

GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH

VivaTysons

MAGAZINE

May – June 2013 | vivatysons.com | \$3.⁹⁵

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The Future of Tysons West

Silver Line Updates

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MCLEAN \$3,450,000
New home by AV Builders. Over 10,000 sqft,
open floor plan, fin LL, pool. 8446 Portland Pl.



MCLEAN \$3,450,000
New home on 2.5 acres by master builder
George Sagatov. Fine Detail. 8407 Parham Ct.



OAKTON \$2,895,837
New home by George Sagatov now under construction. Windsong; 3109 Whimbrell Court.



GREAT FALLS \$2,895,000
New Versailles French Country Home on 2ac lot;
"to die for" chef's kitchen. 803 Leigh Mill Rd.



GREAT FALLS \$2,698,888
Stone & Brick home w/2 family rms; patios w/
FP & outdoor kit. 10493 Patrician Woods Ct.



GREAT FALLS \$1,575,000
New stone & hardiplank home; Gourmet Kit,
5BR, 5BA, 3 car garage. 829 Golden Arrow St.



RESTON \$1,567,924
Langley Schools! Brick home w/Rotunda & LL to
die for w/fin media. Stone FP. 1152 Markell Ct.



GREAT FALLS \$1,399,888
Seneca Woods; 2 acres w/brick columned entrances.
Great outdoor living. 852 Trotting Ct.



LEESBURG \$1,387,478
Beacon Hill; Beautiful Grand Monet Model built
by Renaissance. 17072 Silver Charm Place.



VIENNA \$1,178,978
Dean Design stone & hardiplank home in Windover.
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HERNDON \$959,979
Langley schools! Brick Colonial. New roof,
HVAC, Cherry HWF's. 11907 Crayton Court.

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SUN DESIGN 

Features

26 Dining *Al Fresco*

Check out the new local hotspots for dining *al fresco*.

68 Celebrated Tysons Professionals

We have a list of our celebrated Tysons professionals that are here to help you.

118 The Future of Tysons West

Learn about the latest developments of the Tysons West area.

120 Silver Line Update

Get the latest info on the Silver Line developments.



20



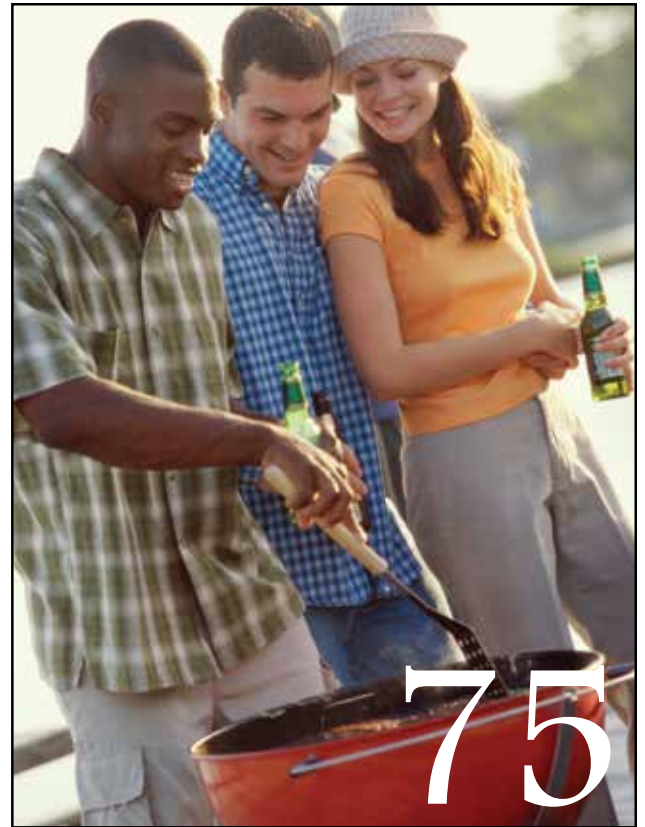
34



62



138



Departments

10 Selected Events

18 Arts & Theatre

22 Around Town

38 Health & Fitness

50 Taste of Tysons

64 Tysons Health & Beauty

82 In Style

103 Home Improvement

107 Real Estate

116 Tysons Update

126 Technology

134 Money

136 Pets

140 Talk of Tysons

142 Fun & Games

144 Quick Corner

145 Horoscopes

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MCLEAN \$1,697,000



MCLEAN \$1,549,000



FAIRFAX \$1,499,950



OAKTON \$1,450,000



OAKTON \$1,399,000



LEESBURG \$1,300,000



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OAKTON \$824,900



LEESBURG \$799,000



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134



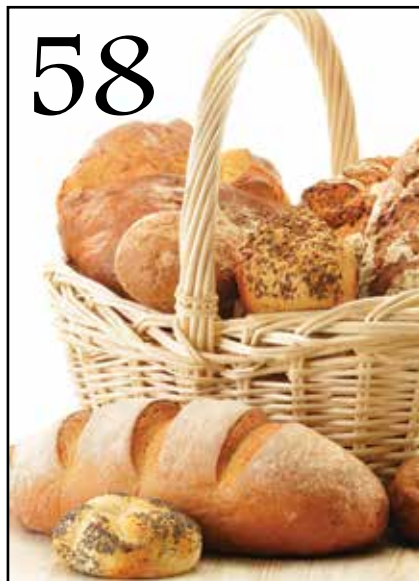
120



128



46



58



103



112



118

And More ...

- 20 Dance To The Music And Art
- 24 Beyond The Glass
- 26 New *Al Fresco* Choices
- 28 What's The Rush
- 34 The Greenbrier
- 38 Food Cravings and Temptations
- 40 Sprouts, Shoots & Micro-Greens
- 43 Make Your Outdoor Meals Memorable
- 44 New Health And Beauty Accessory
- 46 Permanent Weight Loss: Part 2
- 48 Remission Riders
- 58 Your Daily Bread
- 62 Saddle Up!
- 90 A Helping Hand
- 92 Barnes & Nowhere
- 94 Matchbox Vintage Pizza Bistro
- 96 Melanoma Awareness
- 99 Let's Take It Outside
- 103 A Family Home Evolves
- 112 Is Now The Time To Make The Jump?
- 114 Real Estate Update
- 116 Complete Streets
- 118 The Future Of Tysons West
- 120 Silver Line's Phase 1 Construction Complete
- 125 Interchange At Springfield
- 128 The Way That I Love You
- 131 Ask Coach Amy: Getting To Know Someone
- 136 Pets: Are They In Pain?
- 138 Pets: Outdoor Playtime
- 144 Design And Remodeling



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2013
MAY – JUNE

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A Letter From the Publisher



Tyson. Just Tysons.

It just keeps on going. And it's getting more and more exciting every day. New stores, restaurants, services, and a changing landscape to boot. Where to start ...

More events planned: Bicycle races? A Tour de Tysons? You bet, coming in June. How about the metro getting ready to rumble and bring more shoppers and excitement? Need more? Have you been to what we called Merrifield lately? The new Mosaic District has its first sit down dining destination with the opening of Matchbox next to the Angelika Theatre. And BlackFinn with their roadside patio and new dining options for our enjoyment.

What's the rush? We have so many great places where you can enjoy special pricing on your favorite dishes and beverages, make new friends, close the deal, and sit out the usual rush hour madness. We have some suggestions. Stay. Relax! More sliders please ...

Keith Loria explored the new Tysons West destination and has some terrific comments you may enjoy reading. Meet our new contributor – Navid. Our “Tysons Engineer,” as he is known, has been blogging about the changing Tysons landscape for years. His perspective is worth reading and you can check his blog at www.thetysonscorner.com for even more info. Thanks Navid.

Carly and Julie are outdoor people, and they collaborated to give us some ideas on enjoying the outdoors this spring and summer. Thanks ladies.

Meet more of our friends. We spent time with some wonderful people, and our photographer, Deb Cobb, did a great job of capturing their personalities. Know someone looking for a great photographer for a special shot? Call Deb.

Allison paid a visit to The Greenbrier in West Virginia, spent the weekend, and wrote us an awesome review on the magnificent vacation and close-by destination just down the road. It's quite a place and an excellent mini getaway for those who need to “re-boot.”

It's community celebration time again with ViVa! Vienna! over Memorial Day weekend. Stop by our booth and say “hi” – we love meeting you and hearing your thoughts and comments. The community support we have received for our efforts has been amazing. Thank you.

Linda Barrett, our wine expert, has more ways to enjoy our Virginia Wineries, and Marcia McAlister keeps us updated on the Silver Line. And “Saddle Up” with Linda – she's taking you to Mountain Sky Guest Ranch, an extraordinary dude ranch in Montana.

Check out Christine Walters painting to the beat. Interesting and fun!

Know someone who needs help getting back into the challenges of life and work? Read about Laurie Mitchell's Empowerment and Career Center in Alexandria. Help if you can.

And of course, our usual brilliant and talented writers have some special articles for your enjoyment and enrichment. Please consider a subscription if you don't have one already. It goes a long way towards our goal of making *Viva* our area's best “enjoyable read.” Thank You. See you in July.

Cheers!



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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

Tysons-Pimmit Regional Library

7584 Leesburg Pk

703.790.4031

Falls Church City Hall

300 Park Ave

703.248.5001

www.fallschurchva.gov

Cherry Hill Park

312 Park Ave

VIENNA

Wolf Trap

1635 Trap Road

703.255.1900

www.wolftrap.org

Jammin' Java

227 Maple Ave E

703.255.566

www.jamminjava.com

Maplewood Grill

132 Branch Rd SE

703.281.0070

www.maplewoodgrill.com

May

MAY 10

TANGO MILONGA

Colvin Run Community Hall

Great Falls | 9pm | \$12

SONS OF BILL

State Theatre

Falls Church | 7pm | \$15

Garnering comparisons to Springsteen and REM's early records, it's clear that the young band of brothers are diligent students of an older generation of rock and roll, as well as the traditional music of the Virginia region. Debuting at #12 among new artists on Billboard's Top 200, and with a live show known to evolve from acoustic ballads into sweaty stage dives, it's clear the Sons of Bill have hit an arrival point.

MAY 11

PETER BRADLEY ADAMS

Jammin' Java

Vienna | 7pm | \$12

Peter Bradley Adams began his musical journey in Birmingham, AL at the age of five when he discovered the Beatles' Sgt. Pepper's album in his father's record collection. After wearing the record out on his aqua green Playschool record player, Adams went on to create his own house music, setting up plastic trash cans and using pencils as drum sticks. Eventually his grandfather purchased real drum sticks to replace the pencils and a true musician was born. Peter's Beatles obsession quickly grew into Beatles

lip-sync sessions with friends on his street and impromptu basement concerts for parents.

SUPER BOB

Jammin' Java

Vienna | 10pm | \$12

SUPER bob is a four-piece high energy rock band based in the Washington, D.C. area. Childhood friends Adam Smith (guitar) and Matt Santoro (vocals) formed the band under the name "bob" in '05 with the vision of bringing something fresh to a rock scene that seemed to have forgotten what rock 'n roll was really about. Soon after, they added Drew Recny (bass) and Chris Faircloth (drums). This band breathes rebellious authenticity back into music and reminds you that rock music is supposed to make you get up and not give a damn about being you.

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.

DONNA THE BUFFALO

State Theatre

Falls Church | 7pm | \$20

Mixing a bit of drums, country twang and fiddle describes a portion of these

New Yorkers that started Donna The Buffalo 24 years ago. They are known to keep heads bouncing while balancing a cowboy hat and a beer in your hand. Tara Nevins leads the band while freestyling on washboards, tambourines, and classic guitar with catchy lyrics like "the flower blooms in springtime" and "no place like the right time".

HACKED HOLLYWOOD

Tysons-Pimmit

Regional Library

Falls Church | 1pm

Gus Fritschie, Chief Technology Officer at SeNet International Corp., presents an informative and entertaining program on how Hollywood depicts information and technology security and how they get it wrong... most of the time.

MARIA SPEARMAN TAI-CHI/BALANCE

The Palladium at McLean

McLean | 8-9am | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

THE GRANDSONS: NEW ORLEANS RHYTHM, BLUES, ROCK, SWING, COUNTRY

The Palladium at McLean

McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

MAY 12

MOTHER'S DAY TEA **Cherry Hill Farmhouse** Falls Church | 2pm | \$28

Treat someone special to our Mother's Day Tea. A costumed docent will give an entertaining talk on the mid-19th century mother before ushering guests into the lovely dining room for a full tea of sandwiches, assorted sweets, and scones. A tour of the historic farmhouse is included.

ONWARD CHARIOTS **Jammin' Java** Vienna | 1:30pm | \$10

Onward Chariots' first full-length album was released on January 29 on Skipping Stones Records. Already their bright, poppy, widely varied songs are lighting up the Internet; sites from Magnet to Absolute Punk have posted reviews or mp3s. The band has played England's Indietracks Festival, Athens' PopFest, and Popfest New England, toured Europe twice, released a single on fabled Spanish indie-pop label Elefant Records, and starred in a hit stop-motion video. Their song "A New Beginning" will soon be seen on international television. Singer-songwriter Ben Morss has recorded with bands like Cake and Wheatus. Guitarist Shawn Setaro has played and recorded with the Dresden Dolls and Taking Back Sunday.

BEN MILLER BAND + POOR OLD SUNSHINE **Jammin' Java** Vienna | 8pm | \$10

Hailing from Joplin, Missouri, The Ben Miller Band is a one-of-a-kind trio that combines the frenetic energy of bluegrass, the soul of the delta blues and the haunted spirit of Appalachian mountain music. Band members Ben Miller, Scott Leeper, and Doug Dicharry create a unique and modern sound while continuing the tradition of blending together many different musical styles. Despite the eccentric and out-of-the-box appearance of The Ben Miller Band, "we're not some kind of gimmick band," says Ben Miller. "Just because we use junk to make music doesn't mean we aren't serious about it. We are legitimately making real music, and when you hear us play I think you get that."

MAY 14

KIDS CLUB PRESENTS **MR. KNICK KNACK!** **Tysons Corner Center** McLean | 11am | Free

Sing, dance, and hop along with Mr. Knick Knack's original musical adventures every second Tuesday of the month in Fashion Court on level 1 between Nordstrom and Bloomingdale's wings, near the glass elevator.

JAY NASH **Jammin' Java** Vienna | 8pm | \$10

Jay Nash, East Coast native and rock troubadour, has been blessed with the kind of excruciatingly rustic voice so rarely heard on record. He emerged into the national spotlight from the same Los Angeles music scene that gave rise to Sara Bareilles, Katy Perry, and many other

current pop luminaries. Nash has shared the stage with everyone from the Counting Crows and Maroon 5 to Keb Mo and Dave Mason (and Sara and Katy...). He has logged over a thousand live performances and sold over 35,000 albums without ever having signed a conventional record label deal.

MAY 16

CRACKER AND CAMPER VAN BEETHOVEN **State Theatre** Falls Church | 7pm | \$25

David Lowery and his bandmates have entirely too much talent to limit themselves to just one band. They channeled this talent into two different groups: Camper van Beethoven and Cracker. Each band has rocked the State's stage before, but May 16th will be the first time that both bands visit us together! If you liked being low with Cracker's chart-topping hit, you'll love the sound Camper van Beethoven can bring to our theatre. Two rocking bands, one fun night.

MAY 18

WINE AT WOLF TRAP **Barns at Wolf Trap** Vienna | 6pm | \$400 - \$10,000

Join us for an intimate evening featuring a five-course dinner with perfect wine pairings, live entertainment performing highlights of the upcoming Wolf Trap summer season, an exceptional seated dinner and silent auction featuring getaways, unique experiences, fine wines and champagnes.

AMERICAN GIRL DOLL TEA **Tysons-Pimmit Regional Library** Falls Church | 10:30am

Bring your dolls to play and interpret history. Presented by retired library staff member, Miss Margie. Ages 6-12.

MELISSA FERRICK **Jammin's Java** Vienna | 7pm & 9:30pm | \$22

Melissa Ferrick has a great deal to show for two decades in the music industry. There is the expansive body of work, mapped out over the sixteen albums that comprise her career to date, nearly all of which she distributed herself. There are the stories of the crisscrossed world and the things she has both gained and lost in her wake. There is the fervent fan-base that has grown with Ferrick, which has waited patiently for her latest opus for the preceding three years. Above all there is the sound, a voice burnished by breakdowns and breakthroughs, refined over the twenty years she has been doing this.

FALLS CHURCH CIVIL WAR DAY **Cherry Hill Farmhouse** Falls Church | 10am

Soldier and civilian reenactors will portray the Falls Church home front during the Civil War. There will be drilling and firing demonstrations, a Civil War medical display, a children's tent with activities, live period music, and more. Box lunches consisting of chicken, corn bread, ginger cake, cole slaw, and lemonade can be pre-ordered for \$8.00 by calling 703-248-5171.

MCLEAN**Iris Lounge**

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www.irisloungeva.com

Ritz Carlton Tysons Corner

1700 Tysons Blvd
703.506.4300
www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd
703.847.7300
www.shoptysonson.com

Lewinsville Park

1659 Chain Bridge Rd

The Palladium at McLean

1450 Emerson Avenue
703.288.9505
www.thepalladiumatmclean.com

GREAT FALLS**Colvin Run Community Hall**

10201 Colvin Run Rd
703.435.5620
www.colvinrun.org

MCLEAN DAY**Lewinsville Park**

McLean | 10:30am-5pm

McLean Day is the day when the whole town comes out to Lewinsville Park to celebrate our community! It's a day the kids can't wait for and anticipate for months. There is no admission fee to the festival itself, and shuttle buses run all day long to get you there with minimal hassle. Spend the day outside with the McLean community (nonprofit groups, crafters, and local businesses) and enjoy carnival rides, live entertainment and delicious food. The Alden will provide live entertainment on the McLean Day Stage starting at 11am. The kids will love the carnival rides throughout the park, midway with games, and free pony rides for the little ones.

**MARIA SPEARMAN
TAI-CHI/BALANCE****The Palladium at McLean**

McLean | 8-9am | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

**THE FOLSOM
PRISONERS:
CLASSIC COUNTRY****The Palladium at McLean**

McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

MAY 23**MARIE MILLER****Jammin' Java**

Vienna | 8pm | \$12

To listen to the songs of Marie Miller is to know this impressive new Curb artist, a triple-threat talent — singer, songwriter, and instrumentalist — who's poised to become one of the breakout stars of 2013.

MAY 24**RISA BINDER****Jammin' Java**

Vienna | 7pm | \$10

Risa is taking her music dreams and making them reality. An emerging singer/songwriter, Risa recently opened for James Taylor at Sunfest in West Palm Beach. Her song "All The While" won the Songwriters Hall of Fame New Writer Award. Her song "Falling Apart" can be heard in the movie "Queen Sized" on the Lifetime Channel. Currently Risa is going back and forth to Nashville writing, recording, and working on her second EP. She has the pleasure of recording with producers and musicians who work with Joss Stone, India Arie, Norah Jones, LeAnn Womack, Martina McBride.

**MOOGATU +
WOODWORK +
THREESOUND****Jammin' Java**

Vienna | 10pm | \$10

In late 2010, Moogatu planted the first seeds for its unique blend of funky, womp prog rock just outside of the nation's capital in bucolic northern Virginia. Soaring dual lead guitars and a pulsing rhythm section bring the quintet's inviting songcraft and creative improvisations to an audience that grows at every club and festival. Moogatu is carving its niche with high energy sets that keep people grooving long into the night.

MAY 24 & 25**A PRAIRIE HOME
COMPANION WITH
GARRISON KEILLOR****Wolf Trap Filene Center**

Vienna | \$25-\$60

Friday 8pm, Saturday 5:45pm
Be part of the audience as the iconic Garrison Keillor leads an ensemble cast through his entertaining radio variety

show filled with special guest performances, comedy sketches, musical interludes, and Keillor's signature monologue, "The News from Lake Wobegon."

MAY 25**JAMES MCCARTNEY
+ JUSTIN TRAWICK****Jammin' Java**

Vienna | 7:30pm | \$15

Following a year that introduced him to international success, James McCartney is already headed towards an exciting and unprecedented 2013. McCartney is fresh off the release of his two digital-only EPs, Available Light and Close At Hand, as well as his first physical release, The Complete EP Collection, a special two-disc set produced by David Kahne and Paul McCartney that includes the debut EPs in their entirety along with five bonus tracks. Now in the studio once again, James McCartney is preparing to release what will be his first full-length album in 2013, with major US and European tours.

**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.

**MARIA SPEARMAN
TAI-CHI/BALANCE****The Palladium at McLean**

McLean | 8-9am | FREE

These outside community events take place at the fountain area of The

Palladium at McLean.
Parking is easy.

JODY MARSHALL AND FRIENDS: CELTIC AND TRADITIONAL

The Palladium at McLean
McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

MAY 27

32ND ANNUAL MEMORIAL DAY PARADE AND FESTIVAL **Falls Church City Hall** Falls Church | 9am-5pm

Something for everyone throughout the day: amusement rides, pony rides, arts and crafts booths, food vendors, civic and business booths, and live entertainment.

MAY 28

KIDS CLUB PRESENTS KID POWER HOUR! **Tysons Corner Center** McLean | 11am

Join Tysons Corner Center's Kids Club for a "Kid Power Hour" featuring kid-friendly activities for all ages! Our Fitness instructor, Sara, will keep your little ones moving and having fun with all kinds of simple games, stretches and more!

MAY 30

SMALL WONDERS **Tysons-Pimmit** **Regional Library** Falls Church | 10:30am

Join us for stories, fingerplays, and songs. Birth-one year with caregiver.

MAY 31 & JUNE 1

THE MIKADO NEW YORK GILBERT & SULLIVAN PLAYERS

Wolf Trap Filene Center Vienna | 8pm | \$12 – \$50

A timeless classic set in Japan, this satirical operetta spins a mythical tale of romantic triangles, blundering officials, and clever coincidences. Includes "Three Little Maids From School" and "A Wand'ring Minstrel I."

June

JUNE 1

PAUL AND STORM **Jammin' Java** Vienna | 7pm | \$16

Paul and Storm (Paul Sabourin and Greg "Storm" DiCostanzo) have been writing and performing funny songs together for a long, long time, starting with their stint together in a cappella band Da Vinci's Notebook. Their music tends to make people laugh and feel good, and Paul and Storm believe that this makes their pursuit noble, right and just. BONUS: their live show is better than 1,000 Fonzie's, and more spellbinding than Mr. T on a unicycle. (And equally as confusing as both of those things).

KIDS CLUB, POWERED BY NATIONAL GEOGRAPHIC KIDS **Tysons Corner Center** McLean | 11am

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.

WHITE FORD BRONCO **State Theatre** Falls Church | 8pm | \$15

White Ford Bronco officially came into being in the

Spring of 2008. Since then our five member ensemble has been sparking bouts of flannel-laden, slap-bracelet-snapping, pog-playing, big-butt-loving nostalgia across the Washington, D.C. area that we call home. If you're longing for the days when Danny Tanner could solve everything with a hug and presidential scandals only involved ruining a marriage, allow us to take you on a musical journey to that magical last decade of the 20th century. Whatever flavor – be it Alternative, Rock, Pop, R&B, Hip Hop, or Country – if it's 90s, we'll play it.

FRIENDS OF THE TYSONS-PIMMIT LIBRARY BOOK SALE **Tysons-Pimmit** **Regional Library** Falls Church | 10am

A special collection by the Friends of the Tysons-Pimmit Regional Library. Sale is from 10am – 4pm. All ages.

RICK THOMPSON JAZZ QUARTET **The Palladium at McLean** McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

JUNE 2

TAB BENOIT AND THE VOICE OF THE WETLANDS ALL-STARs **State Theatre** Falls Church | 6pm | \$23

Voice of the Wetlands All-stars - Grammy Nominee Louisiana's #1 roots music export and Grammy Nominee Tab Benoit has assembled a stellar ensemble of fellow New Orleans musicians (including N.O. Legends, The Meters and Neville Brothers, Cyril Neville, fiddler Waylon Thibodeaux, influential New Orleans drummer Johnny

Vidacovich, harmonica/accordion player Jumpin' Johnny Sansone, and New Orleans Mardi Gras Indian, Big Chief Monk Boudreaux to forge a musical plea for the fragile eco-system that is the increasingly depleted wetlands surrounding their hometown.

JUNE 5

WIDESPREAD PANIC **Wolf Trap Filene Center** Vienna | 7:30pm | \$35

A band that brings together the touring model of the Grateful Dead and Phish, the Southern soul of the Allman Brothers, and the technical musical skills of a top-notch symphony.

JUNE 6

HERE COME THE MUMMIES **State Theatre** Falls Church | 7pm | \$21

Brilliantly funny, totally insane, and just dirty enough to make you feel a little naughty for loving them so much. You won't be able to walk out of this concert without being completely obsessed with the Mummies. This might be the first time you see them, but it won't be the last.

JUNE 7

AN EVENING WITH WILLIE NILE TRIO **Jammin' Java** Vienna | 7:30pm | \$20

The New York Times called him "one of the most gifted singer-songwriters to emerge from the New York scene in years." His album "Streets Of New York" was hailed as "a platter for the ages" by UNCUT magazine. He has been called "a one-man Clash" (UNCUT) and his critically acclaimed albums have gotten rave reviews around the world. Bono, Lou Reed, Lucinda Williams, Jim

Jarmusch, Adam Duritz, and Little Steven are among those who have sung his praises.

IN THE LOBBY BAR W/ FEED GOD CABBAGE & FRIENDS

Jammin' Java

Vienna | 10pm | FREE

The Washington, D.C. area has watched Feed God Cabbage blossom into an established group that is vital to the local music scene. The bands blend of music is a unique combination of punk-rock/reggae and has distinguished the group as a local favorite. This four piece out of Northern Virginia has continued to pack venues, rock crowds, and play some of the most incredible events on the East Coast.

JUNE 7 & 8

ROCK OF AGES

Wolf Trap Filene Center

Vienna | 8pm | \$25 - \$45

Follow the tubular exploits of a small town girl and a boy from South Detroit in this rollicking musical featuring loads of 80s classic rock tunes from Journey, Night Ranger, Styx, Bon Jovi, Pat Benatar, Twisted Sister, Poison, and many more.

JUNE 7-9

TINNER HILL BLUES FESTIVAL

Cherry Hill Park

Falls Church

The Tinner Hill Blues Festival is the only three-day event in Falls Church. There will be all kinds of blues for all ages, all weekend, all over town! Come join in the 20th Anniversary of Tinner Hill Music Festivals, this one is not to be missed!

JUNE 8

GARY LOURIS

Jammin' Java

Vienna | 8pm | \$20

Over the last three decades, singer, songwriter and guitarist Gary Louris has

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

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.

MARIA SPEARMAN TAI-CHI/BALANCE

The Palladium at McLean

McLean | 8-9am | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

BLASKAPELLE ALTE KAMERADEN: BAVARIAN

The Palladium at McLean

McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

JUNE 10

STEPHEN KELLOGG "COUNTDOWN TO BLUNDERSTONE" + SETH GLIER

Jammin' Java

Vienna | 7:30pm | \$26

His music has been described as Americana, Country-Rock, Folk, Singer/Songwriter, and, somehow, Pop. He

has always thought of it as American-rock n' roll. It's a product of his father's record collection, from Jim Croce and Cat Stevens to Eagles and The Band. Somewhere along the way, he fell in love with showmanship and acts that put on great concerts. Sometimes that meant Van Halen, other times it meant the Grateful Dead, and most recently it's probably more to do with John Prine.

JUNE 11

KIDS CLUB PRESENTS MR. KNICK KNACK!

Tysons Corner Center

McLean | 11am

Sing, dance and hop along with Mr. Knick Knack's original musical adventures every second Tuesday of the month in Fashion Court on level 1 between Nordstrom and Bloomingdale's wings, near the glass elevator.

JUNE 12

INDIGO GIRLS JOAN BAEZ

Wolf Trap Filene Center

Vienna | 8pm | \$28

Compelling folk/rock rooted in social consciousness from peerless harmonizers (Indigo Girls) and a renowned GRAMMY Lifetime Achievement Award winner (Baez). The simple formula of earnest, intelligent songwriting, commanding harmonies, and effortless live performances has made the Indigo Girls a favorite folk/rock act for more than 20 years. Since their GRAMMY Award-winning single "Closer to Fine" topped the charts in the late 1980s, the duo of Amy Ray and Emily Saliers have released multiple platinum records including the popular Rites of Passage and Shaming of the Sun.

KIDS CLUB FIESTA!

Tysons Corner Center

McLean | 11am

Join us the second Wednesday of each month for the exciting Kids Club Fiesta! Enjoy caricatures, balloon animals and face painting from 11am-2pm in the Food Court on Level three!

JUNE 13

THE GO-GO'S WITH SPECIAL GUEST: THE PSYCHEDELIC FURS

Wolf Trap Filene Center

Vienna | 8pm | \$25

These 80s pop-rockers prove they've still got the beat with performances of energetic hits like "Vacation" and "Our Lips are Sealed." Hailed as one of the first commercially successful all-female bands, these five freewheeling femme-rockers received a star on the Hollywood Walk of Fame in 2011.

AN EVENING WITH DON ROSS + TREVOR GORDON HALL

Jammin' Java

Vienna | 7:30pm | \$20

By the age of ten, Don was playing less with a pick and more with his fingers. He was fascinated by the possibility of playing several lines at once: melody, middle voices, bass line. To achieve some of the musical ideas he had in mind, he started retuning the guitar to suit them, inventing new tunings that made things easier at first. But he also realized that he could expand the range of the instrument to make the low strings lower and the high strings higher. The possibilities seemed almost endless.

QUEENSRYCHE

State Theatre

Falls Church | 7pm | \$35

Although they were initially grouped with the legions of pop-metal bands that dominated the American heavy metal scene of the 80s, Queensrÿche were one of the most distinctive bands of the era. Where

their contemporaries built on the legacy of Van Halen, Aerosmith, and Kiss, Queensrÿche constructed a progressive form of heavy metal that drew equally from the guitar pyrotechnics of post-Van Halen metal and 70s art rock, most notably Pink Floyd and Queen.

DIGITAL PHOTOGRAPHY TIPS & TRICKS

Tysons-Pimmit Regional Library
Falls Church | 7pm

Professional photographer, Wayne Wolfersberger, presents a program on getting the most out of your digital camera. Bring your digital camera and instruction book for a Q&A session following the program.

JUNE 14

CELTIC WOMAN
Wolf Trap Filene Center
Vienna | 8pm | \$25 - \$55

Praised as "Riverdance for the voice," this foursome of celestial sirens perform breathtaking renditions of contemporary ballads alongside traditional music from the Emerald Isle.

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

JUNE 15

BILL COSBY
Wolf Trap Filene Center
Vienna | 8pm | \$25

One of the world's most accomplished entertainers, this Grammy-winning comedian, actor, musician, and author has helped audiences find humor in everyday affairs for more than 50 years.

MARIA SPEARMAN TAI-CHI/BALANCE
The Palladium at McLean
McLean | 8-9am | FREE

These outside community events take place at the

fountain area of The Palladium at McLean. Parking is easy.

BARBARA MARTIN TRIO: BLUES, JAZZ
The Palladium at McLean
McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

JUNE 16

WOLF TRAP'S 24TH ANNUAL LOUISIANA SWAMP ROMP™
MARCIA BALL STEVE RILEY & THE MAMOU PLAYBOYS
Wolf Trap Filene Center
Vienna | 2pm | \$25

Feel the spirit of New Orleans with exuberant Louisiana musicians and mouth-watering Cajun fare. Party to some of Louisiana's finest bands and sample delectable dishes like chicken gumbo with rice, cornbread, and a cajun crawfish boil.

JUNE 18

MELISSA ETHERIDGE WITH SPECIAL GUEST: ERIC HUTCHINSON
Wolf Trap Filene Center
Vienna | 8pm | \$35 - \$65

This Academy Award-winning artist/activist helped define the sound of popular music in the 1990s with her distinctive vocal stylings and personal, elegant lyricism of her songcraft. Since the bluesy anthem "Bring Me Some Water" brought her to the national consciousness 25 years ago, Melissa Etheridge has been delighting and challenging fans with songs that are both beautiful and activist-driven.

