

GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH

VivaTysons

July – August 2013 | vivatysons.com | \$3.⁹⁵

M A G A Z I N E

Staycations

Kaiser Comes To Tysons

.....
Food Truck Fever

.....
"Go West" Charles Town

.....
The Problem With Numbers

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Versailles Custom Homes

New Versailles Custom Homes to be built on three beautiful 2 acre lots on Leigh Mill, located in the close in portion of Great Falls before the village. Choose from one of Versailles' many stylish French country designs. Inside, Versailles Homes offer luxurious amenities such as hardwood floors, tumble marble, plaster moldings, full detailed media room, lower level bar, paneled library, and a custom gourmet kitchen with top of the line Wolf & Sub-Zero appliances. Prices start at \$2,995,000.



904 Chinquapin Rd, McLean, VA 22102

New masterpiece estate, now complete, with Stone & Precast on 3+ acres. Follow down the long driveway through lush landscapes, a fountain, and circular driveway to this home which offers 20,000 square feet of unsurpassed quality. Inside, this home boasts a 2-story great room with curved walls of glass, a huge gourmet kitchen with Wolf & Subzero appliances, 7 bedrooms, 11 bathrooms, an elevator, spa, gym, and a master retreat with an elegant master bath. \$7,658,687



RESTON **\$1,487,973**
Remarkable brick home w/2 story deck; detached 4-car garage/apt. 11602 Tori Glen Ct.



VIENNA **\$1,369,676**
Madison schools. Newer custom home on 1 acre lot in Spring Lake. 1831 Beulah Rd.



LEESBURG **\$1,150,000**
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SUN DESIGN 



*On the cover: Gaylord National Resort & Convention Center, National Harbor, MD
Photo courtesy of Gaylord National Resort/Photographer: Stephen Elliot*

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KAISER COMES TO TYSONS

The newest Kaiser Permanente location comes to Tysons, bringing in the best.

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FOOD TRUCK FEVER

VivaTysons let food writer Liz Barnett out on the loose in search of the area's best meals on wheels.

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"GO WEST" CHARLES TOWN

A great getaway that is much more than a casino, and so close to home.

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THE PROBLEM WITH NUMBERS

The story behind our local real estate market, and the latest stats and news.

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LEESBURG \$2,275,000



GREAT FALLS \$1,795,000



MCLEAN \$1,697,000



VIENNA \$1,675,000



VIENNA \$1,498,500



MCLEAN \$1,495,000



LEESBURG \$1,375,000



OAKTON \$1,325,000



FAIRFAX \$989,500



VIENNA \$925,000



FAIRFAX STATION \$895,000



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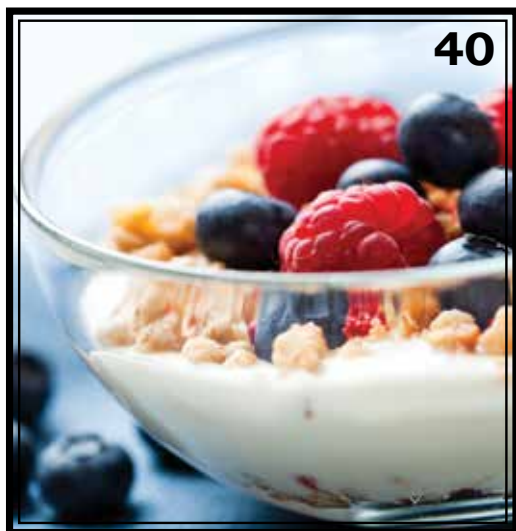
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AND MORE...



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EASILY SATISFIED WITH THE BEST.”

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2013
JULY – AUGUST

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

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A Letter From the Publisher



It's Tysons. Just Tysons.

Summertime in Washington always has a special place in our hearts from the early memories of the fireworks at the mall, to the short hops to the area beaches and the bay in St. Mary's County.

Why not take advantage of our "Staycation" opportunities this summer — we have so many new ones! Gaylord on the river, the new casino in

Charles Town, WV, Great Oak Manor on the Bay, Bear Creek Mountain Resort, and so many more just a short hop away. Carly has some suggestions.

The Food Trucks are here, bringing us more selections for lunch in "Downtown Tysons." Liz Barnett has some reviews on the treats. Lillis Werder works magic with her camera and lenses, and Keith looks at the local music scene for the summer ahead.

Our new community health provider, Kaiser Permanente has opened a spectacular facility in the heart of Tysons and we asked Keith to check it out. Read about our new option for health care, and the people who serve us so well.

Summertime is for wine and food, Linda gives us some pairing suggestions. Jeannine takes a fresh look at our favorite southwestern restaurant, Anita's, in the heart of Vienna.

What's up with the numbers? Veteran real estate titan Casey Margenau has the real story behind the local housing market. Take a look at the home of RG3 in Creighton Farms. Meet some of our Tysons Professionals — Dr. Cappiello of Kaiser Permanente, Jonna Wooten of State Farm, Marcia Twomey of The Greater McLean Chamber of Commerce, and Arvind Manocha the new CEO of Wolftrap.

Congratulations to Lilian Jorgenson who was awarded *Long and Foster's Top Listing and Top Sales Agent for 2012!* That doesn't surprise us, her enthusiasm for helping others is contagious.

Our subscription drive continues, and for the months of July and August, we will be donating five dollars of every subscription to the Lollipop Kids Foundation. The Lollipop Kids Foundation serves children with disabilities and the families who need additional support caring for the special needs which these children deserve. Please help if you can: www.lollipopkidsfoundation.org.

Got family coming in for the summer? Our Quick Corner may help. Our usual line-up of writers have given us some great reading and ideas for better health, wealth, and ways to expand your neighborhood horizons. Enjoy your summer, and please remember to support your local shops and independents — they're counting on your support. See you in September.

Cheers,



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Selected EVENTS

LOCATIONS

(referred to in the selected events)

July

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

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

Oakton Church of the Brethren

10025 Courthouse Rd

703.281.4411

www.oaktonbrethren.org

JULY 7

GOLDEN DRAGON ACROBATS FROM CHINA

Wolf Trap Filene Center

Vienna | 2pm | \$20

Astonishing balancing acts, gravity-defying juggling, and colorful costumes from the world's premier Chinese acrobatic company. The Golden Dragon Acrobats carry on a Chinese performance tradition that began more than 25 centuries ago. The mesmerizing show includes juggling, inventive acrobatics, balancing acts, and colorful costumes.

JULY 9

LOS LOBO LOS LONELY BOYS

Wolf Trap Filene Center

Vienna | 8pm | \$25

Two Grammy Award-winning bands deliver bold rock 'n' roll with blues and traditional Mexican roots.

JULY 10

KIDS CLUB FIESTA!

Tyson's Corner Center

McLean | 11am

Enjoy caricatures, balloon animals and face painting from 11AM-2PM in the Food Court on level three!

JULY 11

SHE & HIM SPECIAL GUEST: CAMERA OBSCURA

Wolf Trap Filene Center

Vienna | 8pm | \$30

Hollywood's hip Zoëy Deschanel and indie-rock stalwart M. Ward deliver endearingly sparse retro-pop tunes. The duo first performed a song together for the 2007 film *The Go-Getter* and released their first album, *Volume One*, the next year. Its follow up, *Volume Two*, peaked at No. 1 on top rock and independent album charts. *Volume 3*, which She & Him say is an "effortlessly effervescent bleached-out-in-the-sun pop record," was released in May.

PEARL AND THE BEARD

Jammin' Java

Vienna | 8pm | \$15

Pearl and The Beard is three voices, one cello, one guitar, one glockenspiel, one melodica, several drums, one accordion, ninety-six teeth, and one soul. Former strangers Jocelyn Mackenzie, Emily Hope Price, and Jeremy Styles were united in the great city of New York. Each had migrated there from a far corner of the nation with naught but food in their pockets and money in their bellies. Each had the same true love. Since then the three nested, and their unique brand of brightly melodic song craft continues to blossom of its own accord. Pearl and The Beard loves you the way you've always been.

JULY 12

CARMINA BURANA AND MORE! EMIL DE COU, CONDUCTOR CHORAL ARTS SOCIETY OF WASHINGTON,

SCOTT TUCKER, ARTISTIC DIRECTOR WOLF TRAP OPERA COMPANY SOLOISTS MUSSORGSKY'S PICTURES AT AN EXHIBITION

Wolf Trap Filene Center

Vienna | 8:15pm | \$22

You've heard the music in film scores and TV ads. Now experience the tremendous impact of a live performance when the National Symphony Orchestra, along with soloists from the Wolf Trap Opera Company, present Carl Orff's infamous masterwork. Program will also include Mussorgsky's vivid *Pictures* at an Exhibition.

JOE ROBINSON + MARSHALL CUNNINGHAM

Jammin' Java

Vienna | 7:30pm | \$10

Since day one, Joe has always found it easier and more intriguing to create songs rather than learn existing ones, so the compositional element of his music is somewhat deep rooted. He's released three albums of original material and performed all over the world in some radically different musical situations and environments. In the early days he was playing his own kind of amalgam of blues, rock and funk, later resorting to a solo acoustic format to facilitate the touring he wanted to do. In recent years he has toured predominantly with his own trio featuring drum and bass players he connects with in Nashville, TN.

IN THE LOBBY BAR W/TIPTOE DISCO & FRIENDS *Jammin' Java*

Vienna | 10pm | FREE

Pulling from their eclectic musical backgrounds, TIPTOE DISCO decided to simply make music without imposing limitations on themselves regarding genre. The result? A little something for everyone. From rock to reggae to funk to R&B to hip-hop to jazz, TIPTOE DISCO boasts a plethora of musical influences which permeate their unique, multifaceted sound. TIPTOE DISCO intends for you to have fun, shake that booty, and end your night orgasmically in both the literal and metaphorical sense.

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

JULY 13

VIDEO GAMES LIVE: BONUS ROUND! *Wolf Trap Filene Center* Vienna | 8:30pm | \$22

Power up for a spectacular ALL NEW fusion of live music and cutting-edge visuals from some of the world's most popular video games such as Pokemon, Super Smash Bros., Skyrim, Journey, Street Fighter II, Earthworm Jim, Donkey Kong Country, Chrono Cross and many more, shown on HUGE screens in-house and on the lawn.

THE GRANDSONS (MIXED ROCK) *The Palladium at McLean* McLean | 5pm

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

SHENANDOAH RUN *Jammin' Java* Vienna | 7pm | \$20

Shenandoah Run invites you to share in the songs and sounds of American folk music, from the 1960s to today, from the esoteric to the toe-tappingly familiar, all treated to the lush six-part vocal harmony and skillful instrumental backing that define the group's instantly recognizable sound. Founded by veteran folksinger Bob Melissinos, the group merges the talents of nine musicians with years of combined experience. With their collective insight, intuition, and love of great music, they produce arrangements that are fresh, varied, and often unexpected, while still remaining true to the spirit of the folk-music sound.

M.H. AND HIS ORCHESTRA + STOMP STATUS + ATOKA CHASE *Jammin' Java* Vienna | 10pm | \$10

Their debut "The Throes" was released in July and contains nine songs that portray their powerful combo of danceable percussion, sweeping strings, blasting horns and an inviting mix of genre cross-overs with nods to old school R&B, Calypso, Latin, and century spanning Western pop music. By turns grandiose and grand, hoky and holy, they make you

nostalgic for the days to come.

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.

VIOLINIST DR. RAMI KANAAN AND PIANIST BETTYE COOLEY IN CONCERT *Oakton Church of the Brethren* Vienna | 7pm | Donations

The Oakton Church of the Brethren Community Concert Series welcomes violinist Dr. Rami Kanaan and pianist Bettye Cooley for a return engagement to perform three sonatas for violin and piano by W. A. Mozart. Through a lecture-recital format, the audience will learn about Mozart's life and characteristics of the Classical musical style, with small excerpts of the music to demonstrate different points, before the two musicians play each piece in entirety.

JULY 14

BOZ SCAGGS & MICHAEL MCDONALD *Wolf Trap Filene Center* Vienna | 8pm | \$25

Indulge in blue-eyed soul favorites as two pop/rock icons croon their way through popular Motown covers like "I Heard it Through the Grapevine" and smash hits like "Lido Shuffle."

LOBBY BAR OPEN STAGE HOSTED BY TONY MORENO *Jammin' Java* Vienna | 1pm | FREE

In the spirit of the jam session, the Open Stage is an opportunity for musicians to come together and share musical ideas. The intimate and relaxed vibe of The Lobby Bar provides the perfect atmosphere for focusing on the conversation of music. Musicians of all styles and instruments are welcome.

JULY 15

JILL SCOTT *Wolf Trap Filene Center* Vienna | 8pm | \$40

A 3-time Grammy winning R&B singer, poet, and actress, Scott is prized for her hip-hop collaborations, insightful spoken word, and uplifting songs such as "Lovely Day," "A Long Walk," and "Golden."

JULY 16

JETHRO TULL'S IAN ANDERSON PLAYS THICK AS A BRICK 1 & 2 *Wolf Trap Filene Center* Vienna | 8pm | \$30

Jethro Tull's front man and rock's reigning flutist performs his classic 1972 progressive masterpiece and its freshly released sequel. Best known as the front man

MCLEAN

Iris Lounge

1524 Spring Hill Rd
703.760.9000
www.irisloungeva.com

Ritz Carlton Tysons Corner

1700 Tysons Blvd
703.506.4300
www.ritzcarlton.com

Tysons Corner Center

1961 Chain Bridge Rd
703.847.7300
www.shoptyson.com

Lewinsville Park

1659 Chain Bridge Rd

The Palladium at McLean

1450 Emerson Avenue
703.288.9505
www.thepalladiumatmclean.com

Claude Moore Colonial Farm

6310 Georgetown Pike
703.442.7557
www.1771.org

GREAT FALLS

Colvin Run Community Hall

10201 Colvin Run Rd
703.435.5620
www.colvinrun.org

of boundary-breaking British rock group Jethro Tull, Ian Anderson is a champion flute player (known for his flamingo-like, one-legged stance while playing), who has graced the cover of *Time* and *Rolling Stone*.

JULY 18

CHATHAM COUNTY LINE Jammin' Java

Vienna | 8pm | \$15

In a state rich with bluegrass, folk and country legends, this quartet stands out for its left-of-center approach, bringing a rock 'n' roll sensibility to roots forms in a manner that appeals to traditional and contemporary camps alike.

JULY 19

LA TRAVIATA GRANT GERSHON, CONDUCTOR, WOLF TRAP OPERA COMPANY NATIONAL SYMPHONY ORCHESTRA, THE WASHINGTON CHORUS, JULIAN WACHNER, MUSIC DIRECTOR, A KAY SHOUSE GREAT PERFORMANCE

Wolf Trap Filene Center
Vienna | 8:15pm | \$20

The Wolf Trap Opera Company, the National Symphony Orchestra and the Washington Chorus join forces for this new production, sung in Italian with English supertitles. Approximate running time three hours.

AN EVENING WITH DEANNA BOGART BAND

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

Drawing on a variety of musical sources ranging from boogie-woogie to New Orleans R&B to swing to rock and roll, singer and barrelhouse pianist Deanna

Bogart emerged as one of the most eclectic performers in contemporary blues. Playing dazzling piano and soulful saxophone, her eclectic streak and style of adventurous "blusion" has garnered her numerous awards and accolades while touring throughout the US and abroad.

JULY 20

THE ULTIMATE DOO-WOP SHOW JAY SIEGEL'S TOKENS WITH SPECIAL GUEST JAY TRAYNOR MAURICE WILLIAMS & THE ZODIACS THE MARCELS LARRY CHANCE & EARLS THE TYMES BARBARA HARRIS ORIGINAL LEAD OF THE TOYS THE FIREFLIES THE COOKIES THE CODA ORCHESTRA

Wolf Trap Filene Center
Vienna | 8pm | \$22

Make new memories of your favorite nostalgic hits with powerful singers and noteworthy harmonies. Nine acts who collectively sold more than 200 million records will perform the hits you adore such as: "The Lion Sleeps Tonight," "Stay," "Blue Moon," "Lover's Concerto," "Life is but a Dream," and many more!

RETRO 70'S DANCE PARTY WITH RIGHT ON BAND!

State Theatre
Falls Church | 8pm | \$28

The Right On Band is not your average 70's tribute show, the group has truly earned the title "The World's Greatest 70's Show Band." A ten-piece band with a full horn section, the Right On Band has been keeping the 70's alive for 15 years. They have performed all over the world, with notable performances such as

President Obama's Inaugural Ball and opening for acts like KC & The Sunshine Band, The Doobie Brothers, Hall & Oates, The Commodores and The Village People.

PROJECT NATALE (JAZZ)

Palladium at McLean
McLean | 5pm

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

JULY 20 & 21

SUMMER COLONIAL MARKET FAIR

*Claude Moore
Colonial Farm*
McLean | 11am

Sit in the shade and savor roast chicken and spicy sausages, enjoy summer dancing and singing, test your water color and writing skills with Mr. Andrews at the Stationer. Muster with the militia and re-outfit your home in furniture from the cabinet maker or take a fencing lesson. Only at Market Fair can you catch up on the latest news from the frontier and trade stories while enjoying local ale and porter at the Tavern. Try hands-on crafts such as spinning and shop for goods from the finest merchants in the colonies. Period food, beverages and wares are available for purchase. Weather permitting – call ahead.

JULY 21

FRANKIE VALLI & THE FOUR SEASONS *Wolf Trap Filene Center*

Vienna | 8pm | \$25

Since bursting on the scene in the early 1960s, Frankie Valli and The Four Seasons have enjoyed ongoing success driven by constant radio play of their numerous Top 40 hits, including timeless classics like "December 1963

(Oh, What A Night), "Rag Doll," and "Stay."

JULY 22

ROBERT PLANT PRESENTS SENSATIONAL SPACE SHIFTERS
Wolf Trap Filene Center
Vienna | 8pm | \$35

With a "Whole Lotta Love" for musical experimentation, the famous Zeppelin front man and Rolling Stone readers' "Best Lead Singer of All Time" pushes genre boundaries with African-influenced world music, country-folk, and more. Plant's current band, the Sensational Space Shifters, combines African beats and synthesizer funk with rock 'n' roll and blues, playing new tunes and Led Zeppelin favorites in never-before-heard arrangements.

JULY 23

AN EVENING WITH STEVE MILLER BAND
Wolf Trap Filene Center
Vienna | 8pm | \$30

A staple of rock radio and a beloved favorite of summer concert-goers, Steve Miller Band knows how to give the fans what they want—the best songs and biggest hits from their feel-good repertory. The Steve Miller Band entered the rock 'n' roll scene in the 1960s with a smooth, bluesy sound that influenced classic rock tradition and have since sold more than 30 million albums worldwide.

KALIN AND MYLES
Jammin' Java
Vienna | 8pm | \$12

Music's got a long history of impressive duos, from Simon & Garfunkel to Method Man & Redman. There's just something special about a tag team of two distinct personalities joining forces for a singular musical mission. That brings us to Northern California duo

-- Kalin and Myles. These two forge together pop and hip hop into an irresistible and inimitable hybrid, affectionately dubbed, "Hip Pop". Meet the 21st century's premier pair.

JULY 24

BRANDI CARLILE & SPECIAL GUEST THE LONE BELLOW
Wolf Trap Filene Center
Vienna | 8pm | \$30

Brandi Carlile has been performing since she was seven and began building a hometown fan base when she was in her teens. Today, she writes and performs insightful music around the world with two band mates, twins Phil and Tim Hanseroth, who provide textured harmonies to her affecting voice and reflective lyrics.

JULY 25

GORDON LIGHTFOOT 50 YEARS ON THE CAREFREE HIGHWAY TOUR
Wolf Trap Filene Center
Vienna | 8pm | \$25

Premier Canadian folk icon delivers fresh renditions of '60s and '70s hits like "Sundown," "If You Could Read My Mind," and "Harmony." Revel in rich harmonies from this Canadian Music Hall of Fame singer/songwriter who brought you "Remember Me," "Rainy Day People," "Waiting for You," and many more hits.

JULY 26

1812 OVERTURE, ANKUSH BAHL, CONDUCTOR, BENJAMIN GROSVENOR, PIANO, RACHMANINOFF PIANO CONCERTO NO. 2
Wolf Trap Filene Center
Vienna | 8:15pm | \$22

Fanfare-filled evening featuring the National

Symphony Orchestra playing Tchaikovsky's 1812 Overture, with its climactic volley of cannon fire and ringing chimes, and a performance of Rachmaninoff's Second Piano Concerto by piano prodigy Benjamin Grosvenor.

THE HACKENSAW BOYS
State Theatre

Falls Church | 9pm | \$13

Netzwerk Records discovered these Virginian natives over seven years ago, they also support "fun." "Shiny Toy Guns" and "State Radio". The Hackensaw Boys have graced the line ups of Bonnaroo, FloydFest, All Good Music Festival ranging over US to Europe. A mix of old-time, bluegrass, country, rock and roll music make this five person bunch worth while.

JULY 27

AMERICA THE BEAUTIFUL, EMIL DE COU, CONDUCTOR, COPLAND, GERSHWIN, BRUBECK AND MORE
Wolf Trap Filene Center
Vienna | 8:30pm | \$22

Featuring "Ansel Adams: America," composed by Chris and Dave Brubeck and performed by the National Symphony Orchestra, pairing sweeping melodies with more than 100 striking photographs of or by Ansel shown on huge screens, in-house and on the lawn. Program also includes Copland's *Lincoln Portrait*, Gershwin's *An American in Paris* and excerpts from John Williams' score to the award-winning film *Lincoln*.

SCOTT RAMMINGER AND THE CRAWSTICKERS (BLUES)
The Palladium at McLean
McLean | 5pm

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

Palladium at McLean. Parking is easy.

THE ARISTOCRATS FEATURING GUTHRIE GOVAN + BRYAN BELLER + MARCO MINNEMANN
Jammin' Java
Vienna | 7pm | \$20

The word "supergroup" is tossed around a lot in instrumental music circles, the result of a seemingly endless supply of efforts to package together individual virtuoso players and make a band out of them. But every once in a while, the group part of that shopworn term becomes authentic and real. Such is the case with The Aristocrats – British guitarist Guthrie Govan (Steven Wilson, Asia), American bassist Bryan Beller (Steve Vai, Dethklok) and German drummer Marco Minnemann (Steven Wilson, Adrian Belew, Necrophagist) – who defiantly and joyously blow the supergroup stereotype to bits, thrilling audiences and fans around the world in the process.

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.

JULY 28

WICKED DIVAS, STEVEN REINEKE, CONDUCTOR, VOCALISTS JULIA MURNEY & STEPHANIE J. BLOCK
Wolf Trap Filene Center
Vienna | 8:15pm | \$22

Wicked good! A concert of diva showstoppers featuring hits from *Phantom of the Opera*, *Gypsy*, *Chicago*, *Titanic*, *Wicked*, and more, performed by veteran Broadway soloists and the National Symphony Orchestra, led by NSO Principal Pops Conductor Steven Reineke.

**CALLAGHAN +
ERIC BRACE &
PETER COOPER**
Jammin' Java

Vienna | 7:30pm | \$12

Performing live, Callaghan plays piano and guitar and delivers a vocal which earns frequent comparisons with artists like Sarah McLachlan and Emmy Lou Harris. On tour, Brace and Cooper's shows are engaging and funny and reflect the pair's easy camaraderie. They can command the stage of a concert hall or festival with the same ease and intimate feel they bring to a coffeehouse.

