardin

9867 Georgetown Pike
Great Falls, VA 22066
(703) 759-2825

Bennett's Nursery Village

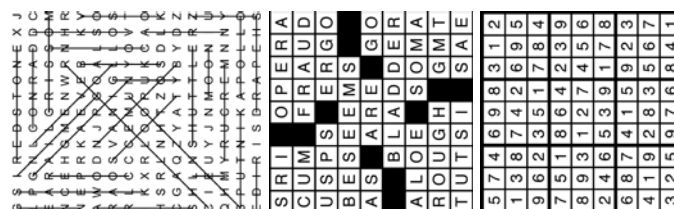
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Vienna, VA 22180
(703) 938-6925

C Dod Landscaping

202 N Virginia Ave
Falls Church, VA 22046
(703) 241-2090

Pioneer Garden Center

2936 Chain Bridge Rd
Oakton, VA 22124
(703) 242-0222



Answer to
'Just Curious'
1-c, Cat
2-d, New Orleans
3-b, Yellow
4-c, Charles Dickens
5-c, Alice in Wonderland
6-b, Britney Spears
7-d, Gale Crater
8-a, The Jets

HOROSCOPES

MARCH

ARIES: You might walk the walk at work and talk the talk, but it also pays to hear to listen. Sometimes, what people inadvertently reveal can help you regroup.

TAURUS: Since you're gifted with compassion, the wounded and worried come to you for solace. But take care of yourself first, and you'll have more to give others.

GEMINI: Forget that worst case scenario lurking in the back of your mind. Chances are that it will never happen. Instead, do what you can now to ensure future success.

CANCER: It seems that your home fires could use a little tending. Smile often, show your love, and feel it come back to you. Don't let your relationship become purely routine.

LEO: When you see an improvement that could be made in a work process, think about it, and then report it. When the process comes to fruition, you'll learn and grow with it.

VIRGO: If you're handling your own fiscal cliff, take a tip from Congress. Tackle one aspect of it at a time, and focus on the rest in months to come.

LIBRA: Maybe you're putting off getting a physical or tending to a physical problem because you don't want bad news. The good news is that problems can be fixed.

SCORPIO: Whether it's tact or an innate skill, you have a way of telling the truth and handling situations without hurting people's feelings. Keep on keeping on.

SAGITTARIUS: You might feel a previously dormant talent emerging in your life. Cultivate it. Give it a chance to grow and you'll have an even more productive future.

CAPRICORN: Avoid being so hard on yourself. Decide what you realistically can and can't do. If you've made a mistake, admit it, live with it, and move on.

AQUARIUS: It's OK to get the opinions of friends or co-workers, but only you know the total picture. You may cull a useful idea from them, but decide for yourself.

PISCES: It's spring, after all. Since working like the proverbial dog in January, February, and March, you're getting itchy feet. It's time to plan an Easter break or your summer vacation. Get on with it so you can rejuvenate.

APRIL

ARIES: Be selective among your many ideas, and then set clear priorities about managing them. The month will end on a romantic, if not entirely realistic, note.

TAURUS: If you feel uncomfortable with someone's self-expression, detach. You might not be able to change him or her, but you can change your reaction.

GEMINI: Your happiness depends on creating a balance between spending time on realistic goals and entertaining your most unlikely dreams. Let pragmatism prevail.

CANCER: While your creativity serves you well at work, your mischievous personality is peeking through and coming on stronger. Really, put a lid on it.

LEO: Don't brag about your contribution to a group effort. Sudden events could grab success out of your hands, teaching you lessons about patience and humility.

VIRGO: If you're involved with someone, this could be the time to make a grand gesture, a gift, or fancy dinner. They want to be assured about the longevity of the relationship.

LIBRA: Find ways to make a point without leaving anyone feeling awkward. There's no evidence that what you want to do will be a waste of time or money, but be tactful.

SCORPIO: A project that keeps you working long hours could be a blessing in disguise. Your family will become more self-reliant and able to take over jobs you used to do.

SAGITTARIUS: You're about to discover the benefits of collaboration. You'll both benefit from pooling your resources and working together, shoulder to shoulder.

CAPRICORN: Although you might view a particular project as very difficult, it won't take you long to see the best way to tackle it. Your contribution has great value.

AQUARIUS: Be aware of the costs of proceeding in your present fashion, be it with your health or your money. You will find that a whole different approach works better.

PISCES: Decide whether this is a good time to seek a little solitude and time for reflection. Sometimes, it's better than spending a lot of time with others. Kick back and relax.

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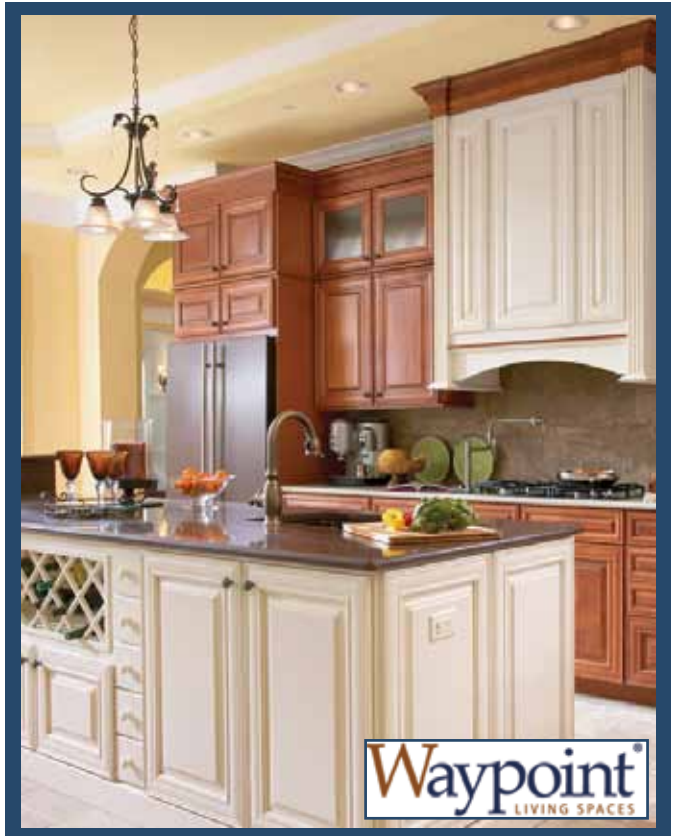
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