AN EVENING WITH IAN MCLAGAN (OF FACES)
Jammin' Java
Vienna | 7:30pm | \$15

Ian McLagan is a genuine, dyed-in-the-wool rock'n'roller. In fact, his smiling visage — he was, after all, a member of the Small Faces and the Faces — would serve as an ideal illustration in the proverbial Dictionary of What Is Truly Cool. He just carries on creating splendid and genuine rock'n'roll with his Bump Band as well as musically aid and abet a marquee line-up of truly blue ribbon talent that he has toured and recorded with: The Rolling Stones, Bob Dylan, Bonnie Raitt, Bruce Springsteen, Taj Mahal, John Hiatt, David Lindley, Paul Westerberg, Billy Bragg and Patty Griffin, to name some but hardly all of the notables that McLagan has worked with over his four-plus decade career.

JUNE 19

JUANES
Wolf Trap Filene Center
Vienna | 8pm | \$25

Latin music's "Star of the Decade" (Billboard), this singer/songwriter sensation appeals to a global audience with poetic, Spanish-language anthems and skillful guitar playing.

JUNE 22

SING-A-LONG GREASE
Wolf Trap Filene Center
Vienna | 8:30pm | \$20 - \$38

Dust off your leather jackets for an ultimate summer night with the T-Birds and Pink Ladies as you sing-a-long with your favorite hits from the original 1978 film. This flick we're all hopelessly devoted to will be projected on huge screens with lyrics included.

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.

MARIA SPEARMAN TAI-CHI/BALANCE
The Palladium at McLean
McLean | 8-9am | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

REDWINE JAZZ BAND: NEW ORLEANS STYLE JAZZ
The Palladium at McLean
McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

JUNE 23

THE TURTLES FEATURING FLO & EDDIE CHUCK NEGRON FORMERLY OF THREE DOG NIGHT GARY PUCKETT & THE UNION GAP MARK LINDSAY FORMER LEAD SINGER OF PAUL REVERE AND THE RAIDERS GARY LEWIS & THE PLAYBOYS
Wolf Trap Filene Center
Vienna | 8pm | \$25

Relive crowd-pleasing hits from the '60s and '70s, such as "Joy to the World," "Happy Together," "Young Girl," "This Diamond Ring," and more!

BUDDY GUY
State Theatre
Falls Church | 6pm | \$61

Buddy Guy is one of the most celebrated blues guitarists of his generation (and

arguably the most celebrated), possessing a sound and style that embodied the traditions of classic Chicago blues while also embracing the fire and flash of rock & roll. He was inducted into the Rock & Roll Hall of Fame in 2005, with both Eric Clapton and B.B. King presenting him with his award, and in 2012 he performed a special concert at the White House, where he persuaded President Barack Obama to join him at the vocal mike for a few choruses of "Sweet Home Chicago."

JUNE 24

STEVE MARTIN & THE STEEP CANYON RANGERS FEATURING EDIE BRICKELL
Wolf Trap Filene Center
Vienna | 8pm | \$25

Comedian turned bluegrass star Steve Martin teams up with this Grammy-winning, country-bred quintet for an entertaining team that earned the title Entertainer of the Year at the 2011 International Bluegrass Music Awards.

THE TENORS
Wolf Trap Filene Center
Vienna | 8pm | \$25 - \$48

A Canadian foursome who harness rich classical and operatic vocals with powerful pop ballads to create soaring harmonies and solos. Called "Canada's national treasure," the four virtuosic singers of The Tenors take a unique approach to classic and pop ballads.

JUNE 25

KIDS CLUB PRESENTS KID POWER HOUR!
Tysons Corner Center
McLean | 11am

Join Tysons Corner Center's Kids Club for a "Kid Power Hour" featuring kid-friendly activities for all ages! Our Fitness instructor, Sara, will keep your little ones moving

and having fun with all kinds of simple games, stretches and more!

JUNE 26

JERRY GARCIA SYMPHONIC CELEBRATION
Wolf Trap Filene Center
Vienna | 8:15pm | \$22 - \$55

Groundbreaking orchestral tribute featuring Jerry Garcia's storied original compositions as well as classic interpretations of timeless standards. Renowned vocalist/guitarist Warren Haynes collaborates with the National Symphony Orchestra, lending his soul-soaked, introspective blend of rock, blues, R&B, and jazz to Jerry's masterworks.

JUNE 27

THE TEMPTATIONS THE FOUR TOPS
Wolf Trap Filene Center
Vienna | 8pm | \$25

Irresistibly upbeat night of nostalgic songs by Motown kings such as "My Girl," "Ain't Too Proud to Beg," "Baby I Need Your Loving," and "Reach Out, I'll Be There." With an impressive series of Top 10 hits including "Can't Get Next to You," "Just My Imagination," and "Papa was a Rolling Stone," The Temptations have understandably been dubbed by Billboard as "the definitive male vocal group of the 1960s."

JUNE 18

FROZEN PLANET IN CONCERT
Wolf Trap Filene Center
Vienna | 8:30pm | \$22 - \$55

The ultimate portrait of Earth's great frozen wilderness, presented with stunning imagery and an original score conducted by the composer and performed by the National Symphony Orchestra.

JUNE 29

ANITA BAKER
Wolf Trap Filene Center
Vienna | 8pm | \$25

Always giving you the best that she's got, this sophisticated soul and R&B icon is an eight-time GRAMMY winner with an unbelievable vocal range. Baker's newest album in eight years, *Only Forever*, is slated to be released this year. It contains a Grammy-nominated single "Lately" which was up for Best Traditional R&B Performance.

EMY TSENG: BRAZILIAN BOSSA NOVA AND ACOUSTIC JAZZ
The Palladium at McLean
McLean | 5-7pm | FREE

These outside community events take place at the fountain area of The Palladium at McLean. Parking is easy.

JUNE 30

STRAIGHT NO CHASER
Wolf Trap Filene Center
Vienna | 8pm | \$25

With original and upbeat arrangements, these a cappella innovators offer "a fast-paced and fun-loving run through an eclectic songbook designed to appeal to a range of musical interests" (MLive.com).

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. The 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 expert 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, visit the 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'awlins-style funky piano music. Their piano bar is an institution in the area — don't miss it! If you can't go to the Crescent City, then try 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

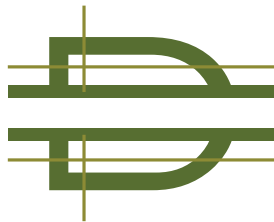
Ritz Carlton Tysons Corner
McLean | 8:30pm-Midnight

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.

If you would
like to submit
an event for the
months of July
and/or August,
please send
an email to:

**events@
vivatyson.com**

by June 3rd.



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ARTS & THEATRE Calendar

From aspiring artists to local theatre companies.

MCLEAN

THE ALDEN THEATER

May 11 • 8pm

Furia Flamenca

You are cordially invited to the marriage of flamenco and jazz music officiated by passionate dance. Furia Flamenca combines flamenco's gypsy heritage with modern flamenco choreography to create an elegant balance of motion and energy, and this newly-expanded program the company will dance to jazz/flamenco music composed for them.

May 15 • 7:30pm

Classics of the Silent Screen Series:

John Barrymore in "The Beloved Rogue"

The charismatic and larger than life John Barrymore (of the illustrious acting family and grandfather of Drew) is in his prime as the legendary 15th century poet and thief, François Villon in this lavish Hollywood production sporting beautiful detailed sets and artfully atmospheric photography. A snowy, wintery Paris is the setting with ever the vagabond Villon, gallivanting about with his cronies while encountering intrigue and treachery in the form of King Louis XI (Conrad Veidt) and sparring romance with the King's lovely ward (Marceline Day).

May 25 • 2pm

Grey Seal Puppets presents

"Barker Bill's Wagtime Revue!"

For ages 4+. "Barker Bill's Wagtime Revue!" is a collection of vignettes performed in an old fashioned traveling one ring circus. With a central theme of perseverance and bundled together with a sprinkle of whimsy and general frivolity the vignettes are brought to life by a band of Ragtime hound puppets. The show has a wonderful canine twist.

June 12 • 8pm

Charlotte's Web Auditions

Students ages 9-14 are welcome to audition for this year's production of Charlotte's web. This summer program runs from June 24-July 24, Monday, Tuesday, Wednesday and Thursday from 7pm - 9pm No rehearsal on July 4th. The program will include classes in basic acting, improvisation, music, dance and character work as well as rehearsals for the show. There is a \$100 activity fee for participants who are cast. Performances

will be on Wednesday, July 24, 2013, 1:30pm and 7:30pm.

To reserve an audition time contact Kathy Herr at Kathleen.Herr@fairfaxcounty.gov.

1ST STAGE THEATER (1STSTAGESPRINGHILL.ORG)

May 24 - June 16 • Times vary, see website

Blithe Spirit

With brilliantly British wit and charm, a "spirited" séance gone decidedly wrong, Crabby and irritable novelist Charles Condomine suddenly finds himself face to face with the ghost of his deceased wife, Elvira, much to the chagrin of his current spouse, Ruth. Love and marriage devolve into laughter and mayhem when Ruth is united with Elvira on the "other side." Together, the paranormal pair of blithe and spicy spirits haunts their hapless husband with hilarious consequences contrived, concocted, and delivered by the celebrated Noel Coward.

MCLEAN COMMUNITY PLAYERS

May 3 & 4 • 8pm

Rumors

At a large, tastefully appointed Sneden's Landing townhouse, the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples are about to experience a severe attack of Farce. Gathering for their tenth wedding anniversary, the host lies bleeding in the other room and his wife is nowhere in sight. His lawyer, Ken and wife Chris must get "the story" straight before the other guests arrive. As the confusions and mis-communications mount, the evening spins off into classic farcical hilarity.

MCLEAN ORCHESTRA

May 4 • 8pm

Route 66 to Paris

Maestra Burns inaugural season comes to an end but not before she takes us on a magnificent journey that begins on Route 66, a seven-minute cross-country travelogue by Michael Daugherty. Our travels take us to Tennessee where we indulge in soprano soloist Courtenay Budd's performance of Samuel Barber's Knoxville: Summer of 1915 and Leonard Bernstein's Glitter and Be Gay. Then it's off to Paris where we dance to Ravel's La Valse, his tribute to Johann Strauss. In George Gershwin's An American in Paris we soak up the sights and energy of the 1920's French capital, complete with honking taxicabs!

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

May 18 • 4:30 - 6:30pm ***Ticket to Art!***

Vienna Art Center, 115 Pleasant Street, NW, in Vienna. Enjoy wine and light refreshments at the Vienna Arts Society's annual Benefit Raffle and Silent Auction to raise funds to support the fine arts in our community. A lottery system guarantees participants an original work of art donated by members. Artworks are on display Tuesdays - Saturdays, 10am - 4pm, April 30 - May 18. The Arts Society is donating a portion of the proceeds to the Committee for Helping Others, a local non-profit supporting those in need. For tickets, contact the Art Center: 703-319-3971 www.ViennaArtsSociety.org. Drop by the Vienna Art Center the Second Sunday of each month, 2 - 4pm to meet the artists and enjoy light refreshments and art activities: Sunday, May 12, Ticket to Art Preview; Sunday, June 9, Feathers and Fur exhibition.

FALLS CHURCH

CREATIVE CAULDRON

May 2 - 28 **Thursdays, Fridays, Saturdays, Sundays at 8pm** ***Thunder Knocking on the Door***

Thunder Knocking on the Door is an intoxicating musical fable filled with humor, heart and the extraordinary music of three-time Grammy award winner Keb' Mo'. Once upon a time in a small Alabama town, a mysterious, Blues-playing stranger named Marvell Thunder arrives at the door of the Dupree family. A mythic figure with supernatural powers, Thunder has come to challenge the son and daughter of Jaguar Dupree, the only man who ever outplayed him on the guitar in a "cutting contest." Since its premiere at Arena Stage in 1999, Thunder has played to sold out houses in theaters around the country.



DANCE TO THE *Music* *and Art*

by Keith Loria

Some artists listen to music while they paint to keep their heads clear, but for McLean's own Christine Walters, music isn't just an inspiration, but a part of her artistic process.

Walters is a performance artist who paints while listening to live DJ music, and her work derives from the beats and rhythms she hears. Be it in an abandoned warehouse, storefront, or even in her own backyard, the artist creates a party atmosphere when painting and dancing to the music becoming part of the art through photographs.

"There's a lot of different types of performance artists and my specialty is I paint the abstract of live DJ music," she says.

Although she's called herself an artist from the time she was very young, Walters wasn't trained in any sort of medium other than watercolors due to a family art connection.

"My aunt owned an art studio, my dad and grandmother were artists, so are lots of my uncles and aunts," Walters says. "I also have a big musician background. My grandfather used to write back in the depression and played big band and was a singer. My uncle and brother are also involved in music. So, I grew up around a lot of this stuff."

Born in Indiana and raised in Alabama, Walters moved to New York City when she was 18 and it was there she was first exposed to the live DJ sound. It was also about this time that she decided she wanted to make art a bigger part of her life.

"A couple of years ago I decided that instead of using pencils and pastels and all that stuff, which is kind of boring, I wanted to explore this thing that all happened to me when I listened to music," she says. "Music has always had colors and shapes to me. Where some people can just sit and listen to music and fall asleep, it energizes me and makes me want to get up and do something creative."

When painting Live DJ music, Walters prefers using materials that are fluid and contrast, since DJs themselves are fluid and change bass lines, tempos, emotion, and even genres on the fly. Her process is an interesting one to watch. If you watch a painting from start to finish you can see how it starts in one place then has a totally unexpected ending.

Some of the wide variety of music she listens to while painting includes The Cure, Crystal Castles, RadioHead, CocoRosie, Beauty Pill, Snoop Dog and Lil Wayne.

“Since I started bringing music and painting together, I have experimented with different types of genres—hip hop, alternative, drum and bass, dubstep—and they all have their own particular uniqueness,” she says. “When people see all of my work, everything looks different because I am constantly changing the music.”

Last year, Walters did her first performance piece with her regular spinner (DJ Cosmo Lubertazzo) and she would have 10 to 15 people come over to her house every few weeks so they could dance and enjoy the music while she did a new performance art piece.

“It is all done outside and it’s quite the scene for McLean, and the cops even called on us a few times,” she says. “I like having people around who are doing lots of dancing. In the winter, I would live stream my stuff because it was hard to get people to come out.”

For one of her favorite pieces, Walters pulled up to a parking lot and looped three songs that she really liked to play while she painted. Each painting takes about three to four hours and she uses oil and water-based spray paint to give a uniqueness and reflect what the DJ was feeling at the time.

“Every DJ has their own sound and it can be very angry or very dance and happy and every difference makes differences in my work. Sometimes I may hear someone

say that they really like something, but when the music changes, I may go somewhere completely different with it,” she says. “In the winter I needed to search for different types of music to paint, and one of my favorite groups was Crystal Castles because their music was so bright and blue. I have some really cool paintings from listening to them.”

Walters is currently looking to find some other DJs to work with and says she doesn’t really ever want to work with live bands again because they stop so much and it interrupts her creative flow.

Unlike a lot of artists who seek out opportunities to display their work in galleries, Walters is busy with a full-time job and two kids, and says that she’d rather spend time doing the art than looking for a place to display it.

“I’d rather have an art gallery come to me instead of me knocking on every door,” she says. “I’ve sold about 10 to 15 pieces, all mainly by word of mouth. I set up my art for display in my front yard and people come by and have bought it.”

She does submit her work to some shows and has performance pieces planned for the months ahead in D.C., Italy, and New York.

“For me, art is an expression, and I don’t really think about what I want in terms of people looking back at my art other than to know I had a really good time doing it,” she says. “Whatever happens with it in the future, if people admire it or sell it for a lot of money or bring it to the landfill, it’s just important that I enjoy it.”

**For more on the artist,
visit www.christinewalterstheartist.com.**

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



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Beyond The Glass

THE MANY WAYS TO ENJOY
VIRGINIA'S WINE SCENE

by Linda Barrett

There's a lot more to do at Virginia's wineries than drink wine. Wineries are popping the cork on experiences ranging from concerts to grape-picking to encourage engagement among winery owners and winemakers, oenophiles, and weekend sippers. Here's a quick guide to what's happening in our region this spring and summer.

LIVE MUSIC and MOVIES

Indoors, or outside in a beautiful vineyard setting, music at wineries is becoming very popular. Friday evenings enjoy **Live Music in Paradise** or **Live Music Saturdays** at Paradise Springs Winery, **Music on the Deck** at Naked Mountain Winery and Vineyards, **Live Music** at Lost Creek Vineyard and Winery, **Ron Kemp** featured for Wine Tourism Day at Gadino Cellars (May 11), and Notaviva Vineyards' **Wine Paired with Music**. Or enjoy an evening under the stars while watching a great movie: *"Under the Tuscan Sun"* is playing at Paradise Springs on their large outdoor screen (May 18).

MOTHER'S DAY

Looking for a special way to spend Mother's Day? Celebrate with **Luncheon in the Vineyard** featuring Guest Chef Sylvie Rowand of Laughing Duck Gardens and Cookery at Narmada Winery, **Mother's Day Weekend: Roses and Rose** at Philip Carter Winery of Virginia, **Mother's Day Brunch** at Paradise Springs Winery, **Free Herbs** at Doukenie Winery, **free tastings for moms** at Gray Ghost Vineyards, and **special wine tasting flights and free Rose wine** at Little Washington Winery. Narmada Winery is **featuring Mom, Mom, Mom!**, a vertical tasting of three different vintages of their signature wine, MOM! Or get a **Mother's Day picnic basket** at 868 Estate Vineyards filled with lunch and goodies from the delicious Grandale Restaurant and picnic on the scenic grounds.

FATHER'S DAY

Fathers get in on the special events too with a **Cigar & Wine Pairing with Music** by Paolo Franco & Friends at DuCard Vineyards (June 16).

FEASTING

Many wineries are now adding food and wine dinners to their offerings, or bringing food to the winery like barbeque and pizza. Enjoy a fine meal and learn about wine pairings at the same time. Visit the **Roving Gourmet** Food Truck at Lost Creek Vineyard and Winery, enjoy **Bistro Night** at Doukenie, a Colonial Feast wine dinner at Philip Carter (May 25) featuring five Virginia wineries and 400 years of history, or one of the Winemaker's Dinners at Naked Mountain.

PRODUCTION TOURS

Most wineries offer tours of their facilities where you can go behind the scenes with the winemaker and discover how wine is made. Mark your calendar for a **Paradise Springs Experience Production Tour and Tasting**, or explore the different techniques at wine tours at the various wineries.

WINE GROUPS

Joining a wine group or social club is a fun way to experience wineries with like-minded friends. **The Vine, The Women's Wine Club@868** at 868 Estate Vineyards offers a dynamic evening of food, wine tastings and wine education (May 20), and the **Virginia Wine Club Meetup** offers fun afternoons at wineries and even a trip to a private Tuscany Villa.

WINE FESTIVALS and EVENTS

Festivals are another popular reason to visit our area's wineries. Enjoy the **Grapehound Wine Tour®**, a celebration of greyhounds, sighthounds and their adoption at Lost Creek Winery (May 10), a **Greek Festival** at Doukenie (May 11), the annual **Bluebell Music Festival** at The Winery at Bull Run to benefit the Manassas Battlefield Trust, Operation Second Chance, and Final Salute (May 18), the **Tour de Panacea: Wine/Cigars/Motorcycles and Rolling Thunder** (May 25-27) along the Virginia Wine and Cigar Trail, **Wine County Half Marathon** and post-race Wine & Music Festival at Doukenie (June 1), **Wine, Women and Golf** at the Reston Country Club (June 11), **The Manassas Wine Festival** (June 16) in downtown Manassas, an **Argentine Tango Dinner Show** at Bogati Bodega (June 22), and **Winestock**, with its groovy music, picnics and make-your-own tie-dye tee shirts at Little Washington (July 13).

WINE EDUCATION

Winemakers are excited to share their knowledge and winemaking techniques with anyone interested in learning. Join the winemakers at Narmada Winery at their **"Blend Your Own" Seminars**, or attend **Wine Immersion Bootcamp** at Little Washington (May 25). Even the local stores get in on the action, with wine classes and tastings such as **Danny Haas Presents the 2011 Chablis of Dom Louis Michel** (June 6), and **One Sip at a Time: New World vs. Old World Whites** (June 13), held at Chain Bridge Cellars in McLean, those offered through **Rene's Round Table Meetup**, or Reston-based Market Sellers' **Annual Rose Tasting** (May 4).

As you can see, wineries are offering much, much more than just wine. Take time now that the weather's warmer to enjoy *all* that Virginia wineries and wine stores have to offer.

RESOURCE GUIDE

Virginia Wine Events
www.virginiawine.org/events

Linda Barrett is the contributing wine editor for VivaTysons and just started a blog at www.VirginiaVintners.com to create a local wine community. Whether you're a winery owner, winemaker, wine store owner or wine enjoyer, let us know what's happening in your wine world!



NEW *Al Fresco* DINING CHOICES

Looking for some great spots for “Al Fresco Dining?”
Here are new ideas and area favorites

Matchbox

This vintage pizza bistro is located in the New Mosaic District in Merrifield. Catch a movie at the Angelika Theater, window shop the new exciting shops, and grab a bite to eat on the 40-seat deck of the newest Matchbox bistro. Its 3.6.9 mini burgers, wood-fired lamb sandwiches, and world-class beers and wines are a great way to end the day.

2911 District Avenue #120
Fairfax, VA
(571) 395-4869
MatchboxMerrifield.com

Lost Dog Café

The popular pizza and sub restaurant is open in Halstead Square in Merrifield with café-style tables and a bar which opens up to the street. It is very open and too much fun! Great subs, pizzas, and more beers than we thought existed.

2729A Merrilee Drive
Fairfax, VA
(703) 205-9001
LostDogCafe.com/dunn-loring

BlackFinn Ameripub

Famous Finn Fries (served with bbq and buttermilk parmesan dipping sauces) tasty flatbreads, cashew chicken, and those classic BlackFinn burgers at the corner café on Gallows Road – two blocks south of the Dunn Loring Metro Station.

Halstead Square
2750 Gallows Road
Merrifield, VA
(703) 207-0100
BlackFinnAmeripub.com

L'Auberge Chez Francois

This is world-class country side outdoor dining at its best. Contemporary Alsatian cuisine, great service, super wine selection and wonderful meals. Reservations suggested.

332 Springvale Road
Great Falls, VA
(703) 759-3800
LaubergeChezFrancois.com

The Harth-McLean Hilton

Nana's Chicken Noodle Soup, margherita, and fig and gorgonzola Wood Fired flatbreads, fire roasted polyface farm chicken, under the stars. Organic – they have their own bees!

7920 Jones Branch Drive
McLean, VA
(703) 761-5131
HarthRestaurant.com

Clyde's of Tysons Corner

It's one our favorites! Clyde's is located on the highest point of Fairfax County, and the food and fun never stops. Classic burgers, salads, seafood, and those special Clydes beverages “on the patio.”

8332 Leesburg Pike
Vienna, VA
(703) 734-1901
Clydes.com



Ireland's Four Provinces

Now new and improved with an open bar and TV's to watch your team win. Colm always has the best burgers, salads, traditional Irish fare, and some say the best Ruebens in town. (We agree). Truly the spot to spend a summer evening enjoying food, friends, and fun. Say "hi" to Colm. The brunch is a constant award winner.

105 W Broad Street
Falls Church, VA
(703) 534-8999
4psva.com

Argia's

As romantic as it gets. Small and cozy, this candle-lit café in the heart of Falls Church city offers some terrific *cucina rustica* classic Italian dishes prepared from old family recipes. And the service, wine, and family atmosphere makes you feel like a Falls Church native.

124 N. Washington Street
Falls Church, VA
(703) 534-1033
Argias.com

Dolce Veloce Cicchetti Wine Bar

Cicchetti are small plates or side dishes served in *cicchetti* bars in Venice, Italy. You don't have to go to Venice. Go to Fairfax. Ask for Joe and treat yourself to an assortment of plates of Mediterranean delights and wines on the patio. Wonderful people, great food, and super wine selection.

10826 Fairfax Boulevard
Fairfax, VA
(703) 385-1226
DolceVeloce.com

Lebanese Taverna in Tysons Galleria

Great Lebanese cuisine, fabulous service, backgammon, and one of the very few *Al Fresco* dining locations complete with fountain. The grape leaves are some of the best you'll find outside of my mother's kitchen. In fact, everything is as authentic as you'll find anywhere.

1840 International Drive
McLean, VA
(703) 847-5244
LebaneseTaverna.com

Alegria on Church Street

Looking for a great spot to enjoy contemporary Mexican cuisine? A fun crowd and some super Latin cocktails? Join the fun at Alegria. Small outdoor dining, but big on fun and food! Say "hi" to Julie, Patrick, and Debbie.

111 Church Street N
Vienna, VA
(703) 261-6575
AlegriaOnChurch.com

Brx American Bistro

It's patio dining at its best! The new outdoor patio at Brx in Great Falls is the perfect spot for that evening or afternoon bite, or casual conversation while enjoying your favorite beverage or entree. Say "hi" to Ash and try the bread pudding (to die for!)

1025 Seneca Road, Suite 1
Great Falls, VA
(703) 433-9050
BrxGF.com



WHAT'S THE Rush?

by Liz Barnett

Why not spend rush hour expanding your neighborhood horizons, meeting new friends, and enjoying some afternoon delights right here in Tysons? Here are a few suggestions.

Harth

Wind down from your day by sitting fireside at Harth, located in the Hilton McLean Tysons. Sip a martini and choose from their selection of house-baked flatbreads made with ingredients from the restaurant's own organic garden and baked in their wood-burning oven, all for under \$10 from 3-6pm.

*7920 Jones Branch Dr, McLean
703-761-5131
HarthRestaurant.com*

Coastal Flats

Celebrate the arrival of warm weather by donning your flip-flops and heading to this Tysons Corner spot that serves coastal and classic favorites with a beach house vibe. Beer and wine selections are \$4 and under, and appetizers are \$5 including the addictive Crispy Sweet & Spicy Calamari, tossed with thin beans and pepper jelly.

*7860 Tysons Corner Ctr, McLean
703-356-1440
GreatAmericanRestaurants.com*

Nostos

Visit Pete at Nostos on your way home. Sip your favorite cocktail or

glass of wine and nibble on traditional Mediterranean bites such as spanikopita and Greek meatballs at this casual Vienna eatery. 4-7pm, Mon-Fri.

*8100 Boone Blvd, Vienna
703-760-0690
NostosRestaurant.com*

Seasons 52

Enjoy flatbreads and inspired cocktails such as their Mandarin Orange Cosmopolitan made with Grey Goose L'Orange and Patron Citronage.

*7863 Tysons Corner Ctr, Tysons Corner
703-288-3852
Seasons52.com*

The Palm

Cozy up to the Palm Bar for half-price drinks Sun-Fri, 5-7pm, and choose from a selection of small plates on their new Prime Bites menu, including lobster and bacon fondue served with warm pretzel rolls.

*1750 Tysons Blvd, McLean
703-917-0200
ThePalm.com*

Da Domenico

This little Italian restaurant offers big flavors for those on a limited budget.

Serving authentic dishes such as Mussels Marinara and Salsicce Alla San Gennaro – crostinis piled high with oven-roasted sausage, peppers, and onions for \$5 per plate, alongside their specially-priced house wines 4-7pm, Mon-Fri.

*1992 Chain Bridge Rd, McLean
703-790-9000
Da-Domenico.com*

Capital Grille

A popular spot for the after work crowd. Grab one of their 350 wines and small plates such as the mini tenderloin sandwiches and parmesan truffle fries.

*1861 International Dr, McLean
703-448-3900
TheCapitalGrille.com*

Iris Lounge

In the mood for something different after the office? Shoot some pool in Iris Lounge's billiards room, or light one up in their members-only cigar room while enjoying \$5 cocktails and appetizers. Be sure to stick around for Tuesday salsa lessons 7:30-9pm and Wednesday night live jazz, 7-11pm.

*1524 Spring Hill Road, McLean
703.760.9000
IrisLoungeVA.com*

Ruth's Chris Steakhouse

Had an unusually rough day? Ruth's Chris offers up a selection of fine cocktails such as the Moscow Mule and Manhattan with small plates that include lobster and the steakhouse's famous cuts of beef — all without breaking the bank. Everything on the entire menu is \$7.

8521 Leesburg Pike, Vienna
703.848.4290
RuthsChris.com

Clyde's

Celebrate the end of the workday under live palms at Clyde's art deco-inspired roadhouse. How about an impressive ½ price raw bar? Perfect. Enjoy the outdoor café too. 4-7pm.

8332 Leesburg Pike, Vienna
703.734.1901
Clydes.com

Chef Geoff's

If you can escape from work early, Chef Geoff's Vienna location offers food and drink specials beginning at 3pm and lasting until 7pm. These include half price beers, wines, and liquors, as well as a selection of burgers and pizzas.

8045 Leesburg Pike, Vienna
571.282.6003
ChefGeoff.com

Panache

This stylish Mediterranean fusion spot offers half-priced classics such as burgers, mozzarella sticks, and spicy chicken wings with rail cocktails and house wines for \$6. Enjoy them all every weeknight on Panache's outdoor patio from 4-8pm.

Pinnacle Towers South
1753 Pinnacle Dr, McLean
703.748.1919
PanacheRestaurant.com

Gordon Biersch Brewery

Located conveniently in Tysons Corner Center, this brewery restaurant serves up numerous food and drink specials from 4-6:30pm, Mon-Fri. While you're there, be sure to ask brew master Grant Carson and staff for a tour of the tanks, beer sampling included.

1961 Chain Bridge Rd, McLean
703.388.5454
GordonBiersch.com

La Sandia

Chef Richard Sandoval serves up Mexican classics with a twist of modern flare at this Tysons Corner Center spot. La Sandia offers specials on drinks and bites daily from 4-9pm, but the \$2 Taco Tuesdays and \$5 Bottomless Guac Wednesdays have gained a real following.

7852L Tysons Corner Center, McLean
703.893.2222
RichardSandoval.com

O'Malley's Pub

The neighborhood pub boasts an outdoor patio on which to enjoy their weeknight drink and appetizer specials from 4-7pm. Afterwards, stick around to catch the Nats game on one of the restaurant's many flat-screens.

Crowne Plaza Hotel
1960 Chain Bridge Rd, McLean
703.893.2100
Omalley'sTysonsCorner.com

McCormick & Schmick's

This McLean establishment takes their handcrafted cocktails and bar bites just as seriously as their fish and steak. From 4-7pm daily, choose from a variety of appetizers such as firecracker shrimp and oyster shooters, as well as assorted wines, spirits, and beers, all for under \$7.

8484 Westpark Dr, Ste 130, McLean
703.848.8000
McCormickandSchmicks.com

Café Deluxe

The local chain favorite offers up a sophisticated after-work bar menu in a relaxed and friendly atmosphere, weeknights from 3:30-7pm. Highlights include \$4 mini gruyere grilled cheeses with prosciutto and \$5 honey chipotle glazed rib tips, served alongside a wide beverage assortment from \$4-6 per glass.

1800 International Dr, McLean
703.761.0600
CafeDeluxe.com

Chic's & Wings

This McLean watering hole has become more than just a sports bar. On weekdays from 4-9pm \$4 will buy you creative bites such as mini pretzel dogs, mac and cheese wedges, and funnel cake fries — all easily washed down with one of their many drink specials.

8119 Watson St, McLean
703.847.2442
ChicsnWings.com

Legal Seafoods

Located in Tysons Galleria II, Legal Seafoods offers up drink specials on everything from draft beers to mojitos, weekdays from 4-7pm. While you're there, feast on BBQ oysters, buffalo shrimp, and tuna burgers for less than \$5 per plate.

Tysons Galleria II
2001 International Dr, McLean
703.827.8900
LegalSeafoods.com

Lebanese Taverna

Catch up with coworkers or friends in a relaxed atmosphere while getting your fill of traditional Lebanese fare such as falafel, shawarma, and kibbeh alongside the beverage of your choice. Everything, including bottomless hummus, is \$5 or less from 4-7pm.