JULY 30

**ASPEN SANTA
FE BALLET**
Wolf Trap Filene Center

Vienna | 8:30pm | \$4

Since 1996, Aspen Santa Fe Ballet has been pushing the limits of contemporary dance through performances of original works from emerging, as well as internationally renowned, choreographers.

**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!

JULY 31

**SOJA JOHN BUTLER
TRIO AND MORE!**
Wolf Trap Filene Center

Vienna | 7pm | \$30

Virginia-based reggae rockers SOJA have a thriving fan base thanks to a rigorous touring schedule that has taken them all around the world. They have shared the stage with musical stalwarts like Dave Matthews Band and Matisyahu and were chosen as 2012 Artists of the Year by The Pier, a popular reggae-rock website.



AUGUST 1 & 2

**WARNER BROS.
PRESENTS BUGS
BUNNY AT THE
SYMPHONY II
CREATED AND
CONDUCTED
BY GEORGE
DAUGHERTY**
Wolf Trap Filene Center

Vienna | 8:30pm | \$22

Created and conducted by George Daugherty: Classic – and new – Looney Tunes come alive on HUGE SCREENS in-house and on the lawn! The playful antics of America's iconic "Wascally Wabbit" and his gang of mischievous friends come to life with the cartoons shown on huge screens in-house on the lawn and the score played live by the National Symphony Orchestra.

AUGUST 3

**SINGIN' IN THE
RAIN EMIL DE COU,
CONDUCTOR**
Wolf Trap Filene Center

Vienna | 8:30pm | \$22

Enjoy a brilliantly restored high-definition version of the best musical ever made shown on huge screens in-house and on the lawn, while the National Symphony Orchestra plays the delightful orchestral score, including its

iconic title number and hits like "Make 'Em Laugh."

JOHNNY LANG
State Theatre
Falls Church | 9pm | \$45

Jonny Lang started playing the guitar at the age of twelve, after his father took him to see the Bad Medicine Blues Band, one of the few blues bands in Fargo, North Dakota. Lang soon started taking guitar lessons from Ted Larsen, the Bad Medicine Blues Band's guitar player. Several months after Lang began, he joined the Bad Medicine Blues Band, which was then renamed Kid Jonny Lang & The Big Bang.

GOODNIGHT, TEXAS
Jammin' Java
Vienna | 7pm | \$10

The town of Goodnight, Texas sits halfway between the homes of San Francisco's Avi Vinocur and North Carolina's Patrick Dyer Wolf, whose transcontinental collaboration has taken on the name of its geographic midpoint. After meeting in San Francisco and learning each other's melodies, the pair of songwriters found their stylistic midpoint amidst old wooden instruments and a vision of late nineteenth century blue collar America – a grittier, simpler, more mysterious world full of raw pain and beauty.

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

Join us for our "Big Cats" themed event hosted by Tommy McFly from the FRESH 94.7FM Morning show! We will be located in Fashion Court on level 1 between Nordstrom and Bloomingdale's wings, near the glass elevator.

AUGUST 4

**BRUCE HORNSBY
& THE NOISEMAKERS
WITH SPECIAL
GUEST: RAILROAD
EARTH**
Wolf Trap Filene Center
Vienna | 8pm | \$25

Three-time Grammy-winning piano sensation leads his vastly talented, "noisy" band from pop and jazz to bluegrass and soul, with hit tunes like "Gonna Be Some Changes Made" and "Fortunate Son."

AUGUST 5

**ONEREPUBLIC
MAYER HAWTHORNE
CHURCHILL**
Wolf Trap Filene Center
Vienna | 7pm | \$30

Trailblazing performers representing rock, retro soul, and indie acoustic styles, these young artists have brought hits "Apologize," "Just Ain't Gonna Work Out," "Change," and more.

AUGUST 6

**UNDER THE SUN
FEATURING:
SMASH MOUTH
SUGAR RAY
GIN BLOSSOMS
VERTICAL HORIZON
FASTBALL**
Wolf Trap Filene Center
Vienna | 7pm | \$28

All-stars of '90s pop/alt rock team up for a night of unforgettable hits like "Fly," "Hey Jealousy," and "Walkin' on the Sun."

AUGUST 7

**BALLROOM WITH
A TWIST STARRING
DANCING WITH THE
STARS PROS ANNA
TREBUNSKAYA AND
TRISTAN MACMANUS
PLUS SO YOU THINK
YOU CAN DANCE
AND AMERICAN
IDOL FINALISTS**
Wolf Trap Filene Center
Vienna | 8pm | \$25

From the timeless foxtrot to rousing tango and hip-hop routines, this thrilling musical showcase features lithe, animated dancers who push the boundaries of ballroom to the accompaniment of unparalleled singers.

AUGUST 8

AN EVENING WITH GIPSY KINGS
Wolf Trap Filene Center
Vienna | 8pm | \$30

World music superstars put a contemporary twist on traditional flamenco music with sizzling hits like "Djebi Djoba," "Bamboleo," and "You've Got a Friend in Me." Gipsy Kings began their stellar careers with strict flamenco music, later adding passionate influences from the Middle East, Latin America, and North Africa.

AUGUST 9

DON MCLEAN & JUDY COLLINS
Wolf Trap Filene Center
Vienna | 8pm | \$22

Two legendary singer/songwriters showcase their insightful and down-to-earth performance styles that have shaped America's musical landscape with songs like "American Pie" and "Both Sides Now."

AN "ACOUSTIC & ELECTRIC" EVENING WITH THE NEW POTATO CABOOSE! WITH SPECIAL GUESTS WOOD-N-STEEL
State Theatre
Falls Church | 9pm | \$17

It all started in 1983 at Catholic University. Doug Pritchett, Don Laux, and John 'Red' Redling crossed paths. One saw another walking across campus with a guitar case, and each having long hair, kind of made an instant connection. So, in the dorm rooms and stairwells of Catholic U, these

three started jamming and singing and they were all kinda blown away at how good it sounded and how easily they all fell in together.

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

AUGUST 10

MARY CHAPIN CARPENTER & SHAWN COLVIN WITH SPECIAL GUEST: BEAUSOLEIL AVEC MICHAEL DOUCET
Wolf Trap Filene Center
Vienna | 8pm | \$25

These Grammy-winners behind heartfelt hits like "The Hard Way," "He Thinks He'll Keep Her," and "Sunny Came Home" share the stage for an intimate performance.

ALMOST QUEEN A TRIBUTE TO QUEEN
State Theatre
Falls Church | 9pm | \$15

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

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.

AUGUST 11

FRAMPTON'S GUITAR CIRCUS FEATURING PETER FRAMPTON & B.B. KING
Wolf Trap Filene Center
Vienna | 7:30pm | \$30

One of the world's most famous rock sensations joins "the last of the great bluesman" (*Telegraph*) to showcase their unmatched guitar talent.

AUGUST 12

KESHA
Wolf Trap Filene Center
Vienna | 8pm | \$38

"Tik Tok," Ke\$ha's party won't stop with edgy electro-pop tracks like "Your Love is My Drug," "Die Young," and "We R Who We R." Don't miss pop's favorite party girl who has dominated Billboard's Top 10 charts with singles off her studio albums, *Animal* (2010) and *Warrior* (2012), including "Blow" and "C'mon."

AUGUST 13

HUEY LEWIS & THE NEWS "SPORTS" 30TH ANNIVERSARY TOUR
Wolf Trap Filene Center
Vienna | 8pm | \$25

Let this chart-topping pop/rock outfit take you back to "The Heart of Rock 'n' Roll" with a powerful horn section and hook-laden hits backed by "The Power of Love."

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.

AUGUST 14

AN EVENING WITH DIANA ROSS
Wolf Trap Filene Center
Vienna | 8pm | \$30

From "You Can't Hurry Love" to "I'm Coming Out," the endless stream of No. 1 hits from this Motown diva have defined her as a pop, soul, and R&B icon who has inspired generations of singers.

TONY LUCCA
Jammin' Java

Vienna | 7pm & 9:30pm | \$17

Tony Lucca captured America's hearts this year as the Team Adam finalist on NBC's hit TV show "The Voice." Lucca's cover of Hugo's version of Jay-Z's "99 Problems" reacted strongly, propelling Lucca to the No. 3 spot on iTunes Overall Singles sales chart and No. 1 on iTunes Rock Singles chart. Additionally, Lucca's duet of "Yesterday" by The Beatles with coach Adam Levine (Maroon 5) landed Top 5 on iTunes Overall and Pop Singles sales charts.

KIDS CLUB FIESTA!
Tysons Corner Center
McLean | 11am

Enjoy caricatures, balloon animals and face painting from 11AM-2PM in the Food Court on level three!

AUGUST 15

GRACE POTTER & THE NOCTURNALS WITH VERY SPECIAL GUEST: TROMBONE SHORTY & ORLEANS AVENUE
Wolf Trap Filene Center
Vienna | 7:30pm | \$30

With "the best female rock singer in the country right

now..." (USA Today) at its helm, one of Rolling Stone's Best New Bands of 2010 offers a dynamic blues and rock sound. Vermont-based Grace Potter & The Nocturnals is led by a singer/songwriter and organist whose powerful voice has been likened to an early Bonnie Raitt. The group also features Matt Burr (drums/vocals), Scott Tournet (guitar/bass/keyboards/vocals), and Benny Yurco (guitar/bass/vocals).

AUGUST 16

JOSH GROBAN
Wolf Trap Filene Center
Vienna | 8pm | \$40

Find romance in the elegant refrains and extensive range of this lyrical vocalist who brought you pop favorites and arias such as "You Raise Me Up," "You're Still You," and "You Are Loved."

DAN NAVARRO
Jammin' Java
Vienna | 7:30pm | \$17

In 2009, after 22 years and 12 albums with Lowen and Navarro, Dan released the spirited "Live at McCabe's", backed by his pals from Austin-based Stonehoney. His next album, "Shed My Skin", is slated for release in 2013.

AUGUST 17

ABBA - THE CONCERT
Wolf Trap Filene Center
Vienna | 8pm | \$25

Take a chance on this ultimate tribute band that recreates hits of the world's most phenomenal pop ensemble, from "Dancing Queen" to "Mamma Mia!"

TOBACCO HARVEST
Claude Moore Colonial Farm
McLean | 1pm

All summer the farm family has carefully tended the tobacco crop. The sale of this tobacco pays for their rent

and for all those goods not produced on the Farm. Now that the leaves have ripened, harvest time is here. Help the family clean the leaves, and watch how they cut and split the stems. Help gather the cut plants and hang them on tobacco sticks to cure. Weather permitting - call ahead.

BEN TUFTS AND FRIENDS (CRAIG TUFTS MEMORIAL FUNDRAISER)

Jammin' Java
Vienna | 2pm | \$10

A familiar face in the local music scene for over ten years, Ben Tufts has drummed with a who's who of local talent, including Todd Wright, Jon Carroll, Taylor Carson, Justin Trawick, Derek Evry, Bobby Thompson, Laura Tsaggari and many, many more. This summer's event is the second annual installation of a local music showcase with a purpose--to raise money for a great cause. Over twenty of the area's best and brightest musicians unite for a varied and eclectic afternoon full of exceptional music.

AUGUST 19

AN EVENING WITH CHICAGO
Wolf Trap Filene Center
Vienna | 8pm | \$30

These horn-driven icons of American music have achieved rock 'n' roll immortality with stunning longevity and myriad chart-topping hits of the '70s and '80s like "If You Leave Me Now" and "25 or 6 to 4."

AUGUST 20

PAT BENATAR & NEIL GIRALDO, CHEAP TRICK WITH SPECIAL GUEST: BRYNN MARIE
Wolf Trap Filene Center
Vienna | 7:30pm | \$25

Rock out to the original "Heartbreaker" who's still

giving her best shot with powerful Grammy-winning vocals, as well as the raucous riffs of Cheap Trick, who still wants you to want them.

AUGUST 22

GUITAR LEGEND ALBERT LEE
Jammin' Java
Vienna | 8pm | \$25

Guitar legend ALBERT LEE first came to prominence during a 1964-68 stint in British Blues and R&B stalwarts Chris Farlowe's Thunderbirds. After working in the UK bands for touring country acts such as Bobby Bare and Skeeter Davis, Lee's next full-time berth was two years with the UK answer to the Flying Burrito Brothers and Nitty Gritty Dirt Band-Head, Hands, and Feet.

AUGUST 22-25

JENNIFER HOLLIDAY IN DREAMGIRLS
Wolf Trap Filene Center
Vienna | 8pm | \$25

The Queen of Broadway Gospel reigns in this six-time Tony-winning musical that recounts an all-girl group's rise to stardom, featuring R&B hits like "And I am Telling You I'm Not Going."

AUGUST 23

JAMMIN JAVA'S MID-ATLANTIC BAND BATTLE 9 - FINALS!
Jammin' Java
Vienna | 8pm | \$15

Jammin Java presents The NINTH Mid-Atlantic Band Battle. Everyone had such a killer time in all eight battles, that we're doing it all over again! We are searching for the best bands of any genre from up-and-down the East Coast to prove that they have what it takes to win \$2500 CASH, your own headlining show at Jammin Java, Studio time at Cue Recording Studios w/ producer Jim Ebert and more!

AUGUST 24

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.

AUGUST 27

KIDS CLUB PRESENTS KID POWER HOUR!
Tyson's 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! Join us in Fashion Court on level one between Nordstrom and Bloomingdale's wings, near the glass elevator.

AUGUST 28

CARLY RAE JEPSEN, HOT CHELLE RAE, AND MORE
Wolf Trap Filene Center
Vienna | 7pm | \$30

Canada's sensational pop singer/songwriter brings her irresistibly catchy tunes highlighted by last summer's "Call Me Maybe." British Columbia native Carly Rae Jepsen caught her first break by competing on Canadian Idol in 2007, where she took third place. After the show, she released her first album, *Tug of War*, which earned her a Canadian Radio Music Award for Song of the Year and two Juno Award nominations.

AUGUST 29

**AN EVENING WITH
LYLE LOVETT AND
HIS LARGE BAND****Wolf Trap Filene Center**
Vienna | 8pm | \$25

This beloved Texan singer/songwriter and his all-star band fuse storytelling and sly humor into legendary alt-country music with hints of blues, gospel, and swing.

AUGUST 31

**SING-A-LONG
SOUND OF MUSIC****Wolf Trap Filene Center**
Vienna | 7:15pm | \$20

Quickly becoming a Wolf Trap tradition, this Oscar-winning movie will be shown on HUGE screens in-house and on the lawn, paired with an unforgettable costume contest. Not to be missed!

*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 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.

SUNDAYS

**SUNDAY SUMMER
CONCERTS IN
THE PARK****McLean Central
Park Gazebo**

McLean | 5pm | Free

Welcome to your gazebo time machine. We're rockin' you back in time with some retro sounds this July. Whether you like acid-washed jeans or bobby socks, we've got something you'll love. Concerts will be held in the McLean Central Park Gazebo, located at Route 123 and Old Dominion Drive. Parking available at MCC. Concerts run until July 28.

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

events@
vivatyson.com

by August 1st.

ARTS & THEATRE Calendar

From aspiring artists to local theatre companies.

FALLS CHURCH

CREATIVE CAULDRON

Creative Cauldron offers up a sizzling hot summer cabaret series featuring up-and-coming and veteran talent from professional stages around the DC area. The first installment "Best of Broadway" will feature some of the greatest hits of the *Great White Way* plus a few lesser known titles as well. Come enjoy the talented Bill Diggle, Jessica Thorne, Mary Omohundro, Dani Stoller, Shayna Blass, and Barbara Lawson for an entertaining evening of show tunes served up in our intimate little cabaret club. Cash bar opens one half hour before curtain.

July 7 • 8pm

The Best of Broadway

With Bill Diggle, Jessica Thorne, Mary Omohundro, Ashleigh King, and Barbara Lawson.

July 14 • 8pm

Torches, Tears & Tiaras

With Mary Omohundro.

July 21 • 8pm

Tumble Down Dreams

With veteran stage performer Terry Currier and accompanist Eli Staple.

July 28 • 8pm

What Kind of Love: An Evening With Thomas Jefferson and Sally Hemings

With Alvin Smithson and Company.

August 4 • 8pm

Cabaroque

With Chris Sizemore.

August 11 • 8pm

She Said, He Said: A Cabaret of Musical Theatre Oddities

With Ben Lurye and Katie Culligan.

August 18 • 8pm

The Need to Be

With Christy Frye.

August 25 • 8pm

Pop: The Cabaret

With Chris Sizemore, Shelby Sours, Carolyn Cole, Ashleigh King, and Alvin Smithson.

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Arts Adventure Three-Week Performance Camps

"Tales of Wonder Tales of Thunder" July 8 - 26

"Secret Gardens of Delight" July 29 - Aug 16

These sessions focus on building a final performance that is originated by campers with the aid of our professional teaching artists. What's unique about the experience from other performing arts camps is our guiding nature-based theme and our emphasis on honoring the creative instincts and inspirations that come from the campers themselves.

Our final performances, featuring a multi-age ensemble of players, illustrate the magic of the 'cauldron' process. Everyone is fully invested, and engaged whether they are natural performers or children more reticent about getting up in front of an audience.

Arts Adventure "World of Music" Camp

August 19 - 30

One of our most popular camps! We'll take a look at how the natural world of sound finds its way into the world of Broadway, pop, traditional and classical music. Then, we'll create our own original music (and musical instruments!). Perfect for music lovers of all ages. Final Concert Friday, August 30 at 1pm.

See website for enrollment fees and deadlines.

Ages pre-K (must be 4 years old) through EIGHTH GRADE.
www.CreativeCauldron.org.

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

July 8 - 12, 15 - 19, 22 - 26 • 10am - 12:30pm ***Creative Painting with Jennifer Jin Seaver***

Three - week long workshops offering 13.5 hours of instruction per week with international artist teacher Jennifer Seaver. Learn to layout a wet acrylic palette, design themes with balanced composition, and expand on variety of new styles and painting techniques. Start with the basics of color theory and brush handling and advance to perfecting your own individual style with your favorite subjects and themes.

July 15 - 18 • 1:30 - 4pm ***Composition and Design through Collage, and Oriental Brush with Lassie Corbette***

Four day workshop July 15 - 18, Monday - Thursday 1:30 - 4 pm. All day workshop Saturday, July 20 10 - 3pm. Additional evening classes will be offered in July. Please see Lassie's website for more information, www.LassieCorbetteArt.com.

MCLEAN

THE ALDEN THEATER

July 12 - 28 **Friday and Saturday at 8pm • Sunday at 2pm** ***Damn Yankees*** ***The McLean Community Players***

Damn Yankees is a musical comedy with a book by George Abbott and Douglass Wallop with words and music by Richard Adler and Jerry Ross. The story is a modern retelling of the Faust legend set during the 1950s in Washington, D.C., during a time when the New York Yankees dominated Major League Baseball. The musical is based on Wallop's novel *The Year the Yankees Lost the Pennant*.



MORE THAN A Pretty Picture

by Liz Barnett

Lillis Werder lets her photographs speak for themselves. Whether an image of an ancient castle in the Irish countryside or a gritty street performer in New Orleans' French Quarter, each of her pictures is taken with a purpose and a message.

As an artist, Werder strives to elicit unexpected emotional responses from her viewers, in hopes of prompting curious speculation and contemplation. With every snap of her shutter, she emphasizes certain realities and intricacies that would otherwise be overlooked or taken for granted. A twinkle in someone's eye; a flag caught in a sudden breeze; a shaft of sunlight on rolling waves... Each represents a moment in time that almost went unnoticed, if not for her keen awareness of everyday spaces.

"Our world today is so information-rich but seems so time-poor in culture," Werder says wistfully. "Photography is my way of suspending time and living in the moment."

This wasn't always Werder's calling, however. A Kansas native, she was drawn to the DC area to attend Georgetown University, where she remained post-graduation. After many successful years spent working in the stock brokerage, foreign exchange, and IT fields, Werder boldly left her job with IBM to focus on a more creative ambition: that of becoming a professional photographer.

Not even Werder could imagine the places it would take her. Along the way, she has compiled portfolios of pictures taken in Florence, Malta, Provence, Paris, New York City, San Francisco, Amsterdam, and Lisbon, to name a few. In her own words, she will happily "travel the extra thousand miles for a photo." And so she has.

Werder doesn't confine herself in how she presents the images either, employing a wide range of techniques. She uses the boldness of full color, the starkness of

black and white, and the softness of sepia to convey the feelings she envisions. She strategically blurs corners, boosts contrast, and applies antique filters. For Werder, the digital darkroom holds as many possibilities as the world outside.

"Creating art is a way for me to experience life more fully and with more intensity," says Werder. "Photography makes me feel connected and vital, inviting me to investigate places and to explore the potential for discovery around every corner."

With her own successful business, Lillis Photography, and some real estate and event photography ventures on the side, Werder seems to have found the perfect balance between work and hobby. Her photographs can be seen on display at several galleries in the DC area, including the Torpedo Factory in Alexandria, VA, as well as on websites such as *National Geographic* and *RedBook Magazine*.

Werder currently resides in Manassas, VA, with her family, where she is an active member of the Prince William County community and a welcome addition to the County's Chamber of Commerce. It's easy to see why; Werder's openness and adaptability to the world around her – and the ways in which she captures it on film – make her one of the DMV's most intriguing and "inspiring artists."

Lillis Werder, Fine Art Photographer
Lillis Photography
www.lillisphotography.com • 571 238 1794

Please Note: All images are available for purchase through the web site. Images can be purchased in a large variety of formats including prints, either matted and framed or unframed. Mattes and frames choices are available on the site. Images can also be printed on canvas to resemble a painting, or can be made into greeting cards or posters.



The MUSIC Scene

by Keith Loria

One of my favorite things about living in Northern Virginia is that there's no shortage of great places to see great entertainment. Between the State Theatre in Falls Church, Wolf Trap, Jammin' Java, Jiffy Lube Live, the Patriot Center, the George Mason Center for the Arts, and the Empire in Springfield, music lovers don't need to head into D.C. to see the top local or national musicians. And it doesn't matter if you like classical, rock, pop, disco, reggae, heavy metal, or country, there's something for everyone.

You can't help but look at the entertainment calendar in July and be excited. Highlights include Harry Connick, Jr. at Wolf Trap on July 5th, The Iguanas at Jammin' Java on July 15th, and the Jonas Brothers at Jiffy Lube on July 29th.