Tysons Galleria
1840 G International Dr, McLean
703.847.5244
LebaneseTaverna.com

Fleming's Steakhouse

Every day from 5-7pm, the restaurant's bar offers their "5 for \$6 'Til 7" menu which boasts a selection of five cocktails, five wines, and five appetizers for \$6 each. Pair your Manhattan with pan-crisped pork belly, your glass of merlot with roasted mushroom ravioli, or your flute of cava with sweet chili calamari. The possibilities are endless.

1960 Chain Bridge Rd, Tysons Corner
703.442.8384
FlemingsSteakhouse.com

Entyse Wine Bar & Lounge

Entyse Wine Bar & Lounge, nestled in the Tysons Corner Ritz-Carlton, lures in the area's professionals with their "Wine'd Down Wednesdays" where guests can create their own wine and seafood tastings, as well as their "Sushi Thursdays" when a master sushi chef creates custom rolls for their diners' delight. Weekly, 5:30-8:30pm.

1700 Tysons Boulevard, McLean
703.506.4300
RitzCarlton.com

AROUND TOWN

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



Ribbon Cutting at Matchbox!

The Matchbox group opened their first restaurant in Virginia in the Mosaic District in Merrifield. Pictured here are: President and Chief Investment Officer of Edens Jodie McLean; Chef Jonathan McArthur; Co-Owner Mark Neal; Co-Owner Ty Neal; Co-Owner Drew Kim; U.S. Representative Gerry Connolly; Chef Jacob Hunter; Fairfax County Supervisor Linda Smyth.

It's all smiles at the Helping Haitian Angels fundraiser held at Evo Bistro in McLean. Pictured here are "angels" Bill and Debbie Harvey, Randy and Patsy Norton, Rachel Georgelas, and Jeanette Sterbutzel.



Patrick Bazin and "best pal," Cameron Graham, prepare for the "Life is Sweet" event. Cameron will soon be opening Cameron's Coffee & Chocolate in Fairfax — the first to be open for the non-profit organization Every 1 Can Work. Want to help with this organization? Visit www.every1canwork.com.

AROUND TOWN



Julie Smith and Jeanette Sterbutzel, at the fundraiser at Helping Haitian Angels at the Evo Bistro McLean.

Jay Klug and JBGR hold an unveiling reception in the new Tysons West. Tysons West has been designated as the art district of the new Tysons.



On Monday, April 15, 2013, Jay Klug and JBGR held its first Public Art Debut with the unveiling of “The Thought” a sculpture by Washington-based artist Robert Cole. Jay Klug talks of the sculpture, the development, and the timeline.

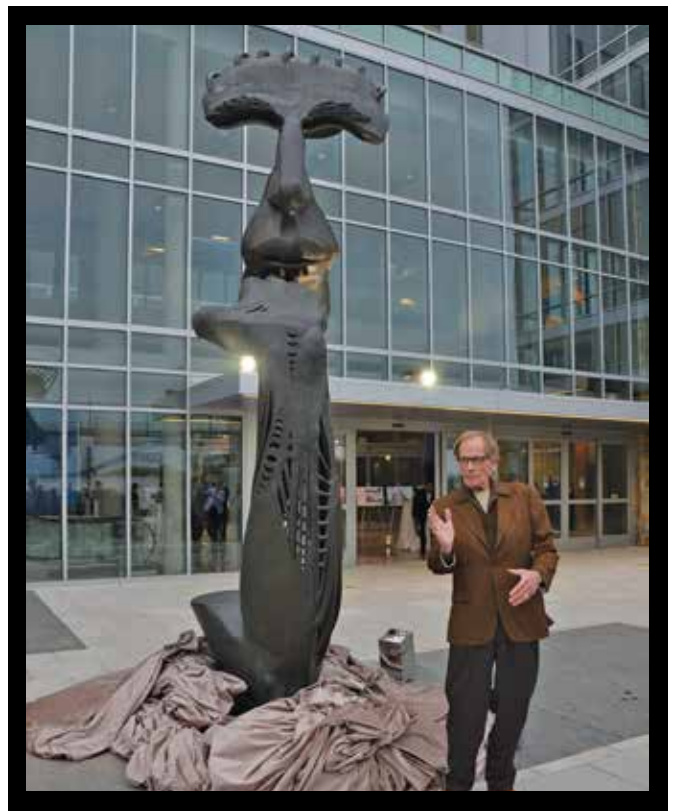
AROUND TOWN



Michael Caplin, Executive Director of The Tysons Partnership, “schmoozes” with former Chairman of the Fairfax County Board of Supervisors, Kate Hanley, at the unveiling of “The Thought.”



“The Thought” by Robert Cole



Robert Cole shares his vision for “The Thought” at Tysons West. For more information on Robert Cole please visit www.studiocole.com.

CHAMBER NEWS

Real Estate Education Series

May 9, 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.

McLean Day

May 18, 2013
10:30 AM – 5:00 PM

Lewinsville Park
1659 Chain Bridge Road, McLean

Festival and Rides
11 am – 5 pm

MCC Governing Board Elections
10:30 am – 5 pm

McLean Day is the day when the whole town comes out to Lewinsville Park to celebrate our community! It's a day the kids can't wait for and anticipate for months. There is no admission fee to the festival itself and shuttle buses run all day long to get you there with minimal hassle. Spend the day outside with the McLean community (nonprofit groups, crafters, and local businesses) and enjoy carnival rides, live entertainment, and delicious food. The Alden will provide live entertainment on the McLean Day Stage starting at 11am. The kids will love the carnival rides throughout the park, midway with games, and free pony rides for the little ones.

Women's Leadership Forum

May 23, 2013
8:00 AM – 3:00 PM

Location: Capital One Bank
1680 Capital One Drive, McLean, VA

Session fee: Chamber members \$85 • Future members \$100

The Greater McLean Chamber of Commerce will hold its third annual Women's Leadership Forum on May 23, 2013. Equal parts education and inspiration, the event will feature speakers and workshops throughout the day.

Tickets and sponsorship opportunities are currently available.
Call (703) 356-5424 for additional information.

For more information, please visit www.mcleanchamber.org





The stately Greenbrier is an irreplaceable historical treasure within just a few hours' drive of the nation's capital.

The Greenbrier

WORLD-CLASS YET DOWN-HOME

by Allison Chase Sutherland

There's a brier that's green that runs along the riverbank," according to the snippets of the historic guided tour that I caught on my way into The Greenbrier. For over two centuries, since 1778, with the ink barely dry on the Declaration of Independence, people have traveled to these fabled West Virginia sulphur springs to "take the waters" and restore their health. As soon as the stagecoach route was carved through the forests of the Allegheny Highlands, folks began to head into these breezy mountains to escape the summer heat. At an elevation of 2000 feet, the cool air was a welcome respite to the hot, burgeoning cities of the early 1900s.

What is now known as The Greenbrier traces its beginnings to a small cluster of summer mountain cottages. In 1858, the Old White hotel was built. In 1863, the state of West Virginia was formed. In 1873, just after the Civil War, the Chesapeake and Ohio Railway started, and it's been chugging along ever since. And in 1910, the C&O purchased and expanded The Greenbrier. You can still hear the whistle of the train.

Shortly after the turn of the (last) century, the newly renamed Greenbrier Hotel became a year-round property. In 1913, the railroad added the central section of today's hotel. The following year, President and Mrs. Woodrow Wilson spent their Easter holiday here, and Joseph and Rose Kennedy travelled down from New England for their October honeymoon. My own sentimental parents selected The Greenbrier

for both their 25th and 50th wedding anniversaries. My father is a Virginia mountain man and he knows the state like the back of his hand. He loves the road that leads from Lexington to The Greenbrier, nestled in its verdant valley in the Allegheny Mountains in White Sulphur Springs, West Virginia.

The Greenbrier is the grande dame of a bygone era, resplendent with parlors and ballrooms at every turn. Just before the stroke of ten, bend an ear to hear the history of the Greenbrier Waltz and then regale in a champagne toast and admire the dainty twirls and pirouettes of the charming, light-footed dancers in the gazebo of the casino.

The Greenbrier has seen its share of dignitaries, having been host to 26 presidents, five of which stayed in the Presidents' Cottage (now a museum) before the Civil War. President Dwight D. Eisenhower held the North American Summit Conference here in 1956. The magnificent 7-bedroom Presidential Suite has also frequently welcomed the Duke and Duchess of Windsor. The splendid Windsor Club in the same wing, unveiled in 2011, represents the very latest renovation and houses the most exquisite section of the hotel. Windsor Club guests may while away the afternoon swirling a snifter of brandy or a Grand Marnier by the fire in the cozy Virginia Room. Other notable guests of the Greenbrier include heads of state, royalty, celebrities, and – well, regular folks like you and me. Like Prince Rainier and Princess Grace of Monaco in 1963, you can be transported back in time by a fine



horse-drawn carriage through this picturesque valley in the shadow of Greenbrier Mountain and Kate's Mountain, clip-clopping along beside the sprawling golf courses. Draft horses Lady and Kate are half-sisters, looking ever so lovely with their distinguishing fetlocks.

The Greenbrier's classic architecture and meticulously manicured gardens set the tone. The place is elegantly adorned with the original custom-designed dazzling green and black crystal chandeliers and unabashedly flamboyant florals of the famed interior decorator Dorothy Draper (and later her protégé and successor Carleton Varney), whose designs have graced these halls since 1946, when it was converted back into a hotel after serving as a U.S. Army hospital for four years during World War II, treating close to 25,000 soldiers. During the Civil War, both sides took turns occupying the grounds as either a hospital or military headquarters.

The Greenbrier features three championship golf courses – The Meadows Course, the Greenbrier Course, redesigned to championship standards by Jack Nicholas to host the international Ryder Cup in 1979, and the Old White TPC, since 1914. The Greenbrier Course also hosted the Solheim Cup, the women's equivalent to the Ryder Cup, in 1994. There is also purportedly a nearby course, also owned by Greenbrier owner Jim Justice, where sheep graze to 'keep the greens.' The Greenbrier Classic, an official PGA Tour event, was inaugurated in 2010. Historically, the return of golf pro Sam Snead upon the reopening of The Greenbrier in 1948 secured its reputation as a legitimate premier golf destination.

Springs of every hue and sort trickle through these ancient rocks – Blue Sulphur Springs, Red Sulphur

Springs, Salt Sulphur Springs, and Sweet Sulphur Springs, based on the residue left by the sulfur water, but it was the White Sulphur Springs which first drew visitors to the Greenbrier to bathe in these healing waters. And now they invite a new generation to appreciate the restorative properties of the spring.

The Greenbrier Spa is the only five-star mineral spa in the world. The original spring is marked by a white-columned, green-domed springhouse. Combining native sulphur water and rejuvenating natural mineral water spa treatments with advanced therapeutic techniques, The Greenbrier Spa provides both soothing and curative treatments intended to relieve sore, aching muscles and revitalize overall holistic health.

“The place is elegantly adorned with the original custom-designed dazzling green and black crystal chandeliers and unabashedly flamboyant florals of the famed interior decorator Dorothy Draper.”

Experience the serenity of the signature Greenbrier Treatment, which starts you off with a relaxing soak in the waters of the White Sulphur Springs with its indigenous minerals, followed by an invigorating Swiss shower and Scotch spray and a 25- or 50-minute Swedish massage. Detoxify in the hot,

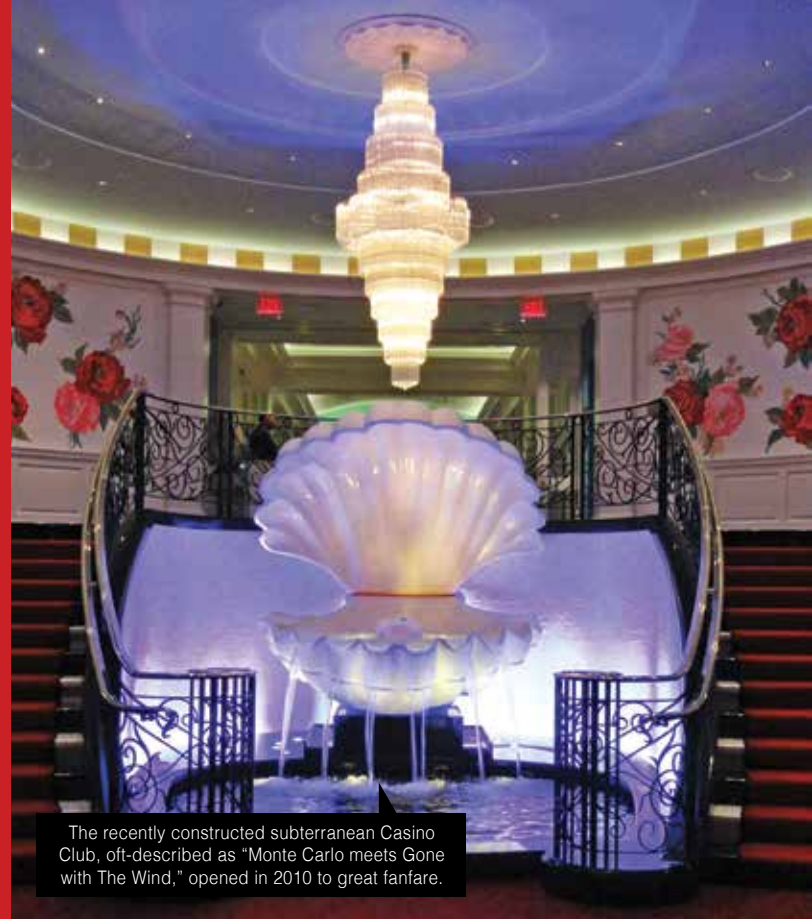
hot steam room and sauna, and then rehydrate with lemon-infused spring water. They even give you a little card with your locker combination. “We want you to forget everything.”

Take a nostalgic dip in the grand indoor pool, originally built in 1912, which features ornate mosaic tile work. Then rinse off with the Greenbrier Spa sweetgrass pine-scented signature body wash. The light, natural scent will recall serene moments as you reminisce about your time in the mountains. The room amenities even come in little pine cone bottles.

Massage therapist Cristy Gill drives this majestic stretch of 64 every day from just over the line in Clifton



The Greenbrier is the grande dame of a bygone era, resplendent with parlors and ballrooms at every turn.



The recently constructed subterranean Casino Club, oft-described as "Monte Carlo meets Gone with The Wind," opened in 2010 to great fanfare.

Forge, Virginia, slicing its way through the George Washington National Forest with its pines clinging ever so precipitously to the mountainside. Her granddaddy worked for the C&O. "This is home," she puts it, simply and sweetly.

The current owner, third-generation West Virginia entrepreneur Jim Justice, purchased the resort in 2009 from CSX Corporation, the railroad that had owned the resort for ninety-nine years. The recently constructed subterranean Casino Club, oft-described as "Monte Carlo meets Gone with The Wind," opened in 2010 to great fanfare, and epitomizes both the vision and initiative of Mr. Justice. Once inside the casino, dine in the Pacific Rim-inspired In-Fusion, try your luck in the high-limit, safari-style Greenbrier Royale, or sip suds on the sidelines in the jockey-themed Twelve Oaks. You may also wish to meander through an eclectic array of shops in the galleries just outside the casino. I was tempted by a pair of Brazilliance print pajamas inspired by the designs of the iconic Dorothy Draper at the Greenbrier Mysteries lingerie shop. And the Art Colony Shops up on the hill offer one-of-a-kind, artisan-quality items of metal, leather, brass, wood, glass, and pottery.

One experience unique to The Greenbrier would be the Bunker Tour, which takes you past blast-proof doors

into the unexpected labyrinth beneath. Hidden deep underground beneath the West Virginia Wing is an emergency fallout shelter, which was a top-secret U.S. government relocation facility for Congress during the Cold War era of the 1950s. When it was declassified after thirty years, people suddenly found out that their neighbor was not actually a TV repairman, so I'm told.

Now this is a place for families. This is a place for fun. Even adventure. Activities abound. Archery, croquet, horseshoes, shuffleboard. The Tennis Center's five indoor and five outdoor courts encourage year-round play. Paddlers will enjoy kayaking along the Greenbrier or James Rivers. Toss off your bonnet and lace up your hiking boots. Grab your outdoor gear. You have the run of the 6,500 acres and 35 miles of wooded trails. The Valley View Trail is ideal for taking a bike ride, walking, or running. Or decelerate

Now this is a place for families.
This is a place for fun. Even adventure.
Activities abound. Archery, croquet,
horseshoes, shuffleboard.

your heart rate and your pace along the tranquility of the meditation trail. The Equestrian Center provides mountain trail rides. Or go for a rugged off-road adventure. From bowling to billiards, they have it all. Even a movie theater! In the winter, partake in sleigh rides and ice-skating. Ski at Snowshoe just 1 ½ hours away, or in the summer, go white-water rafting on the New River. It's just hard to decide which one of your selves to be - outdoorsy, elegant, intellectual, culinary, historical, romantic, adventurous... In the end, you need not decide.

Dig in and do it all, or sit back and just breathe in this clean, crisp mountain air.

Step into Kate Mountain Outfitters to begin your adventure. You may be greeted by James Crews, a fly-fishing and cast-and-reel instructor and enthusiastic angler. He's always hankering to get back out to the trout and bass on Howard's Creek, which flows past the property into the Greenbrier River about five miles downstream, the easternmost headwaters of the Mississippi.

Accommodations include lavishly decorated, comfortable guest rooms, suites, cottages, estate houses (some with kitchens and dining rooms), the inimitable Windsor Club, and the grand, prestigious Presidential Suite. Request a Rose Petal Turndown or Singing Telegram with rose and chocolates. Just behind the hotel, the white oak log Howard's Creek Lodge can be rented for events. For a more rustic retreat, one can plan a gathering at Kate Mountain Lodge up Greenbrier Mountain just across the way.

Be serenaded by a virtuoso pianist and graceful dancers from 4:00 pm until 4:45 pm daily in the Main Dining Room, as you unhurriedly sip on your afternoon tea accompanied by delicate, artistic cookies – a Greenbrier tradition since the 1930s. The much-anticipated 100th anniversary celebration of this central part of The Greenbrier will take place in the autumn of 2013.

Then head to dinner at the well-appointed, upscale steakhouse Prime 44 West, named after West Virginia native and legendary NBA Lakers basketball player Jerry West. Dine on traditional French onion soup, oysters Rockefeller, or lobster mashed potatoes. Next up, a succulent filet mignon or the finest dry-aged cuts of beef, including ribeye, New York strip, and Kansas City strip. Or check out the Italian-inspired Forum Wine Bar and Pizzeria, with atmosphere reminiscent of a neighborhood trattoria.

A breakfast highlight was The Sportsman, West Virginia brook trout, country scrambled eggs, red potato home fries with deliciously caramelized onions, and Applewood smoked bacon. Smoked salmon Benedict is another favorite. Breakfast brunch highlights include Red Bliss Potato Casserole with Gruyère Sausage Cream. The 40-acre Greenbrier Farm provides farm-to-table dining, growing 23 varieties of vegetables, including heirloom tomatoes. The farm raises nearly all of the produce for The Greenbrier restaurants. The culinary culture here extends to wine tastings and culinary demonstrations as well.

Things you don't hear at brunch in Northern Virginia: "What are y'all up to today?" "Falconry." This 4,000-year-old sport, known as the sport of kings, entails releasing falcons and hawks into a flying field, and also gives participants an opportunity to interact with regal birds of prey, such as Russian eagles and owls. Curious, I called over and requested to be directed to the falconer. Without skipping a beat, the hotel operator politely replied, "Yes, I'll ring for you.

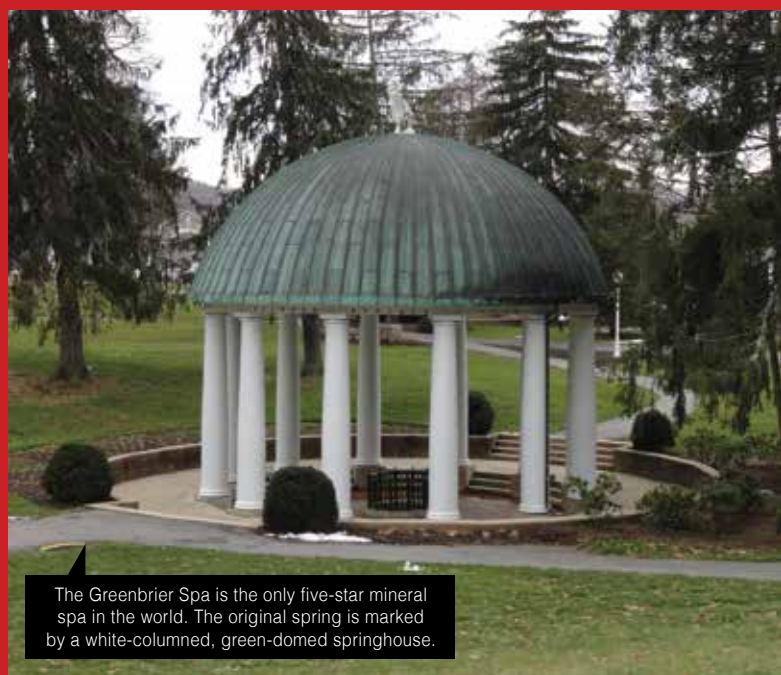
Have a good day." Falconers Linda Spence and Cody Morgan enjoy training and working with these wild animals. "Yes, ma'am I love it. It's a great passion," says Linda. The birds intelligently conserve energy as they glide gracefully across the sky. "It's a great joy for them to come back to you."

"Two highways and you're at the door," says Greenbrier President Jeffrey Kmiec, who is refreshingly approachable and down-to-earth – a gentleman of the highest order. Or he suggests the AMTRAK Cardinal Route, an accessibly priced 5½ hour train ride which meanders through the Virginia countryside. He describes the delight of families disembarking from the train with their Easter bonnets and baskets, and in December, with bundles of Christmas parcels. "They've been coming for generations. This is a place that brings people together."

Employees are the same way. The service is gracious, attentive, and ever so sincere. There is a timeless kindness here. For a world-class resort, they are refreshingly 'down-home.' My mom described them as "sweet-natured." Mary Alice Carter worked here for 65 years before her recent passing at the age of 88. This family is so close that Mr. Kmiec had the honor of speaking at her memorial service. You might think – you don't see that anymore. Well, here, in the mountains of West Virginia, you do.

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Food Cravings & TEMPTATIONS

Willpower is not enough

by Laurie Young

“My comfort foods aren’t working anymore!” said Sherry excitedly, as she walked into my office. We hadn’t even had a chance to sit down. She jumped straight into her story.

“Last week, I overscheduled myself, spent the week running from one meeting to another, and still couldn’t get everything done. I was totally stressed! Usually when that happens, I go straight for the cookies or a piece of cake. Something sweet. It’s my go-to treat for having worked so hard.”

So, what happened?

“When I bit into the cookie, it didn’t taste the same. It tasted like sugar... a lot of sugar, actually, more than I expected... crunchy and sweet, but not much else. I eat these cookies all the time. They’re my favorites. And now I’m not enjoying them. What’s going on?”

Sherry sat quietly now, perplexed. How could a familiar comfort food have lost its appeal? And why did it seem to have happened so suddenly? Like many clients, she’d come to see me because her eating habits were in conflict with her health goals. Her cravings were overpowering at times. She preferred certain brands of cookies, her latte prepared just so, specific restaurants and, yes, fast food occasionally. Sure, there was some variety in her meals but, like most of us, she knew what she liked even while freely admitting that some of it wasn’t good for her. She’d been on plenty of diets. They worked temporarily, but before long she’d be right back where she started, swearing she’d quit the cookie habit next week. What she was looking for was a new way of relating to food. One that she could live with.

In our first session, Sherry was refreshingly honest with me: “If you tell me what to eat, I won’t do it.” She was in luck. I don’t tell clients specifically what to eat and I don’t recommend diets. Forcing yourself to eat the “right” things only works for so long. What’s the point of waging war against food and your own body? It’s simply not winnable. A far better strategy is to focus on allowing and accepting. That’s the exact opposite of a dieting mindset that requires counting, control and restriction. Developing a healthy relationship to food and eating is deep and satisfying work, involving three key principles:

Savor What You Eat

Savoring requires slowing down and appreciating nuance. Making time to notice not only how your food tastes, but also how it feels in your stomach and, over time, its effect on your mood and energy levels. To do this, you must get out of your head and into your senses. By quieting the mind, you develop an awareness of how food feels in your body. And as a bonus, you get to thoroughly enjoy every bite. The process requires a lot of trust in yourself and your body, because you have to allow yourself to deeply experience everything you eat—the full effect of all your choices—the good, the bad and the habitual.

DEEPER READING ON SHAPING PALATES

If you’re interested in understanding more about how politics, profit and the development and marketing of processed foods have affected your ability to trust what you’re tasting, these books are worth checking out. Here are some key reasons you may have developed problematic eating habits and preferences for unhealthy foods. The ones you keep eating even though you know they are bad for you. The foods you can’t stop eating once you start.

The End of Overeating: Taking Control of the Insatiable American Appetite by David Kessler

Salt Sugar Fat: How the Food Giants Hooked Us by Michael Moss

In Defense of Food: An Eater’s Manifesto by Michael Pollan

Your Food is Fooling You: How Your Brain is Hijacked by Sugar, Fat, and Salt (Young Reader’s Edition) by David Kessler

These books explore the fascinating and complex world of food processing, revealing how food chemistry can be manipulated to drive our behavior and beliefs about what we want and need. This growing industry has taken over our grocery stores, restaurants, plates and our palates. As a nation, our waistlines have grown right along with it.

Recognize Unmet Needs

Unmet needs are often the basis for emotional or mindless eating. If lasting changes are to be made, you must recognize when you're hungering for something other than food. Sherry, for example, noticed a habit of rewarding herself with something sweet to escape the stress of a long, frustrating day. And in doing so, she also acknowledged that the sweet escape of cookies was, ultimately, an empty and unsatisfying reward. In this way, she began a deep exploration of what she really needed to feel nourished. Answering unmet needs instead of looking to food as comfort or a distraction is central to feeding yourself well.

Know the Importance of Choosing Real Food

Processed foods drive craving cycles by sending signals that confuse your body and palate. When food is processed, it is altered from its original state so that it can be packaged, shipped and placed on a shelf for long periods of time. An apple is turned into apple pie, apple-flavored cereal or concentrated apple juice. Processed foods are hyper-palatable, triggering you to eat more through strategic use of sugar, salt and fat (sensations that human beings crave). Even when labeled 'natural', they frequently contain flavorings created in a chemistry lab. In fact, labels advertising foods as 'healthy' are often a big warning sign that you should think twice about what's really in the package. Sometimes the alteration of the food itself can be problematic. For example, pulverized grains made into flour don't break down in the body in the same way that whole grains do.

So why, given all the strategic food processing that went into making those cookies so sweet and appealing, did Sherry suddenly find that they no longer tasted good to her? Because we'd been working in all three of the key areas mentioned above. And as a result, she was experiencing what I call "palate shifting." She had begun actually tasting the cookie's ingredients. Not only was she was savoring them slowly and mindfully, which allowed her to notice the effects of processing, but she'd also begun to observe that

the escape they offered wasn't so sweet after all. In fact, it was quite artificial, on many levels.

One of the most important ways you can set the stage for palate shifting is by adding in whole foods and crowding out processed products. At some point—depending on how thoroughly you devote yourself to adding in real food—you tip the balance. You have more energy. You find yourself preferring the taste of fruits and vegetables over the quick-fix of a cookie or bag of chips. Why? Because by eating real food, you are reducing the artificial food chemistry circulating through your body. And food chemistry is a major culprit in taking over our tastebuds, perpetuating craving cycles, and making our bodies heavier.

But you need to notice and appreciate the subtleties of that shift when it happens. That's where savoring comes in. And you have to cultivate an awareness of the true need that underlies your personal cravings, so that when it comes to eating, your choices are driven by what makes your body feel good over time rather than in a moment of sweet temptation. Working in all three of these areas at once leads to the kind surprising palate shift that Sherry experienced—a change in your relationship to food that will last a lifetime because it feels right.

The key for Sherry, and for all of us, is to recognize that willpower isn't enough to overcome craving and desire. And that force and control are illusions that only give us a fleeting sense of success. It's far more empowering to give yourself fully to the choices you make, to deeply understand unmet needs so that you can satisfy them directly, and to savor all of your choices—in food and in life—so that you learn to love real food, healthy eating and your body.

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.

Note: Client profiles are composites and names are changed to protect privacy.

TRY SOMETHING NEW THIS SUMMER

My philosophy of health is focused on adding in enjoyable practices, new foods, and creative 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. Summer is a wonderful time to try new foods as a bounty of vegetables ripen before our eyes. Here are two ideas to add in this summer:

Make Eating Green a Regular Thing

Leafy greens are among the most nutrient-dense foods you can eat. The fiber and nutrients in these powerhouse vegetables will turbo-charge the process of cleansing your palate. Learn to make colorful salads, green smoothies, and cooked green vegetables like spinach, kale, swiss chard, bok choy and broccoli. Don't just steam your greens or

make plain salads. Experiment with ways to make your food flavorful! Find recipes you love and let pleasure be your guide.

Slow Down and Savor

Start with taking a few deep breaths before you begin eating. Notice what that's like. Do you usually dig into your meal without a second thought? Are you busy doing other things at the same time like talking, watching t.v., or checking your cellphone? The first step is to notice where you are in the process of learning to slow down. If you are already practiced at saying a prayer or sitting quietly for a moment before eating, extend that focus to engaging all your senses. Take pleasure in the nuances of the food itself, enjoying the color, scent, texture and flavor as it overtakes your palate.



Sprouts, Shoots & MICRO-GREENS:

Oh Baby (Greens)!

by Chef Bonita Woods, CDM, CNC

Last weekend I was shopping at a local farmers market and was drawn to a vibrant, emerald colored bag of baby spinach. That night, we feasted on some of the best tasting spinach I had ever had. This surprised me as I generally buy organic and/or locally grown produce when at the store. The next week, while I grabbed up more of this magical leaf, the farmer and I had a chat.

As you can appreciate, the farm fresh produce had been harvested within 24 hours of being sold. If you have ever smelled a tomato fresh of the vine, you understand how important this is. One other difference between freshly harvested produce and regular grocery store products is the need to be sturdier to extend the shelf life. I can guarantee that the packaged baby arugula will keep longer than its freshly-harvested peer, unfortunately we will never know for sure, as I am in the midst of eating it all. Sometimes science needs to step aside for yummy.

The question that arises is if fresh is better tasting, is it also healthier? How fresh does it have to be? Should we push mature produce aside and dive into the world of baby greens? And what exactly are these increasingly faddish small sprouts and greens?

Basically, sprouts are the germinated grain or seed. In our modern era, we generally harvest beans, grains and seeds while they are still green, then dry them. This dramatically extends their shelf life and lowers the potential for mold and salmonella. When allow them to sprout them, you allow the little nubs to complete their maturation. The enzymes evolve and the starch goes away, completing the protein chain and dramatically increasing the nutritional value.

Shoots are mature sprouts that are turning into plants. You can only eat the shoot and seeds. Micro-greens are the next stage of evolution: the baby plant. You generally do not eat the seed, but enjoy the delicate leaf.

There is a lot of research out there, comparing the nutrient density of shoots, sprouts and micros to fully grown

produce. For the most part, there is intense disagreement. What it boils down to is that the native vitamin content is roughly the same per ounce of product from sprout to full grown. Any nutritional difference would come from the growing environment and how healthy the soil or growing patch is. Anyone who has tended a garden knows the importance of feeding your plants!

Another controversial area is phytochemicals. Most agencies do not include this with this nutritional analysis. Without question, the younger plants have greater level of phytochemicals than their more mature counter parts.

As an example, broccoli is popular with cancer fighting diets and is good in treating ulcers because it contains sulforaphane, a naturally occurring antibiotic. What is most remarkable is the fact that broccoli micro-greens contains as much as 30-50 times as much sulforaphane than mature broccoli. As we learn more about phytochemicals, their enhanced potencies in micro-greens and the ability to improve this by sufficient natural fertilizers we will be better able to optimize the benefits.

One caveat is to make sure your shoots and sprouts are fresh. They are very delicate and will go bad quickly. When purchasing, the roots/seeds should look healthy and the water or moisture should be clean. The sprouts should have a fresh aroma. You can also sprout plants yourself. There are plenty of kits available. I actually just use an uncovered pyrex baking dish. It sprouts my seeds and beans beautifully within one to a few days.

Of course, we don't want to leave our fabulous and fully-grown produce behind. Mature vegetables have a higher concentration of water and fiber than their baby peers. Also, since the babies are so delicate, they lose a lot of their health value when cooked. I personally like to mix-and-match my produce. If I sauté some zucchini and tomato, I serve it on a bed of raw baby kale. This makes a lovely presentation and is really fun to eat.

Increasing numbers of produce shoppers consider sprouts, shoots and micro-greens to be a veritable fountain of youth. They abound with antioxidants; they are full of protein, chlorophyll, vitamins, minerals, and amino acids. Wheat grass juice is the closest substance to hemoglobin, and is therefore a phenomenal blood purifier and liver detoxifier. Sprouts contain enzymes, giving your body a much needed rest as they digest themselves – invigorating you while requiring no help from your body to process them. New research indicates that peanut sprouts reduce harmful cholesterol and that sunflower, buckwheat, and grain sprouts dramatically improve the quality of life for diabetics. The list goes on and on.

Packed with vitamins A, C, and folic acid, Pea Shoots are a delicious, nutritious modern slant on the classic garden pea. Lyndel Costain, B.Sc.RD, award winning dietitian and author of *Super Nutrients Handbook*, says, “Pea Shoots are a nutritious leaf with high levels of vitamin C and vitamin A. A 50g bag of these tasty greens offers more than half of the RDA for vitamin C, a quarter of the RDA for vitamin A and significant amounts of folic acid. It is great news that this healthy and simple to prepare British vegetable leaf is readily available to consumers.” Additionally, they taste so fresh and sweet. A hand full of pea shoots or baby sweet peas is better than any desert on a hot summer day!

Shoots, sprouts and micros, like most vegetables and fruit, have a low energy density – or few calories per mouthful. Research carried out at Pennsylvania State University found that eating a large, mixed low fat salad as a starter meant that people reduced their calorie intake by 12% overall per meal, a saving of more than 100 calories. The USDA recommends that half the volume of each meal should be made of fruits and vegetables. Adding a sprinkle of baby produce broadens your meal’s nutritional platform and supplies a delicious element of fun. As part of a healthy diet and lifestyle, the nutrients found in shoots, sprouts and micros can help to maintain health and wellbeing throughout life.

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

Tomato and Mozzarella Salad with Micro-greens

Ingredients:

- 2 large tomatoes, preferably heirloom, sliced
- 4 ounces fresh mozzarella (or organic tofu), sliced into discs
- 2 large handfuls micro-greens
- 1 small handful basil leaves, sliced thinly
- Good olive oil, to taste
- Balsamic vinegar, to taste
- Sea salt
- Freshly ground black pepper

Method:

- 1) Toss the greens with the basil, then arrange on two plates.
- 2) Next, top with the tomatoes and mozzarella. Drizzle in olive oil and vinegar to taste—less is more.
- 3) Finally, season with salt, especially on the mozzarella, and top with black pepper to taste.

Micro-greens with Curry Vinaigrette

Ingredients:

- 4 teaspoons mild curry powder
- 2 teaspoons water
- ½ cup vegetable or canola oil
- 2 tablespoons cider vinegar
- ½ teaspoon minced garlic
- ¼ - ½ teaspoon salt
- A few grinds of fresh black pepper
- 6 cups micro-greens (about ¼ pound)
- 1 tomato, cut into bite sized pieces
- ½ European cucumber, sliced into thick ½-inch coins
- ½ cup shredded carrot
- ½ yellow bell pepper, sliced into bite sized pieces
- Protein of choice (Chicken, beef, tofu, quorn, seafood etc)
- Fresh and crusty bread to be served on the side

Method:

- 1) Stir together curry powder and water in a small bowl to make a paste. Let stand five minutes, then stir in oil and let stand, stirring occasionally, one hour.
- 2) Pour curry oil through a paper-towel-lined sieve into a small cup, discarding any solids.
- 3) Whisk together vinegar, garlic, salt, and pepper, then add curry oil, whisking until combined.
- 4) Marinate your protein of choice for ½ hour to overnight in refrigeration.
- 5) Cook your protein in the oven.
- 6) Build the salad directly on the plates and drizzle with some dressing. Top with your protein and enjoy!

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Make Your Outdoor Meals MEMORABLE (AND HEALTHIER!)

by Judy Caplan

With spring here and summer on its way, dining al fresco is always a favorite warm weather past time. I am not talking about your mother's BBQs, picnics, or dinners on the deck that were loaded with hot dogs, burgers, coleslaw, potato salad, and brownies. Instead, envision an up-to-date version brimming with healthier options.

Let's begin by changing up the menu in some new and usual ways. Instead of throwing out the traditional menus and starting over, take your favorite foods and make them shine with fresh, healthy ingredients. Don't fret; you can still make your Costco run for paper goods, drinks, other standard items!

Hot Dogs

Kids love hot dogs and why not? They are easy to hold, fun to eat, and kids can make squiggly designs with the ketchup and mustard. The main problem with hot dogs is that they are loaded with sodium preservatives and specifically sodium nitrite. In general, kids should avoid foods with these additives. Studies show a higher incidence of childhood leukemia in heavy consumers of processed meats.

You can find these cleaner dogs at Whole Foods, Trader Joe's, and some of the other local grocery stores. Or you can always dazzle your guests with veggie dogs! Buy one package and see if your guests notice a difference.

Burgers

If you have already signed up with a local CSA for regular deliveries of produce, you might ask them if they have grass-fed ground beef for burgers. Grass-fed beef is very lean and contains some healthy fats. If not available, many of the local grocers are now carrying buffalo meat. Buffalo meat or bison is leaner than beef and really delicious. Also look for bison raised by local farmers.

While it might be more work to seek out grass-fed meats and make the patties yourself, in the end, both the delicious taste and the increased nutrition will be worth it. Plus, because families eat so many burgers over the course of the year, if you substitute more of these meats for the grain fed versions, in the long run, it will be better for your family's health.

Buns

Try serving whole wheat buns with both the burgers and hot dogs. Whole wheat buns are now sold at almost all grocery stores. Besides all the wholesome nutrients, the fiber in whole grains or whole wheat helps bind up some of the

fat in the burger so instead of it being absorbed into your bloodstream and building up in your arteries, it is removed with your stool. If you are gluten intolerant, there are many gluten-free options available.

Coleslaw and Potato Salad

These traditional sides are everyone's favorites. For a healthier version, both salads can be made with olive oil vinaigrette instead of the usual mayonnaise. Or if you insist on using Aunt Betty's favorite recipe that calls for mayonnaise, try Kraft Mayo with Olive Oil instead of mayonnaise made with safflower or corn oil. Olive oil is full of omega-3-fatty acids which are good for brain function, hormone production, and your heart. (And no, healthy fats won't make you fat but over eating on a regular basis will!)

Try adding different fresh veggies and herbs. How about red potato salad with fresh green beans, pitted kalamata olives, diced red onions, fresh chopped parsley, and crumbled feta cheese with vinaigrette dressing? Or try adding dried cherries, raw cashews, and fresh basil to the coleslaw.

Soda

Holiday gatherings need beverages. Try replacing sodas (see if anyone complains or even notices) with bubbly water, fresh sliced lemons and limes. Fresh sliced cucumber is also refreshing. Have a bottle of POM or other berry juice on hand so people can make their own spritzers. POM is made from pomegranate juice and is extremely high in antioxidants. Cranberry and grape juices are also good choices.

How about a new type of sun tea? White tea, chai tea, and green tea are all good choices.

Desserts

Everyone loves brownies. For a lower calorie, but no less delicious brownie, try No Pudge Fudge Brownies. All this boxed brownie requires is some added non-fat yogurt. They are so quick and easy to make. If you serve ice cream, look for lower fat versions with no stabilizers or additives. You can always substitute frozen yogurt, coconut ice cream, or blended frozen fruit for a delicious cool treat.

Dining *al fresco* can be quick, delicious, and healthy!

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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Permanent WEIGHT LOSS

Working From the Inside Out – Part 2

by Cindy Pavell M.S., Speaker, Writer, Consultant in Health, Wellness, and Fitness for businesses and individuals.

It is my hope that you have read Part I (last issue) of “Permanent Weight Loss.” My objective in Part II is to expound on the process of learning to live free from addictive/compulsive overeating. I ended Part I by stating I first had to admit I needed help, that this food thing had me with a death defying grip. I sought out a therapist that specialized with eating disorders. Admitting and accepting that I had an “eating disorder” was a rude awakening. I was not anorexic, nor the classic bulimic. I was, however, obsessed and addicted to food!!

My first startling moment was when the therapist said to me early on, “I am not going to take the food away from you.” That statement shocked me. I was taking food away from me often; the diet plans I had been on had taken food away; I obviously NEEDED food to be taken away... I was getting bigger and bigger. Why wasn't she going to tell me how to eat and limit certain foods? All food plans do. My first step away from the shame of “eating” was when she said, “Your intention when you eat (binge or eat when I am not hungry) is a good one. You are trying to soothe yourself in the only way you know how.” “Soothe” myself. This thought washed over me like a gentle wave, like a warm hug from someone I love, like my cat Hope purring away while sitting on my chest. Yes, I was absolutely trying to soothe myself. Soothe daily anxieties, feelings of angst, neediness, inadequacies, and tremendous shame and embarrassment over my extending waistline.

Next, I had to start paying attention. Being willing to put the time in, a few moments, to check in with myself when I wanted to eat a bunch of junk and/or eat when I am not hungry. I still went to the food often even after checking in. Most of the time I did not know why I wanted to go to my buddy, food. I was given the idea to just wait five minutes during these times. If I still wanted the food, to go ahead and have it. Then to wait 10, 15, or 20 minutes. Again, if I still wanted the food after waiting to feel free to get it and eat it with joy, not shame. What started

happening is the waiting, I would stare at the clock, became easier and the desire to eat would pass; something as simple as “waiting” allowed the urge/compulsion to pass. I was amazed. I really did not think I had a choice. For many years, I didn't. That time of waiting, just sitting with the feelings, even when I don't know what they were or what was causing them, was excruciatingly painful. I could feel it in my gut. I just wanted to curl up in the fetal position. Really. I don't understand all that was going on with me internally; I just knew I had to let them (unidentifiable feelings) ride if I was going to get free from food controlling my life.

Many things had to change throughout the process - my schedule, watching TV and going to movies without having to eat (I did not think this could be done), filling in “food/ binge” time with something else. I have been able to let go of destructive eating and add healthier habits without WHITE KNUCKLING. I am not controlling my food. I am not exercising like a maniac to keep weight off. I have let go of close to 100 lbs. I am not frenetic. I have let go of it gradually through awareness, baby steps, and accepting myself fully. How I am eating is not hard; I do not feel deprived; I am not waiting until the weight comes off so I can then eat how I want. There are no games with me and the food. I am eating from a calm place, from an emotionally present place. The “mind chatter” is gone!! Food, or any compulsive/addictive behavior, is about my lack of coping skills in experiencing and being with my feelings... all of them...even the positive ones! Another profound piece is that by living free from compulsive eating, the truth about the rest of my life comes into full focus. I am not living in an “addiction fog.” My marriage has been challenged tremendously. However, the dysfunction can now be addressed and worked through. The greatest reward I have received from this painful and gratifying process is the peace between my ears, and the love and compassion I now have towards me... all of me!! I am free, truly free!

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



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VIENNA TEAM "REMISSION RIDERS"

Raise Funds for the Lymphoma Research Ride

At the Oakton Wine Shop.

by Valerie Kappler

A team of 21 "Remission Riders" raised funds for the Seventh Annual Lymphoma Research Foundation Bike Ride to be held on Sunday, September 22, 2013 in Barnesville, Maryland. In these lean economic times, the team worked hard to raise money for lymphoma research aimed at finding a cure for this disease. Valerie Kappler, a 50-year-old mother of four, was diagnosed in November of 2008 with lymphoma. Because of this research, she was able to participate in a clinical trial and, thankfully, is in full remission. Suzanne Zolldan's husband, John, was diagnosed 22 years ago and annual check-ups continue to show that he remains in remission. Other team members have also had family members and friends stricken with this disease. However, remission is not a cure. The cancer has a high probability of one day reoccurring, and it is the goal of the Lymphoma Research Foundation to find a cure.

It was once typical for lymphoma to strike men in their mid-60s yet the number of lymphoma patients has nearly doubled in the past years, and is striking much younger people. In 2013, there are more than 600,000 people living with lymphoma or are in remission. It is estimated that more than 74,000 new cases will be diagnosed this year as well. The numbers for this disease are growing.

"Amazing day for us at Oakton Wine Shop! One of the largest crowds we have ever seen." says Bryan Gauthier owner of the Oakton Wine Shop. Oakton Wine Shop held their 2nd Annual Spring Fling Wine Festival where they showcased wines from four different countries. Oakton Wine Shop has created a sense of community at their shop. The staff is knowledgeable, friendly and more than willing to help you with any of their 500 wine selections, 100 plus beer selections or their many cheese and salami selections. "I am very humbled by the support the community showed today. I am also pleased with all of the selections people were making as the wines were all truly some of our favorite selections and the community agreed. I cannot wait for our next event."

"Our team does not have any corporate sponsors. We raise every penny ourselves either through events or personal donations," stated Valerie Kappler. The Oakton Wine Shop has generously donated a portion of their "Spring Fling" sales to the Remission Riders.

Over 200 people came to taste wines from 4 countries this past weekend. "The support is overwhelming," says Mary Heppner, a team member who co-led the Wine Tasting for a Cure event, "It's amazing how many people are associated with someone who is touched by this disease and want so much to help find a cure."

"That was the most professionally organized and beautiful rides I have ever been on. Well-equipped rest stops with bicycle repair stations, plenty of water and snacks, and an extremely well marked route. There were volunteer's cheering you on at every intersection. I do it every year and will definitely do it again next year," stated 50 mile rider Mark Kadonoff.



Another team member, Jean Wyman, stated, "The ride was fabulous. It was so picturesque riding through the countryside of rolling hills and pumpkin patches. Sugarloaf Mountain was nearby and there were apple orchards and horse farms everywhere. It was a privilege to raise the money and to ride the ride as well."

"We would love additional riders on our team!" says Valerie Kappler, team captain. "We have a pasta and helmet decorating

party the night before and then head up to Barnesville together. It's such a rewarding and wonderful experience. Anyone wanting to join the team, just let me know. Remember, it's a ride, not a race. There are pit stops along the way and great food at the end."

The Lymphoma Research Foundation (LRF) is the nation's largest non-profit organization devoted exclusively to funding lymphoma research and to serving those touched by the disease. The 2012 Research Ride raised more than \$500,000, with 300 riders cycling for a cure.

The Lymphoma Research Ride is a non-competitive bike ride where survivors, families, friends, individuals, community teams and corporate teams ride in honor and in memory of those whose lives have been touched by lymphoma. Participants can choose to ride either a 25 or 50 mile route.

"The Lymphoma Research Ride was a huge success for the Lymphoma Research Foundation, raising almost a half million dollars for lymphoma research,"

said Diane Blum, LRF Chief Executive Officer. "We are sincerely grateful for the commitment and dedication of the talented volunteers who help make the ride so wonderful each year, specifically Dr. Bruce Cheson and his wife Christine. Because of them, we are that much closer to discovering better treatment options for patients living with lymphoma and, ultimately, a cure."

The Lymphoma Research Ride was founded five years ago by Dr. Bruce Cheson, Deputy Chief – Division of Hematology-Oncology and Head of Hematology Georgetown University Hospital and chair of the Foundation's Scientific Advisory Board, and his wife Christine Cheson to increase lymphoma awareness and raise vital funds for cancer research. Since its inception, the Lymphoma Research Ride has raised nearly \$3 million for lymphoma research.

"The Lymphoma Research Ride is such a wonderful experience – the celebration, the spirit, the support; it is so important to these riders to show the world that when they put their bottom on a bike seat, and ride many miles uphill, this is no more steeper a climb than

the one they have undertaken in their fight against a potentially fatal disease," said Dr. Cheson. "The funds raised from the Lymphoma Research Ride have had and continue to have a meaningful impact on cancer research; this is a very exciting time because of what we are learning about the science of lymphoma that is being applied to the clinic."



Donations to the Remission Riders are being accepted until November. Please go to: lymphoma.org/ride2013/remissionriders.

About the Lymphoma Research Foundation

The Lymphoma Research Foundation (LRF) is the nation's largest non-profit lymphoma organization devoted to funding innovative research and providing people with lymphoma and healthcare professionals with critical information on the disease. To date, LRF has awarded more than \$45 million in lymphoma-specific research.

For additional information on LRF's programs and services, visit www.lymphoma.org.

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- 2 tablespoons syrupy balsamic vinegar
- 1 small seedless watermelon, cut into one-inch cubes
- 1 small bunch basil
- 5 oz. feta cheese, cut into 1" x 1" x ½" squares

Directions:

Skewer one cube of watermelon, one basil leaf, one feta slice, and another watermelon cube onto a decorative toothpick. Repeat until all pieces have been used. Place bites on balsamic drizzled serving dish.

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Ingredients

- 2½ cups hulled strawberries
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- 2½ tablespoons sugar

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Reserve one cup of the Riesling – cover and place in the fridge to chill. In a food processor, purée strawberries with the remaining wine, lime juice, and sugar. Pour the mixture into ice cube trays and freeze until solid. When you're ready to serve [or drink], purée the ice cubes with the remaining wine in your blender.

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Ingredients:

- 1 pound of shrimp, peeled and deveined
- 3 cloves of garlic, minced
- 2 tablespoons of fresh basil, chopped
- 2 tablespoons of fresh parsley, chopped
- 1 tablespoon of dijon mustard
- 2 lemons, juiced
- ¼ cup of olive oil
- 2 teaspoons of sea salt
- 1 teaspoon of cracked pepper
- wooden skewers

Directions:

In a bowl, combine garlic, basil, parsley, dijon, lemon juice, olive oil, salt and pepper. Combine well with a fork. Add shrimp and toss. If time allows, let the shrimp marinate for one hour or over night.

Soak wooden skewers in water for one hour. Skewer shrimp onto the sticks. Grill for one minute on each side until pink. Serve warm, at room temperature, or refrigerate and serve cold. If the weather isn't cooperating for the grill, they can also be prepared in the oven- just roast them at 450 degrees for five to seven minutes.

www.jennysteffens.blogspot.com



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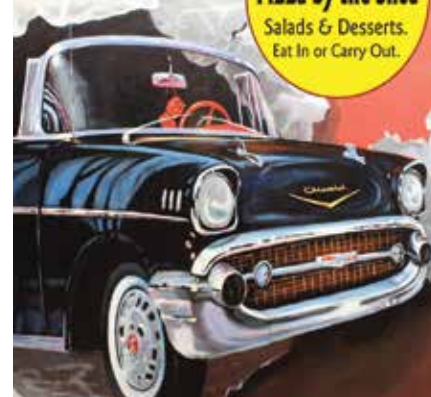
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Your DAILY BREAD

At Le Pain Quotidien

Dining with Jeannine • by Jeannine Bottorff



My friend and I decided to check out the new center in Merrifield called MOSAIC (www.mosaicdistrict.com) that combines retail stores, a grocer, restaurants and a movie theatre (that serves wine!) with apartments. They call themselves an “Urban Retail Development.” As we walked through and marveled that Last Call Studio by Neiman Marcus lives with Target and Mom’s Organic Market, we happened by Le Pain Quotidien, and wondered what it meant and how to pronounce it!

Le Pain Quotidien (it means Daily Bread and is pronounced luh paN koh-ti-dyaN) is a bakery and eatery that offers homemade treats made with organic ingredients whenever possible. They also use reclaimed wood and recycled Gypsum and other environmentally-friendly materials in their restaurants, right down to cleaning supplies and packaging. What I noticed when I walked in was not the green materials used but the serene feeling when you walk in and what they call “the communal table” where anyone can sit down and “break bread with friends or strangers.”

Le Pain Quotidien serves breakfast, lunch and dinner featuring soups,

salads, tartines – open face sandwiches – and, of course, the bakery items which include croissants, pain au chocolat, brioche, and assorted breads. They also feature luscious pastries – lemon tarts, mini mousse duos, cookies and Belgian brownies – to name just a few.

My friend and I were quite hungry, so we sat, ordered a latte and a Jasmine tea and scanned the menu for our lunch treats. She selected the Chicken and Smoked Mozzarella Tartine with Pesto. Le Pain Quotidien serves a variety of these light sandwiches with toppings such as avocado, smoked salmon, tuna with hummus and white beans and many others. I ordered the Goat Cheese and Arugula Salad.

When our food arrived, which it did quickly due to our friendly and efficient waiter, we noticed how fresh the food was and that it was piled high on the plates. My friend ate every bit of her tartine as well as the vinegary little pickles that were served with it. On the other hand, I could not finish the (large quantity of) goat cheese on my salad even though I tried. It was so good! It reminded me of the French goat cheese called Boucheron, which

has a stronger flavored center and a slightly stinky rind. Delicious!

The selections we made were light enough to allow us to order dessert – and you don’t want to miss dessert here! I selected the pistachio tart. It was less of a tart and more of a small cake moistened with syrup and topped with a load of whole toasted pistachios. My friend ordered the apple almond tart, filled with tart apples and a lace of almond flavor. Both were quite good.

Le Pain Quotidien is a chain but it doesn’t feel that way. When you are sitting in their light and airy restaurants sipping your creamy latte and nibbling on a pastry, you feel as if it is as individual as you.

**Le Pain Quotidien
MOSAIC
8296 Glass Alley
Fairfax, VA 2203
www.lepainquotidien.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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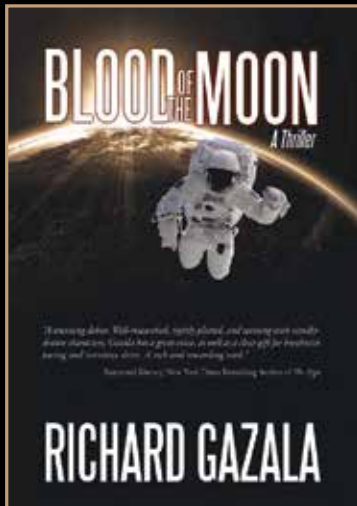
- 2 medium fennel bulbs (with fronds intact)
- 2 tablespoons olive oil
- 3 oz Gruyere cheese, coarsely grated
- 1 ounce mascarpone, softened
- 2 teaspoons oregano, minced
- ½ teaspoon red pepper flakes
- 1 lemon, zested
- 2 sheets puff pastry, cut into 2" x 5" rectangles
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Thinly slice fennel heads into ½-inch slices (lengthwise) and cut each piece in half. Brush each piece of fennel with oil and season with salt and pepper.
3. Heat a grill or grill pan over high heat and lightly grease. Grill fennel for about three minutes on each side or until nicely charred and softened. Remove from heat and cool.
4. In a small bowl combine Gruyere, mascarpone, oregano, red pepper flakes, and lemon zest. Season with salt and pepper and mash together until fully combined.
5. Spread a small amount of the cheese mixture over each piece of puff pastry, leaving the outer ¼-inch perimeter bare.
6. Top each rectangle of cheese spread puff pastry with a piece of grilled fennel and gently press down. Place each tart onto a baking sheet, lined with parchment, and lightly season with salt and pepper. Bake for 15 to 20 minutes or until the fennel begins to caramelize and the puff pastry turns golden brown.
7. Allow to cool for five minutes before cutting and serving.

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Saddle Up!

FOR AN EXTRAORDINARY DUDE RANCH ADVENTURE

by Linda Barrett

I am a wanna-be cowgirl. Rodeos, cowboys... I've got it bad. So, I lived out that fantasy on a Western dude ranch vacation.

With recommendations from the Dude Rancher's Association, I selected **Mountain Sky Guest Ranch**, a four-diamond, award-winning Montana ranch just 30 miles north of Yellowstone Park. From Bozeman it is an easy drive through Paradise Valley.

What I expected, and what I found, though, were two different things. Now, I've *seen City Slickers*, and *this* was no rough ride. Everything at Mountain Sky is top-drawer, from the snowy down coverlets on the beds in your private cabin to five-star meals on lily-white tablecloths. For a week I lived in high Western luxury.

The ranch's large post-construction lodge sits in the middle of the ranch, and from the wide front porch, the view extends from the corral area to the distant ridges. Families stay in one of 30 spacious and comfortable cabins situated around the property.

Mountain Sky was purchased in 2001 by Arthur Blank, the founder of Home Depot and owner of the Atlanta Falcons, and turned into a high-end experience that *should* be experienced.

But let's get down to why, at least I, was here. The riding. We were each assigned a horse for the week; mine was the blue-eyed Miss Ellie, an Indian paint, and my instant friend. The first morning, we layered up in the pre-dawn chill for a

7am breakfast ride. I had my riding gloves, cowboy boots, jeans, slicker, and hat, and was prepared for anything. (*Bring a heavy coat; you never know when it's going to snow... even in summer!*)

Two hours of the most beautiful riding in the world led us to a cowboy breakfast, where staff members were rustling up eggs in a platter-sized skillet. We roasted marshmallows over the campfire and sated our appetites on sausages, biscuits, gravy, bacon, and eggs. Shedding extra clothing into the backpack, we mounted up and rode two hours home... just in time for lunch on the front lawn.

“Two hours of the most beautiful riding in the world led us to a cowboy breakfast, where staff members were rustling up eggs in a platter-sized skillet.”

Of course, I signed up for the 2pm ride as well. Big mistake. The next morning, I was sore with a capital S. But there I was back at the corral. “You gotta get right back on that horse,” I figured. It was a good call; the movement in the saddle worked out the kinks.

In two days I was an old hand at riding, and after three, I worked up my courage to lope along the top of the ridge overlooking Paradise

Valley. The valley runs between two ridges of the Rockies, painted in golds and blues in sage-scented alpine meadows, unlike the greens we are accustomed to in the East.

Rides are scheduled twice a day, at various skill levels, and wranglers offer lessons in the arena early in the week for “greenhorns.” Experienced riders are challenged by downhill gallops and mountainous terrain.

Mountain Sky offers a tour of nearby Yellowstone National Park, which is highly recommended. Visitors view native

buffalo, elk, and wolves just feet from the car, and the natural beauty is breathtaking. As a unique option, the ranch can shuttle your horse for you to ride through the park, or you can enjoy fly fishing in the clear-blue Yellowstone River. "We are on the resort end of dude ranches, and categorize Mountain Sky as more of a guest ranch," explains Stacy Townsend, director of sales and marketing. "You choose your own adventure, as active or relaxing as you want."

Mountain Sky offers the perfect family vacation with a package providing lodging, meals, horseback riding, and activities in a safe, family-oriented environment. This ranch offers a superior Kids Program: an enviable weeklong schedule of riding and craft activities, field trips, and a homegrown talent show.

Adults and children enjoy tennis, volleyball, archery, fly fishing lessons, scavenger hunts, the pool and hot tub, river rafting, campfire cookouts, nature and night hikes, and day trips, as well as massages, facials and pre-breakfast yoga.

Just sign up on the schedule mounted near the dining room. There is always something to do, including the end-of-the-week Team Penning competition where guests practice working on horseback as opposed to trail riding, and shopping in the ranch's boutiques.

Mountain Sky guests now enjoy golf too, with the opening in 2012 of their nine-hole, Johnny Miller-designed championship course. It's completely private to guests and not open to the public.

At dinner, children have their own mealtime, then head off for activities, leaving adults free to enjoy the gourmet cuisine

leisurely at large convivial tables. Head chef Brian Bielen outdoes himself every night with three- to five-course meals. Imagine feasting on dried cherry bread, shrimp and crab cake appetizers, basil-marinated mozzarella baby greens salad, lemon olive oil sorbet, and marinated spring lamb over lobster mushroom risotto, followed by toffee mousse cake with crème Anglaise... at a dude ranch!

Chef Bielen is also a wine enthusiast, and since he's just completed his first level of sommelier courses, he takes great pride in his wine list.

There is magic at Mountain Sky, all wrapped up in surprises, warmth, and an instant feeling of family. Most of the families I met have come the same week for at least 15-20 years in a row, and many socialize throughout the year. There is an 82% return rate from year to year!

Sadly it was time to go. On the last day, we all trooped to the corral to wish tearful goodbyes to our horses, new friends and wranglers. You know, I think Miss Ellie still misses me.

RESOURCES

Mountain Sky Guest Ranch
www.mountainsky.com, 800-548-3392

Dude Rancher's Association
www.duderanch.org, 307-587-2339

author: Linda Barrett Linda Barrett is an avid travel writer and president of All the Buzz, a corporate writing and public relations agency located in Fairfax, VA, www.allthebuzz.wordpress.com.



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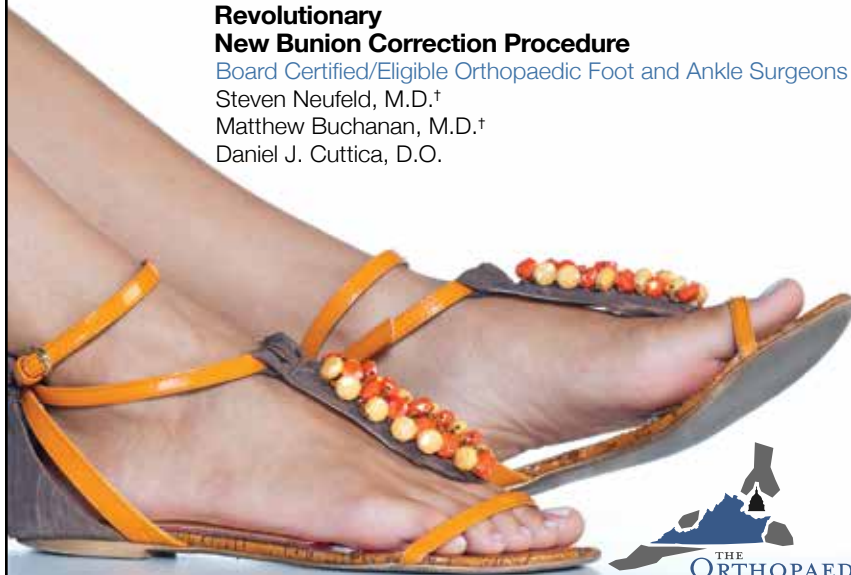
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A close-up photograph of a person wearing a red shirt, using a metal spatula with a wooden handle to flip a piece of salmon on a barbecue grill. The grill is made of metal grates, and the salmon is cooked to a golden-brown color. The background is blurred, showing other food items and a warm, outdoor setting.

OUTDOOR

Entertaining

● ● Summer is knocking on our doorstep and the days of grilling on the patio, and games in the yard are upon us. Check out the following pages to get some tips and tricks to make the outdoor experience that much better. We have found some great ideas for games, grilling, buying local food, and more. Get out and enjoy these warm days of summer with friends, family, and the great outdoors!



Creating

YOUR OUTDOOR SPACE

Tips and tricks to help enhance the outdoor experience

Select the Setting

One of the most important parts of decorating your patio is the theme. This sets the tone for how people will feel while in the space. You can choose anything from a Mediterranean feel with white and blue furniture and white lanterns, or you can try a rustic theme with wooden furniture and galvanized buckets with rope trim. Perhaps a sleek contemporary look with smooth black furniture and bright green fabrics strikes your fancy. Whatever you choose, make sure to incorporate the theme throughout your patio and be consistent. And remember to pay attention to the details, too. It's the little things that count!

Place the Space

No matter what type of furniture you choose, make sure it fits well and allows the space breathe. For instance, if you have a smaller space, you should choose smaller pieces with less decoration. Often times, the minimalist details of a contemporary style is best suited for smaller spaces. As for larger spaces, you can add statement pieces like a fabulous teak dining table or even an all-weather couch. You can also have an outdoor kitchen, which adds another dimension to the experience. You also have to make sure that the pieces are placed where guests can move about, sit, stand, and socialize with ease. A cluttered space gets overwhelming!