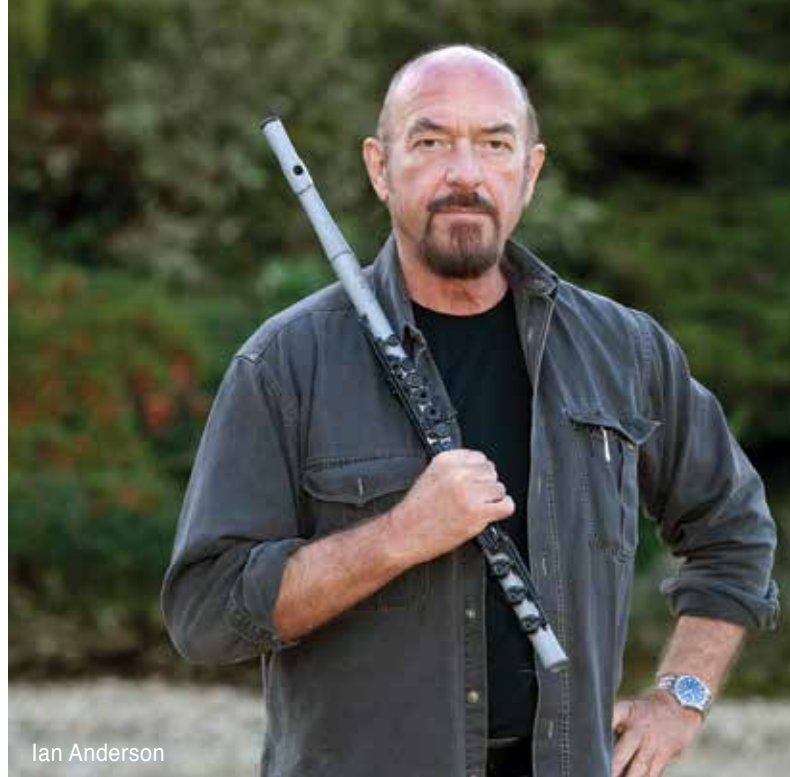
Each issue, I will be profiling some of the musical events I am most looking forward to. First up is a conversation I had with Jethro Tull's legendary flutist, Ian Anderson, about his upcoming performance at Wolf Trap on July 16th. For those looking for something a little different, check out my interview with renowned game industry veteran Tommy Tallarico about the Video Games Live musical extravaganza, featuring conductor Emmanuel Fratianni leading the National Symphony Orchestra, scheduled for July 13th at Wolf Trap's Filene Center.

Ian Anderson

It was back in 1968 when a group of young British musicians with a love of the blues, began playing together under the anomalous name Jethro Tull, taken from an 18th century English agricultural pioneer who invented the seed drill.

Led by singer/songwriter and flutist, Ian Anderson, it didn't take long for Jethro Tull to become one of the most successful live performing acts on the world stage. Over the years, the band has amassed gold records, played to sold-out dates all over the world, and sold more than 60 million albums.

Among its most popular recordings are "Aqualung," "Too Old To Rock 'n' Roll, Too Young To Die," and "Thick As A Brick."



Ian Anderson

As all Jethro Tull fans know, "Thick as a Brick" was released in 1972 and includes just one song that spans the entire album. The epic album is notable for its many musical themes, time signature changes, and tempo shifts — all of which were features of the progressive rock scene. The concept revolves around a poem by an intelligent English boy named Gerald Bostock about the trials of growing up.

Anderson has compared the album to spoof of concept albums by Yes and Emerson, Lake & Palmer, along the lines of the movie "Airplane" spoofing "Airport."

It took 40 years, but in 2012, Anderson released "Thick as a Brick 2," to the great delight of all Jethro Tull fans.

"I never had a good reason to do it before. I wanted to find a plausible plot. People have asked me to do it in years gone by, and I gave it a cursory thought, and I finally had a basic concept for the sequel — whatever happened to Gerald?" he says. "That was the thing that intrigued me and was a metaphor of what happens to all of us in life along the way. It's either prewritten in the stars or a matter of careful choice by the individual, and often a mixture of both."

Anderson will be performing both albums, in their entirety, at Wolf Trap on July 16th. Over the years, Anderson has played Wolf Trap a number of times and says that it's more memorable than most venues because of its unique amphitheater ambiance and the way it is so professionally run.

Anderson says the show will be more than two-and-a-half hours, with one intermission, and plenty of surprises in store.

"Once the sun goes down, and the embers start to die, we have a video screen used right in the front of the show that gets things started and lets us progress with the concert," he says. "Thick as a Brick" will be played the first half of the show as it was recorded, illustrated

with sophisticated video. Then after a 20 minute intermission and we'll come back and play 'Thick as a Brick 2' as it was recorded."

An encore of familiar Jethro Tull tunes will follow to round off the evening to send people jollily on their way.

Despite the sequel, Anderson insists he is not one for nostalgia or reminiscing and prefers to live in the present and the future.

"Some of our audience obviously like the nostalgia bit, and the older material which we play is, for them perhaps, a trip down memory lane," he says. "For me, it's not about playing a song which could be 30 years old. It's about playing something 24 hours old, since that's when we probably last played it on stage. Our style of music is, I hope, a little bit timeless and not rooted in a particular music fashion."

Video Games Live

What do you get when you combine the power and emotion of a symphony orchestra, the energy and excitement of a rock concert, and the cutting-edge technological visuals of some of the greatest video games of all time?

The answer is Video Games Live, a concert experience featuring the music of today's hottest video games (World of Warcraft, Zelda, Halo, Pokémon, etc.) presented by video game composer Tommy Tallarico.

"Being a composer for over 23 years, the reason I created the show was that I wanted to prove to the world how culturally significant and artistic video games have become," Tallarico says. "Also, it's a great way to usher in a new generation of young people to appreciate the arts and a symphony."

Tallarico helped revolutionize the gaming world, changing the game industry from a series of bleeps and bleeps to dramatic music that helped games progress. It all started when he decided to move from the Massachusetts home of his parents to California in 1990.

"When I was 21, I left my parents crying on the doorstep and moved to California with no job, no money and no place to live. I took a job selling keyboards at a Guitar Center while sleeping under the pier at Huntington Beach," Tallarico says. "My first customer was a producer for a video game company that worked for Richard Branson. He was starting a Virgin video game company and I was wearing a video game T-shirt (a TurboGrafx-16) and he offered me six dollars an hour to play video games and tell them what's wrong with them."

Once the job started, he would bug the higher-ups every day to let him take a shot at adding music to the games, even offering to do it for free. Eventually, they gave in and let him take a crack at the original Prince of Persia.

"I was such a big fan of video games and I wanted to change the music. Back then, it was a lot of short, repeating merry-go-round melodies and my concept was to bring more drama and a cinematic feel to it," he says.

"They wanted 13 looping one-minute songs for Prince of Persia but I suggested having the music triggered when something happens — opening a door, grabbing a weapon — to make it more dramatic."

Tallarico had been playing guitar and keyboards ever since he was four and is the cousin of Aerosmith's Steven Tyler, so his musical pedigree was first rate, but he did have to learn the technology of making music for video games on the job.

"By the mid-'90s, as technology changed, I was recoding real guitars and symphonies, and people were loving it," he says. "I always wanted to do something that people had never heard before and I accomplished that."

Now, with Video Games Live, people can hear all the greatest video game music of all time played by a full orchestra complete with a full choir. And it's not just the young gamers who love the music; Tallarico says that people of all ages enjoy the show and start to understand why kids are so into the games.

"What makes it special and unique is everything is synchronized — a stage show production, the massive video screens, rock and roll lighting, special effects, and interactive elements with the crowd," Tallarico says. "Music and video games were always my two greatest loves, and now I can bring them to the masses almost every night."

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.





A Joyful Noise

AT ARENA STAGE

by Barbara Mackay

One musical did so well at the Arena Stage box office last fall, it is being brought back from June 21st through August 11th as Arena's annual summer show: "One Night with Janis Joplin."

The recipient of universal critical raves, "One Night with Janis Joplin" is structured as a concert, allowing the singer who performs the role of Joplin (Mary Bridget Davies) to sing renditions of twenty-three of Janis' signature numbers, from "Me and Bobby McGee" to "Piece of My Heart."

But even though Davies is a consummate singer who croons, screeches, and belts the music just as powerfully as Joplin did, this musical aims to do more than recreate Janis Joplin's sound. The script, by Director Randy Johnson, is designed to show how Joplin was influenced by certain notable singers who came before her: Aretha Franklin, Etta James, Odette, Nina Simone, and Bessie Smith.

"What makes this show so great is that it's not just a Janis Joplin impersonation," said Davies. "It's much bigger than that. We get to put on a killer concert, but at the same time we're paying tribute to some of the world's finest singers."

Before Davies sings her version of Janis' numbers, Sabrina Elayne Carten appears as The Blues Singer, dressed as one or another of Joplin's heroines, to sing more traditional versions of those songs.

"When Janis started out and was listening to original turn-of-the-century blues songs, she had this nasal, pure attack to her voice," said Davies. "Then the more she listened to folk music, the more she traveled through the musical landscape of people she heard, she cherry-picked from among them."

"She shook them all up until her music became her own. You can hear in her singing that she liked this from Odette, she liked that from Bessie Smith, she liked the raw, gruff

sexual energy that Etta James brought. She found her voice by choosing things that meant something to her. It's like she spliced the DNA of each of those women, put them together in a lab, and came out as the hybrid mix of all of them."

Except, as Davies is quick to point out, Joplin's experiments owed less to science than to emotion. "The process Janis went through to become a singer was inspired by love," Davies said. "That's what this musical shows you."

One reason Davies is so good at portraying Janis Joplin is that, in addition to being an actress, she is also a soul and blues singer, whose latest album will be on sale at Arena. When she is not performing in a show, she goes out on the road with her band.

"Just being able to go back and do a few dates allows me to reconnect to my musician's side and that helps me re-energize the character of Janis when I come back into the play," said Davies. "I know how it feels to go out and perform and earn nothing some nights."

Justin Townsend's whimsical set uses Janis' paintings. "We've found some more of her paintings since we were in Washington last time," said Davies. "There were one or two then, there are six of them now."

"I'm really looking forward to being back in Washington with this show. People really love it wherever we go. Sometimes we get applause at places where we don't expect it, which is great because it means the show is still very alive. I'm totally excited to come back to Arena and jump back in with both feet."

Where: Arena Stage, 1101 Sixth St., S.W.

When: June 21st to August 11th

Info: 202-488-3300; arenastage.org

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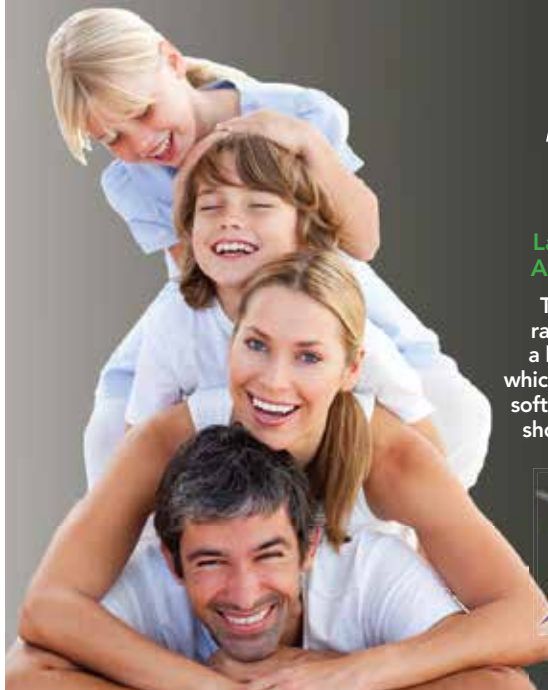
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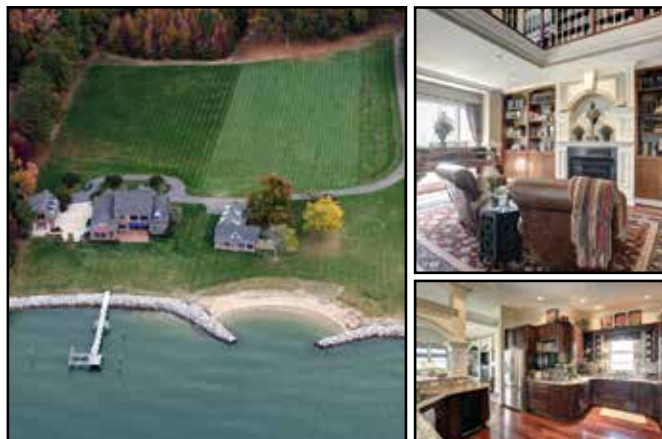
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Days of Wine AND ROSÉS

Summer Food & Wine Pairings

by Linda Barrett

As we all know, wines are best showcased when they are paired with foods. But how do we know which foods go best with which wines? Especially in the summertime. Here's a quick guide that should get you through the summer months.

Grilled Foods

Americans love to grill out: hot dogs, chicken, fish, vegetables, and even fruit. You name it and it can probably go on the grill. As a rule, bold wines with intense and full flavors pair best with grilled dishes.

- **Red Meats and Barbequed Ribs** – Try a full-bodied and tannic red like a Cabernet Sauvignon or Malbec, or a spicy Syrah.
- **Hot Dogs, Hamburgers, and Sausages** – Pair these classics with fruity red wines like Shiraz and Zinfandel. For a new taste, try a fruity Malbec or Merlot.
- **Seafood** – A particularly good pairing with grilled seafood or fruit salsas is the fragrant Viognier.
- **Vegetables** – Try a light white wine like a Sauvignon Blanc.
- **Spicy Foods** – Since alcohol accentuates the oils that make spicy foods hot, look for a low-alcohol wine as a good pairing, like a German Riesling. Another great choice is a Grenache, for its black cherry and raspberry flavors.
- **Smoked Foods** – A great choice to complement the smoky flavors is the American Pinot Gris.

Hors d'Oeuvres

Since hors d'oeuvres are a light prelude to the meal, serve a wine that combines the lightness of a white with the fruitiness of many reds. A Rosé would be a good choice here.

Pastas

It's not the pasta, but the sauce with which you want to pair your wine. Obviously, if there is a sauce made with a wine, pair that wine with the meal for a gracious complement.

- **Pastas with Meat Sauces** – Try meat sauces with a dry, tart Dolcetto.
- **Pastas with Fish** – Most fish and pasta combinations pair well with a Chardonnay.
- **Tomato Sauces** – For most dishes with tomato sauces, including pastas, the cherry-scented Italian Sangiovese or Chianti makes a good pairing.
- **Pesto and Herb Sauces** – Pair these with the fruity Soave, the lemony Verdicchio, or a tart Gavi.

Fish

Fish is a popular item for summer dining, and can be cooked in many ways, with and without sauces. If your fish dish is accompanied by a sauce, match the wine to the sauce, otherwise, use this guide to choose a great pairing.

- **White, Mild Fish** – Pair with an aromatic white wine like a Sauvignon Blanc, Albariño, Chenin Blanc, or a crisp Reisling.
- **Salmon** – For meatier fish, try a Pinot Noir or Beaujolais.
- **Shellfish (shrimp, scallops, lobster, etc.)** – Pair these with a minerally white like a Pinot Gris or Vermentino, or a light Sauvignon Blanc or Prosecco.

White Meats

It's only a rumor that white meats go best with white wines. Along with the recommended white wines, take a trip to the wild side to see how these reds stack up.

- **Pork** – Pork pairs well with Grenache, Sangiovese, and other medium-bodied red wines, and also with fruity Zinfandels, Monastrell or Mourvedre, and a dry Rosé. With ham, a fragrant Gewurztraminer adds just a touch of sweetness.
- **Chicken** – Pair with white wines like Chenin Blanc, Pinot Blanc or Pinot Gris/Grigio, but try a Red Burgundy, Red Zinfandel or Pinot Noir with roasted or grilled chicken or duck.

Stews and Roasts

It might be too hot to cook on the stove, but nothing satisfies a healthy appetite like a slow-roasted stew or roast. This is where the crock pot comes in handy.

- With a meaty stew, nothing pairs better than a peppery Malbec. For a hearty roast, the Nebbiolo is a good choice.

Asian Food

Lighter summer fare may include Thai, Chinese, Japanese, or other Asian delights.

- Pair the spiciness of Asian food with a lighter, crisper Riesling or a fresh, dry Rosé.

Cheeses

There are so many perfect pairings with cheese that we just can't list them all here, but there are some general pairings that should prove quite pleasant.

- Try red wines like a Pinot Noir or Nebbiolo partner, or low-tannin reds like a Beaujolais or Rioja.
- Unoaked white wines, like Riesling, Sauvignon Blanc or Albariño pair surprisingly well with cheese due their lack of tannins. Another good pairing includes the Pinot Blanc.

- **Bleu Cheese** – If there is one definitive combination it is a sweet wine like a Sauterne or Port with bleu cheese.

Desserts

There are many fabulous dessert wines on the market today, but the general thought is not to overwhelm the palate with sweetness. A wine that is slightly less sweet makes a brilliant pairing with a sugary dessert. Or for a quick rule of thumb, the darker the dessert, the darker the wine.

- Less-sweet wines include the Moscato or Madeira.
- Pair a favorite fruit wine, like a strawberry wine, with a chocolate dessert for a mouth-watering combination.
- **Vanilla and Custards** – Try these buttery desserts with wines with similar buttery characteristics, like a Riesling or Asti Spumanti.
- **Fruit and Spice** – Some of the best choices for fruity desserts include Sauternes, Gewürztraminers and Pink Champagne.
- **Chocolates and Caramels** – Buttery and rich desserts like chocolate pair well with red wines including the Pinot Noir, Grenache and Shiraz, a classic Port, and Grappa.

With this list, we ought to keep the local wineries and wine stores in business all summer. Enjoy your summer of wine and Rosés.

author: 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!



AROUND TOWN

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



Vienna, VA - Green Hedges School broke ground on its new classroom building, The Karen Weichelt Stable, on May 31st. It will house grades 1-3 and a middle school classroom. The new building features larger classrooms filled with natural light designed to accommodate a full range of learning activities.

It's open and it's wonderful! Blackfinn Ameripub opened its doors to an enthusiastic, and very hungry community in Halstead. Mayor Jane Seymour celebrates the opening with the ribbon cutting. Blackfinn celebrated its grand opening on April 25th.



Attending one of many Falls Church Chamber events is Andrea Alder, assistant director and executive assistant at the Falls Church Chamber Of Commerce, and Brittany Brodfuehrer, marketing and events manager of Blackfinn Ameripub.

AROUND TOWN



Congratulations! Nick and Virginia (formally Stergioulis) Hanna, tying the knot on May 11th. Nick Hanna is CEO of NRC Landscaping. Picture taken by Dave Webster.

MRP Realty breaks ground on their newest Tysons location. Tysons Overlook will be an 11-story, 307,000 square foot class A office and retail space. LOMI, a not-for-profit management consultancy, will own and occupy six full floors.



Food trucks, fire trucks, pick-up trucks, fashion trucks? You bet. Parked in the lot of Rocco's Italian in McLean, Shelly Sarmiento and Janet Gonzalez man the Little White Fashion Truck, a "mobile fashion boutique." Savvy fashion advice, great deals on accessories, clothing and intimates are on wheels. Check out www.LittleWhiteFashionTruck.com and visit their Facebook page.

AROUND TOWN



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Elysee 360 Concierge Med Spa in McLean held an open house in May which was all the buzz for weeks. It was a three hour celebration of what's hot in health and beauty.

Attended by over 250 guests, the party (exquisite!) included an art demonstration by Isabelle Truchon, and Author Maimah Karmo, CEO of The Tigerlily Foundation. Music by the McLean Orchestra, and demonstrations on the latest in beauty enhancements energized an already enthusiastic group. And the swag bags — don't miss the next one!



Doctors Jyotsna and Ambrish Gupta of Elysee 360 celebrate the opening of the new wing of the state-of-the-art facility in McLean.



Karen Byers and Dr. Jyotsna Gupta at Elysee 360.

CHAMBER NEWS

2013 GMCC Golf Classic

**July 8, 2013
9:00 AM – 5:00 PM**

Location: River Creek Club
43800 Olympic Blvd, Leesburg, VA 20176

The Business Alliance Golf Classic is a spectacular afternoon of food, fun, and friendly competition. Held at River Creek Club in Leesburg, VA, golfers enjoy an afternoon on an amazing course while supporting the Chambers programs and networking with other business professionals. Sponsors can enjoy playing in the tournament or simply supporting a worthy cause.

AAUW Book Collection

**July 20, 2013
10:00 AM – 4:00 PM**

Location: SunTrust Bank
515 Maple Avenue, Vienna, VA

The McLean Area American Association of University Women's (AAUW) Annual Book Collection in preparation for its 44th annual Book Sale. The Book Sale will be September 20, 21, 22 at the McLean Community Center on Ingleside Avenue in McLean. Proceeds go toward scholarships and professional development for women.

It's 5:30 Somewhere Promoting Your Business After Hours

**August 21, 2013
5:30 PM – 7:30 PM**

Location: M&T Bank McLean
Session fee: Chamber members FREE • Future members \$10

Join us on Wednesday, July 17th for our monthly after-hours mixer, "It's 5:00 Somewhere — Promoting Your Business After Hours." This month's event will be held at M&T Bank, McLean Branch. "Promoting Your Business After Hours" is a great opportunity to make new connections, reconnect with friends and colleagues, and support the important work of the McLean Chamber. We hope you'll join us for drinks, appetizers, and networking. Don't forget your business cards!

For more information, please visit www.mcleanchamber.org





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Great Oak Manor

TREASURE OF THE CHESAPEAKE

by Allison Chase Sutherland

Cross the great expanses of the Bay Bridge over to Maryland's Eastern Shore, and this time do something different. That's right, go north. Let the hordes continue to the Atlantic. You have other plans. Take the Chesapeake County National Scenic Byway that leads past vast fields of soy, sorghum, and corn to the historic town of Chestertown. Continue twenty minutes further, straight to the Bay, and you will arrive at a treasure of the Chesapeake – the magnificent Great Oak Manor.

The sound of sandy gravel under your tires welcomes you to the stately manor set far back from the tree-lined road on grand, sprawling lawns. Breathe deeply the aroma of rose, iris, and lavender.

According to “A Tale of the Manor,” the inn is described as a 15,000 square-foot 18th-century Georgian-style mansion, originally surrounded by a twelve-hundred acre farm dating back to the first recorded land grants of Lord Baltimore himself back in the 1600s. The current house was built in 1938 for the heir to the W. Grace shipping fortune and maintains that sense of history with its Williamsburg paint colors, replica antiques, and Oriental rugs throughout.

The inn boasts a most fascinating and unexpected history. Originally called Great Oak Lodge, a sportsmen's club for the elite, guests flocked here for horseback riding, fishing for rockfish, or sailing on The

Raven, the Great Oak Lodge's “racy, graceful sailing sloop.” There was even a private airport for guests on premises, or of course you would be welcome to make a splashier entrance in your yacht. Fortunately for me, times have changed, because back in the day, only couples or single men were accepted as guests. Not only that, I don't have a yacht.

Where Gilligan Meets Gatsby

The property has been a bed-and-breakfast since the late forties, hosting such notable guests as Guy Lombardo, Robert Mitchum, Arthur Godfrey, and Jack Kennedy. And yes, events at the inn at times reflect this history. Recently, they held a Gatsby-themed hospital benefit, with a fancy cocktail party in the Conservatory and a crab feast on the lawn. But at other times, it's just down-home fun, like the recent 18th year family reunion, full of croquet and horseshoes. Maybe even a little wiffle ball. There's even talk of a volleyball net. Jenn describes this wonderful family with great sincerity. “They're the best family. They're like my family.”

Another favorite theme is the Big Chill weekend. Gather your friends and see what happens. Walk over to Jellyfish Joel's Tiki Bar for the Friday Sunset Beach Party or weekend afternoons on the sandy beach at the marina. The personality of this timeless inn set upon its breezy bluff is as vicarious as its visitors.

Get all dolled up in your favorite art deco look or be as barefoot as you want. Just pack accordingly. I kind of see it as Gilligan meets Gatsby. Gilligan so loved his hammock. Yet Thurston and Lovey would clearly be in their element as well. But then again, so would the salty dog Skipper. And both the glamorous Ginger and girl-next-door Mary Ann. It's whatever you want it to be. But it is always beautiful.

The whispers of former owners beg you to "rest your tired mind and soothe your weary bones." They articulate their intent nicely. "Give her quietly to the guests so that they may know her grace and charm. Keep her well for posterity and enjoy the view."

This advice is not lost on the current Innkeeper, Jennifer Donisi, who enjoys a keen sense of appreciation for all that is beautiful here. From each fragrant blossom in the gardens to the lemon-glazed

blueberry muffins at breakfast, her loving touches are everywhere. "I could just sit here all day and watch the boats come and go," she says from her Adirondack chair, gazing out to the bay. She spots a bald eagle soaring overhead.


The whispers of former owners beg you to "rest your tired mind and soothe your weary bones." They articulate their intent nicely.

The old brochures in the scrapbook in the library capture the essence of this serene haven. "Conversation takes on new delight." And conversation with Jenn is no exception. "This is the best stay-at-home mom job you could ever have in your life," she says of the life she shares here with her two young daughters, Francesca and Carmen. They make their nest

in the Carriage House, a seamless modern addition to the regal property. We spotted them in the early evening, meandering along with their dogs by the Red Barn, sparklers in hand, ready for exploration. It reminded me of when we used to catch lightning bugs as kids. It reminded me of the way life should be.

"Give her quietly to the guests so that they may know her grace and charm. Keep her well for posterity and enjoy the view."





My favorite moments entailed simply lolling away the afternoon watching the sailboats glide by from my breezy, shady hammock.

We are clearly on the same page. My favorite moments entailed simply lolling away the afternoon watching the sailboats glide by from my breezy, shady hammock under the towering black walnuts on this graceful lawn. Hawks circle overhead. Great blue herons soar across the creek to the opposite cove. It's time to breathe deeply. Nothing cures what ails you like swinging on a hammock. At times, however, I felt I needed to switch to an Adirondack chair (with its own Adirondack foot rest) or possibly a cushiony lounge chair. Can you say nap? I certainly can.

When you are stirred awake by the breeze or the cawing of a seabird, (okay, possibly a speedboat), take the steps past the bayside gazebo down to the natural beach and feel the push of the wind through the trees as the waves roll steadily in. You'll see the driftwood sign that says, simply "The Beach." The inn provides beach chairs, towels, and beach shoes. Sports activities still abound. There are bicycles in the Red Barn. Grab a cruiser and go. Avail yourself of the complimentary nine-hole golf course,

(part of the original club), tennis and swimming in the pool next door at Great Oak Marina. Don't forget your pool pass.

Mix and mingle at the neighboring marina with the friendly boaters, predominantly from the outskirts of Philly and Lancaster County, Pennsylvania. For livelier times, come on the weekend and dance to the sounds of cover bands and acoustic acts, while they show off their chops on the deck at Mangrove's. For a lower decibel experience, book your visit during the week and have the place virtually to yourself.

When you get back later in the day, take advantage of the afternoon snack in the Chesapeake Room, and partake in a glass of port or sherry at seven in the Music Room.

When you get back later in the day, take advantage of the afternoon snack in the Chesapeake Room, and partake in a glass of port or sherry at seven in the Music Room. Tickle the ivories and fill the halls with song. And when it's time to clean up for supper, take a shower by skylight — if

you're in the Roese room. The D'Oench has the best view of the Bay, as suggested by the binoculars and field guide strategically placed on the windowsill.



Demonstrating their commitment to the environment as well as helping others, the inn has partnered with Clean the World Foundation, www.cleantheworld.org, to recycle unused soaps and shampoos to help fight preventable diseases throughout the world. "Consider yourself part of the solution," they note. And how nice to enjoy these amenities in your canopy bathtub. Dry off with a soft absorbent bamboo towel, and you're off.

If you want to stay nearby for dinner, just 2.5 miles from the inn you will arrive at the Harbor House Restaurant at 23415 Buck Neck Road. When you reach the end of the road, you might think you took a wrong turn, but don't turn around when you see the marina. My friend's GPS said to turn left into Worton Creek. Don't do that. Instead sneak a right up the hill and around to the back and ask for a table with a nice view overlooking the marina. Start with a salad with lavender dressing. Next, select from among Chesapeake Bay favorites such as Oysters Rockefeller and crab cakes, or opt for a filet mignon with a zucchini-tomato side. Then meander back past farms and fields on your way home to the inn, maybe without even seeing another car along the way. What Beltway? Banish the thought.

Or if you feel like it, head the 20 bucolic minutes into town — Chestertown, that is — to the Fish Whistle

for casual waterside dining on the Chester River, right beside the town dock, the mooring place of the majestic schooner Sultana, which offers breezy two-hour sails of the Bay. The regulars didn't steer me wrong with the delicious Cuban sandwich. Here you can enjoy the breezes while dining *al fresco* under a shady umbrella.

In the morning, partake in a hearty breakfast — perhaps on the terrace if you prefer. Revisit your favorite hammock and just dream the morning away. It's okay — you're allowed. In fact, it's encouraged. But as the clock which had slowed to a halt during your visit suddenly begins to tick again, there will come a point where you will have to wrench yourself away from your new favorite haven. But just remember you can always come back to Great Oak Manor. It's just where it always was — just off the beaten track, right there by the bay, quietly awaiting your return.

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Well FED

Sense, Sensation, and Satisfaction

by Laurie Young

The heat of summer brought my grandmother's garden to abundance every year. Suddenly, it seemed, we had more food than we could possibly eat. We harvested baskets of vegetables and cleaned them carefully while portioning some to share with neighbors. Alongside my mother, aunt and anyone else who stopped by to pitch in, we canned, cooked and shared stories. I remember dragging home heavy buckets of berries, shucking corn on the back porch, and my grandmother's kitchen table loaded with a huge, freshly cooked evening meal. At the end of the day, we were satisfyingly tired and well fed.

These days, not as many people garden in the way my grandmother did, harvesting enough food to feed a large family with plenty left over to store for winter use. And even though farmer's markets are full of just-picked vegetables and locally made goods, grocery stores are as busy in the summer as in winter. Why is it that now, more often than not, we eat the same meals year-round? Why do we order take-out and go to restaurants with the same standard menus? Why isn't our eating more driven by pleasure and instinct, more attuned to the seasons and a sense of place?

There are plenty of reasons. Maybe you're busy, can't or don't like to cook. Maybe you don't have the time or skills to plant and harvest your own garden or spend a day in the kitchen figuring out new seasonal recipes. Why bother anyway, when "healthy" food options are promoted in restaurants and on the front of most boxed quick meals? For many, shopping, cooking and healthy eating are chores to be gotten through as efficiently as possible to free up time for other things.

But consider this: while all those reasons may make rational sense, a far healthier approach is to choose your food in the way human beings have done throughout time, at least up until just recently. That is, through slow sensation rather than efficient logic or maximum convenience. It is by tasting, smelling, and savoring what we eat that we get the most pleasure and nourishment from it.

A diet full of processed foods presents a problem in this regard, however. Many of the meals you buy in boxes, including fast food and restaurant dishes (which likely also came from boxes), use chemicals to manipulate your senses and erase any true relationship from the place where those foods were grown. The unique and variable taste of fresh food is traded away for the controlled consistency of generic

flavor. Sugar, salt and fat are strategically used to dazzle your palate. Vitamins and fiber are then added as a health benefit. Much of what is sold on the front of packages is the illusion of an idyllic farm. But look at the list of ingredients, and in small print you'll see items so foreign to the way human beings have eaten throughout time, that the stuff inside could hardly have come from a garden.

Real food—the kind that my grandmother grew and the kind you get at the farmer's market—is connected to the place and people who produce it. The distinct flavor of local honey, crunch of just-picked greens, earthiness of a carrot—this is the kind of freshness that feeds the senses, and our bodies

BAKED STUFFED TOMATOES

Ingredients:

- 3 large tomatoes
- 1 cup baby leaf spinach, slivered
- ½ cup zucchini, shredded
- ¼ cup fresh parsley leaves, chopped
- 2 cloves garlic, minced
- 2 Tbsp. toasted pecan pieces
- ½ Tbsp. olive oil
- salt and pepper to taste

Directions:

- 1) Slice tomatoes in half and remove tomato "meat," leaving a ½" shell. Place tomato meat in colander to drain.
- 2) Saute the rest of the ingredients together on medium high, long enough to remove the rawness but not enough to turn brown. Remove from heat and cool.
- 3) Mix the cooked ingredients with the tomato filling and stuff back in the tomato shells.
- 4) Place the stuffed tomatoes in a lightly greased baking dish. Cook in very hot oven (apx. 400 degrees) until the center of the tomatoes are steamy hot.

Recipe courtesy of: Bonita Woods Wellness Center

are programmed to seek out nourishment in this way. Long before we were able to scientifically study and classify foods, nutrients, and calories we used our senses to discern what was good to eat and what might hurt us.

We desire, and if we have fed our bodies well, we want those things that not only give us immediate pleasure but also the lasting sensation of health, energy and vitality. This deeper form of nourishment applies to human connections that feed us too. In this way, my memories of harvesting vegetables, sharing stories and being in community feed me as surely as the meals from my grandmother's garden.

Late summer is one of the best times of year for re-connecting with your five common senses and letting sensation, rather than logic and convenience, guide how you feed yourself. Instead of struggling against your body's cravings, cultivate a new habit of giving in to healthy desire. Why make time to challenge and change the habitual ways in which you've fed yourself for many years? Following are good reasons to get out of your head and into your senses right now:

Summertime is Sensual by Nature

There is a lush, juicy warmth to the long summer season. As human animals, we become more aware of our bodies and nature, our skin and the sun. Gardens flourish, bearing ripe fruits and vegetables. Slow down to notice the texture and smell of your food as you select it, how it differs based on the environment you are in. As you prepare it, feel the rhythmic pace and sound of chop, chop, chopping fresh vegetables. Notice what it's like to slice into a ripe tomato from the farmer's market...one just off the vine that you know be full of flavor before you even taste it. Maybe that tomato is going into a salad, or perhaps you're making a salsa or you've found a recipe for homemade tomato sauce. Savor it slowly, and notice that fully giving yourself to the sensation of eating is the basis for true nourishment.

It's Easy to Eat More Vegetables

There are many disagreements within the field of nutrition, and advice changes over time. But on this one key point, everyone agrees: eat plenty of fruits and vegetables.

If you are not in the habit of finding creative ways to enjoy vegetables, then convenience can be key to changing how you eat. Here is an obvious way in which the senses override logic every time: vegetables have to taste good for you to eat enough of them to meet your recommended daily requirements. If they don't, you won't. So if you aren't eating vegetables because you think they don't taste good, then consider your source. A robust and flavorful dish as the result of your efforts is an important incentive. And vegetables taste better when they're freshly harvested and local. (See sidebar for a great recipe!)

You Become More Empowered

At first glance, it hardly seems a good use of free time to spend half a day at a farmer's market, working in a garden or in the kitchen with family and friends. But stepping back from habitual routine and efficiency to elevate health, nourishment, and connection with others is an empowering act. Doing so is a way of taking charge of your health—not only in terms of what you eat, but how you eat. No longer are impersonal food companies in charge of your palate, your body and your health. No longer do you have to shut down your senses to avoid noticing that much of what you eat is manufactured with ingredients and flavorings developed in a lab by companies that don't know you and who value quantity and profitability over quality and healthfulness.

By actively choosing to buy, cook and enjoy fresh, locally produced food, you have the possibility of re-connecting with your health at a sensual level. You take the first steps in recapturing the power and promise of trusting your body's sensations, allowing a yearning for fresh food to emerge and responding to a desire you can trust. And along the way, you learn the power of your common senses—touching, tasting, smelling, listening and seeing the abundance right here, all around us at every moment.

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.

FOOD TRANSFORMATIONS AND MIRACLES

My philosophy of health is focused on adding in enjoyable practices, new foods, and creative ways of thinking about nourishment. Following are two well-known authors who have done just that. By working with their hands in the earth and in the kitchen, both Pollan and Kingsolver reach a deeper understanding of their (and our) relationship to food, eating, health and nourishment.

Cooked: A Natural History of Transformation

by Michael Pollan

"In *Cooked*, Michael Pollan explores the previously uncharted territory of his own kitchen. Here, he discovers the enduring power of the four classical elements—fire, water, air and earth—to transform the stuff of nature into delicious things to eat and drink. The reader learns alongside Pollan, but the lessons move beyond the practical

to become an investigation of how cooking involves us in a web of social and ecological relationships, reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of these everyday transformations opens the door to a more nourishing life.

Animal, Vegetable, Miracle: A Year of Food Life

by Barbara Kingsolver

"In this lively account of a family's locavore year on their farm in Southern Appalachia, Barbara Kingsolver and her coauthors unearth the secret lives of vegetables and the unexpected satisfactions of knowing their food producers—and sometimes their dinner—on a first-name basis... *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the center of family life, and diversified farms at the center of the American diet."

The BREAKFAST CHAMPIONS

by Chef Bonita Woods, CDM, CNC



We have all heard that “breakfast is the most important meal of the day,” but what exactly does this mean? What is this champion of mornings? Why is it so much more distinguished than the other meals? Why would anyone even say this? How do people interpret this bold yet vague statement? My son desperately hopes it means we should eat pancakes and bacon all day. You can imagine his disappointment.

I discussed this question with a group of clients. Jane said “I get home from work late and eat a big dinner at 9pm. I don’t get hungry until after 11 in the morning or noon, so I go straight for lunch. Your lunch is my breakfast!” Joe said, “I eat fruit in the morning then nuts for a mid-morning snack.” Jack said, “If I don’t have a high carb and high protein breakfast, I won’t make it to lunch!” Janice said, “If I ate that kind of breakfast, I would be asleep at my desk by 10am.” (I am sure that you guessed these are not their real names.)

The concept of breakfast is unique for each person. We all have different body chemistries, food preferences and sensitivities, daily schedule and lifestyles, weight and health concerns, cooking schedules, etc... Basically, there is no one breakfast that fits all people.

The historic definition of breakfast is the meal that “breaks the fast.” In the old days before electricity, daily schedules were based on the weather and the length of day. It made no sense to be asleep when the sun was up and equally little sense to keep a home well lit late into the night. The evening meal was early, usually at 5pm, give or take an hour. If you were hungry after that, you might nibble on something basic like bread and cheese, an apple or an oat cake with a glass of fresh milk. By the time morning came about, you would be very hungry.

If you lived on a farm, you would have a cup of strong coffee before doing at least an hour of chores before breakfast. If you were a shepherd, you would pack a picnic style breakfast to enjoy while you herded your flock to the preferred pasture. Basically, any substantial meals were balanced by a lot of morning activity and physical labor. The famous “farmhouse breakfast” of pancakes, bacon, eggs, pie, and lots of strong coffee was well earned even before it was consumed.

The modern concept of “breaking fast” is no longer a uniform definition; but, there are several dietary issues that are just plain physiological. If you eat a late dinner, you will not be as hungry when you wake up. In that case, be sure to have a healthful 10am snack handy to keep the fast food drive through or vending machine munchies away! If you eat an early dinner, you might want to have a healthful snack at least an hour before bed to tide you over. Don’t forget that, even as adults, we do our major bone building while we sleep. It is always a good idea to have calcium-rich food (such as yogurt with granola, dark leafy greens, or sweet potato) in your evening diet to support this act.

In these days of obesity concerns, we might do well to harken back to these healthier lifestyle practices from the days of yore. One thing to remember is that when we have food in our stomach, a lot of digestive acid sloshes around in there. Lying down during this process puts a stress on the esophageal sphincter (LES), a ringed muscle that acts as a valve between the esophagus and stomach. It can cause heartburn or give an un-restful night of tossing and turning in bed. Try eating an earlier dinner, then enjoy a small and hearty snack later in the evening. Also important to remember: drink plenty of water and stay hydrated.

Now back to the question of “What is the ultimate breakfast?” The answer, of course, depends on what you had for dinner and how active you will be with your day. It is important to start your day’s journey well fueled, but there are choices as to how you can make this happen. Think about how hungry you are at that moment. Not so much? Have a small bite and pack something sturdier for a mid-morning nosh. Super hungry when you woke up? Please add lots of fiber-rich food to your morning repast. Here are some ideas to help make this happen, even when you have no time for cooking in the morning:

- 1) Keep cooked whole grains in your refrigerator. Add some to your eggs or pancakes to bump up the fiber and extend digestion. Also keep cooked dark green vegetables like kale, broccoli, or green beans in your fridge to add to your breakfast. This will help extend your breakfast-fueled energy for up to an additional hour.
- 2) Make breakfast food in advance and keep refrigerated. You can easily keep cooked oatmeal (with nuts and fruit) for three or four days in refrigeration and microwave as you need it. You can scramble eggs with greens and grains, a little cheese and salsa. Roll in a tortilla, wrap well, or put in Tupperware. You can make several days’ worth and warm as you need.
- 3) Granola with fruit and yogurt, a homemade breakfast bar or a kombucha, spinach, and fruit smoothie are healthful “grab and go” breakfasts.

The important thing is to internalize and feel what your body needs. Of course we do enjoy meals esthetically for the wonderful aroma, taste, texture, and social values fabulous food can provide, but food is also fuel for our bodies. Why is breakfast the most important meal? That is when we have the opportunity to look into ourselves and ask, what kind of fuel do I need today? Then, if we are smart, we will listen to the basic energy-driven response and save the esthetics for later on in the day.

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

Old Fashioned Oat Cakes

Ingredients:

- 1 cup + 2 Tbsp oat flour (more for shaping the cakes)
- 2 cups old-fashioned oats
- ¼ cup brown sugar
- ¾ tsp baking soda
- ½ tsp salt
- ¾ cup milk
- 1 tsp lemon juice or apple cider vinegar
- ¼ cup butter or coconut butter, room temperature

Method:

1. Preheat oven to 350 degrees. Lightly grease a baking sheet.
2. Mix together brown sugar, baking soda and salt in a medium-sized bowl. Stir together milk and vinegar (or lemon juice) in another container.
3. Place oats and oat flour in a large mixing bowl. Add butter and mix until all the flour and grains are well coated and the mix feels crumbly.
4. Add brown sugar mixture and then milk blend to the oat mixture and combine until well blended.
5. Take a palm full of dough and form into a flat patty about ¼ inch thick. You may need to dust your work surface or your hands to shape and flatten out the “cake.”
6. Place them on the prepared baking sheet about an inch or two apart. Bake for 20 – 30 minutes, or until the cakes are evenly golden brown. You may need to rotate the baking sheet (turn 180 degrees to switch the front and back) to ensure even browning. Cool and enjoy!

Classic Baked Apples

Ingredients:

- ¼ cup pecans
- ½ cup almonds
- ½ cup walnuts
- ½ cup raisins
- 2 dried figs, chopped
- 4 firm apples
- 1½ Tbsp butter or coconut butter
- 4 Tbsp honey or agave
- 4 oz sweet wine, cranberry juice or apple cider

Method:

1. Mix the nuts together and spread evenly on a baking sheet. Toast the nuts in a 325 degree oven until they are golden. (You can use the nuts whole, chopped or coarsely ground.)
2. Turn oven up to 400 degrees.
3. Melt the butter and mix with ground nuts, raisins and figs and honey
4. Cut the apples in half, from top to bottom, and remove core. Place in baking dish skin side down.
5. Fill the apple halves with the nut mixture. Drizzle with wine or juice.
6. Bake for about 20 – 30 minutes. For more al dente apples, bake uncovered. For softer apples, cover tightly with lid or with aluminum foil after about 10 minutes of baking. For sweeter apples, add more honey or sprinkle sugar on top before baking.

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WHEN YUCKY TURNS DELICIOUS

by Judy Caplan



When I grew up the smell of Brussels sprouts made me gag. So did the sight of over cooked spinach! (I had never even heard of kale let alone collards.) Those were the days when parents made you sit at the dinner table till you cleaned your plate and finished your glass of milk because “there were children starving in China!” (Note: World hunger is still unresolved and is in fact happening in our own metropolitan back yard.)

Though food inequity still exists, the bounty at many American dinner tables has changed. Brussels sprouts and kale are two of the most popular vegetables today. Did you know that garbanzo beans are replacing tobacco as a cash crop since hummus is dominating the marketplace? Parsnips, Swiss chard, shallots, jicama, daikon radish, lemon grass, and fresh ginger, once unknown by the average American and only seen in ethnic markets, now appear in scores of kitchens all over the country. Quinoa, spelt, amaranth, and brown rice, grains that were barely on the radar screen a decade ago, are front and center in many popular restaurants. Even McDonald’s is entering this brave new world.

What was once considered yucky is now considered healthy and delicious and most amazing of all, even desirable. This transformation shows, despite the current obesity epidemic, that America’s palate is changing. Due to celebrity endorsements of the vegan lifestyle, the farm to table movement, and the renaissance of cooking shows and celebrity chefs, and for a myriad of other reasons, our tastes are definitely evolving.

So if you are just entering this uncharted territory here are some ways to enjoy the bountiful months of summer and taste the colorful, nutritious produce that is in grocery stores, at the farmer’s market, and even on DC and suburban street corners:

- ✿ Add fresh, leafy kale to smoothies; use kale instead of lettuce in salads and on sandwiches; cut it up in bite sized pieces to toss into rice and pasta dishes. Brussels sprouts (cleaned and pared) can be chopped raw and added to salads; sautéed with extra virgin olive oil and balsamic vinegar for a delicious side dish or used finely chopped

as a base for coleslaw. Add thinly sliced, fresh cabbage, grated carrots, diced onions, and toss with a garlic and parsley infused dressing.

- ✿ Exotic fruits like kiwi, mango, and papaya are great in salads and make a wonderful, light accompaniment to fish and shellfish. Add these fruits plus succulent berries to plain yogurt or place it all into a blender for a light frothy smoothie. Try a cherry crisp with a Kashi crust for a dynamite desert.
- ✿ Fresh tomatoes of every type abound in the summer and make a great side dish. Instead of fries or mac and cheese, try sliced tomatoes sprinkled with finely, diced onions and chopped fresh basil or slow roasted in the oven with Himalayan salt and olive oil (available from one of the many olive oil stores sprouting up everywhere.)
- ✿ Use lemon grass to season pasta and fish dishes. Add a refreshing salad of sliced jicama, mango, and avocado drizzled with a dressing made from toasted sesame oil, low sodium soy sauce, fresh, crushed ginger, chili paste, minced garlic, and seasoned rice vinegar. If you’re really hungry, add a cup of cooked jasmine rice or buckwheat noodles tossed with the sesame dressing above and top with ground, dry roasted peanuts.
- ✿ Instead of heavy pasta and potato, mayo laden salads, lighten up with quinoa or couscous tossed with crumbled feta, diced tomatoes, crispy cucumbers, scallions, and pitted, sliced black kalamata olives. Season with a light walnut oil vinaigrette infused with fresh, crushed basil, cilantro, and rosemary.

Summer is the time to benefit from nature’s paint box and enjoy all the shades on the color wheel. If there was a vegetable you hated as a kid, try to see it in a new light. Expand your horizons! Seek out new recipes incorporating those veggies. You might find what you once thought yucky is now delicious!