Bright and Bold with Panache

So, you've chosen your theme and furniture, and now you need to decide on how to liven everything up. Never underestimate the power of color and patterns. Try adding a brightly colored set of pillows to the chairs, or find an outdoor rug with a bold pattern. You can also add vivid vases, bottles, or pots that can hold anything from fun flowers and plants to the lower maintenance rocks or glass beads. Don't be afraid to combine bright colors and patterns, but make sure to use them in moderation with coordinating colors. Try bright pinstriped pillows paired with a bold blanket of a similar color. Or find an umbrella with a fun pattern and pair it with your furniture cushions or vice versa. Don't forget to match your flowers too!

Sprouts and Posies

Flowers and plants play such an integral role in the world of outdoor entertaining; make sure that you have included them in your décor. They liven up everything and add some unexpected textures. You can choose to use only green plants to add some great textures if you already have a lot of colored furniture and accessories. Or, you can focus on using only flower blooms to add pops of color if your furniture is mostly muted tones. Flowers and plants also add a very warm and inviting feel that make your guests more comfortable. Even if you choose the contemporary route, you can place a succulent plant in a nice clean pot alone on a table. Don't forget that you can get creative with your containers to add another detail to your décor. Wheel barrels, galvanized buckets, watering cans, teapots, and even shoes make great resources! You can also paint regular pots or decorate them with lace and fabrics.

Add the Ambiance

Lighting is also a fundamental part in making your outdoor space as posh as it can be. Make sure that you can keep that party going even after the sun sets! For those of you who have outdoor outlets, you can include lots of things such as hanging pendant lights and lanterns. Or, you can put up string lights as if you were sitting at a café in France. If you don't have outlets, you can use some pretty cool things like battery-powered or solar lanterns, or flameless candles.

Bring in the Zen

Water features bring tranquility and peace to any space they sit in, big or small. They also come in an array of choices including fountains, birdbaths, waterfalls, ponds, streams, and more. The best part is even if you have very limited space, you can always fit a water feature. Most garden stores sell several types of tiny tabletop fountains, as well as all sizes of birdbaths. You may have the occasional animal guest visit your water feature, or if you have a pond you may choose to have some permanent residents.



Preparing YOUR YARD

Ways to help get your yard ready
after those cold winter days

Shape It Up

Make sure you have taken the correct steps to prepare your lawn to “shake off the cobwebs.” Weed control is important, as well as filling in the areas that didn’t fare so well over the winter months. Remember to water your lawn so it keeps its lush green color and thickness.

As for your landscaped areas, they’ll need a fresh layer of mulch. Plants and bushes will need to be trimmed or replaced. Clean up your sidewalks and stone steps; perhaps you need to fill in some bare dirt areas and brush off debris collected during winter.

Your flowerbeds will love having the soil refreshed and fed, as well as new flowers introduced with bright colors and varieties.

If you need assistance preparing your yard and landscaping, there are many local companies that can offer you advice and help you get ready for the season. **Surrounds in Sterling or J Byron in Vienna** can certainly help you, as well as many others.

Clean And Renew

If your grill spent the winter hanging out in the snow and elements, it’ll need a good scrub down and cleaning. Make sure to scrape the grates and brush off any dirt, and make sure you have a stash of charcoal briquettes or propane tanks. Visit www.wikihow.com/Clean-Grill-Grates for some helpful grill cleaning tips.

For those who have outdoor furniture, now is a good time to thoroughly clean it all, and, if needed, a new coat of paint or stain. Give it a nice scrub to get the dust and dirt off, and check your cushions to see if they need to be cleaned or replaced. If you need some new furniture, visit **Maison Et Jardin in Great Falls, or Home Escapes in Reston.**

Wash And Seal

Anything that stays outside and is exposed to the elements during the winter is bound to get a little dirty and worn. A good thing to do to refresh your patio is to give it a good power wash and clean off any debris. This goes for your deck if you have one. Just give it a wash to clean it up. Depending on how long you’ve had your deck, you may need to have it stained, painted, or sealed again if it’s looking a little tired. Always make sure it’s fully protected. **Elite Pressure Wash** is a great company if you need someone to come in and get everything cleaned up. They also offer staining and sealing services.

Control Those Pests

As summer comes along, you want to invite guests to come over and enjoy some food, games, and other fun. Sometimes, unwanted guests invite themselves to the party. Other than citronella candles, one thing that makes a big difference is to eliminate standing water like buckets, barrels, or birdbaths. Adding a small electric pump to any water source will move the water enough to make it unsuitable for bugs. Another tip is to keep your landscaping tidy by keeping grass short and remove overgrowth from bushes and hedges. This reduces the shelter and protection that attract bugs. Lastly, keep your trash sealed and covered as much as possible and keep any food you use during your barbecues covered and sealed. This way they don’t have anything to snack on and they won’t want to hang around.

Another thing to consider is having a pest control company prep and maintain your yard for you. **Mosquito Squad** is a great company that can help you choose the right option for you. They can do anything from a simple spray, to installing a system that will automatically spray 2-4 times daily. They also offer an all-natural alternative as well.

Backyard

GAMES

Here are some fun ideas to entertain your guests

Kan Jam®



In Kan Jam®, teams consist of two players who stand at opposite ends from each other next to the goals. Goals are black cans that are open on top with a slot in front and sit 50 feet apart with the “Instant Win”

slot facing the other. Players alternately toss Frisbees and try to get them into the cans. The opposite teammate can deflect the Frisbee into the can to score points if necessary. 21 points are needed for victory. See www.kanjam.com for official rules. Visit **Sports Authority in Vienna** to grab a set.

Pipe Ball



This one is addicting! With Pipe Ball, all you have to do is gather about ten pipes of varying heights (large enough to fit a tennis ball), with the top cut off diagonally, and a few tennis balls. You set it up by placing the four tallest pipes in back, then three more a little shorter in front, then two even shorter,

and finally the single shortest pipe at the very front. See www.thisoldhouse.com for some great step-by-step building directions. The pipes have varying values. The tallest ones in back are worth about one point, the front and shortest pipe are five points. To play, gather teams of two and line up one at a time about 10-20 feet from pipes. The first to reach 21 wins!

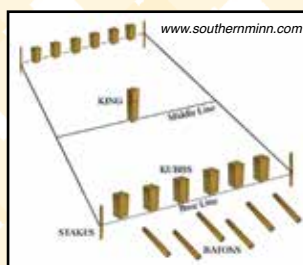
Shishkaball



If you ever played the game KerPlunk, then you'll know this one. Shishkaball is the larger version of the beloved game, and great to play outside. All you need is some garden fencing, garden stakes, and plastic play balls. Curl the garden fencing up to fashion a tube where you can slide the

garden stakes through to hold up the plastic balls without dropping them. See www.thisoldhouse.com for a more detailed set-up. Then, gather some friends to play! Each person takes a turn pulling out one stake while trying to keep all of the balls from plunging down to the ground. The person who releases the balls first loses.

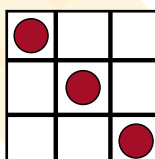
Kubb (Viking Chess)



Kubb, (pronounced “Koob”), is a Swedish game that is a combination of bowling and horseshoes. Basically, two people each set up wooden blocks and throw sticks under-handed at them to knock them over. You have one tall block called the king (3.5 inches square and 12 inches

tall) and ten smaller blocks (three square inches wide and six inches tall) that are set standing up. Each player throws six batons (two inches in diameter and 12 inches long) at them per turn to knock them down. If you knock over the king, you automatically win. For complete directions, visit www.wikipedia.com.

Frisbee Tic-Tac-Toe



This one may have the easiest set up of all, but is just as fun! It's a big version of the traditional Tic-Tac-Toe game. All you have to do is grab a table cloth and add lines to it using paint or tape in the shape of the traditional Tic-Tac-Toe grid. Then, round up

nine Frisbees to fit in the squares. If you know how to play Tic-Tac-Toe, you're all set!

Miniature Golf



Build your own miniature golf course! Who doesn't love miniature golf in some way, shape or form? The best part is, you can build your own course with stuff from around the house (and maybe some help from Lowes or Home Depot). You'll have to decide on how many holes will fit in your yard, and

whether you want to buy turf or mow the lawn. You can use things like buckets, boxes, PVC pipes, large water bottles, or even rolled up paper as obstacles, and small, buried flower pots as holes. Get creative, the sky is the limit! To put it all together, grab a few 2x4s in different lengths to set up your alleyways to the holes. *Voila!* You have a great outdoor game the whole family will love to play (and help build).



Buying LOCAL

A list of our farmers markets and butchers who all sell locally raised meats and locally grown produce. Buying local is always best!

Vienna Farmers Market

Saturdays, May 4-October 26
301 Center Street South, Vienna

Fresh produce, baked goods, jams and jellies, salsas, herbs, marinades, rubs.

Great Falls Farmers Market

Saturdays, all year round
Hours vary depending on season
750 Walker Road, Great Falls

Fresh produce, herbs, baked goods, pickles, oils, local meats, cheese, chocolate, spices.

Alexandria Farmers Market

Saturdays, all year round, 7am-Noon
301 King Street, Alexandria

Fresh produce, baked goods, cheese, local meats.

Arlington Farmers Market

Saturdays, all year round, 8am-Noon
Intersection of N. Courthouse Road and N. 14th Street, Arlington

Baked goods, pasta, fresh produce, honey, desserts, local meats, eggs.

Falls Church Farmers Market

Saturdays, all year round, 8am-Noon
300 Park Avenue, Falls Church
Fresh produce, baked good, local meats, eggs, cheese, coffee, honey.

Annandale Farmers Market

Thursdays, May 3-November 1
8am-Noon
6621 Columbia Pike, Annandale

Baked goods, pasta, fresh produce, honey, desserts, local meats, eggs.

Community Farmers Market

Saturdays, 8am-1pm, and Sundays, 10am-2pm, May 11-November 3
10501 Main Street, Fairfax

Olive oil, sauces, rubs, fresh produce, baked goods, barbeque, spices.

McLean Farmers Market

Fridays, May 4-November 16
8am-Noon
1659 Chain Bridge Road, McLean

Baked goods, pasta, fresh produce, honey, desserts, local meats, eggs.

The Organic Butcher

6712 Old Dominion Drive, McLean

Local meats, fresh seafood, local produce, wild game meats, wine, cheese, sauces, marinades, seasonings, rubs, sausages.

The cases are stocked with the highest quality meats, their own made fresh daily sausage links, and marbled cuts of local beef as well as pork and poultry.

Red Apron Butcher

8298 Glass Alley, Fairfax

Local meats, charcuterie, salumi, sausages, hot dogs, burgers, wine, craft beer.

All of Red Apron's meats are proudly sourced responsibly from local farms.

Let's Meat On The Avenue

2403 Mount Vernon Avenue, Alexandria

Slab bacon, wild boar, sausages, local meats, milk, yogurt, butter, eggs.

Proudly sells sonly free-range, pasture-fed, hormone-free meats, many from local farms.

The Butcher's Block Market

1600 King Street, Alexandria

House made sausages and pates, cheese, olives, breads, chocolates, wines, local meats.

Unique wines, wonderful meats for the grill, delectable prepared items and specialty foods.

Mom's Organic Market

8298 Glass Alley, Fairfax

Local and organic produce, sustainable seafood, local meats.

They buy local whenever possible. This helps reduce the amount of fuel used to transport products, supports small businesses, and boosts our local economy.

Grilling



Grilled

LIME SHRIMP

½ teaspoon lime zest
¼-½ teaspoon cumin
½ teaspoon dried oregano
½-1 teaspoon salt
½ teaspoon pepper
2 tablespoons olive oil
3 tablespoons freshly squeezed lime juice
3 cloves garlic, minced
1 lb. shelled, deveined, uncooked shrimp

- Mix the first eight ingredients in a bowl.
- Add shrimp and toss to coat.
- Let stand for ten minutes to marinate.
- Thread shrimp on metal skewers, reserving marinade.
- Place shrimp skewers on grill over medium heat.
- Cook 3-7 minutes or until shrimp turn pink, turning once and brushing with marinade occasionally.

Serves four

www.dineanddish.net

Chile Lime

SWEET POTATOES

2 lb. sweet potatoes
Juice and zest from 1 lime
2 tablespoons of sesame oil
1 teaspoon of chili pepper
1 clove of garlic, minced
½ teaspoon of coarse salt

- Bring a six-quart pot to boil. Peel sweet potatoes. Cut lengthwise in half, and divide into eighths. Boil until tender, about five minutes. Remove from heat and let cool.
- Combine the remaining ingredients in a large bowl. Stir until lime and oil are fragrant. Create a smooth brown glaze, about two minutes.
- Toss sweet potatoes in glaze, and let stand for 15 minutes.
- Grill sweet potatoes on medium-high heat. Flip until potatoes start to crisp and the glaze blackens. Remove from heat, serve hot.

Serves four to six

www.mnn.com

Recipes

Sliders

FETA & SPINACH

1 lb. ground beef
½ cup feta cheese
1 cup chopped spinach
1 teaspoon lemon juice
salt and pepper, to taste

- Make 16 small round beef patties.
- In a medium bowl, mix together feta, spinach, lemon juice, salt and pepper.
- Take about half of a tablespoon of the mixture and put it in the middle of eight of the patties.
- Top each of the stuffed patties with another unstuffed patty.
- Seal the edges completely so the mixture is secure.
- Grill until the beef is fully cooked and the cheese is melted.
- Grill a slider bun, top with some extra spinach or lettuce, tomato, ketchup, or mustard.

Serves eight

www.lifewithmel.com

Balsamic

GRILLED CHICKEN

4 chicken cutlets, sliced in half if very thick

Marinade:

¼ cup balsamic vinegar
2 tablespoons dijon or spicy mustard
1 teaspoon dried herbs
1 teaspoon salt
1 teaspoon pepper
½ cup olive oil

- Add marinade ingredients to a jar with a lid and shake it well.
- Place chicken in a large ziplock bag and pour marinade over chicken. Seal bag and refrigerate for at least two hours.
- Preheat grill to high.
- Place chicken on heated grill, lower temperature to medium high and cover. Cook eight to ten minutes. Flip chicken and cook for another eight minutes until internal temperature reaches 165°F.

www.biasrichandsweetkitchen.com

Trend

by Lauren Simmons

SPRINGING IN THE BLUES!

BaubleBar's Blue Drop Earrings

www.BaubleBar.com

Deep blue tones and elegant mixed shapes give these sleek drop earrings their rich feel. The ultimate piece to keep in your jewelry box, these sparklers will take you from the office to cocktails with ease.



Tory Burch Leather Wrap Bracelet

www.NeimanMarcus.com

Tory Burch mixes textures for a modern, multidimensional look. Wear this leather wrap bracelet with a casual or more formal look, alone or stacked with other bangles, for day or night.

Crystal Droplets Necklace

www.JCrew.com

Great for snazzing up a simple t-shirt or shirtdress — these translucent crystals in muted tones shimmer like water droplets in tiny clusters. You've got the flexibility of changing length from 18" to 21" with extender chain.



Michele - 'CSX-36 Diamond' Diamond Dial Watch Case

www.Nordstrom.com

Such a great addition to your look — this sporty chronograph timepiece is illuminated by 109 diamonds marking the indexes and stainless steel case. A mother-of-pearl dial features day and date windows, all overlaid by scratch-resistant sapphire crystal. This is great for casual to dressy and will certainly make a stylish impact!

The band is interchangeable with so many other Michele bands — you can have a new look for every outfit.



GADGETS, GIZMOS & Goodies

To get you ready for the summer!

by Lauren Simmons

Music Balloon www.poketo.com

The Music Balloon is a portable and rechargeable USB speaker. They serve double duty as cute accessories and deceptively powerful speakers. Each speaker comes with a 3.5mm audio plug, lasts up to four hours, and recharges on your computer. Animate your bike rides, picnics, and pool lounging with a Music Balloon in pink, red, or black.



Bar10der www.TheBar10der.com

Look no more to stock your bar. The Bar10der has ten essential bartending tools packed into one sleek, easy-to-store design so you can mix and serve cocktails like a pro. Includes a muddler, reamer, channel knife, jigger, zester, knife, stirrer, strainer, corkscrew, and bottle opener. Great for the house or on the go.



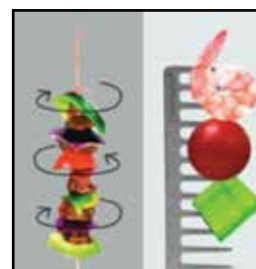
Hand-Cranked Blender www.Lehmans.com

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GrillComb www.Fusionbrands.com

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TYSONS

Seniors

New Medicare Treatments Available at Arleigh Burke

by Gary Hughes

A casual observer driving past the intersection of Kirby and Old Dominion can see that change is underway. What is not visible from the road is a recent change inside the walls of Arleigh Burke on the Vinson Hall campus. In December 2012, Arleigh Burke was certified by the Center for Medicare and Medicaid Services (CMS) to provide services to patients that will be paid for using Medicare Part A. That means residents and community members can receive speech therapy, occupational therapy and physical therapy using their Medicare Part A benefit.

Arleigh Burke administrator Katie Branch began the process of acquiring the certification shortly after arriving as the new administrator. Her decade in skilled nursing was a great asset in navigating the waters leading to certification, which included surveys from CMS visitors. A survey is a week-long visit where the organization is scrutinized in everything including food preparation and food temperature, monitoring medication administration, reviews of medication administration records and patient charts, and training. Every aspect of operations is involved in the survey. After several surveys, all of which were excellent, lots of training and paperwork, the Health Care Center earned the certification. Once the certification was earned, a billing system had to be put in place and the first Medicare Part A patients were admitted in March 2013.

Administrator Branch said the residents of Vinson Hall “deserve to be able to receive the services where they live. “Those services are also available to members of the community. It is not mandatory to meet the Vinson Hall residency requirements in order to use the services available at Arleigh Burke. Branch noted that “about 40% of the long term care residents at Arleigh Burke are not affiliated with the military or federal government.

One point of pride is the low turnover rate at the Vinson Hall campus and especially at Arleigh Burke. Many of the team members, from management to the front line, have been there more than five years. High turnover is the scourge of long-term care and lies at the root of many problems. However, Vinson Hall seems to have avoided that plague. One of the reasons seems to be a management philosophy that is both resident-centered and employee-centered.

Every patient at Arleigh Burke has an individualized Plan of Care, and everyone from food services to housekeeping, to direct care staff and management knows each patient’s plan. Branch pointed out that “if someone doesn’t like peas, that person is not served peas.” Having everyone involved in the plan means personal involvement in delivering care. It also means that some activities are conducted in groups while others are more individualized. Short term residents will likely find their stay at Arleigh Burke to be engaging as well as rehabilitative.

Mark Frazier, Director of Sales, pointed out that even though about 40% of the residents at Arleigh Burke do not have a military connection, the Fort Belvoir Residency Program provides Army physicians to review medical records and assist in oversight on a monthly basis. They also spend social time with Arleigh Burke residents. While adding Medicare Part A to the program of a continuum of care, the organization will continue to maintain a strong commitment to its long-term residents. It is estimated that 15% of the beds will be allocated to short-term care.

So, if you or a loved one is being discharged from the hospital and needs rehab before going home, be sure to ask the discharge planner to check for availability at Arleigh Burke before making a decision on where to go.

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.

Dora LERMAN

An Active Centenarian

by Rick Mundy

Dora Lerman just celebrated her 100th birthday a couple of months ago. She was born in Manhattan, New York on March 26, 1913. A thoughtful and caring woman, she has dedicated much of her life to volunteering and helping others along the way.

At three years old, her family moved to Linden, NJ where she attended school. Dora had two sisters and a brother, and “oodles of friends” of all nationalities. She was married and had one daughter and one son. When the children were in school she worked part-time at Manpower and also helped out at the auction house where her husband worked.

Dora worked for many years for the state of New Jersey, starting out as a clerk-typist and rising to the position of principal audit account clerk. These were days before computers so she would have to hand post all of the transactions passing through her office and would get there early every morning in order to get the checks to the bank. She remained with the state until she turned 70, which was the mandatory retirement age back in 1983, although she would have preferred to continue working there.



Dora didn't let that slow her down however. She began volunteering at the hospital in Elizabeth, NJ where she helped out for 23 years. Upon turning 93, the decision was made that Dora should not be living alone so she moved to Vienna to be with her son and has stayed with him these last seven years. She immediately took up volunteering with the Shepherd's Center of Oakton-Vienna (SCOV) where she has been both active participant and volunteer, regularly helping with mailings and other tasks in the office. The folks at SCOV always appreciate her gifts of candy at the holidays.

She still does not wear glasses nor hearing aids, but admits to becoming “a little wobbly in the legs” so Dora found her way to Monroe House in March of this year so that her son wouldn't worry when his travels take him out of the area.

Dora's secret to a long and fulfilling life is to keep busy and it is evident through her lifelong work and volunteering that she follows her own advice. “When I wake up every morning, I already have a project in mind.” It might be writing a letter to a friend. She also says that she has enjoyed knitting and crocheting so it is likely that Dora Lerman will always have something she is working on.

Nancy Lee HINDMAN

Problem Solver

by Rick Mundy

Nancy Lee Hindman speaks of her ability to seek out the facts, and to analyze situations in order to make things run most smoothly. She has used that analytical approach throughout her life.

Nancy was born in Washington but her family moved to northern Kentucky when she was just 18 months old. Once, when she was in seventh grade, the school bully, named Spike no less, threatened to push her over next time he saw her on her roller skates. After Spike left, she took off after him, found him in the alley and confirmed his plan. Taking him completely by surprise, Nancy suddenly had Spike on his face in the dirt with his arm, and her knee, in his back.

That same year she came home one day to find the door unlocked and a hobo sitting on the couch, digging in the cushions. Somehow she persuaded him that there were “smokes” outside, so he walked outside whereupon she immediately locked the door and called her mom who was visiting next door. Nancy remarks of these episodes, “If you manage to keep your cool, you can control the situation. Lose it, and you lose the battle.”

Soon her parents decided it was time to return to this area, settling in Maryland where Nancy went to high school. Graduating in 1960 she took and passed the steno exam (interviewing with white gloves, of course) and began her career in the Department of State’s Office of Munitions Control, becoming responsible for all official records. The office controls the commercial export of hardware, software, and technical data. Nancy’s explanation to the uninitiated: “We keep the good things from the bad guys.” From her first month, she was focused on improving systems. In her first days on the job, she would see a situation, e.g. the supply room was a mess, and fix it on her own.

As Hindman learned the ropes, she would review inadequate proposals coming to her office, contact the secretaries of the submitting offices and convince them to use their own initiative to revise the documents so that they could be reviewed without incident. Early on she was empowering women and improving communication flow at the same time. Later in 1967, Hindman initiated monthly procedural discussion meetings between US government export officials and defense

companies submitting applications. The group became the Society for International Affairs and continues to provide that vital communication service.

In 1983, Nancy joined the Department of the Army and became team leader of the group adjudicating the Army’s review of export applications, violations, and requests referred by the State Department.

In 1986, she transferred to the Office of the Secretary of Defense, Defense Technology Security Administration (DTSA), again adjudicating export violations and requests. In 1991, the DTSA staff was awarded the Joint Meritorious Unit Award for stemming the flow of militarily critical Western technology to the Soviet Union, Warsaw Pact members, and third world adversaries, a major factor in encouraging improved relations and in establishing democratic governments. She received the Civilian Service award for significant contributions in keeping the Defense Department as an effective interagency participant in the arms licensing process during a time of extraordinary world change.

While at DTSA she was part of a small delegation visiting Sweden in connection with the export of GE jet engine technology for use in the SAAB JAS-39 Gripen aircraft. “We actually sat in the aircraft and spent our last night at the

Nobel estate. There were seven wine glasses on the dinner table. An awesome experience!”

Retiring from the U.S. Government in 1998, Nancy joined L-3 Communications Corporation as Corporate Manager, International Licensing and retired in 2012 as Deputy Director.

One factor in Nancy’s moving to the Hermitage community this year was that they had a 2-bedroom unit available so she had room for her large tool cabinet – she loves to build and repair things. You can also find her digging for fossils near Calvert Cliffs. Among her finds is the reconstructed back of a whale skull.

Nancy Hindman enjoys the retirement community but has no intention of slowing down. She continues to analyze and piece together life’s puzzles, whether they be bullies, whale skulls, or an as-yet unmet problem.





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of good friends
since moving to
the Hermitage."*

—John Mutchler



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A HELPING *Hand*

by Keith Loria

When it began 18 years ago, the Alexandria-based Laurie Mitchell Empowerment and Career Center opened its doors with designs to help those with disabilities or mental health issues. Founded by a group of people who themselves had mental health issues, LMECC staff knew the importance of having a strong support system in order to succeed in life.

But LMECC is more than just about offering a strong support system. The not-for-profit provides access and a connection to the world through technology training, employment services and its support groups designed to help those stay mentally healthy.

According to Marialice Williams, the executive director of LMECC, for almost two decades, LMECC has helped thousands of Fairfax residents with services aimed at helping people find jobs and develop skills to get better employment opportunities.

"We are the largest employer of individuals with disabilities in America and we have a program that addresses very specific needs for individuals with mental health issues, recovering issues and who have other disabilities such as brain injuries," she says. "The first thing we do is provide services where we have a team of individuals who meet to carry out our mission."

One of its chief goals is to help those who come to them with finding jobs. Even those who have been unemployed for six months or more may not have a disability but is probably depressed and they can come for help as well.

"We ask them to come in to the center and we will assess their skills and once we see what their capabilities and skills are, we can fill out an individual career plan and assist them in trying to achieve their goals," Williams says. "We have a great program

that was developed by the State of Virginia Employment Center."

Look at the success of one life the center touched: "The Employment Specialists were wonderful support. I had holes in my employment history, and they suggested a résumé emphasizing my job qualifications. As a result I landed my job with the government, which I have held for the past eight years. Only a small percentage of people with mental health disabilities are employed, but many more of us want to hold jobs."

Many people who go to the center for help are in what Williams refers to as "a transition phase." These are people who have been institutionalized and may have been unable to work for sometime but are now in the position to move forward.

One was with its "Into The Future" Internship program, which has helped over 20 people take beginning steps to return to work. The

Internship program offers a safe space for individuals to prepare themselves as they move forward on their journey of recovery and road to employment. Each year, interns contribute an estimated five hours of work to LMECC and the community.

"We look to the future with boundless optimism. We've learned a lot and have a great bunch of people who come through our doors every day," Williams says. "We want people to know that they can get these services for free. We've got a great reputation for success."

One of its most important services is its computer training, where people can learn beginning computer construction all the way up to advanced programming and applications. Training is available in Microsoft Office Suite (certification), Front Page, QuickBooks, Networking Basics, and Adobe Photoshop.

We are the largest employer of individuals with disabilities in America and we have a program that addresses very specific needs.

Williams explains that employment applicants with knowledge of these applications are in demand in the competitive marketplace and they can help level the playing field for those who need to learn or better their computer skills.

“We have some individuals who come in who don’t even know how to turn a computer on and we offer them fundamental training and show them how to use the Internet and set up an email account,” she says. “On the other side, we have those who come in to learn specific programs and start to become familiar with programming. We even offer Microsoft certification to ensure you have a better opportunity to be employed.”

In recent years, LMECC has become more involved with actual job placement for those it helps because they have found that getting people qualified is not enough in many cases. They work hard to put people in not just jobs, but career.

At LMEC, people can network with peers and gain support in an informal, pressure-free environment. Among its laundry list of services are one-on-one consultations, résumé writing help, addressing past employment issues, identifying job leads, employment workshops and helping with interviewing, peer support and job hunting.

In 2008, LMEC received the U.S. Secretary of Labor’s New Freedom Initiative Award for its exemplary and innovative efforts to further employment for people with disabilities. For some people, this assistance continues throughout their entire careers.


“We know what it means to have mental health issues and other disabilities. We can relate to our peers in a very humanistic and safe environment while we learn a new way of functioning in the world,” Williams says. “We understand maybe better than most why the situation in Connecticut occurred and all the emphasis in the news is on gun control, but at least as much should be on mental health recovery.”

For more information on the Laurie Mitchell Empowerment and Career Center or to donate, visit www.lmec.org.

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

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Barnes & NOWHERE

Numbers are crunchy. They're good for you, too, like broccoli for your brain. For those craving numerical nutrition while watching Barnes & Noble's current shuttering of many of its stores across the country and abroad, there are all kinds of fresh, delicious numbers out for you to digest. Scads of publications are rushing to analyze Barnes & Noble's poor sales performance during the last holiday shopping season. The company's same store sales were down pretty much across the board, and stats for selling Nooks and e-books in the fourth quarter of 2012 were largely unimpressive.

The fallout from those disappointing numbers, and the bad numbers that preceded them earlier in 2012 and in recent years past, isn't hard to see. From the vantage point of the Gazalpalooza nerve center near our nation's capital, we're watching B&N mothball stores in Washington, D.C., and northern Virginia as we type these words. When they're asked to comment on the store closures, mouthpieces for B&N's executive suite in Manhattan quickly cite numbers. They use all kinds of numbers to explain, justify and soft-pedal B&N's inexorable death march down the well-trodden path beaten by Borders not so long ago. Incidentally, in a tasty karmic twist of fate, it's also the same path that in the last two decades of the 20th century the company forced countless local independent bookstores all over the country to tread as the Riggio brothers expanded B&N into every retail nook and cranny they could find, both via B&N stores and through B&N's acquisition of the (now defunct) mall-based B. Dalton Bookseller chain.

Shall we examine the numbers? Well, Bob Dylan said you don't need a weatherman to know which way the wind blows. Similarly, you don't need an accountant to see where B&N's heading, and why. All you need is your eyes, and a passing familiarity with certain recently demised icons of American retail.

The "why" is straightforward, and it has been beaten to death in innumerable reports for the past 20 years. The Internet is why. We needn't spend valuable time on that. If you need a refresher, think back to how you and your family, friends and colleagues conducted much, if not most, of your holiday shopping a few months ago.

It's more interesting to put aside the numbers for a bit, and think about what you see when you venture into a Barnes & Noble store. For present purposes, forget the ubiquitous coffee shop. Think instead about what else you see.

Whether you realize it or not, you see ghosts. You see the ghosts of retail past. You see the ghost of B&N's imminent future.

Remember all the Blockbuster stores? At its peak, Blockbuster had many thousands of stores. Today they number in mere hundreds, and disappear by the month. Blockbusters were everywhere. Blockbuster tried to keep up with changing times, switching from VHS tapes to DVDs when the market evolved. Nonetheless, like the VHS home rental model that spawned them, Blockbuster is pretty much nowhere now.

You can buy DVDs at Barnes & Noble. They have a section for that.

That's where you'll find Blockbuster's ghost at B&N.

Most folks order physical DVDs online, from Amazon. The ones that don't stream their video entertainment from Netflix, Hulu, Youtube, and yep, Amazon.

Remember all the Tower Records stores? At its peak some years prior to its second and final bankruptcy filing in 2006, it wasn't too hard to find a Tower Records store in almost any American city. Tower was everywhere. Tower is nowhere now.

You can buy CDs at Barnes & Noble. They have a section for that.

That's where you'll find Tower's ghost at B&N.

Most folks download their music purchases online, from Apple's iTunes store, or from Amazon. The ones that don't stream music over the Internet from a myriad of services like Pandora.

Remember e-readers? That should be an easy one to recall even for you whippersnappers. Kindles and Nooks, right? Well, old-school single-purpose Kindles and Nooks inevitably will share the same technological fate as 8-track and cassette tapes. Tablet computers do anything e-readers can do, and do it just as well with a lot more additional functionalities, in a small package. Those single-purpose Kindles and Nooks used to be everywhere. Very soon they'll be consigned to the same nowhere that Polaroid cameras hang out and lament their demise.

You can buy Nooks at Barnes & Noble. They have a big section for that.

The Nooks are in their death throes, though. It won't be long till they're ghosts, too. B&N is no technology wizard, and no Nook will ever be a great tablet or smartphone. Tablets and smartphones will dance on the Nook's grave as surely as digitally downloaded tunes now waltz among the dusty tombstones of 8-track tapes.

What's left? Oh yeah, books. You can buy books at Barnes & Noble. That's the ghost of Borders, not to mention the spectral residue of B&N's own bygone B. Daltons subsidiary and its growing roster of closed and soon-to-be-closed stores.