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.

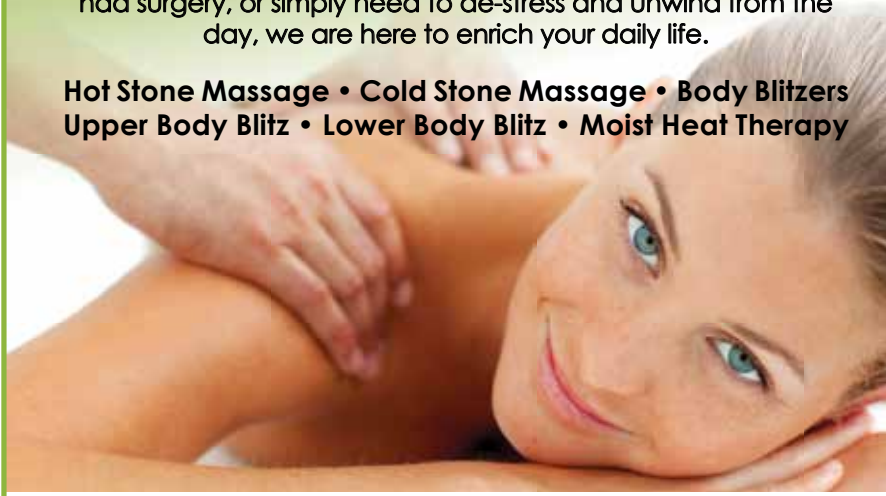
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Sustaining

HEALTHY AND POSITIVE CHANGE

Living in the Hallway

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

I have worked with thousands of people who **know** what they need to do to get where they want to go. The majority get trapped in two ways: 1) they have made a wonderful change in their life but can only sustain the new behavior for a short period of time; 2) they know what changes they want to make and just cannot seem to make themselves take even the first step. Do one of these scenarios speak to you? I am a Wellness Speaker, Posture Therapist, and Fitness Specialist. Within all of these specialties, most of my clients fit into one of these categories. You are not alone. I have been in both categories.

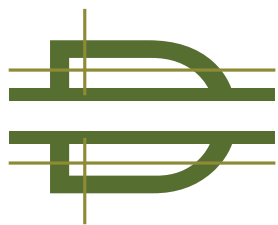
There is a plethora of research about “how to change” or “how to live the life you want.” I have studied the five stages of change: precontemplation, contemplation, preparation, action, maintenance. Wellness Coaching requires it. In the **precontemplation** stage, you are really not even considering making a change. You do not even see the need for change. In the **contemplation** stage, you are thinking about it. You are contemplating whether this change idea is worth the effort and time. People may stay in this stage for years! The **preparation** stage is where many of you have been. This is the stage where you have set something up within the next month that will move you towards the behavior change you desire. Maybe you have set up an appointment with a personal organizer, nutritionist, or fitness trainer. This is great! You are initiating the flow of change. In the **action** stage you are now experiencing the process, the journey of positive change. You are actually **doing** some things differently. You may be walking more, saving a certain amount of money each month, or cooking more meals at home. You are doing the do! In the **maintenance** stage, you have been living the new behavior for at least six months and are diligent about integrating it into your life.

The **action** stage is the hallway. It is a wonderful place to be but it is also the most vulnerable. If you don't see the changes you want happening quickly enough, you may backslide and give up completely. You decide to hang in there and keep going; possibly adding or altering the new actions you are taking. At some point, your results are lessening and your enthusiasm is beginning to wane. Feelings of frustration may

appear. Thoughts like, “what's the use? I am working so hard and nothing is happening, so why am I killing myself?” Your mind begins to play with you. You begin to do little “cheat” behavior. And before you realize it, you are back to your former self. Then comes the harsh criticism towards yourself. Hence, change further down the road becomes more difficult because you have had this scenario of failure several times. Now you are stuck in either the **precontemplation** or **contemplation** stage. Your life is not as you want it, but you can't seem to do anything different, so you settle for way less than what you really want. Now you are simply “existing” and believing you are a victim to life. *This is not true!* (I know there are real victims in life, but I am speaking about you and your choices.) Here is the bottom line, you must be willing to live in the hallway *before* the change and you can move into the **maintenance** stage. The hallway is the space of time where the novelty of the new behavior has worn off, the results have slowed or come to a dead stop, and you keep going in spite of wanting to quit; in spite of all your feelings of frustration and impatience; in spite of having many hours, days, weeks of angst.

When I closed the door to an old behavior, I had to give time, time. Time to weave the change into my mind, body, and soul. I am in the process of creating new grooves in the brain. The old ones are deep and well rooted. Give time, time. Put the stick of self-criticism away. It does not work. Patience, compassion, and diligence pave the way for me to move into the **maintenance** stage I have long coveted. I say to myself, “just for today I am going to do or let go.” Just for this moment. Just for this day. You can do anything or let go of any destructive behavior just for a day. You can. I have seen it. I have done it. There is always a period of time when letting go of something or trying to add something in which you will be uncomfortable much of the time. People can get excited and motivated initially. Once the novelty wears off, we are all susceptible to falling backwards and getting stuck there. The trick is, give the hallway some time, respect, and trust. You will feel better. Your behavior change can happen and knowing you can sustain it and enjoy your life will always happen if you give time, time!

author: Cindy Pavell, M.S. has been a Health Educator and Fitness Specialist since 1988. Join Cindy on Facebook, connect on LinkedIn, follow Cindy on Twitter @cepfitwell, watch Cindy on Youtube. Cindy welcomes any questions, suggestions for topics, and/or feedback, cpavell@cox.net • www.fitnesspluswellness.com.



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In 2010 I was informed that I no longer had a position with the company I had worked at for over 20 years. I pursued an opportunity to work with the Fitness Together team. Now, I have the opportunity to speak to many women like myself who believed that once you turn 50 you are destined to be heavy. I tell them that with some hard work and dedication, you can change your body and your life."

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Dr. Lisa Lilienfield and The Kaplan Center
for Integrative Medicine



“**E**xceptional Physicians” are just the beginning of the excellent Integrative Medicine you’ll find at the Kaplan Center.

After reading that *Fifty Plus Magazine* recognized Dr. Lisa Lilienfield as an “exceptional physician for her holistic approach to medicine,” we took a closer look at the wellness opportunities of McLean’s Kaplan Center for Integrative Medicine. Known for its expertise in relieving chronic pain and illness, The Kaplan Center has become home to some of our area’s outstanding practitioners in the field of integrative medicine.

A conversation with Dr. Lilienfield opens our eyes to the many options available today from board-certified medical professionals. At the center, Dr. Lilienfield practices acupuncture and osteopathic manipulative

medicine, and has developed an expertise in both women’s health and sports medicine. She also has special training in neuroanatomic acupuncture to treat cervical thoracic and lumbar disc disease.

(Osteopathic manipulation is a non-invasive method used to treat patients suffering with acute and chronic musculoskeletal pain conditions such as low back pain, neck pain, tension headaches, osteoarthritis, tendonitis, and knee pain. Osteopathic manipulation can also be useful in treating neurologic and respiratory conditions such as carpal tunnel syndrome, migraines, asthma, sinus disorders, and middle-ear infections).

“My goal,” says Lisa, “is to help my patients get well by finding a balance in life — not just physically, but in mind, body, and spirit. I look at each patient’s medical history, family history, medications, sleep problems, adrenal, and other endocrine problems. We do a thorough workup and develop a treatment plan. Sometimes relatively simple changes can radically improve a patient’s health.”

A graduate from Georgetown University School of Medicine, Dr. Lilienfield studied acupuncture at the University of California’s Los Angeles School of Medicine Extension. She has been included in *Washingtonian Magazine*’s listing as one of the “Best Doctors in the Washington, DC Area.”

For more information about Dr. Lisa Lilienfield and the wellness services available at the Kaplan Center, please contact her at 703.532.4892 or visit www.kaplanclinic.com



21ST CENTURY MEDICAL CENTER COMES TO TYSONS



It was an important day in the health of all Northern Virginia residents last August 13th, as the doors of Kaiser Permanente of the Mid-Atlantic States' new Tysons Corner Medical Center opened for the first time. In under a year, the 200,000 square-foot medical center has provided a broad array of medical services to tens of thousands of patients and provided care to all who walked in its doors.

This new facility is the largest of Kaiser Permanente's 11 medical centers in Virginia and is a tangible example of the company's commitment to the communities it serves throughout Virginia.

"What we decided four years ago was to change the game in providing integrated, highly coordinated high-tech care, and we decided to build five super hubs (Tysons included), as places we could provide literally the most comprehensive, most advanced, most highly coordinated outpatient care anywhere in the region," Doug Cappiello, physician-in-chief in Northern Virginia for Kaiser Permanente, says. "We went on a hunt and found this particular building, which Gerald Halpin (Mr. Tysons Corner) had himself. We knew Tysons was an area with immense growth potential and an area with great business leadership, and would be a great place for our flagship medical center."

Located at 8008 Westpark Drive in McLean, the six-story facility features 128 exam rooms, 84 provider offices, and employs 500 physicians and staff.

Tysons Corner Medical Center boasts more than 20 medical specialties, including several new services for Kaiser Permanente members in Virginia such as interventional radiology, nuclear medicine (non-cardiac), a three-bed outpatient procedures suite, and peritoneal dialysis.

According to Heidi Veltman, senior director at Kaiser Permanente, several services are available to Kaiser Permanente members 24/7 including laboratory, pharmacy, a full range of radiological services, as well as urgent care and

a 43-bed clinical observation unit. It also has some of the top physicians in the country.

"I'd like people in the area to know we are a new neighbor here in Tysons, and people have a misconception of who we are," Veltman says. "They know our name but don't understand what we deliver and what we are about. We really want to be contributors to the business client of the Tysons community."

A differentiating element of the Tysons Corner facility is the 24/7 clinical observation unit and urgent care services. In the clinical observation unit, Mid-Atlantic Permanente Medical

Group physicians can provide care for acute illnesses in a setting that is efficient and coordinated. For instance, a member suffering from a severe asthma attack can visit Kaiser Permanente's clinical observation unit to receive treatment and can be monitored in the facility overnight and for 23 hours and 59 minutes, if needed.

"We provide comprehensive, integrated medical delivery through our 400 physicians in Northern Virginia and about 1,000 across the Mid Atlantic region," Dr. Cappiello says. "What we do different than anyone else is our integrated delivery systems. All of our physicians — primary care doctors, specialists, surgeons, medical specialists, ancillary care — work together. We own and operate all of our own medical centers, our own laboratories, our own pharmacies, our own imaging centers and it's all linked together by a comprehensive information technology platform that we call KP Health Connect."

That means that Kaiser has every aspect of a patient's records in an Internet-based program, so records are available anywhere in the world. If someone had a CT scan two weeks ago, they don't need to do it again if they see someone different as the records can be easily called up.

"What's also great is that you can do everything under one roof here. You can see your primary care doctor, go to the lab, get imaging and CT scans, see a specialist, all in one day," Veltman says. "We also provide our members with their own medical records through an Internet web portal. Our patients

This new facility is the largest of Kaiser Permanente's 11 medical centers in Virginia and is a tangible example of the company's commitment

can continually be in contact with their medical team, see lab results, refill prescriptions, make appointments, so it's a lot of convenience for members and our satisfaction scores have skyrocketed over the last two years because of this."

Dr. Cappiello adds that the Tysons Corner Medical Center was designed with the member in mind. The state-of-the-art facility features a meditation garden, Wi-Fi in all patient waiting areas, and medical center exam rooms are fully wired with KP HealthConnect, further enhancing the member experience.

"Our members are more than just our patients. We want to not just work with them when they are sick. We want to keep them healthy and well in an environment they feel good in," he says. "We have the most advanced and modern, most highly coordinated and most IT enabled medical center out there. This is the only one of its kind in the Tysons area and we hope that people will see its value."

As most people know, the Affordable Healthcare Reform Act is a very complicated piece of legislation that most people don't really understand—including some in the healthcare community.

"Kaiser can really assist and support the process of what will happen," Dr. Cappiello says. "We have been working hard on creating the most value of any plan in the area. You define value as quality care plus access to care plus member service and satisfaction divided by cost. We have been working on that for the last four years and made tremendous strides."

Kaiser Permanente of the Mid-Atlantic States is recognized both locally and nationally as one of the top health plans for achieving superior clinical outcomes that help members maximize their total health. The National Committee for Quality Assurance even recognized it as the highest scoring non-military commercial plan in the region, and the highest-rated Medicare health plan in Maryland, Virginia and Washington, D.C., in the NCQA's Health Insurance Plan Rankings 2011-2012.

"The new Kaiser Permanente Tysons Corner Medical Center provides Kaiser Permanente members with an unparalleled level of convenience and coordinated care," Bernadette Loftus, The Permanente Medical Group associate executive director for the Mid-Atlantic States, says. "Our unique integrated care delivery system combined with Kaiser Permanente HealthConnect, the world's largest private electronic medical record, allows our award-winning physicians to provide a level of care that is unmatched."

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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Quesadilla

Ingredients:

- 4 flour tortillas
- 1 Tbsp butter
- 2 Tbsps cinnamon sugar
- ¼ cup Nutella
- 2 ripe bananas

Directions:

Spread butter on one side of each tortilla and sprinkle with cinnamon sugar. Place the butter side down on a warm skillet and heat until golden brown. Spread the non-butter side with Nutella. Top with banana slices. Place another warm tortilla shell, cinnamon side up, on top. Makes two full quesadillas. Cut each quesadilla into eight wedges. Serve with whipped topping if desired.

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Ingredients

- 4-5 black tea bags
- 2 c sugar
- 3 handfuls fresh mint (divided)
- 4 c water (divided)
- 1½ c light rum
- Juice of three limes

Directions

Steep black tea bags, two cups of sugar and two handfuls of fresh mint in three cups of simmering water for about five minutes to dissolve the sugar. Strain into a pitcher adding the lime juice, light rum, one cup cold water and another handful of mint. Stir vigorously crushing the mint, then chill. Serve over ice with lime and mint garnishes.

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- 1 ripe avocado
- Handful of cilantro, chopped
- 1 ½ Tbsp lime juice
- 3 Tbsp mayonnaise
- 1 tsp garlic paste
- salt & pepper
- chopped cilantro and/or jalapeno for garnish

Directions:

Cook pasta according to the package instructions. Drain well, set aside to cool.

Peel avocado and remove the pit. Put it in a food processor together with chopped cilantro, lime juice, mayonnaise and garlic paste. Blend it until it's creamy. Add salt and pepper to taste. (Cover it with plastic wrap and keep it in a refrigerator if you have time.)

Transfer the avocado sauce to a medium sized bowl. Add cooked pasta and toss them well. Sprinkle chopped cilantro and/or jalapeno on top.

You can also put jalapeno in a food processor to blend in the sauce for spiciness.

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FOOD TRUCK

By Liz Barnett

Fever



As the street food craze continues to grow, and American palettes become increasingly adventurous, food trucks are thriving in cities across the country.

It's easy to see why. After all, they're the adult version of the Good Humor trucks from our childhood: they're elusive, delicious, and addictive, not to mention quick and cheap. The hype created by their cult following on Twitter only adds to the allure of this cultural phenomenon.

Recently, however, the Tysons area has seen increased backlash from local businesses whose customers have been lured away by the trendy trucks' lower prices — the kind of prices that brick-and-mortar spots can't afford to offer while paying their sky-high rent.

There are whisperings that Fairfax County is no longer issuing food vendors' licenses in order to prevent new trucks from entering the scene. Whether or not this means the end for existing vehicles remains to be seen, but surely the permit battle will be just as spicy as the tacos served up by the Kimchi BBQ Taco truck.

Stay tuned, and in the meantime, get out on the street and track down the lunch of your choice. Craving a lobster roll? Some steamed dumplings? A bacon-wrapped hot dog? It's all at your doorstep... for now.

Here are our personal favorites:

🐾 **Top Dog (@TopDogTruck)**

Hot dogs are no longer confined to baseball games and backyard cookouts, nor are their toppings limited to only ketchup and mustard. The guys at Top Dog can be seen

regularly around Falls Church and Tysons, serving their gourmet sausages from the window of a bright orange truck.

And these are no ordinary mutts. Stuffed with locally-sourced meats and piled high with tasty accoutrements, they have captured the hearts and taste buds of even the most steadfast hot dog purists. One of their menu mainstays is known as "The Boss": a pork and beef sausage slathered with a Texas-style barbeque sauce, topped with sautéed onions and sprinkled with slices of pickled banana peppers. Devotees tout its mouth-watering balance of salty, sweet and tangy flavors.

Another choice with devoted followers is known as "The Sonoran," an all-beef bacon-wrapped dog topped with caramelized onions, pinto beans and tomatoes, and given an extra flavor boost by a trifecta of jalapeno sauce, lime mayo, and mustard. Served up in a cushy brioche-style bun, it still produces a satisfying snap upon first bite.

Still hungry? Can't decide on just one? Buy any two dogs and they'll throw in a free drink and bag of chips.

🐾 **Lemongrass (@LemonGrassTruck)**

Perhaps you're looking for something a little more exotic. The duo behind this bright green truck quit their government jobs to pursue their dream of bringing authentic yet approachable Vietnamese food to the residents of the DMV.

The star of the show is the traditional banh mi sandwich: a foot-long French baguette piled high with lemongrass chicken, slow-roasted pork, or spicy tofu, alongside pickled carrots, daikon radishes, and a house-made lime mayo.



Sick of sandwiches? The vermicelli bowl features the same toppings as the banh mi, but they're served over chilled rice noodles and drizzled with a tangy lemongrass dressing. Although it's a lighter dining option, the hefty portion is guaranteed to still leave you feeling satiated.

After lunch, beat the heat and avoid the dreaded blood sugar dip with a bubble tea. The Lemongrass twosome adds chewy tapioca bubbles to iced coffee, chai tea, and green tea for a refreshing twist on the traditionally Taiwanese drink.

✦ **Tasty Kabob (@TastyKabob)**

Owner Steve Hanifi began his business with a single food cart on the streets of DC, and thanks to his consistently fresh Halal food and enthusiastic Twitter followers, has watched his company blossom into a fleet of successful vehicles around the city and into suburbs.

The grilled chicken kabob, generously seasoned with exotic spices and served in tender chunks, is one of the truck's most popular offerings. Choose to eat it over fluffy basmati rice, iceberg lettuce, or toasted pita, and be prepared to have leftovers, as portions are generous.

If meat's not your thing, Tasty Kabob offers a variety of equally-delicious vegetarian options, which some customers even argue are the best thing to come out the truck's window. Flavor-packed sides such as slowly simmered chickpeas, sautéed spinach, and creamy potatoes are a meal in themselves, especially when served over a bed of rice and drizzled with tzatziki sauce.

✦ **Kimchi BBQ Taco (@KimchiBBQ)**

Can't decide between Mexican, barbeque, and Korean cuisine? Meet Kimchi BBQ Taco, which serves up a mouth-watering combination of all three.

Be forewarned: the menu is intimidating at first glance. Let us simplify it for you. First, choose your kogi (meat): rib-eye steak bulgogi, spicy pork, spicy chicken, or tofu. Next, pick a kimchi (fiery pickled cabbage slaw), and finally, decide whether you want it all wrapped up in one large tortilla as a burrito, three small tortillas as tacos, or simply over rice as a kogi box.

If you're still feeling indecisive, throw caution to the wind and spring for the Hawaiian burrito with spicy pork — you'll never look back. The fire-roasted meat is accompanied by kimchi-bacon-pineapple fried rice, drizzled with "Mad Spicy" hoisin-Sriracha sauce, and finished with a dollop of sour cream before being wrapped in its warm flour tortilla. Need we say more?

Other Tysons Food Truck Favorites:

- ✦ Red Hook Lobster Pound (@LobsterTruckDC)
- ✦ Kafta Mania (@KaftaMania)
- ✦ Mojo Truck (@MojoTruck)
- ✦ District Foodies (@DistrictFoodies)
- ✦ Something Stuffed (@get_stuffed)
- ✦ Tortuga (@TortugaTruck)
- ✦ Curley's Q BBQ (@CurleysQ)
- ✦ Food for the Soul (@FoodLady2011)

author: Liz Barnett is a freelance writer with a focus on the hospitality industry and Tysons' restaurant scene, in particular. When she's not eating, cooking, writing about or dreaming of food, the DC-native works with the Washington Humane Society to plan special events and organize local fundraisers.

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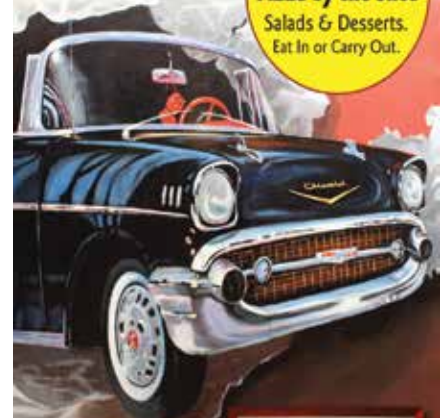


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Anita's

A Chili Day In The Neighborhood

Dining with Jeannine • by Jeannine Bottorff

Anita's Restaurant has been a part of the Vienna scene for over 30 years. It started as a little mom-and-pop place serving authentic New Mexico-style cuisine, which relies heavily on the flavors of green and red chilies. This flavor focus differentiates it from other styles of Mexican cooking such as Tex-Mex. Over the years it has grown from a single storefront to seven locations: Ashburn, Chantilly, Leesburg, Fairfax, Herndon, Burke, and my local restaurant, the Vienna flagship restaurant that replaced the original.

I started going to Anita's as a kid and immediately fell in love with the New Mexico home cooking. The meal always starts with a dish of golden corn chips. They are the perfect vehicles to scoop up the deep red, slightly spicy salsa. Order one of their margaritas or beers, and you have the perfect pre-dinner snack to nosh on while studying the menu. Your kids can order sodas or smoothies in flavors like piña colada, mango, and strawberry-banana.

Anita's menu is huge! There are appetizers such as guacamole, quesadillas, bean dip and sampler platters. They also have a number of

combo platters. Many feature tacos or enchiladas or burritos along with rice and some of the tastiest refried beans I've ever tasted! We usually each order a different combo and then share: chicken and beef tacos, cheese enchiladas, chili rellenos, deep fried taquitos, and delicious tamales filled with pork. There is a kid's menu, too, that has chicken fingers, tacos, mini burritos, and more.

Recently, my family made a Sunday trip to the Vienna Anita's. We knew we'd get some great food but forgot that we could order breakfast. Two of many Anita's selections are the Huevos Rancheros and the Spanish Scramble. The Huevos Rancheros are eggs cooked with red or green chilies and served with refried beans, home fries, and tortillas. The Spanish Scramble features scrambled eggs topped with your choice of chili sauce and shredded cheese, and served with flour tortillas.

I found the atmosphere at the Vienna location to be very "diner-like" with its booths, friendly service, and the addition of American breakfast. That's right, while you are munching on your breakfast burrito or chicken taco, your

dining companions can order favorites such as french toast, omelets, hot cakes, and other traditional fare. Then, if you still have a little room left after your chips, your eggs, or your tacos, don't miss dessert! My daughter ordered churros that came out hot and crunchy and topped with whipped cream.

Anita's has become a Northern Virginia institution because it is a great family place that serves a flavorful variety, whether you are there for breakfast, lunch or dinner. The employees — from the hostess to the waitresses to the bus boys — are friendly and efficient. There is even a full catering menu perfect for your next event. So, next time you want to have Mexican with a flavorful twist, head to Anita's.

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(703) 255-1001
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Vienna VA 22180
www.Anitacorp.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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BANANA SPLIT BITES

Ingredients:

- 12 1-inch pieces of pineapple
- 1 medium-ripe banana cut into bite-sized pieces (not too ripe)
- 6 medium sized strawberries, cut in half
- 2.5oz dark chocolate
- 1 teaspoon coconut oil
- Chopped nuts or coconut (optional)

Directions:

Cut fruit and assemble into stacks (one of each; strawberry, banana, and pineapple).

Press a popsicle stick through the fruit and freeze until solid.

Prepare a baking sheet with parchment paper.

Melt the chocolate along with the coconut oil on the stove-top or in the microwave (in 10 second intervals), stirring frequently to prevent burning. Once melted, remove the frozen fruit from freezer.

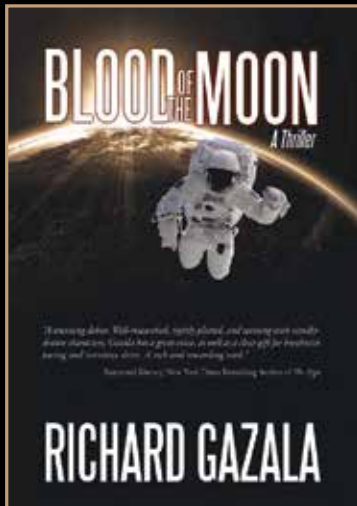
Dip one side of the fruit in the chocolate, let the excess drip off and then place on the sheet to harden.

If desired, dip the chocolate covered side immediately in chopped nuts or coconut before placing them on the sheet.

Once the chocolate is completely hardened, remove from the sheet and place in an airtight container to store in the freezer until ready to serve.

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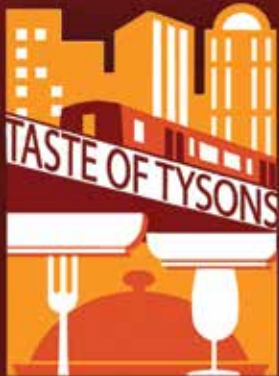
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Charles Town

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by Keith Loria



There's a luxury bus that fills up six times a day at the Eden Center that's transporting passengers with dreams of fun, excitement, and a big payday. For just ten dollars round trip, people will be taken to the Hollywood Casino in Charles Town, WV where they can enjoy slots, table games, and poker, or a day at the track to watch some of the area's top jockeys and horses compete in what was once the only northern track to hold races in the winter.

As someone who likes gambling, I have been considering paying a visit to Charles Town for years after hearing tales from friends about all it had to offer. Finally, my wife and I decided to take the short trip — it was only about 80 minutes from my Northern Virginia home — and boy, am I glad I did! What followed was a night of excitement — horse racing, black jack, poker, fine dining, great entertainment, and a luxurious stay at their on-site hotel.

Horse racing enthusiasts have been coming to the West Virginia racetrack for more than 75 years, and having grown up around the tracks in New York, I was eager to see how it stacked up against Belmont and Aqueduct. The best thing about the track is you get to be up close to the action. You can watch right from the fence and see the horses and jockeys prepare for each race. Even the Winner's Circle is right in front of you so you can grab a quick picture with the horse that won you some money!

"The racing has been and will always be an integral part of what we have here because it's so historical," Anika Gaskins, vice president of marketing, says. "We recently added the third largest purse race in the country, the \$5 million-purse Charles Town Classic, and that has added some excitement to the races."

Once racing was over, we headed inside to the casino. After all, when voters approved video lottery machines

in the facility in 1996, attendance grew and gambling fans in the Northern Virginia and Washington, D.C., area flocked here.

Some history: Penn National Gaming agreed to purchase the facility in 1997 and immediately began a \$175 million upgrade of the venue, furthering its appeal. The property opened a buffet in 2006, opened the hotel in 2008, and in 2011 put in table games and poker. It was the latter move — thanks to a 2010 local referendum to allow gaming tables — that has transformed the one-time racetrack into a destination place that has seen more than five million people walk in its doors this year.

Gaming even boosted daily horse racing purses to more than \$215,000 a day, with each race averaging over nine starters. The racetrack's three-quarter-mile surface once again attracts some of the East Coast's best trainers, horses and jockeys, just as it did in its heyday.

Now known as Hollywood Casino at Charles Town Races, the casino is a world-class entertainment venue featuring over 4,000 slot machines, 85 table games, including blackjack, craps, roulette, live poker, mini-baccarat, and Pai Gow poker, live entertainment, a wide range of food and beverage choices, and live and simulcast horse racing.

"We offer phenomenal service. Ingrained in the culture here is a program called Red Carpet Customer service, where we are measure on a weekly basis by customers at the cage, at the tables, at the slot machines, security, and so forth," Gaskins says. "Our number one core value is employees come first. We give them the training they need to succeed and we make sure that we keep our customers happy."



When it comes to meals, whether you are looking for an upscale experience or a casual one, Charles Town offers both. You can dress up and enjoy elegant dining at The Final Cut Steak House, or take to the buffet and get back to the gambling quickly. The newest dining option is 9 Dragons, which offers authentic Hong Kong cuisine, a sushi bar and is a favorite among regular guests.

I had the pleasure of eating at The Final Cut and the meal prepared by Chef John Harder and Executive Chef Brian Collins was better than any I have ever had in Las Vegas or Atlantic City. The steak was to-die-for, and the special recipe cream corn may be my favorite side dish ever. My waiter, George, had great recommendations, and watching him interact with returning guests (knowing many by name), you could tell that top service was always in fashion.

The 100-seat steakhouse offers all prime beef and is decorated with Hollywood memorabilia, such as a suit Tom Cruise wore in "Mission Impossible" and a dress Sandra Bullock donned in "The Blind Side."

After our meal, we headed over to the Skybox Sports Bar and H Lounge, listening to some music while I watched sports on the plethora of big-screen TVs. Entertainment at Charles Town is one of the areas that is growing.

"We have a stage, and entertainment is offered every night in the lounge including karaoke on Mondays. Friday nights offer Boogie Nights, playing the best music from the '70s and '80s. One Love Reggae Sundays are held from 3pm to 7pm at the end of the weekend," says Jon Hall, promotions administrator "Our Skybox sports restaurant looks over the H Lounge and between the two venues, we have over 75 TVs and are looking to add more. It's been extremely well received."

Bands such as Survivor, Everclear, En Vogue, and the Sugarhill Gang have come on by to play, and more top entertainment is planned throughout the summer. The venue is even planning a special outdoor Price is Right event this summer, where guests can come and try to win fabulous prizes.

Of course, the gambling was the best part. We played all the different table games — never fighting for a seat — and even took a crack at some slots. The dealers were first-rate and there was always a new table opening if anyone was ever looking for a place to play. Plus, the atmosphere was much more inviting than many casinos I had visited elsewhere.

Hollywood Casino at Charles Town Races is one of the fastest-growing destinations in the region and is within 60 miles of the Baltimore and Washington, D.C., beltways. The picturesque drive passes by horse farms, wineries and greenery — and we made sure to stop at wineries on both sides of the trip.

Those making the trip to Charles Town also can take advantage of the rich history of the area. The city was chartered in 1786 by the Commonwealth of Virginia and named for Charles Washington, brother of the first president. Charles Town was the scene of the trial and execution of John Brown, the famous abolitionist whose raid on nearby Harpers Ferry sparked the Civil War.

So, if you are looking to beat the odds and see if luck will be a lady, the option is there for a wonderful day trip to this premier destination with a full service of amenities.

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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whose work, friendship, and company we enjoy.



Arvind Manocha

Wolf Trap Foundation for the Performing Arts, President & CEO



1645 Trap Road, Vienna, VA • 703.255.1900 • WolfTrap.org

New at the helm to lead efforts at the not-for-profit Wolf Trap Foundation for the Performing Arts, President and CEO, Arvind Manocha, a Marshall Scholar, brings his passion and experience of music and education to take Wolf Trap to new heights. Through unique training opportunities for emerging opera artists from around the world, innovative teaching strategies for early childhood educators from across the nation, effective professional development initiatives for future arts leaders from colleges in our region and beyond, and diverse, unparalleled arts experiences for millions of arts lovers of all ages, Manocha is enhancing lives through the arts — all from this majestic national landmark right here in our local community.

Jonna Wooten



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A third generation State Farm Insurance Agent since 1990, Award Winning Jonna Wooten has served her clients from her Electric Avenue location since 1990, with Auto, Home, Life, Long Term Care and service which exceeds her clients expectations. A member of The National Association of Insurance & Financial Advisors, Chairman's Circle and a Legion of Honor Qualifier, "Our mission" says Jonna, "is to help people manage the risks of everyday life, recover from the unexpected and realize their dreams."

Doug Cappiello, MD

Northern Virginia Kaiser Permanente, Physician-in-Chief



8008 Westpark Dr, McLean, VA • 301.468.6000 • ThriveWithKP.org

A graduate from the University of Connecticut in 1982, and specializing in Ophthalmology, Dr. Cappiello joined Kaiser in Northern California in 1990. Since 2009 he has been serving with Kaiser Permanente's Mid-Atlantic Region serving as the Physician-in-Chief for the Northern Virginia Service Area. He presently oversees approximately 400 physicians in the Mid-Atlantic Permanente Medical Group, and is responsible for all medical care provided to Kaiser Permanente members in Virginia. He is also board certified in Ophthalmology and a practicing Eye Physician and Surgeon.

Marcia S. Twomey

Greater McLean Chamber of Commerce, President



6649 Old Dominion Dr McLean, VA • 703.356.5424

Since taking the helm of The Greater McLean Chamber of Commerce, Marcia Twomey has raised the bar for new levels of service to the business community — small businesses, in particular — non-profits, and the McLean community.

A strong believer in Education, Advocacy, Collaboration and "Giving Back" she is diligent and dedicated to facilitating growth both personal and professional, through Leadership Forums, Community Partnerships, and Legislative Initiatives. Through her tireless efforts to revitalize areas of Greater McLean, advance and support area businesses, all have a friend in Marcia Twomey.

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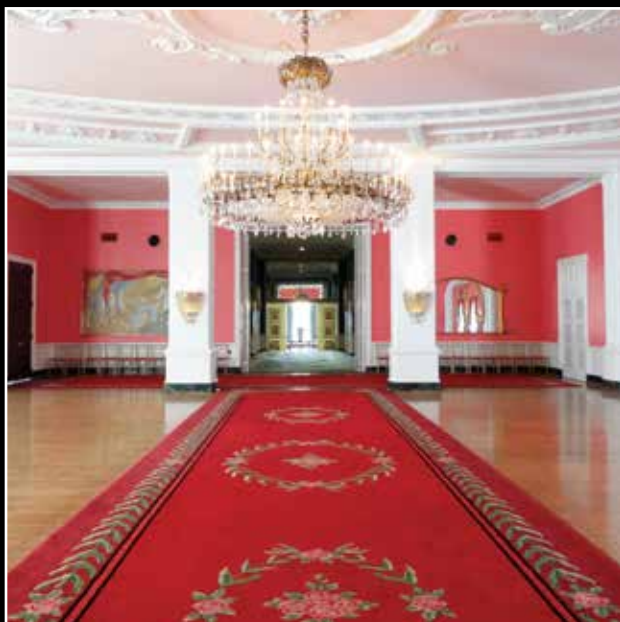
For The History Buff & Fun Seeker

Williamsburg is THE family destination for everything Virginia. Delve into the historic sites of Jamestowne, Yorktown, and Colonial Williamsburg and discover the early history of our great country. You'll find fabulous museums, fascinating demonstrations, vibrant entertainment, and "meet" some folks from the times of our founding fathers. You'll also find great dining options, both traditional and contemporary, as well as shopping for everyone. Williamsburg offers shops and stores that have everything from historic souvenirs to contemporary home furnishings.

You can also try out the Golden Horseshoe Golf Course for some fun and exercise, or the Spa of Colonial Williamsburg for a taste of luxury and relaxation. Don't forget to include a visit to Busch Gardens where you can get your fill of adrenaline with the thrill rides, or enjoy concerts and other events for the whole family. While you're there, buzz by Water Country USA to cool off and splash around on their rides, in their pools, and down the lazy river.

For more information visit:
www.VisitWilliamsburg.com
or call 888-882-4156

• THE GREENBRIER •



For The Romantic & Luxury Connoisseur

For a great review on the Greenbrier Hotel, check out Allison Sutherland's write-up in our May/June 2013 issue on page 34. The stately Greenbrier offers warm and inviting accommodations which are tastefully adorned and meticulously cared for. Among this great estate you'll also find exceptional dining experiences from any of their 14 options including restaurants, bars, lounges, and cafés.

You'll also find the only Forbes Five-Star mineral spa that will take you away to relaxation and reinvigorate your senses. You can ask for individual services as well as spa packages for ultimate pampering.

If you're looking for a real treat, you can follow in the footsteps of some of our country's most renowned golf legends. Try your game on any of the three stunning and manicured golf courses available. You can also enjoy tennis, horseback riding, ziplining, fishing and much more. Don't forget to check out the historic Greenbrier Bunker!

For more information visit:
www.Greenbrier.com
or call 855-453-4858

For The Adrenaline Junkie & Family Fun

If you love roller coasters and thrill rides, King's Dominion is a fabulous place! Enjoy 17 power-packed rides with twists, turns, drops, and high speeds that will get your blood pumping. There is no lack of adventure and adrenaline here!

If thrill rides aren't up your alley there are plenty of other things to do as well. Bump around in bumper cars, or ride on the carousel. You can also enjoy a walk up the "Eiffel Tower," and much more. Don't forget the games and events, too. Try your hand at ring toss, or shoot basketball hoops to win a prize! Or, watch live entertainment including, the Peanuts gang, country music, and karaoke stars. Kids of all ages will love to run around and play among the many rides and events offered for them, too. So much to do!

Too hot? Take a dip in one of the pools, slide down the slides, and enjoy the Lazy Rider river at the WaterWorks park right in Kings Dominion.

For more information visit:
www.KingsDominion.com
or call 804-876-5000



For The Beach Goer & Family Fun

If the sound of crashing waves and the feel of sand between your toes is something you dream about, then these two beaches have it all. Shopping, dining, leisurely walks, swimming, music, entertainment, and history are just a small dose of what Rehoboth and Dewey have to offer.

Take a walk down the boardwalk and visit the many shops and eateries that are abound. Soak in the sun on the beach and build sand castles near the water. Swing by Rehoboth Toy & Kite Company to pick up a kite to fly around. There are also some beaches for dogs where they get to enjoy a romp in the sand and water. They love vacations too!

If you're in town in mid-August, swing by Dewey Beach and check out the East Coast Skimboarding Championships. Or, check out the Rehoboth farmers market every Tuesday through October.

For more information visit:
www.Rehoboth.com • 302-245-0304
www.TownOfDeweyBeach.com • 302-227-6363





• VIRGINIA BEACH •



For The Family & Fun Seeker

Make sure you plan plenty of time when you come to Virginia Beach! Enjoy fun in the sun and sand, music, the boardwalk, shopping, dining, festivals, and even surfing competitions!

You can choose from many accommodations including seaside hotels, beach front homes, and quaint bed and breakfasts. While you're there you can enjoy a plethora of festivals like the Pungo Strawberry Festival, Virginia Beer Festival, Hardee's Latin Fest, Virginia Arts Festival, and much more! You can also participate in the Rock and Roll Half Marathon and help raise money for several charities.

As for dining, you'll find exquisite food and drinks from all walks of life including great grill and bar choices, mexican selections, delectable chinese, amazing seafood, and even the Chicago favorite, Uno's. You'll also find outstanding shopping from art galleries, high-end boutiques, farmers markets, and gift shops to a selections of malls to get that retail fix. Or, you can just sit back, relax, and enjoy the sounds of the waves.

For more information visit:
www.VirginiaBeach.com



• OCEAN CITY •



For The Beach Lover & Fun Finder

With ten miles of beach space, festivals abound, activities galore, and lively nightlife, Ocean City offers a great vacation spot with tons to do (or not do).

Whether you go for just a couple days or a week, you'll never run out of fun things to do. Enjoy concerts on the beach, walks down the boardwalk, sundaes in the park, shopping, culinary delights, and much more! Sit back and watch some fireworks, or hang out at the many festivals like the Greek Festival. You'll also see some great competitions like the OC Beach Patrol Crew Competition or the White Marlin Open.

Or, if you've ever read the children's book *Misty The Chincoteague Pony*, you'll love to take a day trip out to the Assateague and Chincoteague Islands to visit the famous ponies.

With everything going on you may forget to sit back and relax, but if you do, you'll find great sun and sand to rejuvenate your soul.

For more information visit:
www.OCOcean.com
or call 800-626-2326

For The Active One & Spa Lover

Not only does Bear Creek Mountain Resort offer skiing and snowsports during the winter, it has a fabulous selection of summer getaway activities, too! Get out and try disc golf, or hiking and biking trails. Or, relax on a little trip out on to their five-acre lake where you can enjoy regular kayaks, stand-up kayaks, and also paddle boats. You can also get to some great golf courses which are a short drive away.

If you want to spend some time relaxing and rejuvenating yourself, Bear Creek also has a wonderful spa to take you away. Enjoy services like manicures, pedicures, massages, body soaks, scrubs, and facials. You can also customize your own spa package to create your ultimate relaxation. Kids can also be pampered with spa treatments geared specifically for them like the Ice Cream Sundae Manicure and Pedicure or Cinderella Facial.

Don't forget to get a taste of the great food at their restaurants! A grille, a café, and an eatery will give you plenty of choices to wine and dine at.

For more information visit:
www.SkiBearCreek.com
or call 866-754-2822



For The Avid Golfer & Activity Lover

Located on 11,000 acres in the Blue Ridge Mountains, Wintergreen Resort has the best of activities and natural beauty. The serene mountains relax your soul while the fun list of things to do rejuvenates your mind and body.

Aside from the options to go for a hike, bike ride, or day of fishing, you can take a swing on either of the two golf courses which offer 45 championship holes of golf all together. Or, if tennis strikes your mood, they also have an award-winning tennis program for all ages.

If you would like to take some time to decompress, the spa offers several services that will pamper every inch of you. You can select from facials, massages, manicures, pedicures, treatments, wraps, hair services, spa parties, and even some pampering choices for tweens and teens.

And don't forget to indulge in the great dining options that are sure to make your tummy happy.

For more information visit:
www.WintergreenResort.com
or call 855-699-1858



• **SALAMANDER
RESORT & SPA** •



For The Luxury Lover & Equestrian

The Salamander Resort and Spa is one of the newest and most distinctive additions to our area resorts. They will be opening their doors in late August 2013, with great anticipation.

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You can also spend a day in their spa enjoying their luxurious pampering services, the infinity pool, steam rooms, whirlpools, heated stone lounge chairs, or even a private cabana. When you get hungry, you can get a taste of their Virginia Piedmont-influenced cuisine or take part in afternoon tea, or evening cocktails in The Living Room with piano entertainment.

**For more information visit:
www.SalamanderResort.com
or call 866-938-7370**

• **NATIONAL
HARBOR** •



For The Boat Lover & Fun Finder

As one of the premier marinas in the D.C. area, National Harbor is THE place to be for seaside entertainment. From the food to the gorgeous yachts, you'll be mesmerized by this bustling destination.

Sit and relax at one of the many delectable restaurants that line the shore and watch the boats pass by in front of the beautiful sunset. Or, get on a boat yourself and take part in one of the many sightseeing tours, you could even charter a boat if you desire.

Looking for some activities? Jump on to the newest addition, the 36-foot carousel which had it's grand opening in May! Along with that, partake in the regular festivals and markets, museums, movies, concerts, and athletic events.

Don't forget to get a taste of the night life too! Enjoy a glass of wine, or a draft beer by the water with old friends and new friends.

**For more information visit:
www.NationalHarbor.com
or call 877-628-5427**

For Everyone In The Family

The Shenandoah Mountains offer an array of activities, dining options, events, attractions, and a whole lot more! It is also rich in history and culture.

Regardless of the time of year, you can find anything and everything that interests you. From romantic visits at a bed and breakfast to a crazy zipline ride, or a historic walk through one of the many towns to a round of golf, you can be sure to find plenty to make your staycation everything you imagine.

From the West Virginia panhandle down to southern Virginia, the Shenandoah Mountains span a wide area of beauty and activity. There are many quaint towns which are rich in character and culture, and are open to tourists throughout the year. They have lively markets and museums and also host many events and festivals that keep visitors coming in all year.

For those that love to shop, you get to choose from small mom and pop shops and boutiques to antique malls and art galleries.

For more information visit:
www.VisitShenandoah.org



For The Water Sport Junkie & Fisherman

Lake Anna is the second largest inland fresh water lake in Virginia. With over 250 miles of shoreline, there is plenty to see and do while you're here.

Rip-roar around the lake on your waterskis or tube, take a dip and swim around, cruise on a boat with some drinks, you can even participate in many of the triathalons held at Lake Anna each year. For those that love to sail, raise the mast and let the wind take you away!

Those that love to fish will feel right at home here too. With over 30 species of fish and plenty of nooks and crannies along the shoreline, you'll have more space than you'll know what to do with, and each catch will be a new adventure. There are also tournaments for all of the anglers out there!

Dip your toes in the water of Lake Anna and fall in love with it's charm and beauty.

For more information visit:
www.LakeAnna-VA.com
or call 800-476-6629



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TYSONS *Seniors*


A Letter to Avon Supporters
courtesy of Gary Hughes


Melanie Hansen is a young senior who in walked for the first time in the Avon Breast Cancer Walk. It is a two day walk covering 26.2 miles on the first day and 13.1 miles on the second day. The oldest walker was 84. Melanie raised \$1950 by walking and she wrote this letter to her donors. It's presented here (with her permission) in its entirety to remind us that we are never too old to give, to learn; or, to grow.


Dear Family and Friends,


Unbelievably, the DC Avon Walk for Breast Cancer is over. I walked every mile: 26.2 the first day and 13.1 the next. I wouldn't be honest if I didn't say I had periods of doubt. Mile 17 comes to mind, when I had nearly 10 more to do, and 10 more miles seemed like a mountain to climb. Another low point was the lunch stop yesterday. With only 2.2 miles to go, I had multiple blisters between my toes, a really bad one on my right heel, and aching hip joints.

But you know what? I'm doing it again next year. Why? I'm not sure, but it has to do with the things I learned:

 I learned that some things are more important than my own physical discomfort. It was mostly uncomfortable and seemingly endless, but some things are more important. I knew there were women on the walk who had survived as well as women in treatment. I remembered my mother's pain when her cancer spread to her bones. A few blisters and aching muscles and joints were not important.

 I learned that people are amazing. Motorcycles have been mostly an annoyance to me, but I have a new fondness for them — especially Harley Davidsons. These volunteers made sure hundreds of walkers safely crossed all major intersections. They blasted fun music from (yes) their boom boxes, in awesome pink cowboy hats with beadazzled bras on their windshields. I loved these men and women. They reminded us to stretch and to get off our cell phones while crossing the streets — in the friendliest way. They lifted our spirits when we were not comfortable. I think they had just as much endurance as the walkers, but in a different way.