More than anything else, Barnes & Noble is a haunted house of retail. Strive as it may to stay open and relevant in an Internet world, its struggles will prove for naught. In this Internet era, the book selling world B&N conquered no longer exists, and so too will B&N

cease to exist in any iteration like its present one. That's not to say we're sounding the death knell for physical books. There will always be people who want physical books, people for whom e-books simply won't do. We hear from them every day. And when those people want actual books, they'll order them online, most likely from Amazon for the foreseeable future.

But, if they're fortunate, they might also have a good local independent bookstore to visit where they can buy those physical books. There are still some independent stores around, battle-scarred though they may be. After B&N's demise we think there might well sprout more of them. Not that those small shops will have acres of shelves teeming with tens of thousands of books — the treacherous

economics of independent book retailing won't permit it. The stores will stock only a few hundred books at a time, likely current and perennial bestsellers. But what economics will permit over the next few years is small bookshops to have Espresso Book Machines, like the one nicknamed "OPUS" at the independent Politics & Prose

Bookstore in Washington, D.C. EBMs, which can print, collate, cover and bind almost any book in (or out of) print in just a few minutes, are relatively new technology, and accordingly are large and expensive. So were computers, printers, facsimile machines and cell phones not that long ago. Nevertheless, as recently as last summer there were more than 50 EBMs in libraries, universities and bookstores around the world, with more on the way. Like other new technologies, EBMs will become ever smaller and cheaper as time flies. And when EBMS become sufficiently so, your local independent bookstore will have one ready, willing and able to whip up a high-quality copy of nearly any book that has ever been in existence, at your demand. This is the future of local independent bookshops in a post Barnes & Noble world. It's a good one.

Barnes & Noble never bothered to mourn the beloved independent community bookstores it vanquished during its remorseless rise to power. Nor will the resurgent independent bookstores waste breath praising B&N when they join with Amazon to bury it soon next to Borders, in shadows thrown from the battered stones marking Blockbuster's and Tower Records' unlamented graves.



author: Richard Gazala "Barnes & Nowhere" 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.

Whether you realize it or not, you see ghosts. You see the ghosts of retail past.



Matchbox, a Washington 2013 RAMMY Restaurateur of the Year Nominee has opened its first Virginia Restaurant in the new Mosaic District in Merrifield.

Famous for its vintage wood oven pizza and delicious miniburgers, the 220 seat restaurant is located next to the Angelika Theater and plans late night hours to accommodate evening movie goers.

Owners Ty Neal, Mark Neal, and Drew Kim of the matchboxgoodgroup are celebrating their ten year anniversary with the opening of their newest restaurant which will include menu selections such as prosciutto and black mission fig pizza, crispy Asian short ribs, cast iron rib eye, and honey-miso salmon.

The restaurant embraces design elements that have become synonymous with the rustic vintage Matchbox style, including rough timbers salvaged from the renovations done at Matchbox 14th Street, and aged barn wood re-purposed from a barn in Rochester, NY, now backlit along the rear wall to create a masculine, yet soft appeal. A 40-seat patio, set to open mid-spring, completes the façade with a working fire pit and plenty of people watching. The secluded, impressive “Barrel Room” boasts space for 60 under a hand-crafted arched wood ceiling with a table set opposite a brick fireplace, perfect for those intimate affairs or private events. We were there – wow!

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Melanoma

AWARENESS

Bring It On!

by Cheryl Stratos

May is Melanoma Awareness Month, and throughout the country there will be fundraisers and races to promote awareness and shed some light on prevention and advocacy for this disease.

Protect your skin!

Your skin is one of your largest assets – after all, it's the largest organ in your body. Treat it with respect, care and tenderness. Did you know if you used a tanning bed before the age of 30 the risk of you getting melanoma rises 75%. Scary – I don't know about you, but I was one of those tanning bed “Hawaiian Tropics” kind of gals in the 80's who was in search of that perfect glow.

Guess where that got me?

In a long-standing relationship with Mr. Melanoma... Did you know that UV light is a known carcinogen, and too much of it can age your skin and can damage your DNA. Kind of crazy that in Virginia you can still be under 18 years old and get into a tanning bed. Get your skin checked and often. Current recommendations are yearly skin exams by a dermatologist. If you are at high risk for melanoma, you may need to have your skin examined even more often. This can help you to not only have GREAT skin, but you could even save your life.

Melanoma is the fastest growing cancer in the United States and worldwide. Chances are it will affect someone you love sooner or later.

Facts:

- You have a one in 50 chance of developing melanoma throughout your lifetime.
- Melanoma can develop on anyone.
- Majority of melanoma is caused by exposure to sunlight and UV light (yes, that means tanning beds).
- More men contract melanoma than women.
- Young women, under the age of 39, have a higher probability of developing melanoma than any other cancer except breast cancer.
- Melanoma is the most common form of cancer for adolescents and young adults 15-29 years old.
- When diagnosed early, 99% of melanoma patients survive longer than five years. The survival rate falls to 15% for patients with advanced melanoma.

Prevention Tips:

- Seek out the shade, especially between 10am and 4pm.
- Don't burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.
- Reapply sunscreen every two hours or immediately after swimming or excessive sweating.

- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your dermatologist every year for a professional skin exam.

It's kind of amazing to think that up until 2010 the treatment of melanoma had not changed in 25 years. Through the advancement of research organizations like the Melanoma Research Foundation ("MRF") we are starting to see rays of light at the end of this once dark road.

The MRF is the largest independent organization devoted to melanoma. Committed to the support of medical research in finding effective treatments and eventually a cure for melanoma, the MRF also educates patients and physicians about prevention, diagnosis and the treatment of melanoma. The MRF is an active advocate for the melanoma community, helping to raise awareness of this disease and the need for a cure. The MRF's website is the premier source for melanoma information seekers.

For more information on The Melanoma Research Foundation (MRF) visit www.melanoma.org.

Get out your running/walking shoes and let's beat this thing one step at a time.

Sign up today!

First Annual Miles for Melanoma DC 5K Run/Walk
Sunday, May 19, 2013
Vienna Train Station
(The WO&D Railroad Station Stop in old town Vienna)

Registration is 7am-8:30
 Run Walk begins at 8:30am
 Registration Fee is \$30 for 13 and up, and \$15 for those under 13 year of age.

Here is the link to the registration site:
<http://events.melanoma.org/2013DC5K>

Attendees will learn the best way to prevent skin cancer, have an opportunity for a free skin check and just have FUN! Sport your best SPF/UV protective clothing and celebrate with some added colored zinc on your face and nose for extra protection.

You can still play outside and keep your skin safe!

See you in Vienna at the WO&D Train Station on May 19th!

Cheryl Stratos,
www.FightingMelanoma.com
 & on Facebook at "Fighting Melanoma"



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Enjoy amusement rides, food, and entertainment. Entertainment starts Saturday evening and continues through Monday. Street vendors, crafters, professional and non-profit groups are open 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.

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LET'S TAKE IT *Outside*

Does your outdoor space stand a fighting chance? Gone are the days of setting out the dingy, plaid folding chairs and filling a plastic wading pool for a backyard barbeque. Today's outdoor spaces can be outfitted in style. Many can accommodate some sort of comfy lounge chair and dining set combination, creating a gathering space for family and friends. Woven resin sectionals can be paired with teak accent tables or look for a grouping of colorful Adirondack chairs made completely of recycled milk jugs. Yes, recycled milk jugs! One of the hottest items of the year is the propane fueled fire pit which adds real BTU's to take the chill away on spring evenings. They can be placed right on decks. According to local Home Escapes owner, Dave Cintonino, "Fire pits have become the modern bonfire where families and friends gather to swap stories and relax."

What about a water feature? Look for hot tubs and even swim spas, the newest trend in outdoor spas. Swim spas provide a way for the whole family to exercise. Hot tubs are self-contained units that can be delivered and used in the same day. Today's hot tubs are engineered for circuit hydrotherapy, offering a relaxing massage, alleviating pain, and treating tight muscles. And, they have waterfalls and cup-holders, too!

Cintonino, who has been in the industry since 1986, advises, "People come in to the store looking for answers about what it's really like to maintain a hot tub, and how much it costs. I tell them that, dollar-for-use value, you can't do better

than a hot tub." Today's hot tubs have efficient circulation pumps silently keeping the water moving. This means no cyclical noise out on the deck when the hot tub is not in use. Composite sides keep out pests and keep in heat. And what about the costs? Cintonino says, "We want customers to be happy with the low cost of maintenance over the life of their spas. Energy efficiency features like ozone systems save both time and money in the long run." Look for spas that meet strict energy efficient industry standards and systems, like those found in Caldera Spas. They operate at low wattage, reducing heater use because 80% of energy used to operate the spa is transferred to the water as heat.

Cintonino also advises shoppers look for reinforced acrylic interior surfaces and buy local. "If you have a warranty issue, a local store is more equipped to help you than an internet or trade-show dealer. Some of our customers have been with us for nearly 30 years, and may have replaced an aging hot tub once or even twice. We look at a purchase like this as a relationship, not just a sale."

With so many choices for spring, make sure your deck stands a fighting chance.

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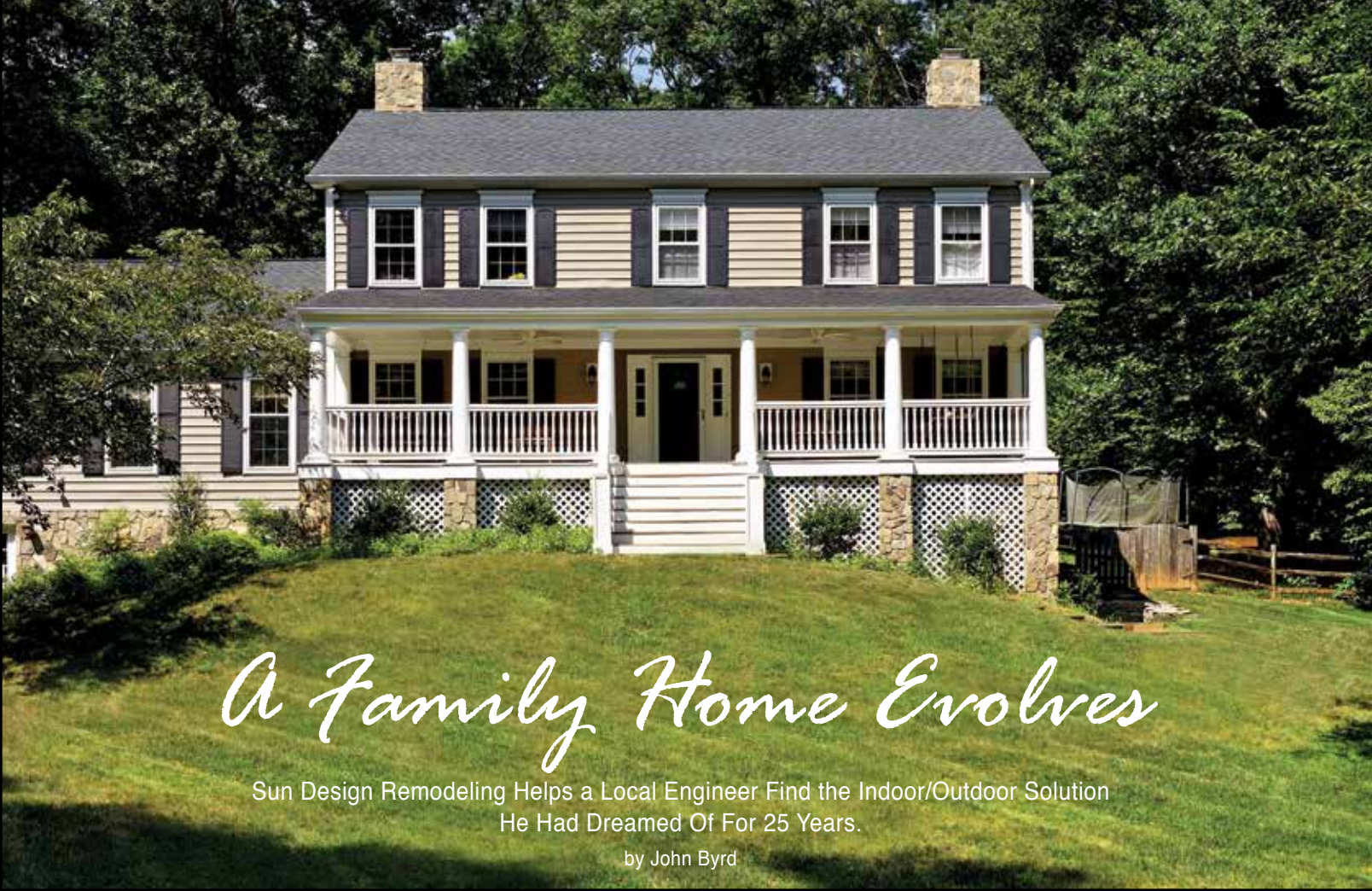


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A Family Home Evolves

Sun Design Remodeling Helps a Local Engineer Find the Indoor/Outdoor Solution
He Had Dreamed Of For 25 Years.

by John Byrd



Sometimes a good opportunity isn't obvious at first. To see what's possible, one must look past surfaces. The façade of a 3,400 sq ft frame house at the end of a Fairfax Station cul-de-sac, for instance.

The year is 1987. Engineer Scot Minesinger, then in his late 20s, is thinking about the future.

At a glance, there are many things about the nondescript frame house Minesinger doesn't like, starting with a *faux* cross-gabled roof line that seems to have no reference in any architectural style.

The Colonial-style elaboration developed by Sun Design Remodeling explores resonant 18th century detailing starting with the cultured stone cladding on the lower level and chimneys. Decorative entablature above windows, crown molding and period railing spindles build a style-appropriate profile, yet the existing windows and shutters were re-used.

The “spindly” front porch and the white vinyl siding are also detractors. The façade is not so much understated as “bland”.

Around back, Minesinger finds nearly 60 linear feet of rear elevation varied only by smallish, builder-grade windows. A peculiar glazing design, given the lovely woodland setting all around.

Still, the house had been on the market for two years, and Minesinger is looking for something to build his dreams on-- a place where a future family might thrive in the fullness of time.

Considered from this perspective: a house on two rolling acres has a lot to offer, the only real problem is to figure out how that emergent “family home”-- re-designed to taste-- will actually look.

“I wasn't in a hurry,” Minesinger observes, explaining the 25-year gap between the dream and its fulfillment. “I wanted a more sustainable home energy system first. And while I



saw the potential in the rear of the house, I was looking for the combination of suitable influences that would move the project forward."

So the big picture unfolds incrementally.

In 1996, after occupying the house for six years, Minesinger designed a geothermal-based energy system which he installed in the front yard:

"My winter utility bills dropped to about half," he remembers. "It was a step towards independence that makes other changes possible."

That said, it may be unsurprising to learn that one so ardently methodical eventually discovered how he wanted his house to look by hiring a design build firm to help him think it through.

"My wife, Carolyn, had been clipping stories from magazines for years," Minesinger recalls. "We wanted the house to be appropriate to this terrific setting, but we needed people with real experience to help us shape our ideas."

Enter Sun Design Remodeling of Burke, a residential design/build firm widely recognized for innovative whole house makeovers.

"It was critically important to me to find a process through which Carolyn and I could explore our thoughts together. In this regard, the 3-D space modeling approach offered by Sun Design made everything much easier," Minesinger says.

The first breakthrough: recognizing that the existing, vaguely "eclectic" front façade needed to firmly define itself – as a classic Colonial with distinctive early American accents.

"The architectural identity became fairly obvious once we sat down with Sun Design," Minesinger recalls. "Carolyn's interest in using stone nudged us in a style direction that really fits the setting. In fact, you can still see this kind of stone work in historical homes nearby – especially as you head west into hill country."

Thus, the spindly porch supports have been replaced by sturdier columns with a more stately profile. Porch railings are now period-specific. Decorative entablature crown each window.

At ground level, cultured stone cladding grace the exposed lower level, the new porch support piers and the chimneys. A second chimney has been added to the front façade, an architectural salute to Virginia's classic Georgians. Likewise,

new siding – in tan and khaki with bright white trim – accentuates the new façade's textured warmth.

Meanwhile, on the rear elevation, Sun Design developed a distinctive indoor/outdoor plan purposed to multi-generational requirements.

And *that* works. The three kids are now teens. Clever “zoning” solutions confer both the privacy and easy interaction needed to satisfy the family's varied, and foreseeable, needs.

“The patio room evolved logically,” Minesinger explains. “It's directly linked to the dining room; a great spot to take in the view...without getting your feet wet.”

Still, the room is, by definition, “transitional” to the outdoor experience. Though it's over 400 sq ft, there was no corresponding modification to the home's HVAC system. Instead, the design calls for 2-ply insulated glass on three-sides, and features a floor-to-ceiling stone fireplace.

“The enclosure stays really comfortable without any additional heating or cooling support,” Minesinger says, referring to the spaciouly open addition as “a second family room.”

Overhead, a private balcony linked to the master bedroom suite gives the adult Minesingers a quiet treetop perch from which to take it all in.

Exiting the patio room through French doors, the open-air plan unfolds as a series of terraced activity zones: a 12'x 16' deck; a cozy covered porch cooled by a pair of overhead rotating fans.

Both structures, in turn, segue along their respective low-rise staircases to a flagstone patio where the family generally gathers to enjoy grilling and warm weather dining.

Rounding out the picture: a 1196 sq ft two-level outbuilding created to shelter Minesinger's collection of vintage 1970's Cadillacs.

As with every other aspect of the project, the design called for carefully scaling back the new structure's mass, concentrating on architecturally sympathetic rooflines and elevations.

It all marries beautifully. Opportunity realized.

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.



Flagstone flooring, crown moulding and other details provide comfortably understated finishwork touches. The new siding is weather-resistant Hardy board.



The country-style covered porch features two overhead rotating fans.



Sun Design created a two-level outbuilding to house Minesinger's vintage car collection. The design called for carefully scaling-back the new structure's mass, concentrating on rooflines and elevations sympathetic with the main house.



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Dr. Su Fairchild

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Prior to becoming an Integrative Medicine specialist, I had over 10 years experience as a very busy Family Practitioner, including serving as Medical Director of a large primary care practice and Vice-chairman of Monongahela Valley Hospital's pain management committee.

My Integrative Medicine Fellowship was completed at the Integrative Medicine Department of the University of Kansas Medical Center, one of the top programs in the country. I also trained in Environmental Medicine under Dr. Walter Crinnion. I now have superior outcomes especially in the treatment of chronic diseases. Integrative Medicine addresses the root of the problem instead of just the symptoms, and helps the body balance itself naturally, thus giving better results.

My clinical interests include:

- Endocrine Dysfunction: chronic fatigue, hypothyroidism, and adrenal insufficiency; diabetes, obesity, weight loss and enhancing metabolic function; endocrine disruptors and environmental toxicity
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- Women's Integrative Medicine: menopause, osteoporosis, bio-identical hormones, uterine fibroids, urinary tract infections, interstitial cystitis, human papilloma virus, herpes simplex virus, endometriosis, ovarian cysts, and more
- Skin, Respiratory and Cardiovascular disorders

Dr. Fairchild graduated with a bachelor's degree in Biology from Bemidji State University in 1992. She then received her MD degree from the Medical College of Pennsylvania. Thereafter, she has practiced as a primary care provider before becoming a specialist in Integrative and Orthomolecular Medicine.

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IS NOW THE TIME TO *Make The Jump?*

Capitalizing on Opportunities in Residential Real Estate

by Jeffrey S. Detwiler

A Unique Opportunity in Today's Market

Opportunities are generally available in any market, at any time, but skilled investing requires an understanding of timing – and how to maximize it to your personal advantage. That's why it's important to keep tabs on changing real estate industry trends and frequently evaluate the opportunities that have emerged for investment within this sector.

Shifting market fundamentals in recent years are now swinging in favor of real estate investors. Home prices have generally become more affordable, potentially making properties a better investment value than they were in the height of the real estate boom. And financing has become more affordable than ever. Today's rates are at historic lows, allowing investors to leverage their capital effectively, even in properties with moderate rates of return.

With overall costs of ownership at all-time lows, it's not surprising that many would prefer to buy. Yet, strict mortgage financing qualification standards have left many would-be buyers unable to purchase. The result: a large pool of individuals who can't qualify to purchase a home are then left with renting as their only option. This creates a win-win situation for investors – a combination of more affordable properties and property financing, coupled with increasing demand for rental homes, which presents a unique opportunity with strong potential profits.



Why Real Estate Investing?

For many investors, one of the most appealing aspects of investing in residential real estate is diversification. These properties offer investors the opportunity to invest in an asset class that is relatively uncorrelated to the performance of equity markets, such as the S&P 500 or the Dow Jones Industrial Average. This is a major benefit for individuals interested in limiting their concentration to a singular asset class during the inevitable market downturns that characterize any major investment class.

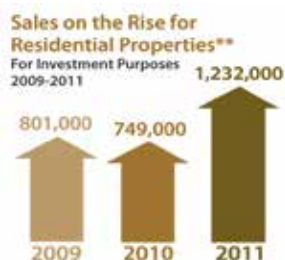
Residential real estate also offers investors the benefit of sizable cash flows on a regular basis. Unlike other investment types, residential real estate investments potentially pay monthly, in the form of rent checks. Over time, those revenues can become sizable as mortgages are paid off or as rental income gradually exceeds fixed financing costs. Many residential real estate investors savor the day when their investments will fund their retirement lifestyles with monthly checks. The steady cash flows provided by these investments offer a compelling counter-balance to other classes of investments that rely on periodic sales and disinvestment to get cash back out.

There are a number of tax advantages in real estate investing – most notably, the ability to depreciate the value of the property and any capital improvements. Real estate investors also typically benefit from the ability to carry passive losses and can take advantage of many valuable deductions related to costs incurred through the management of their properties. For those who qualify as a Real Estate Professional under Internal Revenue Service guidelines, the tax benefits are even greater.* In general, the after-tax performance of many real estate investments can be compelling when compared to other asset classes with less-advantageous tax treatment.

Rapid Growth in Investment Property Sales

Potential investors have clearly taken notice of the promise for investing in today's real estate market. The past two years have been marked by a dramatic increase in residential real estate investing, according to the National Association of Realtors. With 27 percent of all home purchases made primarily as investments, residential real estate investing has grown beyond a niche investment for those who want to own and manage property – it's a multi-billion dollar specialized investment class. From 2010 to 2011, sales of investment properties increased 64.7 percent, with 1.2 million investment properties purchased in 2011.** Preliminary 2012 statistics also show strong performance in sales to investors across many major metropolitan markets, with some markets even experiencing shortages in inventory due to massive demands from investors.

International investors from around the globe are also clamoring to get their seat at the investment table, along with major institutional investors, such as insurance companies, pension funds, and private equity firms. These groups are purchasing hundreds of millions of dollars in residential real estate in markets across the United States, with many targeting investments within the Mid-Atlantic region. Private equity firms, in particular, are exploring ways to invest in residential real estate in major metropolitan areas across the country, as they recognize those unique factors that make today the perfect time to invest.



Managing Made Simple

Traditionally, individual real estate investing required a “hands-on approach.” In other words, individual investors would have to spend considerable time, energy, and effort to find, research, purchase, and manage their investment properties. The process of finding properties and then managing them – including finding tenants, making repairs, and performing routine maintenance – were all essential steps of investing in residential real estate. And not surprisingly, these massive investments in time and “headaches” weren't for everyone. As a result, many would-be investors simply stayed away.

Today, investors have more options for investing available at their fingertips, which enable the luxury of less personal time and effort. The growth within the real estate investment sector has resulted in a proliferation of alternatives that weren't widely available even a few years ago. Professional property management firms, like Long & Foster Property Management,



are growing quickly – allowing investors real options to invest, without having to manage the day-to-day activities of their properties. With professional leasing services, comprehensive maintenance services, specialized investor-targeted warranty coverage options, and simplified, prepared tax documentation, individual real estate investing is no longer just the domain of those with the time and willingness to self-manage.

Considering Jumping In?

If you're considering investing in residential real estate, there are a number of steps you can take to ensure your experience is both positive and profitable. Most importantly, be sure to select an experienced real estate agent who has worked with investors and knows how to find opportunities in the market that will help you meet your personal investment goals. An experienced agent will be able to guide you through the process with an eye on the bottom line – giving you access to the best investment opportunities available and helping you avoid potential risks. They will help you understand the transaction process clearly, and will provide a knowledgeable perspective on the long-term potential, rental market appeal, and potential risk factors you need to evaluate to make a sound investment decision.

When choosing a company to manage your investment property, select a property management firm that has experience, ample resources, and a large team of professionals on staff. In 2012, Long & Foster's property management team was responsible for a portfolio of over 5,500 properties representing more than \$1.4 billion in homes under management – including single family, townhome, and condominium rental units – for investors and owners throughout the Mid-Atlantic and Northeast regions.

Larger, more professional firms, like Long & Foster Property Management, are typically able to offer investors better service, because they can keep better abreast of changing regulatory environments, have invested more in infrastructure, and have in-house legal counsel. Larger firms also typically have larger cash reserves, ensuring that investors won't be “left holding the bag” if something goes wrong with the management of their property. The majority of property management firms are small sole proprietors or small teams – and they simply can't do it all, and do it well. It makes sound sense to pick a management firm that will best protect your assets.

Interested in learning more? Take advantage of today's opportunities. Market fundamentals are signaling that today is a historic opportunity for investors interested in diversifying their portfolios with strategic investments within the sector. Contact an experienced Long & Foster agent for more details on how you can jump into investing in the residential real estate market.

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

* Contact a professional tax advisor for more details on the tax benefits of investing in residential real estate and specific qualifications.

** Source: 2012 National Association of Realtors Vacation and Investment Homebuyers Survey

Real Estate

UPDATE

by Deborah Ford Larson, Long and Foster

In McLean, Vienna, Great Falls, and Oakton areas, the spring market is in full swing. Buyer activity remains brisk. Inventory remains low according to February statistics. There is an increased incidence of multiple contract situations in the first few days of property coming on the market. This is particularly true in price ranges under the one million dollar mark. In the lower ranges, many buyers are competing with investors who are paying all cash. When properties are priced competitively, updated (especially kitchens and bathrooms), staged properly and marketed effectively, many buyers, especially in competitive situations are escalating their offers and will pay more than the Seller's asking price. This willingness to escalate presents great challenges for the lenders' appraisers who must justify the agreed upon contract price to the lender and underwriters for the buyer's loan. The frenetic pace of our spring market and buyers' willingness to escalate prices is tempered by a judicious appraisal process.

A good listing agent will prepare a package for an appraiser prior to appraiser's visit to the home. This packet should include property plat/survey/boundary location, floor plan (if available), complete list of updates in the home and recent (no more than 90 days old) comparable sales in close proximity to the subject property. Kathryn "Kathy" Welsh of Prosperity Mortgage says, regarding loan amounts in excess of \$1,500,000: "Appraisal guidelines vary depending on the area of the property. In this general area which

is considered a high cost area, one appraisal is required for loan amounts up to \$1.5M. After that loan amount two appraisals are TYPICALLY required. There are varying scenarios when borrowers put down a very large percentage of the loan amount... but in general (only) one appraisal is required for loan amounts below \$1.5M and \$2M appraisals for loan amounts above \$1.5M."

Price and condition continue to be the operative words in real estate sales even in the active first quarter of 2013. Proper pricing and optimal property condition are still imperative components for the sophisticated buyers in the Northern Virginia area.

Active listings decreased more than 15% as compared with February 2012 in McLean, Vienna, Oakton, and Great Falls. New pending contracts increased 20% in McLean zip codes 22101 and up 12.5% in 22102; Great Falls, 22066 increased 19.05% over last February in this market area. Oakton enjoyed 10.34% increase in pending sales over February 2012. The 22180 zip code, town of Vienna, experienced a loss of pending sales over last February. This may possibly be due to even lower inventory within the town limits.

Regarding total units sold in McLean, Vienna, Oakton, and Great Falls, February 2013 saw an average 13.04% increase from February 2012. Ninety-two total units were sold in February 2012 compared to 104 units sold in February 2013.

ZIP CODE	FEB 2012 ACTIVE LISTINGS	FEB 2013 ACTIVE LISTINGS	ACTIVE LISTINGS % CHANGE	FEB 2012 TOTAL UNITS SOLD	FEB 2013 TOTAL UNITS SOLD	TOTAL UNITS SOLD % CHANGE	FEB 2012 AVG DAYS ON MKT
22101	113	96	-15.04%	16	16	0.00%	163
22102	91	74	-18.68%	16	23	43.75%	118
22180	76	40	-47.37%	18	17	-5.56%	68
22181	31	21	-32.26%	13	8	-38.46%	77
22182	61	50	-18.03%	11	18	63.64%	55
22124	57	56	-1.75%	8	12	50.00%	74
22066	106	94	-11.32%	10	10	0.00%	120
	535	431	-19.44%	92	104	13.04%	96

FEB 2013 AVG DAYS ON MKT	AVG DAYS ON MKT % CHANGE	FEB 2012 AVG SALES PRICE	FEB 2013 AVG SALES PRICE	AVG SALES PRICE % CHANGE	FEB 2012 NEW PENDING CONTRACTS	FEB 2013 NEW PENDING CONTRACTS	NEW PENDING CONTRACTS % CHANGE
108	-33.74%	1,067,313	1,285,966	20.49%	30	36	20.00%
39	-66.95%	680,931	550,545	-19.15%	24	27	12.50%
60	-11.76%	805,730	729,326	-9.48%	41	22	-46.34%
58	-24.68%	543,315	595,125	9.54%	19	12	-36.84%
74	34.55%	711,991	738,573	3.73%	25	23	-8.00%
59	-20.27%	622,875	532,292	-14.54%	29	32	10.34%
50	-58.33%	1,201,750	1,252,046	4.19%	21	25	19.05%
64	-33.63%	804,844	811,982	0.89%	189	177	-6.35%

Source: RBI Statistics



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Complete Streets

MEAN BALANCING A REGION'S NEEDS

by Navid Roshan-Afshar

Vehicles and pedestrians have had a conflicted relationship since the first Roman roads were built through the hearts of towns and cities. The roads were created to provide access to inter-regional trade, military activities, and travel. The advancement of commuting, whether by chariot, stagecoach, or automobile invariably began a battle between city residents and city commuters. Perhaps in the past trade caravans considered Roman city opposition to larger streets as a war on carts.

Those who wanted larger country manors, or relied on agriculture to earn a living, came to terms with both the positives and negatives of living outside of the city walls. With the advent of new commuting technology the negatives of commute living were lessened and outward growth exploded in popularity.

In order to absorb outward growth, the urban core had to share priority between external needs and internal safety and beauty. You can't locate highway ramps to the areas where demand is highest because this act nullifies the desire for development in that location. This begins a cycle that turns the former urban core into an abandoned and unusable area. This is observable with countless urban highways, most notably the Southeast Southwest Freeway (Washington D.C.), the Embarcadero Freeway (San Francisco), and the Park East Freeway (Milwaukee).

Planners and communities are now reflecting on the changes that have occurred. Once livable neighborhoods have been condemned by overhanging mega-infrastructure; created to alleviate congestion from outward growth. The benefits of these projects have at best been short-lived and

at worst devastating to the very areas for which the access and economic growth was intended.

The concept should consider internal and external benefits in balance. Complete streets are designed not only to provide adequate access to commuters and businesses, but also a safe environment for pedestrians and cyclists in the urban core. At times these goals are in conflict with the initial congestion needs of the region, but this is essential to creating livable neighborhoods and slow continued outward growth that is the real genesis of traffic.