 I learned more about the intricacy of my family. I mean, I know we are interconnected, but it is not an easy thing for one person to drop out of the family routine for two days without it affecting others, and, more to the point, requiring others. Just the logistics alone for one person — me — included every member of my family. From borrowing clothing to buying/delivering/inflating my air mattress, to walking with me on the last two miles, cliché though it may sound, it took a village. Multiply that by hundreds of families, and it's kind of mind boggling.

 I learned how quickly a few hundred individuals could become a community. The camaraderie and the massive, beautifully organized volunteerism was staggering. Walk with me next year and experience Pink Tent City for yourselves.

I am sure there will be more learning for me as I continue to process this adventure. It was very important to me to try and convey the scope of this experience and the impact on me, so far. None of these experiences could have been possible without the incredible generosity of the donors who supported this walk. My commitment goal was \$1800. Through your support, I raised \$1950!! Saying thank you

TYSONS Seniors

doesn't seem like enough, but know that I am deeply grateful. My secret goal is to inspire some of you to walk with me next year, even if you don't live in this area!

One particular moment sticks out for me; After going through the finish line, I went to a tent to stretch. I noticed a walker greeting her family. She had clearly been through radiation recently and wore a pink bandana on her head. She greeted her family: husband, infant, and toddler. She had to be in her younger 30's — perhaps younger. Another example of how my blisters and aching muscles were not important.

All my gratitude for:

Donna and Ed – For opening your home to others and extending such loving hospitality.

Emily – For lending your amazing talent at the house concert and loaning me some crucial pieces of clothing. For going to Tent City with Gary to greet me when I arrived on Day One.

Morgan – For being there at the house concert and listening to all my stories *ad nauseum* that evening.

Hunter – For the awesome windbreaker. It was a lifesaver!

My Work Mates – For picking up the slack I left in the work machine that has to keep running. You are all awesome to work with!

Gary – For understanding when I had to spend an increasing number of hours on training walks. For encouraging me to buy new shoes (blisters are one thing, but when your shoes make your toenails turn black, it's time for a new pair). For buying a portable cell phone charger and making no less than 2 trips from Arlington to North Chevy Chase to deliver/inflate my mattress pad. For surprising me at the lunch stop yesterday to walk with me for the last two miles. I don't think I could have walked away from that stop alone after my blister treatment.

The DC walk raised a staggering 4.5 million dollars! All of you contributed to that incredible number. Your contributions have already been allocated to multiple DC Metro Area programs including clinics for low and moderate income individuals, as well as research. One recipient, Food and Friends, is a non-profit delivering free home-cooked meals to individuals in their homes, including those undergoing chemotherapy. No singular group received less than \$125,000 and the recipient of the largest grant is a John's Hopkins research center, receiving \$750,000. The Avon Foundation, I have learned, focuses strongly on prevention vs. treatment. A long time ago, a woman with a positive node had months to live, as was the case in 1984 for my mother. Times have changed, and with advances in research, women are surviving cancer-free.

We should all celebrate by walking together next year! Do it!

My challenge to all of you: Give us a team name for 2014.

Most Gratefully,
Melanie



TYSONS *Seniors*

ESTEL HOSTETTLER & ROGER WOOD

Making Vienna Home

by Rick Mundy

Talking with Estel and Roger offers a view of a community that looks very different from the Vienna that everyone knows today. Of course, that is not surprising as Roger was born in 1926 on Church Street, and he has lived through those changes. (As a young boy he and his mom moved to Falls Church, but they returned to Vienna when he was 12 and he has lived there ever since.) Church Street was the main street in Vienna in those days and was the primary route between Fairfax and McLean. One could still find a feed store on the street, railings for people to hitch their horses, and two operating railroad tracks. Streetcars were an important mode of travel for the day. Fifteen hundred people lived in Vienna when Roger was growing up and he remembers maple trees were everywhere.

Roger went to Vienna Elementary, but for high school he had to travel to Fairfax High School, which was the school that served all the surrounding communities. Today that building is Paul VI High School.

He recalls visits to Feeser's on Maple Avenue, the home of Mr. and Mrs. Clayton Feeser, who had opened an ice cream parlor in the front room in 1925. Today everyone knows

that building as the Vienna Inn. And Wood remembers that they sold beer as well. Feeser's may have been one of the few ice cream/beer establishments that have existed.

Another establishment that has evolved over the years is just down the road. What is now Maple Avenue Restaurant was the original Anita's, and also had a life as a diner with a somewhat questionable reputation.



Roger joined the Navy as soon as he was old enough. He was a helmsman on a destroyer and, as quartermaster, was responsible for correcting navigational charts by marking hazards such as sunken ships.

After the war he worked in construction with his uncle, from 1946 to 1949. Then he went into business for himself where he built houses throughout McLean, Falls Church, and Vienna for the next 30 years.

At one point he had an accident which landed him in Alexandria Hospital. As fate would have it, the nurse who took care of him later became his wife.

Meanwhile, back to the 20's, Estel Hostettler was born. In fact he likes to point out that his birthday was Black Friday, October 29, 1929,

the day of the stock market crash, (although there seems to be no connection between the two events.) He was born in Grafton, West Virginia, but the family moved to downtown Washington, DC, in the Glover Park area when he was just a year old.

Around 1947 Estel joined the Redskins band for a couple of seasons for which he was paid two free tickets and all the hot dogs he could eat. He claims that he didn't have a lot of musical talent, so they had him play the tom-tom. Living in DC, he remembers traveling often by streetcar to some momentous events: V-E Day — the “wildest celebration” he had ever seen; the Roosevelt funeral — perhaps the saddest event; and McArthur's return. “I got to see a lot of neat stuff growing up.” (Roger interjects that the demise of the streetcar was “one of the worst things that happened to small towns.”)

Hostettler graduated from Western High School, (today the Duke Ellington School for the Performing Arts) and graduated from UVA in 1951. Estel got married and he and his wife settled in Arlington. As the kids came along, they chose to move to Vienna in the Vienna Woods neighborhood. Hostettler was working for Southern Railway Company at the time, whose headquarters were in Washington. When the company decided to consolidate their operations in Atlanta, Estel moved to the Interstate Commerce Commission as a valuation engineer. His work involved travel as the ICC regulated pipelines and inspections were required before installation. At one point in his career there he spent a couple of weeks “walking across Alaska” from the north to a deep-water port.

Now that Estel was living in Vienna along with Roger, their lives started to intersect and their friendship grew. They both belonged to the Church of the Holy Comforter in Vienna, serving together on both the vestry and the building committee. They were also charter members of the Jaycees in Vienna.

And they have been next-door neighbors for over fifty years. Back in the early 60's Estel was ready for a new house. He had been divorced and was remarried. He had three children and his new wife, Tucky, had five of her own. Roger had purchased land off of Lawyer's Road and was building houses there and the Hostettlers decided that was where they wanted their house. An aunt found photos of the perfect house in Southern Living, and Roger proceeded to build them that very house. Then two years later, the Woods moved into the house next door to his friend's, the last house that Roger built on that street.

The Circus Comes to Town

One of the memories from the Jaycees was bringing the big top to Vienna. The event was held right on Maple Avenue where the Giant

parking lot is now located. Everything was hastily arranged as the project was taken on at the last minute. Permission to use offices in the church to sell tickets was quickly granted and so many people were anxious to see this exciting event that they added a second show.

Perhaps Roger says it best for them both when, asked about the key to a full life, he replied succinctly, “Never sit down.”

Everything appeared to be ready for the big event. But the evening before the shows there was a knock on the door at home. The elephants needed water, and what were the Jaycees doing about it? This was a little detail that had somehow been missed during the hurried preparations. There was a quick call to the fire chief who arranged to fill the tank truck and deliver water to the animals and the event was saved.

Reflections

When asked how the two men spend their time these days, Roger is quick to note that “If you have a house and automobiles, that's enough to keep you busy.” Estel points out that he and Tucky have provided a home for two grandchildren for the last ten years so he also has plenty to do. Perhaps Roger says it best for them both when, asked about the key to a full life, he replied succinctly, “Never sit down.”

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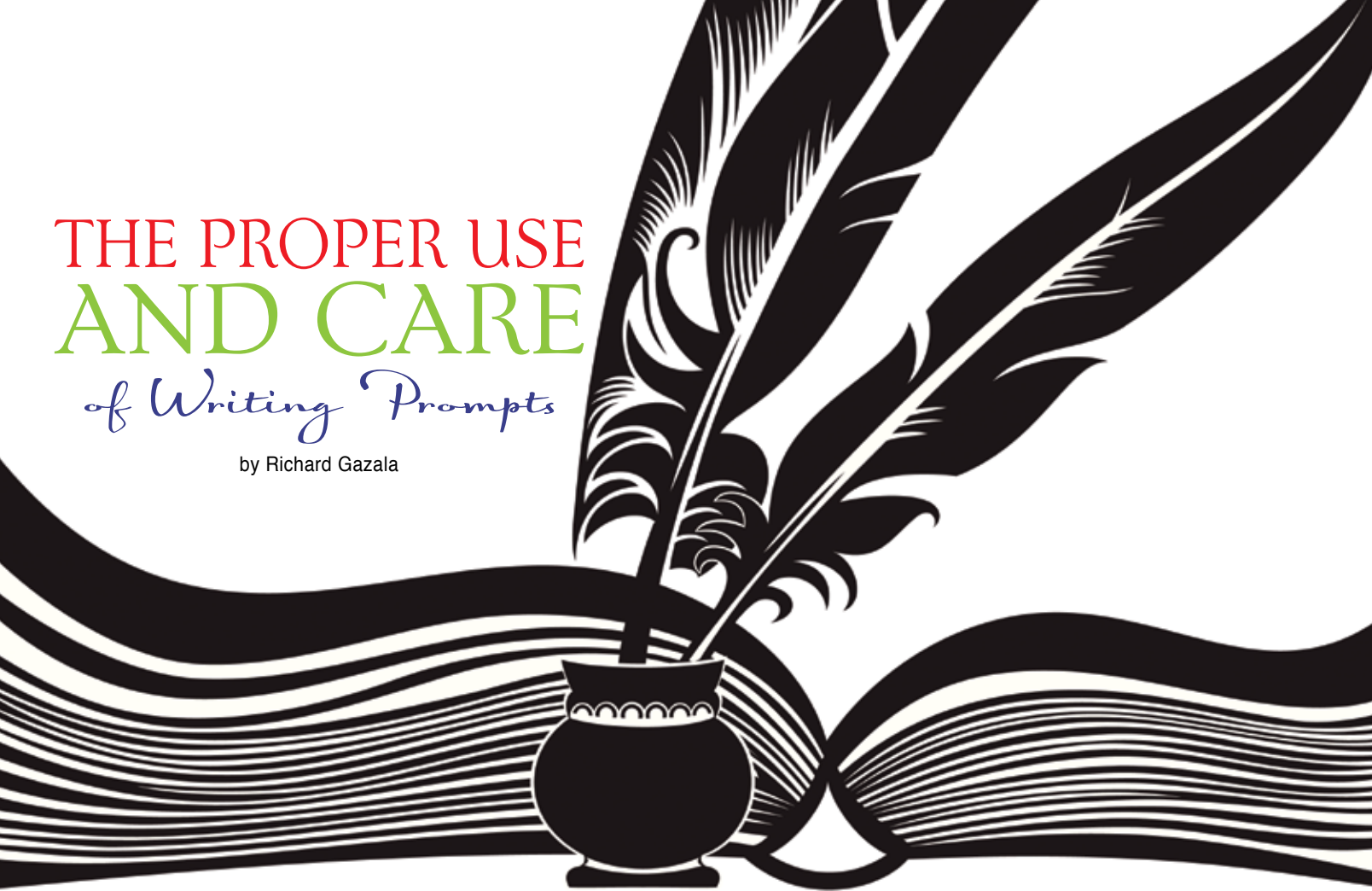
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THE PROPER USE AND CARE *of Writing Prompts*

by Richard Gazala



I'm often asked about a writing prompt — what one is, how it works, is heeding one a worthwhile endeavor? In my estimation, so long as its definition is sufficiently stretchy, I'm a writing prompt's ardent fan.

Back at creation's dawn when I was in school, a slew of teachers and professors insisted a writing prompt was a thing that lived in fairly tight borders. This was particularly so in my assorted English and writing classes, where we were instructed that such a prompt occurs solely in the form of a short question designed to spur authorial effort about a specific topic for a given writing task. Nowadays, I believe that's called "teaching to the test." Regardless whether theirs was a sound definition for a writing prompt, it surely served my teachers and professors well when reading and grading writing assignments so narrowly prompted. If nothing else, it was a time-saver for my eternally overburdened educators. Say, just for a random hypothetical example because certainly this could never have actually happened, I was asked to write a thoughtful exploration in response to the prompt, "Why can a woman's patience endure?" Say, also, my plainly brilliant responsive submission focused instead on something infinitesimally (if at all) off-topic. For example, perhaps on whether a drunken myopic chimpanzee could maneuver a clown car skillfully enough on Manchester's streets to pass

the same road test that resulted in my idiot friend Rudolfo's obtaining a driver's license before I got mine from the geniuses at the New Hampshire DMV. It didn't take Professor Sally Shakespeare too long to slap a big red F on my answer, not much reading required.

As I would have hypothetically explained at some length to my disgruntled parents, this big red F was in no way my fault. It was the fault of Professor Shakespeare's writing prompt being obliged to toil under harshly restrictive definitional parameters.

(You see, Rudolfo and I had the same road test administrator. She was a surly woman named Helga. From her indecipherable command of English, Helga was very likely imported into New Hampshire late one stormy night from some profoundly slipshod village called Nastygrad, deep behind the Iron Curtain. In any event, Helga's patience was clearly as unreasonably skimpy in my case as it was inexplicably limitless in that grinning fool, Rudolfo's.)

(Hypothetically, mind you.)

Am I digressing? I can never tell.

So what is a writing prompt? With due deference to Professor Shakespeare, a writing prompt is anything

that incites a writer to write. It can be anything at all, from a whispered welcome on Wednesday to a shrieked midnight curse to the impossibly small "My Little Pony" tee-shirt on that improbably fat guy with the wheelbarrow and shovel over there in the bulk candy aisle at Whole Foods. A writing prompt can be a song, or a cloud, or the ragged murder of crows winging slowly west over your roof at dusk. It can be the first sentence from your favorite book, or the last one from a book you hate. It can be a lyric from some terrible song you heard at the drug store, or an epitaph. It can be the strange smell you recall seeping from beneath the door of that apartment next door that wasn't supposed to have anybody living in it.

Once you've got your writing prompt, what do you do with it? Well, that's not unlike staring at a weight at your favorite gym — the answer depends on what kind of a workout you've got in mind. Maybe you're in the mood for something light and brisk, or quick and dirty. Then you'd use your writing prompt to spur a short burst of authorial glory, such as a pithy tweet. Perhaps you're in the mood for a more robust challenge, where your writing prompt is the spark you seek to fire up a short story, or a one-act play, of a few thousand words. Or you might be hankering for some real heavy lifting, where the very same writing prompt launches you on the long and winding road that's end is a novel 100,000 words long. A writing prompt is what you make it. The choice of what to do with it is yours alone.

Sure, the deceptively plain "It was the best of times, it was the worst of times..." were the dozen simple words that vivified one of the greatest and most enduring works of English fiction, Charles Dickens' 1859 novel, *A Tale of Two Cities*. But that phrase could serve also to inspire a one-act tragicomedy about a Kardashian wedding at the foot of a feisty volcano, or a philosophical rumination on the Boston Red Sox winning the 2004 World Series to kill a curse 86 years old that was only trying to mind its own business.

And what about this similarly-inspired tweet? "It was the best of times, it was the worst of times. My life will be sucky unless and until verily I learn to distinguish between those two."

So much delicious angst in only 140 characters, birthed by a classic turn of phrase. Thanks be to Dickens.

Do you see? Viewed correctly, anything can be a writing prompt. Now it's your turn. Not to cramp your style in the hunt for writing prompts particularly inspiring to you, I've assembled below a modest array of prompts to get you started. See where they take you, or where they don't. Have fun.

Gazalpalooza's Writing Prompts Volume 1, Number 1:

It started after I went down to see Madam X, and let her read my mind.

He told me there's one thing you've got to learn, and that's not to be afraid of it.

"It's not so simple as she'd have you believe," she said, "separating fact from friction."

I thought about marrying for love, but marrying for help paying my student loans seemed wiser.

There, painted on the stone in ancient red so faded it was hardly visible in the dusk, was the face again.

He was very wrong, thinking there would be a next time.

When's the last time you made a bank teller blush like that, with just a wink?

She bit her lower lip a little harder than she had intended, and tasted raw anticipation.

Getting my kids to school on time is like organizing a lunar landing for feral cats.

Eye contact is more dangerous on some nights than others.

I keep a diamond ring in my glove box for exactly these situations.

She shook her head and looked at her watch again, but the second hand was still ticking backwards.

Sometimes, the person you'd take a bullet for ends up being the one behind the gun.

If there's not a play or an essay or a novel or two in this collection of prompts, then you're not writing hard enough. Take your time, breathe deeply, and whatever you do, don't wait for your muse to show up. Let the prompts be your muse. That will make her jealous, and there's not a lot more inspirational to an author than a jealous muse in a huff.

Uh-oh. I think I just came up with another writing prompt...



author: Richard Gazala "The Proper Use and Care of Writing Prompts" 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.



Five Talents

Helping Others Through Microcredit Programs

by Keith Loria

Currently, 50 percent of the world's population of 6 billion people survives on less than two dollars per day, and 20 percent on less than one dollar per day. Also, 50 percent of all children suffer from some sort of malnourishment and, 20 percent of children never live to their fifth birthday. These staggering statistics by the most recent United Nations Development Report shows the pressing need for people to help.

A group of caring Anglican Church leaders in Northern Virginia came together in 1998 with the hope of doing something about these tragic issues. Endorsed by the Bishop, the collective souls began Five Talents USA, a non-profit that would offer a possible solution through microfinance. The founders wanted to guard the dignity of the poor and assist them by creating jobs and opportunities to rise out of poverty.

"We are a faith-based international development organization with the mission to fight poverty, create jobs and transform lives by empowering the poor in developing countries using savings and microcredit programs, business training and spiritual development," says Sonia Patterson, executive director of the growing Christian microenterprise development organization. "One of the goals is that we only do work based on good will of others."

Those familiar with scripture will recognize the name from Matthew 25:14-30, which reads: "*Master,*" he said, "*You have entrusted me with five talents. See, I have gained five more.*" His master replied. "*Well done, good and faithful servant! You have been faithful in a few things; I will put you in charge of many things; enter into the joy of your master.*"

For the past dozen years, Five Talents has fought poverty, created jobs and transformed lives, empowering the poor using innovative savings and microcredit programs, business training and spiritual development.

"We work in 12 different countries (Kenya, Uganda, South Sudan, Burundi, India, Indonesia, Philippines, Myanmar, Tanzania, Bolivia and Peru) working with partnerships," Patterson says. "We are doing it in countries where other institutions don't go. It's what sets us apart."

The way it works is Five Talents will provide small loans to people who are interested in starting a business or working in some way, with a focus on holistic development of entrepreneurs in developing countries. Over the last dozen years, almost \$5 million has been invested in nearly half a million people.

"For example, a woman in Uganda was loaned money to make uniforms and she was so successful, she hired another seamstress," Patterson says. "She paid it forward. It's so interesting at this level of microfinance, reaching the people at the bottom."

The average loan is only \$56 and the repayment rate is a whopping 95 percent. So far, there have been 56,000 beneficiaries this year, and they are hoping to reach 82,500 by the conclusion on 2013.

In Uganda, a group borrowing \$282 must pay a charge of \$51 over six months. This includes the application fee, business training and monitoring. Fees are set to cover local running costs, such as the salary of the loans officers, fuel, and office expenses in order to be self-sustaining. The feedback from most

clients is that they can afford to pay back the loans with fees. After paying back in full, most clients apply for second and subsequent loans.

Five Talents appoints a program officer who is responsible for each program and organizes one site visit a year with its loan recipients. Five Talents also receives quarterly financial reports and semi-annual narrative reports from the partner.

“Overall, every beneficiary that is helped impact seven other people,” Patterson says. “Part of our mission is to create jobs and transform lives. When people get the loan, implement the loan and start the business, they will hire other people.”

In addition to fund savings and microcredit programs, Five Talents also provides technical assistance, educational opportunities and coordinates mission trips for professionals desiring to share their talents with entrepreneurs in developing countries.

Most Five Talents programs are located in poor areas, and the active poor join the programs through self-selection. The active poor are those below the poverty line (defined as \$1.25 a day) who are seeking to help themselves through employment or self-employment.

According to Patterson, the savings and microcredit programs are usually linked to an Anglican church as a means of reaching the poor in the community and providing local accountability, but those getting

the loans don't need to share the same religion as the organization doesn't discriminate against anyone. The Christian church has a very strong presence in Africa (approximately 50 million members), and the network also covers all of Asia and South and Central America. This provides a powerful means to identify local partners, benefiting entire communities and not just Christians.

People can donate money that will be used for the loans. For existing loan programs (e.g. Indonesia), new donations will increase the loan capital available for loans, enabling more clients and bigger loans. For new loans programs, some of the donation will be used to set up the office and pay local staff. On average, one job is created per every \$100 loaned.

Five Talents will hold its annual X-OUT Poverty Golf Classic at International Country Club in Fairfax on June 24 and its 2013 Fall Gala on Oct. 18 at a private country club in Bethesda. For information on either, email JenniferRuff@fivetalents.org.

Those in Five Talents understand that providing poor entrepreneurs with capital and training them to start and expand small businesses creates income for healthcare, education and food on the table. And, it brings the parable of Matthew 25, its namesake, to life.

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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REVEALING *Beauty*

1950'S CONTEMPORARY EXPLORES ITS ROOTS
IN A CRISPLY ARTICULATED CRAFTSMAN-STYLE OPEN KITCHEN SOLUTION.

by John Byrd

Photographs by Bryan Burris



Meal preparation in the old galley kitchen meant constant shuffling between the oven and the refrigerator on the opposite side of the room.

Designer Doug Dillard's Arts&Crafts style "open" kitchen perfectly rationalizes the single-gable post-and-beam interior of the home's original circa-1950's Contemporary architecture. The new plan fits the footprint of the former galley kitchen exactly, yet allows much more light and interaction. The outer perimeter of the island accommodates three stools and serves the living room as needed.

Design Remodeling whom the Mellor's called in to discuss an improvement agenda. "Fundamentally, it's a post-and-beam design which emphasizes simplicity."

That had certainly been fine with Mellor and Ling, two busy professionals trying to raise a family and pursue careers.

The first level floorplan, for instance, made it easy for either parent to access the 170 square feet galley kitchen – situated just to the right of the foyer, with a separate doorway linking the dining room.

Like all mid-century "open" plans, the neat kitchen-dining-living room configuration relied on understated spatial zoning cues. Hence, there are views out the rear-north-facing elevation; a generous fireplace on the adjacent living room wall. Focal points that inspire circulation.

In keeping with period decorum, however, the galley kitchen was a utilitarian affair — mostly hidden behind floor-to-ceiling interior walls. As time went on — despite periodic remodeling — it had come to feel clogged and problematic.