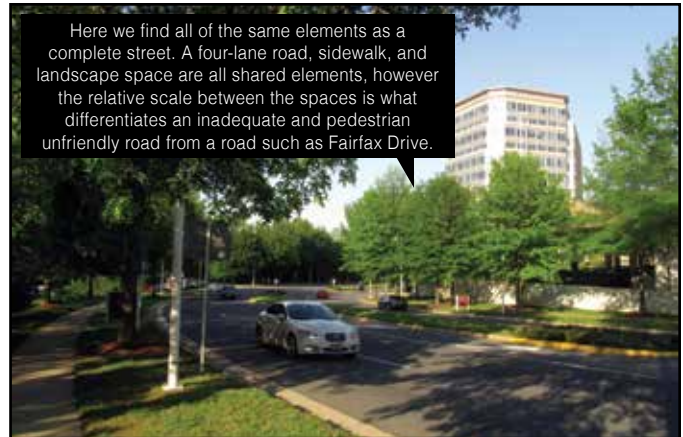
Complete streets incorporate the characteristics of a corridor in the synthesis of design priorities. You wouldn't design a road like Route 50 or Route 7 as a pedestrian high-priority zone because it would stifle economic activity which uses these routes for commerce and commuters.

The goal of complete streets isn't to remove every car from a road. At best car usage will be lowered from 90% to an ambitious 60% as has been seen in neighboring Arlington County. However, the far better measure is that of car dependence. The implementation of full spectrum transportation systems in Arlington has provided alternative transportation options for the majority of the residents and more sustainable transit systems, with lessened subsidy needs.

The integration of alternative transportation options in Fairfax is going to be a multi-decade process with slow initial returns, but essential to future prosperity. Designing urban and dense neighborhood roads in the same method as designing highways and intercity routes is a meld that is beginning to fail many residents. Balance is essential.



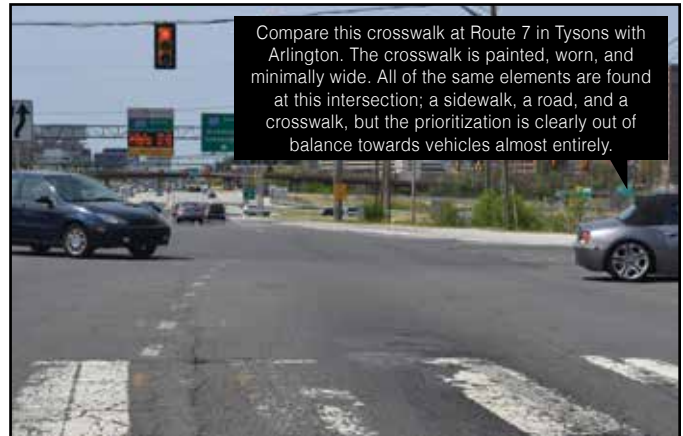
Fairfax Drive in Arlington is a main thoroughfare, but it balances vehicles, cyclists, and pedestrians.



Here we find all of the same elements as a complete street. A four-lane road, sidewalk, and landscape space are all shared elements, however the relative scale between the spaces is what differentiates an inadequate and pedestrian unfriendly road from a road such as Fairfax Drive.



Virginia Square in Arlington shows how the difference between bare minimums and comfortable spaces means a better pedestrian crosswalk.



Compare this crosswalk at Route 7 in Tysons with Arlington. The crosswalk is painted, worn, and minimally wide. All of the same elements are found at this intersection; a sidewalk, a road, and a crosswalk, but the prioritization is clearly out of balance towards vehicles almost entirely.

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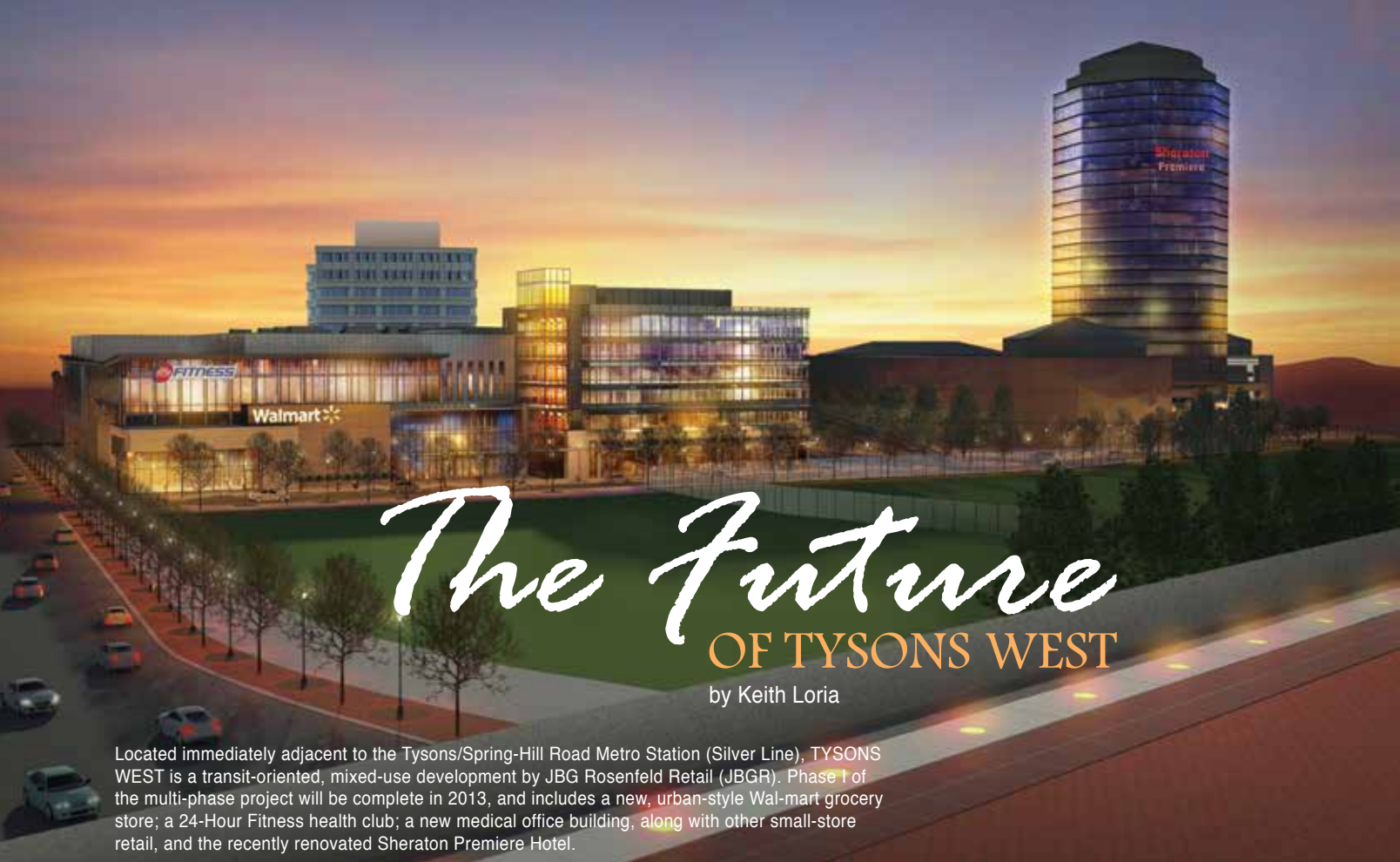
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The Future OF TYSONS WEST

by Keith Loria

Located immediately adjacent to the Tysons/Spring-Hill Road Metro Station (Silver Line), TYSONS WEST is a transit-oriented, mixed-use development by JBG Rosenfeld Retail (JBGR). Phase I of the multi-phase project will be complete in 2013, and includes a new, urban-style Wal-mart grocery store; a 24-Hour Fitness health club; a new medical office building, along with other small-store retail, and the recently renovated Sheraton Premiere Hotel.

When Walmart comes to Tyson's Corner in late summer, it will be just the beginning of what is shaping up to be the next buzz-worthy Northern Virginia locale, as Tysons West will soon be one of the most bustling places in our area.

Tysons West is a new development that is situated in the former site of the Moore/Cadillac/Hummer dealership. It is adjacent to the Tyson West metro stop on the new Silver Line through Tysons Corner and is expected to bring thousands to the area each day.

Located at 8595 Leesburg Pike, the 79,000-square-foot Walmart is being developed by JBG Rosenfeld Retail.

In addition to Walmart, the development project will include a 24-hour fitness center and a variety of other restaurants, offices, retail and residential rental units.

According to Jay Klug, principal at developer of JBG Rosenfeld Retail, the final phase is expected to house another 8,000 square feet of small-store retail and approximately 25,000 square feet of medical office space, where five floors of space will be devoted to dentists, doctors and other medical practitioners.

Currently, both Walmart and 24 Hour Fitness are building the interiors of their spaces and should both be set to open by September.

Unlike the massive Walmart superstores found in some areas, the Tysons location has been branded as an "urban store," better suited to serve the immediate community. That means that approximately half of the Walmart space will be devoted to groceries and a pharmacy.

Klug said this is the first phase of what JBG hopes to turn into another large-scale Tysons Development. Rezoning applications are pending for an office building and a high-rise residential building with additional retail space.

The plan is for Tysons West to be a transit-oriented development offering a unique environment for all who come here.

When finished, the overall plan calls for 1.6 million square feet over 16 acres. Also improved is the Tysons West pedestrian walkways along Route 7, which replaced the asphalt trail to create an inviting pedestrian environment and a true urban nature to the frontage.

"We [JBGR] really do share the County's vision for common areas and enticing streets which will improve retail viability," Klug says. "Pedestrian connectivity is important to us. We want walkability, and to create the most open and inviting sidewalk system to walk to the Sheraton Convention Center and new retail and to connect residence in an enhanced system."

In addition to JBG's project, other major development projects have been approved in the last few months in Tysons West. Those include the Georgelas Group's 3.8-million-square-foot Spring Hill project, CityLine Partners' 20-Acre Arbor Row complex and the major overhaul of Capital One's headquarters.

According to a recent report in the *Washington Business Journal*, the Georgelas Group hopes to start work by the end of the year on a second residential tower at its Spring Hill Station development in the Tysons West area, which will be a 30-story residential tower.

Aaron Georgelas, the Georgelas Group's managing partner, told the Journal that the tower will be one of seven the company plans to build as part of a 3.8 million-square-foot, mixed-use project the Fairfax County Board of Supervisors approved February 12. One of those improvements is a fire station the company has agreed to build for the county.

Georgelas has tapped Greystar Real Estate Partners LLC to develop Spring Hill Station's first 404-unit residential tower, currently in development.

"The Silver Line is the thing. It's the gate that, once it's opened, allows us to do a number of things," Georgelas said. "You've got this amazing transportation improvement that unlocks those residents to us."

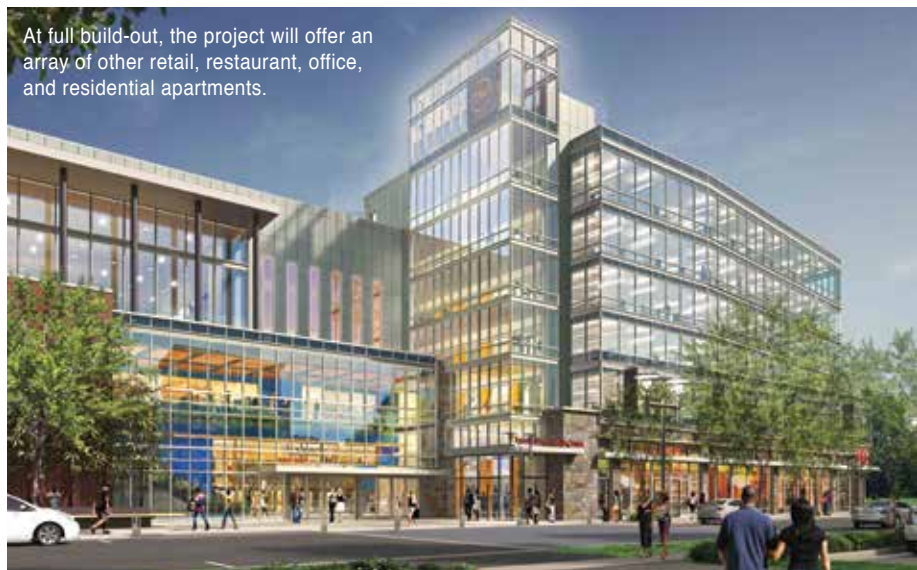
CityLine Partners' 20-Acre Arbor Row complex is expected to be 20 acres along Westpark Drive and will include 1.1 million square feet of office space, three residential buildings with as many as 1,180 units, a 250-key hotel, roughly 60,000 square feet of ground floor retail, 4,000 parking spaces and 4.4 acres of park space.

By 2014, Capital One's headquarters complex will include 3.1 million square feet of office space, four high-rise residential buildings with as many as 1,200 units, a hotel, 100,000 square feet of restaurants and retail, as well as parks, playgrounds, plazas, bicycle routes, parking structures and new streets. All of it will surround Capital One's existing corporate headquarters, eventually spanning several blocks.

Tysons West also will be home to the newly renovated Sheraton Premiere Hotel, which has long been a landmark of Tysons Corner and has been totally renovated to assume its central role in the new Tysons West community. In addition to providing accommodations for overnight guests, it will feature a full range of conference and business facilities available to the companies that locate here.

The plan is for Tysons West to be a transit-oriented development offering a unique environment for all who come here. Commuters can squeeze in an early-morning or lunchtime workout at the state-of-the-art 24 Hour Fitness facility; residents can pick up something for dinner from the new urban style Walmart grocery or relax and do some people watching while waiting for dinner or cocktails in one of the many outdoor dining and public areas.

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.





Silver Line's Phase 1 Construction Completion COMING IN SEPTEMBER

Finishing work continues along Route 7, testing continues
WMATA to set opening date

by Marcia McAllister

Don't be surprised that you are seeing Metrorail trains in Tysons Corner months before the Silver Line is officially operating.

Trains — some as many as eight cars long — can be seen these days. They are all part of on-going testing that is necessary as the first phase of the project nears completion.

Phase 1 of the \$5.6 billion Dulles Corridor Metrorail Project is an 11.7-mile extension of existing rail service from East Falls Church to the eastern edge of Reston. When construction is done, the Metropolitan Washington Airports Authority (MWAA) will then turn Phase 1 over to Metropolitan Washington Area Transit Authority (WMATA), the agency that will determine the date for the start of service, according to Patrick Nowakowski, the MWAA project's executive director.

WMATA, which has said it anticipates a late-December opening, will operate the extension as part of its existing 104-mile system. The Metropolitan Washington Airports Authority (MWAA) is building the project.

Completion and opening of Phase 1 is already changing Tysons Corner, where there are four stations — McLean (along Route 123 near Capital One), Tysons Corner (along Route 123 at Tysons Boulevard near Tysons Corner Center), Greensboro (along Route 7 east of Route 123 near SAIC and Marshalls) and Spring Hill (At Route 7 and Spring Hill Road).

Transformation of Tysons Corner from a sprawling suburban office and shopping mecca into a urban center

where people live and work has long been the goal of land use and transportation planners who along with major corporations, and shopping center owners and landowners have supported rail to Tysons and eventually to Washington Dulles International Airport and beyond for decades.

In fact, as Dulles Airport has just celebrated its 50th anniversary, supporters of rail can look back to the times just after the airport opened and thank those political and business leaders who had the foresight to plan for a corridor that would connect the airport with downtown D.C. That corridor now provides space not only for major highways — the Dulles Airport Access Highway and the Dulles Toll Road, but also the rail alignment.

When the rail line opens, riders headed eastbound will not have to transfer to get into downtown Washington. The Silver Line will provide a no-transfer experience from Tysons Corner and Reston all the way to the Largo Station in Maryland. Silver Line tracks will merge with the existing Orange Line tracks near I-66 and the Dulles Connector Road. Of course, riders can transfer easily at Rosslyn to get to Springfield and National Airport or transfer at other points to access other lines.

Trains will serve all the stops in Arlington and D.C. now served by the Orange line, a bonus for Arlington uses.

Passengers seeking to get to Vienna or Dunn Loring will have to transfer to a westbound Orange Line train at the East Falls Church Metrorail Station.



Photos taken by Chuck Samuelson of Dulles Corridor Metrorail Project

What's Next with Construction

Construction of Dulles Rail began in March 2009, but many months prior to the official start, crews began the relocation of more than 20 utilities and made major changes to Route 7. The old service roads that lined both sides of Route 7 from the Dulles Toll Road to Route 123 were removed. All mid-block left turns were eliminated permanently. Now that the aerial bridges for rail are complete, crews are beginning to create the new alignment for Route 7 — four lanes of traffic in each direction and left turn lanes at the existing intersections. This work will cause some lane closings over the spring and summer.

Crews are also installing storm water management systems below the Route 7 bridges that carry the tracks. Later sidewalks will be built along both sides of Route 7 and landscaping and lighting is planned.

All along the extensions, crews are working on finishing stations and pedestrian bridges that will not only provide access to stations but will offer safe passage for pedestrians seeking to simply cross some of the region's busiest roads — Routes 7 and 123 and the Dulles Toll Road/Airport Access Highway. All pedestrian bridges have been installed. Escalators and elevators are being installed in stations and pavilions leading to those stations. Track work is done and crews continue to work on the expansion of the rail yard at the West Falls Church Metro Station.

In order to ensure safe operations of the new system, extensive testing in cooperation WMATA has been under way for many months. Officials say even more testing will be done before the project is transferred to WMATA.

Crews are also installing storm water management systems below the Route 7 bridges that carry the tracks. Later sidewalks will be built along both sides of Route 7 and landscaping and lighting is planned.

The first eight-car train ran along the alignment in late March and stopped briefly in the Greensboro Station, catching many drivers and workers in nearby buildings by surprise.

As one employee of a nearby business commented, "This makes it seem so real. Metro is really coming here."

Tysons transformation beginning

Today, Tysons is the largest office market in Virginia and "one of the leading business centers in the nation" having more than 26 million square feet of office space, according to the Fairfax County Economic Development Authority's profile of the Tysons Corner-McLean/Great Falls-Vienna area. There is more than six million square feet of retail space. Employees and shoppers flock to this mecca. More shoppers and more workers are expected when transit opens but transportation planners predict many will leave their cars at home.

Today about 16,000 people live in Tysons Corner proper but thousands live nearby. Planners of the future of Tysons see the numbers of residents growing ten-fold in the next 50 years. Today, construction is under way on several high-rise residential structures along Route 7, within easy walking distance of the Spring Hill Metrorail Station. Several are planned adjacent to Tysons Corner Center and others have been approved near Capital One and on properties along Route 123 between I-495 and the Dulles Connector Road interchanges.

Indeed, Metro is coming and with it Tysons Corner will change. A new economic dynamic and the influx of residents who live transit-oriented lifestyles will create a strong urban vibe where not many generations past dairy farms prevailed.

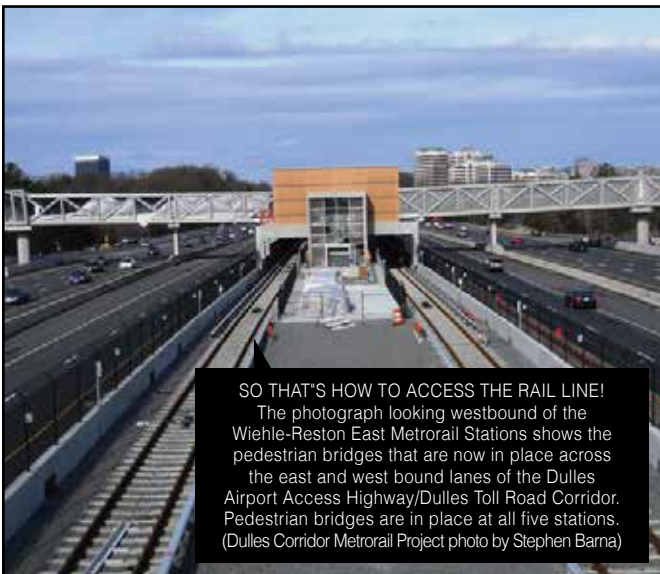
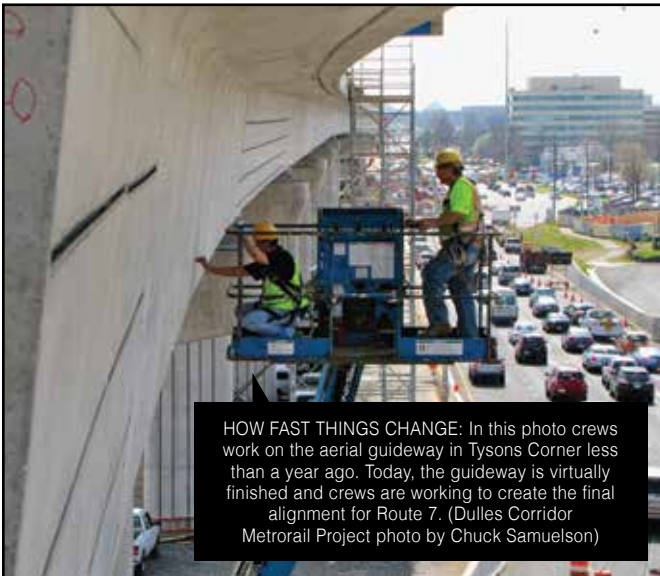


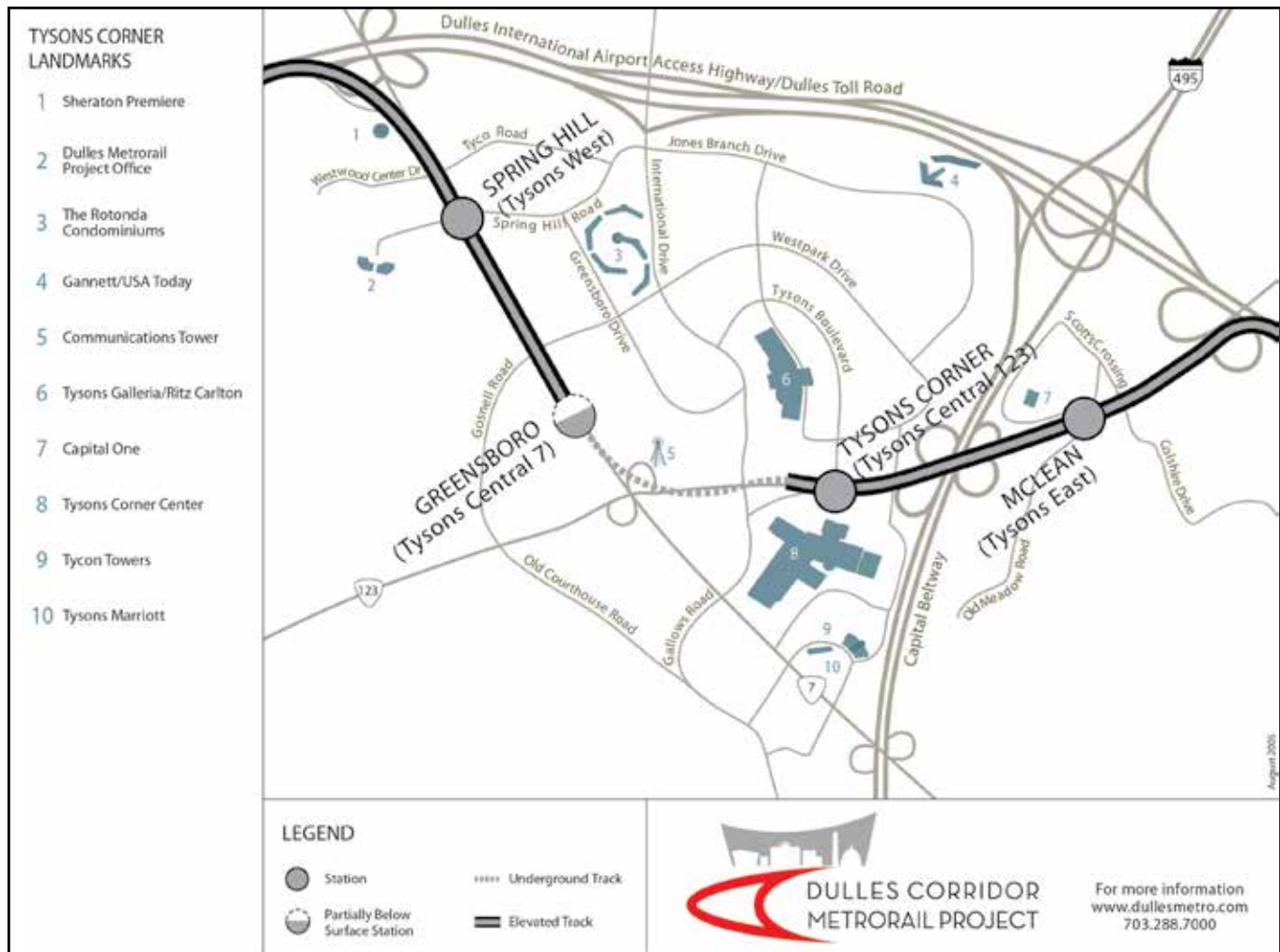
Rendering

Spring Hill Station



Spring Hill Station





Bus Route Changes Proposed When Rail Opens

Fairfax County has proposed bus route changes in the Tysons Corner and Reston areas that will coincide with the opening of the Silver Line.

The plan includes 12 new bus routes, changes to 24 existing routes and the elimination of six routes.

The changes reflect suggestions from the community. Several public meetings have been held to discuss the changes.

To find out details of the proposed changes, please visit
www.fairfaxcounty.gov/connector/routes/dullesrail/



Ramps from the Springfield Interchange link the existing HOV lanes with the 495 Express Lanes. Photo by Mike Salmon/Virginia Megaprojects.



From the air, the ramps and loops of the Springfield Interchange look futuristic. Photo by Trevor Wrayton/VDOT.

Interchange At Springfield

LINKS TRANSPORTATION ENTITIES

by Mike Salmon, Virginia Megaprojects

With the 495 Express Lanes complete, making commuting easier for motorists on the beltway, I-95 commuters are now looking for better commuting options from Richmond and Fredericksburg. One major option by the end of 2014 will be the 95 Express Lanes currently under construction, with a seamless express link at the Springfield Interchange for a congestion-free commute from Garrisonville Road (Route 610) to the Tysons Corner area or up I-395 to the Pentagon and Washington D.C.

This link in Springfield, known to insiders as Phase 8, was a follow-on phase to the seven-phase Springfield Interchange that was rebuilt between 1998 and 2007. That link was a vision of Virginia Department of Transportation planners in the 1990's, a long time before the 495 Express Lanes were even on the drawing board to connect I-95 HOV lanes directly to I-495 towards Tysons Corner area.

"When the interchange was being rebuilt, construction included some ramps and toll-gantry platforms built for future use. The 495 Express Lanes planners utilized the structures as part of the Springfield project construction linking the two transportation corridors," said Steve Titunik, VDOT's regional communications director who

also managed the communications through construction of the Springfield Interchange.

When the 495 Express Lanes opened in November 2012, motorists enjoyed the seamless transition from the express lanes to the reversible I-95/395 High Occupancy Vehicle (HOV) lanes. In the past, I-495 motorists trying to get on the HOV lanes had to get on I-95 South first and travel past the Springfield Interchange before taking the slip ramp to the HOV lanes heading south.

When the 95 Express Lanes open in late 2014, motorists will be able to remain in the express lanes, bypassing any lane changing or ramps of the Springfield Interchange. In the morning, motorists heading north can easily get to Tysons Corner, and coming home in the evening, the transition to southbound 95 Express Lanes will be seamless. Buses and carpools with three riders or more ride toll-free, two or less riders have an option to pay a toll and enjoy the free-flowing traffic as well.

For Richmond resident Carolyn Bogen, this connection at Springfield and the uncongested 495 Express Lanes saves valuable time. "It cut the last leg of the commute in half, it's a much easier ride," she said.

TECHNOLOGY *News*



These new technologies make driving easier

If you haven't shopped for a new car in the last few years, and many people haven't, you'll be pleasantly surprised at what technology has brought for you.

- The air bag in a seat belt. The new, stronger shoulder straps in some cars have built-in air bags. Ford Motor Co. started offering them on its 2011 Ford Explorers. Conventional seat belts save lives but can cause serious injuries in violent crashes. Inflatable belts reduce the risk.
- See in the dark and avoid hitting a pedestrian. BMW AG is launching "dynamic spotlight" technology that uses an infrared camera mounted behind the grille. The software can pick out the outline of a person or animal and signal the car's headlight to illuminate them and prevent a collision. It also has an in-cabin alert that projects an icon representing a person on the dashboard screen.
- Design your own dashboard. Some auto makers are ditching the dials in favor of a programmable screen that can display more information and allows drivers to personalize the look of the cockpit displays. The new Lexus IS F-sport, due out in June, is the first to have them.
- Use the ninth gear for fuel efficiency. Chrysler says it will introduce a nine-speed gearbox designed to fit into a small front-wheel drive car. A German device maker says it can improve fuel economy by ten percent to 16 percent compared with a six-speed automatic.
- Drive by computer. Experts at *The Wall Street Journal* say steering a car traditionally involves a series of

mechanical connections that allow the wheel in your hands to guide the four wheels on the road.

- Infinity's new Q50 series, by Nissan, boasts the industry's first steer-by-wire system, swapping mechanical elements for an all-electronic system that responds faster.

With a subscription plan The new Microsoft Office is set up for cloud computing

The 2013 version of Microsoft Office is still the productivity software featuring four programs: Word, Excel, PowerPoint and Outlook. But the company says its new Office offers an all-new approach to computing.

It's the cloud approach, of course.

Microsoft Office, one of the most widely used business software packages, becomes one of the first software stars to set up a subscription service online.

For \$100 a year, you can use the entire suite of Office programs on up to five computers for one year. That includes Word, Excel, PowerPoint, and Outlook. You get a \$20 discount on the service if you buy a computer with Windows 8.

Microsoft will also let you pay \$10 a month for a regular subscription, if you buy direct from Office.com.

In addition to the basic four programs, the new version includes OneNote (the digital note-taker), the Access database, and Publisher (the desktop publishing program). *USA Today's* tech writer, Edward C. Baig, says the interface is welcoming and the programs are friendly to the touch.

Microsoft is offering its Office 365 Small Business Premium for \$149 a year, and

is available only by subscription. It features a 25 gigabyte Outlook mailbox, the ability to host online meetings, and can set up a public website with no hosting fees.

Tech reporter Katherine Koehret points out that Office 365 saves documents to Microsoft's SkyDrive storage system by default, so your documents and personal settings are remotely accessible.

Additionally, Office 365 constantly updates itself. So every time you open a program, you have the latest version.

Because the new Office is cloud-connected, you can enjoy virtually-anywhere access to your Office applications and documents, plus offerings like Skype world minutes for calls across the world, and additional online storage from SkyDrive.

Mobile phones that once wanted to be small are growing again, a lot

If you felt funny talking to the air with your phone in your ear, just wait until you're talking to a book.

The Samsung Note II phone is probably what started the trend toward bigger with phones. It's about 75 percent larger than the original Apple iPhone.

One owner says iPhone users stop him on the street to remark about the size of his phone. He says it did feel a little weird at first, but he loves his big screen.

Yes, it's true. After years of evolution from brick-sized phones to pocket sizes, cell phone size is going in reverse with devices like the original 5.3-inch Note.

Some tech reviewers called the big phones silly. But as sales boomed,

other makers followed with still-bigger "phablets," as techies are calling them. They're a cross between a phone and a tablet.

Shipments of phones with screens 4.6 inches or larger grew to 82.7 million units in 2012 from 1.8 million the year earlier.

The United States is actually behind the times when it comes to large-display smart phones. They are much more often seen in China, Japan and other parts of Asia. In China, women carry a big phone in their purse and a small cell phone in their pocket.

Chinese electronics company Huawei Technology has introduced what it says is a smart phone with the largest screen in the world. It has a 6.1-inch display. The Ascend Mate has more than double the surface area of the original iPhone introduced in 2007.

ABI analyst Josh Flood has increased the screen size of what the company qualifies as a phablet to 6.5 inches.

Flying is safest since the dawn of jet planes

In 2012, the global airline industry marked its lowest rate of fatal accidents since the early 1960s. Note that there hasn't been a fatal crash in the United States since 2009 when a commuter plane crashed near Buffalo, N.Y.

The Aviation Safety Network says there have been an average of 34 crashes per year during the last ten years. In 2012, there were just 22 fatal crashes worldwide. Of those 22, only ten were passenger planes. In 2011, there were 28 crashes.

Airline safety increased with the start of incident reporting programs that encourage pilots and mechanics to pass on information about mistakes without fear of retribution.

Other reasons for the improvements include more reliable equipment, improved pilot training, advances in air-traffic-control procedures and tighter regulatory oversight in developing countries.

Russian-built planes fly fewer passengers but suffer higher crash rates than planes built in the United States, Canada or European countries.

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The Way That I **LOVE YOU**

by Leigh Macdonald

It's indescribable, really... the way that I love you. I want more for you than I could ever imagine wanting for myself.

I want you to find fulfillment, love, and self-worth. I want you to know how special you are, that you can move mountains if you choose to, and that I'll love you no matter what.

I want things for you that are seemingly impossible. You see, while I wish for you a life without hard knocks, I hope you'll grow to appreciate the benefits of mistakes made and lessons learned. I want you to feel puppy love, bubbling teenage excitement, and butterflies in your twenty-something stomach; yet I cringe at the thought of your broken heart. I want you to always aim for the highest highs, yet I hope you'll find gratification in knowing that you've done your best. Even if your best isn't first place.

I want anything fulfilling and everything good for you. I want your heart to sing upon your successes and to find peace when times are hard. I want you to know the true contentment that lies in helping others and promoting kindness. I want you to know that before you could even speak, you'd made an immeasurable difference in this world just by being you.

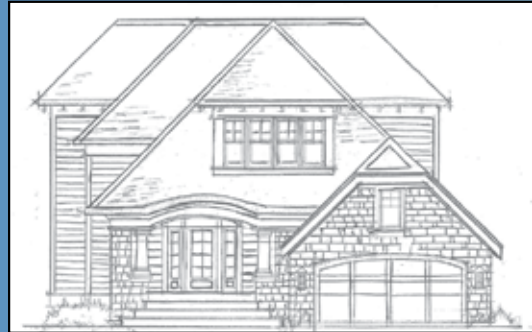
As Mother's Day approaches, my dear child, words fail in my pursuit to describe the depth of my love for you. But know this... I love you to the moon and back a billion times. And somehow, while it's seemingly impossible, I'll love you even more tomorrow. And every tomorrow after that.

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.

ANOTHER BUKONT CRAFTSMAN-STYLE HOME TO BE BUILT IN VIENNA

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DEAR COACH AMY,

I am a female in my early 40's that has never been married. I tend to be attracted by mostly looks and I find that these past relationships sizzle out and don't move forward as I would hope. What advice do you have for me about finding true love that will last?

Alone in Alexandria

DEAR ALONE,

Yes, looks are important from the standpoint that you have to be attracted to your mate. Especially with women, attraction can grow as you get to know someone over time. However what most of us are looking for is someone who makes us feel special, exudes warmth and is someone we can trust.

Case in point - my husband wasn't initially on my radar. He is a quieter guy and relates better one on one. I met him through a bicycling group in the DC area. I had to give him a chance to get to know him. As I spent more time with him, the more I liked him. I found out that we shared many values in common, had the same life goals and saw things on the same wavelength. He became more attractive to me over time.

On the other hand, with someone that I thought was cute and definitely had my look, I noticed some personality clashes. I found out that he did not appreciate me for who I really am - a social person. He got mad at me when I talked to other people at a community pool that I have been a member of for many years. And yet he was off swimming laps when I was having this conversation! He became less attractive to me when he got jealous of me talking to my friends.

In recent years the three top ways that people meet their mates are:

1. Through friends and face to face interactions such as social gatherings.
2. Through school or work. Here you see people day in and day out. You get to know them on a deeper level and see how they operate with others over time.
3. Through online dating. This method expands your network and you don't really get to see the person until after you have selected them from their profiles (Is it accurate?) emails back and forth and eventually have phone contact with you. So here, physical attractiveness is not able to be determined until you meet face to face.

Each way of meeting someone has a different mode of gathering information about someone to find out if they truly are a good life partner.

The first mode can be the most dangerous because you don't know if you will see the person again. If you are very attracted, that can overshadow your due diligence about finding out if this person is a good person for you and actually shares your life goals and values.

And, if you become sexually involved too soon, that can take over your good sense and that becomes the focus of the relationship. I know because I have been there! The attachment hormones, the Oxytoxins, take over and then we don't always make the best decisions for ourselves.

Ask Coach AMY

Getting To Know Someone

by Amy Schoen

Then what I see happen is one of the two people wake up one morning and say, "Uh Oh! What did I get myself into?" He starts seeing the real you and realize that this isn't really what he wants for the long run. That is how people get hurt.

My advice is to hold off on becoming intimate until you decide that this is the relationship you want and that you want an exclusive relationship. That is what courting is all about. I think we have lost the art of courting in these days.

I have a client where first she was jumping into bed too quickly and always regretting it. After working with me on pacing, she is now dating a guy who is taking his sweet time. I respect that. I believe he has been burned before and is now dating my client appropriately. They have not been intimate yet and it is over a month of dating. He did ask her to accompany him on his trip to Florida which is two months away.

She says she really likes being with him because it's comfortable. However, she is not blown away by him. I told her that is good.

This is a much more thoughtful relationship and it will happen all in good time. Now at almost 40 there is so much more at stake. She wants a life partner - and someone who will be there for her - as a companion, best friend and lover. Since she is pacing this relationship and really taking the time to see if it is what she truly wants. Finally, she is having better success with dating.

So my advice to you is to give a good guy a second chance. Don't be too quick to judge and allow yourself to get to know him on a deeper level. If you find that you get along well, the conversation flows and you are some what attracted to a man, then go agree to go out with him. I have seen this time and time again with my female clients. When you find that your values and life goals are aligned, then your relationship will organically move forward towards a more committed arrangement.

**Intentionally yours,
Coach Amy**

P.S. For a more in depth information about the dating process go to www.MotivatedtoMarry.com and get my free 7 day e-course on *The 7 Steps to Finding True Love*.



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.

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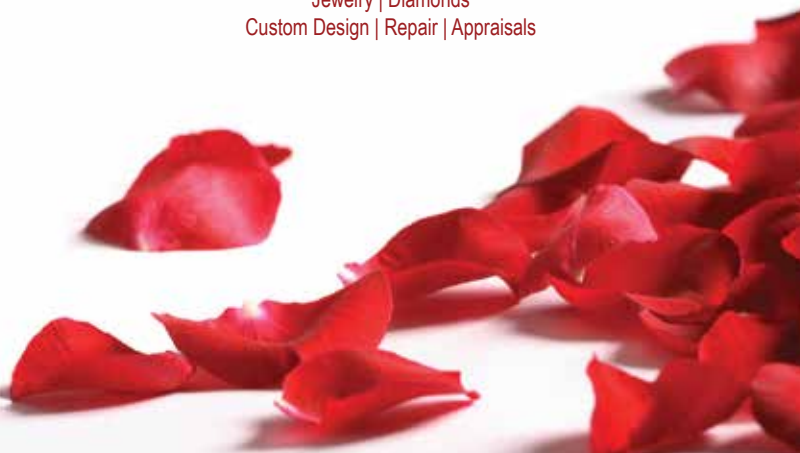
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MARKET FOR PREPAID DEBIT CARDS IS BOOMING

Some prepaid cards hold a fixed amount of money, like a gift certificate does. Many cards operate like bank accounts. Users add money by having their paychecks credited to the cards, and they can withdraw cash from ATMs.

One study shows that 47 percent of American households bought a prepaid card in the 12 months ending in June 2012. For now, the market is not regulated and companies can charge merchants and cardholders whatever they like. But cardholder fees usually start at about \$5 a month.

Chase Liquid costs \$4.95 a month and works like a checking account. AMEX has its Bluebird card, which is sold at Walmart stores. The card is free for direct-deposit users. AMEX makes its money from merchants' card fees.

Other companies such as BillMyParents, which has Justin Bieber's picture on its cards, are focused on a specific demographic and are not banks.

Attorneys at the National Consumer Law Center say card buyers should keep their money in banks that are backed by the Federal Deposit Insurance Corporation in order to protect their funds.

According to Bloomberg Businessweek, if funds aren't in a bank account, there's also no bank regulator to do safety and soundness checkups.

CAR MAKERS, THE EPA AND AUTO OWNERS REPORT MILEAGE VARIATIONS

When you're checking the sticker price on a new car, close to it is the mileage that's calculated by the Environmental Protection agency by their special formula.

Drivers who track their mileage usually come up with a different figure. Sometimes it's more than the EPA estimate. Sometimes it's less, and those drivers complain.

The EPA now invites vehicle owners to share their mileage on its website fuelconomy.gov and the reports are making a difference.

Owners of the Hyundai Sonata have bitterly complained their mileage is much lower than EPA estimates. Hyundai has agreed that the mileage test was done improperly on some models.

Web reports by owners of the new Ford C-Max hybrid averaged 39.1 miles per gallon, not the 47 mpg Ford advertises. But some reported much better mileage, as much as 56 mpg.

The EPA is retesting the C-Max at its fuel-economy laboratory in Ann Arbor, Mich. They are studying it, in part, because it presents new technologies that may show its long-standing tests to be inaccurate.

Speed may and battery use are thought to be a factor. The car is designed to go as fast as 62 mph on batteries alone. The EPA tests between 48 and 60 mph.

Fuel could make a difference. Ethanol mixes, which lower mileage by about 4 percent, the agency says.

According to Ford, especially with hybrids such as the C-Max, variables such as temperature, a driver's behavior and engineering choices that Ford made to balance mileage and performance, can make a big difference.

At Duke University School of Business, one professor says the government should measure fuel consumption by using 100 miles of driving.

ROADS BECOMING A 'ROLLING JUNKYARD' OF OLDER CARS?

According to a study by leading automotive market intelligence firm Polk, in January 2013, the average age of cars and trucks in operation in the United States was 10.8 years and rising. Trucks and SUVs are older than passenger cars.

A lot of people need a new vehicle, which is one reason auto sales are predicted to reach from 14 to 15 million vehicles sold in 2013.

'CONVENIENCE CHECKS' SHOULD BE CALLED 'EXPENSIVE CHECKS' FOR THREE REASONS

When you open your credit card bill, there they are: a couple of convenience checks.

You can write one to yourself and have the extra money you want for a weekend trip. Or you can use one to buy something you want to give but really can't afford right now.

There are a few things about the checks you may not have considered. First, there's a charge for using them, usually four percent. Owing \$208 for the convenience of having \$200 extra bucks doesn't sound bad, but there's more to it than that.

Whether you write it to yourself or to a store, the amount of the check will be called a cash advance on future bills. The interest rate on cash advances can be as high as 23 percent or more.

Can you just pay for it when you make your next payment? If you have a zero balance on that card, you can. If not, whatever you pay will be credited to your previous balance until it's zero, and your 23 percent interest charge will continue to accrue interest during that time.

That still might not be too bad if you just use the card for normal monthly charges that you can pay it off in a month or two.

But what if you previously took advantage of the card company's zero percent interest offers? Say you borrowed \$8,000 for a home improvement project and are paying it off at your convenience, which will take another year or more.

During that time, according to almost all card company policies, all payments you make are applied to the charge with the lowest interest rate. So your 23 percent interest, compounded monthly, will continue to accrue on the \$208 until the zero percent loan is paid off.

At that point, your \$200 convenience check will end up costing more than twice that amount.



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Are They IN PAIN?

This is a great question and a subject that pet owners often forget. Most dogs and cats do not show pain like we do, but it definitely doesn't mean they don't feel pain. Many studies have measured parameters such as heart rate, cortisol level, body temperature and behavior, and there's no argument that pets feel pain just like humans. Some studies compare reactions of pets receiving the same surgery but with various pain-relieving medications. Others look at several ways to do the same surgery to evaluate patients' pain response. Thanks to this research, we are able to control our patients' pain level to allow them to heal properly and be as comfortable as possible after a painful procedure.

Pain is a complicated process, but the overview is that certain receptors (nociceptors) detect a painful stimulus. The information goes up the receptor's nerve to the spinal cord, where the information is sent along the cord to the brain, which registers the pain. Interestingly, pain can affect our pets much more than just a feeling of discomfort. When animals experience pain, their cortisol level increases, which reduces their immune function by altering their white-blood-cell efficiency. Sometimes pets don't eat as well when they're in pain, which reduces their nutritional plane and creates a calorie deficit and unhealthy weight loss. Muscle wasting can occur, which prevents the pet from compensating appropriately in response to the painful problem. For

Dear Doctor Christmus:

I've been told it's hard to tell when pets are in pain. How do I know they hurt, if they're not crying or whining?

- L. Fast, Herndon

example, the body's strengthening of surrounding ligaments and muscles can partially repair a damaged knee ligament, but if pets aren't eating a healthy diet, they may heal poorly and the knee may not be as functional. Pain can cause hypertension (elevated blood pressure) and elevated blood sugar, too.

How do you know your pet is in pain? Some dogs and cats can be grouchy when in pain, and some can become downright aggressive with a short fuse, which can be dangerous to the people who live with the pet. Sometimes you can observe an obvious limp in your pet. In most cases, a limp means the pet is protecting a painful limb or joint. Sometimes these pets put less weight on the affected limb when they stand or sit, which can range from subtle "unloading" of the leg to holding the painful leg off the ground. Other signs of pain include decreased social interaction or reduced movement around the house.

Chronically painful cats, especially, don't display obvious distress; they just stay in one place most of the day. Dogs tend to be more social, so they often still try to move around, interact and wag their tails, but they may rise more slowly after lying down, hesitate to attempt stairs, go up or down stairs differently or not play for as long as they used to. Excessive panting can sometimes be a subtle indicator that

your dog hurts, although your dog can pant for many other reasons, too. Some pets tremble more when they're in pain, but many older pets have limb trembling that isn't related to discomfort.

Acute (sudden) pain is a common problem for pets, too. A large number of active large-breed dogs injure their cruciate ligaments, just like athletes, and will unexpectedly appear lame after playing or running. Sometimes they yelp when the ligament tears, but their verbal complaint usually doesn't continue, and they're quiet but limping. Cats are agile, but sometimes they hurt themselves when tearing through the house or falling off a kitty condo or other high perch. You'd be amazed how quiet a pet is when we find a broken bone. They'll yelp when we touch the leg, but they're not screaming or complaining constantly, the way I would be!

Unfortunately, all the pet signs and symptoms do not tell you what hurts. At home, it can be impossible to differentiate a painful toe from an arthritic shoulder or a sore hip from a torn knee ligament.

If you suspect your pet is painful, have your veterinarian perform a physical exam. During the exam, we manipulate all joints, palpate along the spine, move the neck through a full range of motion and palpate all bones to check for what is actually hurting. In many cases, we can pinpoint the area or areas that are uncomfortable. Unfortunately, the pet has to tell us that something we're doing hurts, but most pets give us some sort of indicator, which ranges from resisting a movement to whining to snapping at us to get us to stop. Who says pets don't tell us what's wrong?

Some pets, though, are very stoic or so scared at the hospital that they don't react enough to tell us what's wrong. These patients can be frustrating, but with a combination of what

you're seeing at home, what we see in the office and what happens over time, we can usually narrow down the area that's painful.

Thankfully we have many options when it comes to treating pain in our patients. Maintaining comfort is a major component of senior wellness programs, too, because dogs and cats are living longer as a result of improved medical care. Many older animals have something that hurts, just as we do as we get older. Our pain-relieving arsenal includes the following:

- nutritional supplements—glucosamine/chondroitin sulfate combinations, omega-3 fatty acids and others
- non-steroidal anti-inflammatory drugs (NSAIDs)—Derammax, Rimadyl, Previcox, Onsior and others
- opiates—tramadol and buprenorphine are the most commonly used
- medications that reduce pain sensations from getting to the brain—gabapentin and amantadine, for example
- acupuncture
- cold laser therapy
- physical therapy and massage

Each pain-reducing option has advantages and disadvantages, so be sure to discuss the alternatives thoroughly with your veterinarian. If you suspect your pet is in pain, the first step toward relieving that pain is to take your pet to your veterinarian.



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.



Outdoor PLAYTIME

Being outside during the summer is such a great way to enjoy time with your family, including your fuzzy pals. Your pets love having the chance to play outside, roll in the grass, sunbathe, and sniff everything that goes by. After all, they are naturally programmed to adore the outside world. Here are some suggestions to add a little something to their experience outside while they hang out with their favorite people.



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



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Cat Condominium

If your feline friend is more of the indoor type, but loves to watch the creatures outside fly by, they might enjoy having the option of an outdoor playpen. **Petland in Fairfax** has a great option called the Midwest Cat Playpen which provides a spacious yet safe area with a bed and lounging shelves. They get the best of both worlds with this playpen! The air and breezes of nature but the safety of being inside. It's also easy to clean as well as collapsible for convenient storage.

Flea The Scene™

Worried about those little pesky bugs that might attach themselves to your pet? Worry no more! Flea The Scene™ Skin Soothing Spray from **Wylie Wagg in Falls Church** will naturally protect your pet from those pests with a proprietary insect repellent and it will also provide UV protection with an all-natural sunscreen. You can use it with flea and tick prevention medicine (Frontline, etc.) you may already use as well. No overwhelming odor and doesn't have any pesticides or poisons. *A portion of proceeds from this product goes to Canine Companions for Independence.*

Playpen For The Playful Pet

A playful pet, is a happy pet. If you have a little one who loves to be with you no matter where you are, give them a place to enjoy more time with you. The Midwest Exercise Playpen from **Petland in Fairfax** is a fun and safe way to bring all sorts of pets outside with you so they can enjoy the party too. They come in a couple sizes and heights which are fully collapsible for storage, and easy to set up.

Keeping It Kool

Those hot summer days are upon us, and as pet owners we always want to make sure our furry kids still enjoy those days too. With the Kool Collar from **Wylie Wagg in Falls Church**, you can keep the vascular chest area of your dog cool by filling this innovative collar with ice. The ice will melt creating a cold sensation as well as promoting evaporative cooling to keep the blood and core temperature of your pup down. This will ensure that they stay cooled off and comfortable during those hot and humid days.

Fountain for Fido

Playing outside in the summer air will make anyone thirsty! Keep your furry friend hydrated with the WaterDog Automatic Outdoor Pet Drinking Fountain from **Amazon.com**. Smart sonar sensing technology triggers the WaterDog to turn the water on when your pet comes within three feet, and turns it off when your pet leaves. You'll never have to worry about the bowl being empty again.

Cool And Comfortable Cot

If your pet's nickname is the "Supreme Lounging Machine," then this one's for them! The Hugs Pet Products Cool Cot House from **Walmart** is a perfect way to let your pet lounge outside and keep cool. It has a mesh cot which is set well off the ground to ensure air flow and comfort, and is covered by a tent made with water-resistant material to keep them dry and cool. The Cool Cot House is also portable and easy to assemble.

Soft-Sided Set Up

If you prefer not to have a metal playpen set up, there's a very nice alternative. The Precision Pet Soft Sided Exercise Pen from **Petsmart** is built with a steel tubular frame covered in heavy-duty, water-resistant nylon mesh canvas. It easily moves into different configurations and comes with a convenient travel bag for easy storage. It's a great way for your four-legged friends to enjoy the outdoors with you in comfort anywhere you go!



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TALK *Tysons*

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatyson.com. Let us decide if it's too trivial, it rarely is.



Alas, **Classic Wines of Great Falls** has closed its doors. Tomme Casmay is a dear friend of ours and we'll miss his writing and expertise in wines.

They moved, and what a studio! Check out the new studio of **Fitness Together** in Vienna, 8300 Boone Blvd. Just in time for "The Spring Slim Down." Pop in and say hi to Rob and your new trainers.



Have you been to the new **Potbelly** on Westwood Drive? Just like downtown!



Vienna's Freeman Store and Museum, which is known for its role in our regions past and as polling place for the 1861 secession vote and living quarters for a Civil War infirmary has been officially recognized and joined on the National Register of Historic Places. A Vienna landmark on historic Church Street is open to the public Wednesday-Sunday noon to four.



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 25th through May 27th. 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 2012. **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 james@cudney.org, Dan Anderson: (703) 727-6831 daniel.anderson@scouting.org, Brian Billett: (202) 302-4949 brianb@cs.net, Yasmine Bonilla (703) 371-3620 Yasmine.L.Bonilla@ampf.com, Mark Rogoff: (240) 338-0177 mrogoff@titleonegroup.com.

BJ's coming to town! California's 250 seat restaurant and brew house headed our way, expect a late fall opening at 8027 Leesburg Pike.

Red Apron, considered one to the best in the meat curing business is open in Mosasic, as is **Taylor Gourmet**. Have you tried **Puff's Soda**? Terrific!

Dollar Tree opening in Vienna near CVS in Cedar Park and Shop, and **Curry Mantra**, the famous award winning Indian restaurant opening as well.

Another **Noufal** is here, right in the heart of Halstead Square next to the new Dunkin Doughnuts and BlackFinn Ameripub near the Dunn Loring Metro on Gallows Rd.

Drs. Han and Ahn have taken over the offices of Dr. Mary Gharagozloo McLean. Same great staff and service!



I saw the sign a few weeks ago. **CVS** is coming to Leesburg Pike near Jared.

Think Bicycles! Can you believe we're getting **Tour de Tysons Bike Races!** With special thanks from the folks at **PS Office Parks**, please save the date. Sunday, June 30 from 7:30am to 5:30pm. Check with the Partnership for more information. www.tysonspartnership.com



Vienna's Farmers Market will be moving to a new location this year and is still planning on offering fresh produce, herbs, pastries, coffee, seafood, and meats this summer. The new location will be on Center Street in the parking lot of the Faith Baptist Church, next to the Vienna Fire Station and Town Hall. The market is scheduled to open on May 4th and will include some new vendors including Caffe Amouri. For more information please visit www.viennafarmersmarket.com

After 25 years, the **Vienna Quilt Shop**, home of the "Quilt Doctor[®]," will be moving, effective April 1, 2013. The new signature, "**Quilt Shop of McLean**" will be located at 6724 Curran Street, McLean, Virginia.

Classic cars come to Westwood!

Gorgeous classic automobiles will be exhibited at Westwood Country Club on Sunday, June 23rd between 11am-2pm. The show is sponsored by the Chesapeake Bay Region of the Classic Car Club of America. All visitors are welcome. For more information or to join the Classic Car Club please call Rhea or Jerold Gilbert at 703.917.1452.

Neisha Thai Cuisine is closed temporarily until this summer and will be relocating to 8027 Leesburg Pike, Suite 110, Vienna (the Nordstrom Rack building) as soon as they open up again.



So, think silver. December and January will be electrified by Metro Silver Line operations. The Tysons Partnership will be promoting Silver Line-themed promos and events that will be suitable for every business. **The Tysons Partnership Silver Ball Holiday Celebration** will take place on Tuesday, December 3, 2013, 5:30-8:30pm. Stand-by for more details.

The Tysons Park System Master Plan is nearing completion. It's plans include sports facilities, playgrounds, fitness zones, pet-oriented spaces, performance and event spaces and water features. Lucky us!



More Coffee? Ok, a new **Caribou** on Route 7 is coming. Look for more Caribou openings and surprises around our area.

Your own words are the bricks and mortar of the dreams you want to realize.
Your words are the greatest power you have. The words you choose and
their use establish the life you experience.

- Sonia Choquette, internationally known spiritual leader

Funny Stuff

The teenager lost a contact lens while playing basketball in his driveway. After searching, he told his mother the lens was nowhere to be found.

She went outside and soon returned with the lens in her hand. "How did you manage to find it, Mom?" the teenager asked.

"We weren't looking for the same thing," she replied.

"You were looking for a small piece of plastic. I was looking for \$150."

April Showers Sudoku

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.

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

I am grateful for all of my problems. After each one was overcome, I became stronger and more able to meet those that were still to come. I grew in all my difficulties.

*James Cash Penney,
1875-1971,
Founder of JC Penney Stores*

The key is not to prioritize what's on your schedule,
but to schedule your priorities.

*Stephen Covey: educator, author, businessman,
and keynote speaker*

What unit
of currency
is used in
Japan?

Yen



"Mom, when you need parenting help, do you call grandma for tech support?"

A boss was complaining in a staff meeting the other day that he wasn't getting any respect. Later that morning he went to a local sign shop and bought a small sign that read, "I'm the Boss". He then taped it to his office door.

Later that day when he returned from lunch, he found that someone had taped a note to the sign that said, "Your wife called, she wants her sign back!"

Trivia Teaser • TV Detectives

- Pierce Brosnan starred on what TV detective series that paired him up with Stephanie Zimbalist?**
A. Hardcastle and McCormick B. Remington Steele C. Mr. and Mrs. North D. Lois & Clark
- Maddie Hayes and David Addison were co-owners of the Blue Moon Detective Agency on what TV series?**
A. Hawaiian Eye B. MacGruder and Loud C. Moonlighting D. City of Angels
- What private investigator was assisted by friends named Rick and T.C.?**
A. Matt Houston B. Thomas Magnum C. Richie Brockelman D. Jim Rockford.
- Who starred as the no-nonsense female British Detective Chief Inspector, Jane Tennison, on the TV series "Prime Suspect"?**
A. Keira Knightley B. Kate Burton C. Helen Mirren D. Maureen O'Hara.
- What was the Maine hometown of nose-y mystery writer Jessica Fletcher on "Murder, She Wrote"?**
A. Cabot Cove B. Crabapple Cove C. Coffman Cove D. Cherry Cove.
- Who starred as detective Joe Mannix on the TV series "Mannix"?**
A. William Conrad B. E.G. Marshall C. Dennis Weaver D. Mike Connors.
- What TV detective series starring Craig Stevens was created by Blake Edwards?**
A. Peter Gunn B. McCloud C. McMillan and Wife D. Toma

X marks the spot!

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

ANXIETY	MIXTURE
AUXILIARY	MOXIE
BOXCAR	NEXT
BOXER	NEXUS
BUXOM	NIXON
DEXTERITY	NOXIOUS
DIXIE	PIXEL
DOXY	PIXY
FAXED	SAXES
FIXATE	SEXPOT
FOXES	SIXFOLD
HEXAGON	TAXED
HEXANE	TEXAN
HEXED	TOXIC
LEXICON	TUXEDO
LEXIS	VEXING
LUXOR	VIXEN
MAXI	WAXED
MIXED	

Always bear in mind that your own resolution to succeed is more important than any other.

Abraham Lincoln, 16th president

What is the horn of a Rhinoceros made of?

Hair

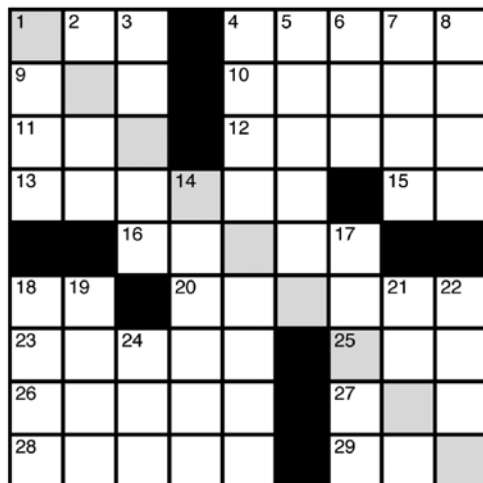
Another kind of word game

Across

- Feel sick
- Device used to control sound volume
- Mozart's "L' del Cairo"
- Over 21
- "_ any drop to drink": Coleridge
- Not rural
- Concert finale
- Carry out
- Watered the plants
- You and me
- Senile person
- Kingdom
- "Rocky _"
- See eye to eye
- Big TV maker
- Fertile soil
- "Amen!"

Down

- Bang-up
- Computer image
- Coniferous tree
- Groups for golf
- Evil jinnee, demon, or monstrous giant
- Apply gently
- "Good grief!"
- Ashcroft's predecessor
- Scads
- Grocery store section
- Russia's _ Mountains
- Utah's state flower
- Author of "Lasher"
- "Buenos _"
- "You _ here"



Fun Facts: Flowers

Pears, apples, cherries, plums, apricots, and peaches are all related to roses.

There are over 250,000 species of flowering plants known on Earth today.

Almost 60 percent of fresh-cut flowers grown in the U.S. come from California.

Moon flowers bloom only at night, closing during the day.

Saffron, the expensive yellow-tinted spice considered a delicacy by fine chefs, is derived from a type of crocus flower.

Broccoli is considered a flower and also a vegetable.

Lilies are one of the oldest plant types known in the world, and have appeared in art for many centuries.



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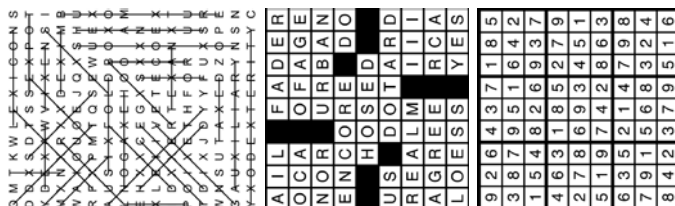
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Answers to
'TV Detectives'

- 1-b. "Remington 'Steele'"
- 2-c. "Moonlighting"
- 3-b. Thomas Magnum
- 4-c. Helen Mirren
- 5-a. Cabot Cove
- 6-d. Mike Connors
- 7-a. "Peter Gunn"

HOROSCOPES

May

ARIES: The impact you have on others makes you feel important and worthy. To get one more person on your side, choose a co-worker and find ways to help him or her.

TAURUS: You have defined goals and an A plan to achieve them, but flexibility may be required. Circumstances tend to change. Avoid disappointment by going to your plan B.

GEMINI: Perking up your intellectual curiosity can make you sharper in your work and your home life. See a play, go to the opera or plan a stunning bash with your friends.

CANCER: On the home front, avoid coming to premature conclusions. Time is on your side. But if you have to right a wrong, insightful communication could help you do it.

LEO: Whether it's for a big project or a noble cause, getting on board is a shrewd move. It's certainly one that will attract attention, and the limelight will please you no end.

VIRGO: An unforeseen opportunity is coming your way. Watch for it and recognize it. Doing something different is a sure way to revitalize your outlook.

LIBRA: Harmony is important to you now, and you can use your innate talent as a negotiator to bring it about. You understand the concept of "getting along" for the present.

SCORPIO: Whether the young person is a family member or a co-worker, your truthful communication can make him or her feel special. It doesn't have to be long to be deep.

SAGITTARIUS: Sometimes your energy is low and you hardly know where to start. But once you realize how your involvement will get others motivated, you'll see the way.

CAPRICORN: Whoa! Think twice about going into debt for something you can do without. New furniture or a set of wheels can wait a while (unless you really need a boost).

AQUARIUS: Don't forget Mother's Day. Cement your relationship with a loving attitude and a gift or a card. Any problem in the past or present should be put behind you.

PISCES: Though you are often consumed by your work, you are an idealist who enjoys helping others. Your empathetic tendencies serve you well along the way.

June

ARIES: You can rely on intuition to handle a situation with your workers. Don't come across as rigid or inflexible or they'll think you're just making it all hard work.

TAURUS: Getting along with teammates and working for a cause brings harmony and provides a higher sense of purpose. Finding meaning in your job is always important.

GEMINI: You sparkle and your eyes twinkle because you've got something magic up your sleeve. Everyone knows it and wishes they could be an insider and have a part.

CANCER: Be careful what you say because others take your words at face value. Avoid embellishing the facts with your own information, which isn't necessarily factual.

LEO: Father's Day is the big event of June. Be sure to visit your dad, send a card or call. You might also remember someone who has been a father figure during your lifetime.

VIRGO: Summer is upon us and you're suddenly energized to get healthy and shed some pounds. It's a good idea in any month, especially before buying a swim suit.

LIBRA: Ah, lucky Libra, the stars shine brightly on you this month. But remember, to be lucky in love and in your job, you'll also have to add some effort of your own.

SCORPIO: Don't assume you can speak out of turn without it backfiring. You could get a name for being indiscreet, especially if the information is of highly-sensitive.

SAGITTARIUS: The song says, "Summertime and the living' is easy," though it's not always that way. You can still arrange opportunities to get outside, relax and have fun.

CAPRICORN: Your future looks bright, but it's a competitive world out there and you might not achieve your goal this time. But it's coming, so keep on keeping on.

AQUARIUS: It's vacation time and you deserve some time off. Plan a break that's not stressful or unaffordable. Sometimes vacationing at home is the best treat of all.

PISCES: A few issues are pending that might be worrisome, but you should have favorable outcomes through the end of the year. Opportunities will be knocking at your door, so watch for them.

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