Twenty years ago Chip Mellor and Alison Ling had found just what they had been looking for when they purchased a circa 1950's Contemporary on a quiet street in Lake Barcroft.

At approximately 2,400 square feet, the house seemed spacious enough for a family of four, and the floorplan was practical — which had been the architect's intention when this Eichler-style design was first introduced to an eagerly suburbanizing America.

"It's a home style that's somewhat derivative of the Bauhaus," observes Doug Dillard, the designer at Sun



Granite-topped elevated bookcases also double as serving stations for the adjacent dining room. The corner windows on either side of the sink are sighted on a fishpond and surrounding flower beds in the front yard.

For starters, when a kitchen's footprint is tight the users begin to improvise. Thus, a small 4'x 2' closet — technically in the foyer — had become the kitchen pantry. Other exposed surfaces gradually became semi-permanent sites for useful items that had no other place to go.

A kitchen remodel of 15 years back had introduced an L-shaped counter surface, and there was still a spot against the interior wall for a cafe table. But, not surprisingly, the table had been immediately re-deployed as an *ad hoc* meal staging platform incorporated into a work routine that had the chef-of-the-day constantly moving between the refrigerator and the stove inconveniently situated on opposite sides of a too-narrow room.

The earlier attempt to brighten up the space had also proven less than satisfactory — since all the new window offered was a view of the neighbor's siding.

Overall, the couple concluded that there was no clear way to improve either the dysfunctional work triangles or the lack of storage. Moreover, the entire first level — which included a dated ceramic-tile foyer — appeared to Mellor and Ling to offer only limited aesthetic horizons.

It was at this juncture that Doug Dillard was called in for a chat.

"We wanted a brighter, more functional kitchen better integrated into the first level living area," Chip Mellor recalls. "On the surface, our wish list was pretty basic: better

storage, switch to a gas range, organize appliances to support smarter work patterns. We just couldn't see how it would look. There were some interior design potentials we couldn't quite articulate."

"What's fascinating about the 1950's contemporary," Doug Dillard observes, "is that architects working in this style often left the rafters exposed so that the structural and aesthetic dimensions were visually merged. In many ways, this is a design principle very similar to Craftsman-style — which started in California in the early 20th century and voiced a similar manifesto: reveal the underlying beauty of how the house is constructed.

Encouraging Dillard's thought process was Mellor and Ling's partiality to western-flavored collectibles.

"There were Arts and Crafts style furnishing. Copper and bronze pots and plates. Aztec and Native American art. I soon found out the family frequently spends time in the western U.S., so I began sketching ideas that made a more stylistic statement of the exposed beams already in place," Dillard recalls. "This obviously struck a chord with Chip and Alison, and an inspired collaboration soon got under way.

Structurally, one of the project's central facts would be a vertical support column in the interior corner of the existing kitchen.

"When I presented drawings showing the exposed vertical shaft as a tapered column there was palpable excitement," Dillard says. "Essentially, I proposed to eliminate the interior

walls while creating an architecturally-specific open design that extends from the floor to the now-exposed interior ceiling.”

A custom-designed food preparation island defining the new kitchen's interior boundaries also provides a three-stool dining counter visually and psychologically linked to the living room. There are elevated serving counters facing the dining room. The island is also equipped with a top load microwave and roll-out vertical cabinets.

To give the room better sightlines, Dillard eliminated the existing windows, introducing in its stead a corner glazing solution on either side of the new sink that focuses on a front yard fish pond surrounded by flowered landscaping.

Knotty alder cabinet facings and granite counter surfaces in Peacock green bestow a textured warmth. Clay adobe paint delineating the dining room, likewise, lends an appropriately sunbaked backdrop to a southwestern wall hanging.

“The whole solution is really clever,” Mellor says. “The dining counter supports the living room, yet the kitchen still feels separate. The design decisions and the execution are superb. Just being in the space is a real joy.”

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

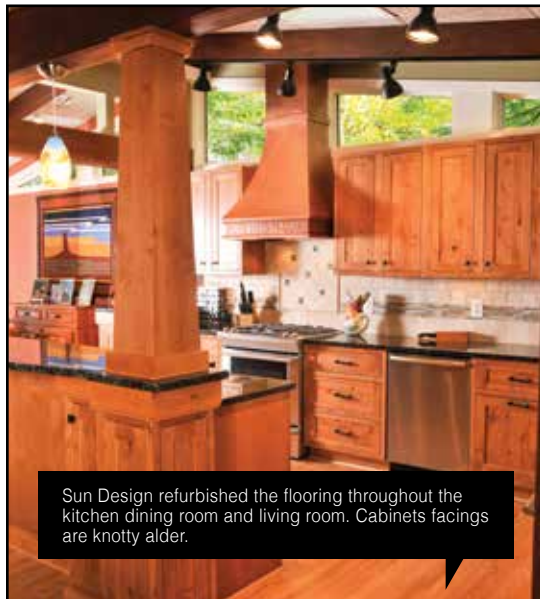
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author: John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living* and many national and regional publications. He has also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



Innovative roll-out shelves and other storage solutions enabled designers to delete the old pantry, gaining critical square footage needed makes an unchanged footprint seem much larger.



Sun Design refurbished the flooring throughout the kitchen dining room and living room. Cabinets facings are knotty alder.



Dillard designed the copper cooktop hood which was fabricated in Indiana. Backsplashes are Durango honed linear mosaic



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There's been a lot of news about Redskins quarterback Robert Griffin III who signed a 21.1 million dollar contract with the team in July 2012 and recently set down roots in Loudoun County where he purchased a new home.

The 23-year-old phenomenon is leading the team's rookies at mini-camp this week, even as he continues to rehab his knee. Robert Griffin III who is fast becoming one of the best-known quarterbacks in the NFL, has the unusual distinction of earning the respect of both his team and the football loving public. His home purchase, from all accounts, paints a picture of one of the reasons for his popularity.

We talked to Casey Margenau with Re/Max Distinctive Real Estate, "The person that you hear about in the media, that quiet, reserved guy, the nice guy, the hard worker; it was how I saw him as well. I deal with a lot of successful guys, and it's nice to see how genuine he is." said Margenau. "It's very nice to see a guy who is that much in demand and who has that much going on — who is still very down to earth."

Margenau noted that after the sale was completed, Griffin was happy to sign autographs and take pictures with the lawyers and mortgage bankers, who had allowed themselves a few moments of freedom after their work was done. He went on to say that the quarterback looked at several of his listings, one of which was much larger and twice as expensive. "It was listed at \$4.5 million, but Griffin turned down that house because it was 'too big.' The home he purchased was rather modest, if you can say that about a 2.5 million dollar home. While it did have high-end finishes, a pool, pool house, lower level bar and media room, and an elevator; it only had three bedrooms on the upper level, and

one in the basement. The kitchen was a cook's dream and the cabinets were something usually found in a home of much greater pricing."

We asked Margenau how he gets so many of these high-end clients. "I have the best inventory of quality homes that are priced right. I get the higher-end homes and clients because I do more. I understand how to market in today's web-driven world and that keeps high-end homeowners coming to me when they want to sell. I run print advertising in local media, such as *VivaTysons Magazine* and reach worldwide clients through international publications and the web. Furthermore, I have some of the best builders as clients; names like George Sagatov, M&A Custom Homes and Versailles Custom Homes. These top builders can hire anyone, they build great homes and their homes are in demand by discriminating clients: athletes, CEO's, doctors, lawyers, and small business owners. These are the type of people I work with as both clients and customers every day. I understand their needs and save them time and money by understanding the market. I do see a trend toward smaller homes with higher end features as the Boomers are downsizing, but new homes are always in demand, and there is a limited supply right now. When you have a great product, and top it off with a great marketing campaign that exposes the home to the likely buyers, you can't help but be successful."

We asked Margenau if there is a secret to his success, "I have only one thing to say about that, there is no secret to success, success is earned. I have been in this business for 24 years, and still today, I work every day, seven days a week — retail hours, 12 hours a day. The only secret I have is to work harder than everyone else and serve my clients well."



Other model homes from builders including M&A, Sagatov, and Versailles.



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VivaTysons
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The Real Story Behind the Local Housing Market

by Casey Margenau

I just read an article that discussed the April core logic HPI — (Home price index) that said home prices have increased 12.1% on a year-over-year basis in April 2013 compared to April 2012. The problem with these numbers, however, is they are highly misleading. For example, if you own a home in Vienna or Great Falls, your home (most likely) did not rise in value 12.1% over the past year. On the other hand, there are areas in the country where the market once haunted by foreclosures created such a steep decline in home prices that now, after 6-7 years of decreasing supply and an improving economy, we are seeing a substantial rise in prices. But the fact is that looking at national home sales averages can be highly misleading and mask the reality of the local market. Let's look at these numbers as they apply to the local markets in Vienna, Great Falls, Oakton and McLean.

As is the case with nation as a whole, the reason the average local sale price has risen so much year over year is that the higher end of the market has improved. Sales of \$1 million homes are up 16% year to date over the same time last year. On the other hand, the number of transaction for homes under \$1 million are actually down 2% year over year. This is not due to a lower demand for homes under \$1 million, in fact demand is greater in the lower price ranges, but there is very little inventory available to the buyer. Thus sales in the over \$1 million market are doing better and skewing average sale prices higher. This does not necessarily equate to an increase in the value of the same home year over year.

... the reason the average local sale price has risen so much year over year is that the higher end of the market has improved. Sales of \$1 million homes are up 16% year to date over the same time last year.

Let's take a look at home prices by grouping and see if they are really up. This can be difficult to do because not all homes are the same. As someone who shows many homes I know that lot prices are higher and I have also observed that new homes are where the most interest is at this time. But as I went through the sales in Vienna, I did not find that comparable home prices are up when I looked at the 2012 year and compared it to 2013. Looking back to 2008/2009, yes, prices are much better, but using Tysons Trace as a good example, sales in the community in 2012 were clustered

in the 1.3 million ranges and in 2013 it is the same story. Tolsten Meadows is also in the same \$760k to \$790k ranges this year as it was last year. When you get down below \$500k in Vienna, however, you start to see a difference. There were 25 sales under \$500k in Vienna last year, but only four so far in 2013. Higher demand and lower inventory have moved these normally under \$500K homes into the over \$500k price ranges, with a few even topping \$600k. In McLean

and Great Falls there is some evidence of modest price movement in the higher end of the market, but this does not apply to all homes in that category.

So what do we learn from all of this hype you read about? The recovery is moving forward, prices are up over the last five years, and any home has definitely increased in value since the bottom of the market in '08 to '10. The market is being fuelled by 79 million Millennials buying their first home, and 80 million Baby Boomers starting to downsize. This combined effort has put a lot of upward pressure on

the lower end of the market. The inner suburban homes are doing well as buyers look at affordable homes that provide the ability to walk to shopping and parks. This trend has fuelled the growth in Downtown McLean and Vienna as well as North Arlington.

Larger homes have made a significant comeback this year, as move-up buyers find that investing in a home at these historically low interest rates and locking them in makes for a savvy purchaser. Prices have tightened between the low end and the high end because of unbalanced demand and changing consumer preferences. Buyers are now finding that they can get a whole lot more house for very little additional money. This should fuel the higher end market for some time to come, adding inventory at the lower end "hot" market, while at the same time creating demand at the upper end of the market, allowing more sellers find a market for their home and then downsize. Long-term, interest rates will eventually increase and slow things down, most likely sometime around Q3 2015, if the Federal Reserve is to be believed. But right now it is a great time for move up buyers, at the same time it may be harder for first time home buyers and even some downsizers.



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Tysons Tower Plaza

TO INCORPORATE METRO PEDESTRIAN BRIDGE

by Navid Roshan-Afshar

If you have yet to see the construction activity occurring along the AMC entrance of the mall, the next time you head to the theater you are in for a big shock. What was once a parking lot for Circuit City is now the site of three prominent buildings under construction, with one already rising 100 feet over Chain Bridge Road, on its way to 300 feet.

Unlike previous construction projects around Tysons this new tower, under construction by Macerich, has taken into consideration alternative transportation options for its occupants. Only a few hundred feet away, the Tysons Metro Station has been progressing and is now on pace for opening December 31st, 2013. Next door, the 495 Express Lanes literally knock on the project's front door, providing a secondary form of vehicular access.

One concern for many residents, as has been evident from the Fairfax County Department of Transportation public meetings in Tysons, has been the coordination of all of these systems to provide the best access to destinations in the city. The FCDOT has been working diligently towards creating a bus network that interplays more efficiently with the new Silver Line metro. They have also coordinated several pedestrian improvements to be in place on day one of the metro. Most importantly the FCDOT has been in close communication with developers and large projects such as Tysons Tower to ensure a seamless integration of private projects and public infrastructure projects.

An example is evident in how will people exiting the Tysons Metro Station will access the mall. Even with the sky walk pedestrian bridge being provided across Route 123, the

escalators to the mall appear to require crossing of the very busy Shop Tysons Boulevard.

After this past month's Silver Line bus meetings, and a discussion with FCDOT direct Tom Biesiadny, I was told that the two plans, Tysons Tower and the Silver Line, are in fact working towards a single coordinated platform and plaza. This might explain why Macerich has broken ground early on the third parcel of the tower project, which would be necessary in order to begin the crucial platform crossing of Shop Tysons Boulevard.

The plan is for metro users to be able to cross 123 on the bridge and seamlessly exit onto an elevated outdoor mixed-use development and avoid crossing any vehicular roads, which would have been a disaster around Christmas time.

Macerich has been moving forward at full force on construction of Tysons Tower, with delivery in 2014. It is unclear if the platform portion connecting to the bridge will be complete by Silver Line opening day, December 31st, 2013. However, based on Macerich's current construction schedule and pace of work it shouldn't be too difficult of a task.

The project will dramatically alter the skyline from almost every direction in Tysons, involving three high-rise towers with one rising above 300 feet. In fact, it is already filling out a skyline gap from the approach on 495 South and Route 123. However, the biggest contribution to the future Tysons is the cooperation between private and public projects that has been painstakingly coordinated in order to achieve a more user friendly end product.

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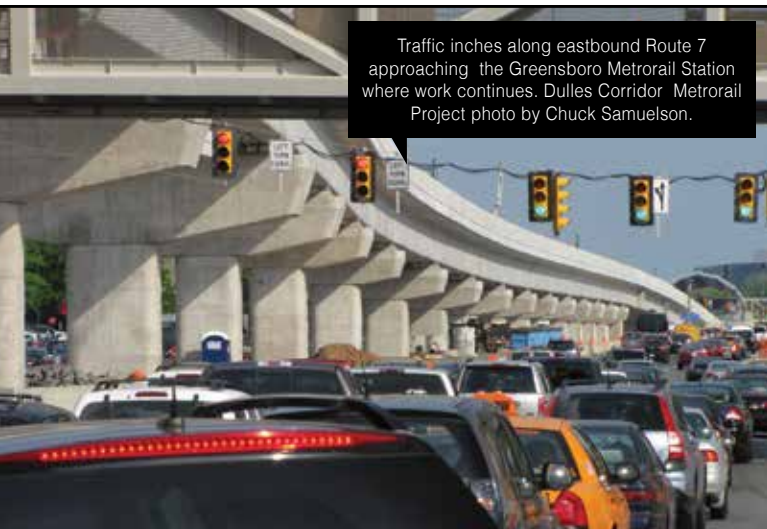


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TEAMWORK MOVES SILVER LINE *Toward Completion*

Dulles Transit Partners' Crews Paving Roads, Installing Sidewalks and Escalators;
Station Finishing Work Speeds Up

by Marcia McAllister

What's the number one question in Tysons Corner these days?

That's easy: When will Phase 1 of Silver Line open?

A definite date for opening has not been set by the Washington Metropolitan Area Transit Authority (WMATA), the agency that will operate the new line as part of the current Metrorail system. However, the Dulles Corridor Metrorail Project team is working toward a late September completion of most of the construction.

Then the project will be turned over to WMATA for additional testing before setting an opening date, most likely in late December 2013 or early January 2014, according to WMATA. That, of course, depends on weather and some other factors.

The rail project team and WMATA continue to work together to ensure opening as soon as possible.

Construction is now 94 percent, according to rail project officials. All station structures are complete. The tunnel from Route 123 to Route 7 is complete. The bridges are complete. Tracks are virtually complete and pedestrian bridges are in place.

Meanwhile, this summer, crews from Dulles Transit Partners, the Phase 1 construction contractor, have been extremely busy putting the final touches on the extension that is already having significant positive effects on those who live and work in Tysons Corner.

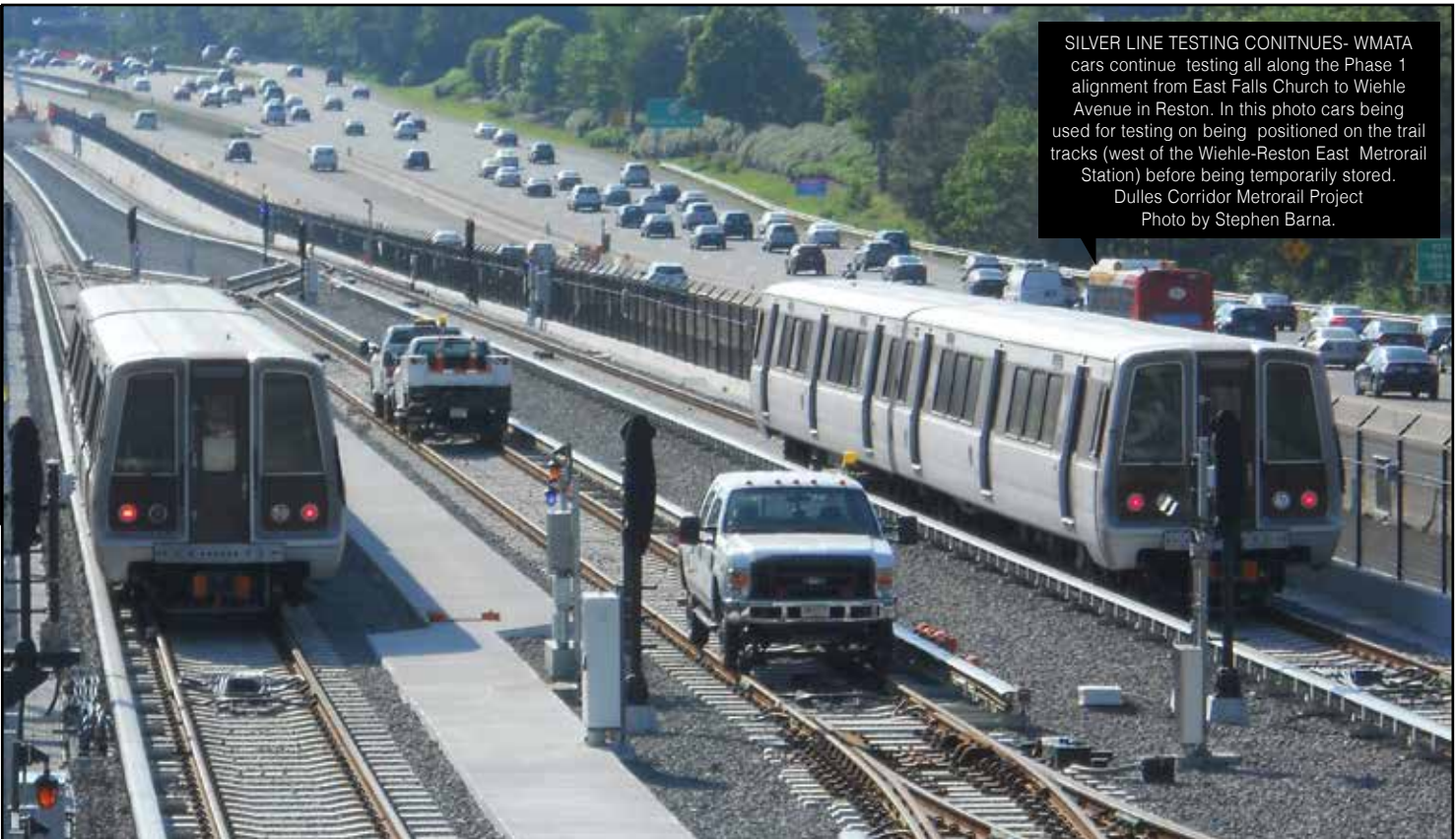
"This is not all about building a rail line," said one area resident, "it's about improving Tysons as a whole." For example, the newly aligned Route 7 corridor from the Dulles Toll Road to Route 123 is being repaved.

“Then the project will be turned over to WMATA for additional testing before setting an opening date, most likely in late December 2013 or early January 2014, according to WMATA”

Since rail construction began along Route 7, traffic patterns have changed, the old service roads are gone, mid-block left-turns disappeared and some entrances to businesses were relocated forever. Now, crews are not only repaving but also replacing lane markings to

better define turning lanes. When the work is done, Route 7 will have four through lanes with the far-right lane designed as a right-turn lane, plus left turn lanes. The lanes will be 11 feet wide.

Sidewalks are being built and plantings being readied for placement along with lighting fixtures. Some businesses are getting back use of areas that were needed for construction easements. New traffic signals are coming.



SILVER LINE TESTING CONTINUES- WMATA cars continue testing all along the Phase 1 alignment from East Falls Church to Wiehle Avenue in Reston. In this photo cars being used for testing on being positioned on the trail tracks (west of the Wiehle-Reston East Metrorail Station) before being temporarily stored. Dulles Corridor Metrorail Project Photo by Stephen Barna.

When the stations along Route 7 and Route 123 open, pedestrians will soon discover that crossing the busy highways can be done safely. No longer will walkers have to dodge cars. People simply seeking to cross the road to dine or shop will be able to use the pedestrian bridges that have been built to provide access to the stations.

Those bridges are anchored in pavilions that include stairs, escalators, and elevators to provide access for bridge users and transit riders.

Significant paving efforts are also taking place along Route 123 near Scotts Crossing. Sidewalks and plantings are in place at the McLean Station. Similar work is taking place along Route 123 at the Tysons Corner station.

Along Tysons Boulevard next to the Tysons Corner Metrorail Station, repaving and other roadwork is taking place to restore road surfaces.

In addition, dynamic testing continues from East Falls Church to Wiehle Avenue. Test trains can be seen frequently all along the alignment and on tail tracks just beyond the Wiehle-Reston East station.

Questions frequently arise regarding station access. The following should be helpful:

- There is no project-provided commuter parking at the four stations in Tysons Corner. However, Fairfax County is seeking to set up parking at the McLean Station and near the Spring Hill Station by creating agreements with owners of underutilized parking structures or other spaces. If successful, this would create public parking, but details of the complicated arrangements have not been released at press time.

When the stations along Route 7 and Route 123 open, pedestrians will soon discover that crossing the busy highways can be done safely.

- There are kiss-and-ride lots at the Spring Hill and McLean stations. Both are clearly visible now that construction is moving forward. Buses and taxis will have easy access to these drop-offs very close to the entrances to pavilions leading to bridges to the stations. Transit riders can also be dropped off in these areas.

- Fairfax County continues to develop plans for bus route changes that will serve communities in and around the four stations in Tysons and the Wiehle-Reston East Station. By the way, there will be more than 3,700 commuter parking spots at the Wiehle station. These spaces are in an underground garage that is being built by a private developer – Comstock LLC.
- Fairfax is also developing plans for additional sidewalks and trails to and around all stations.

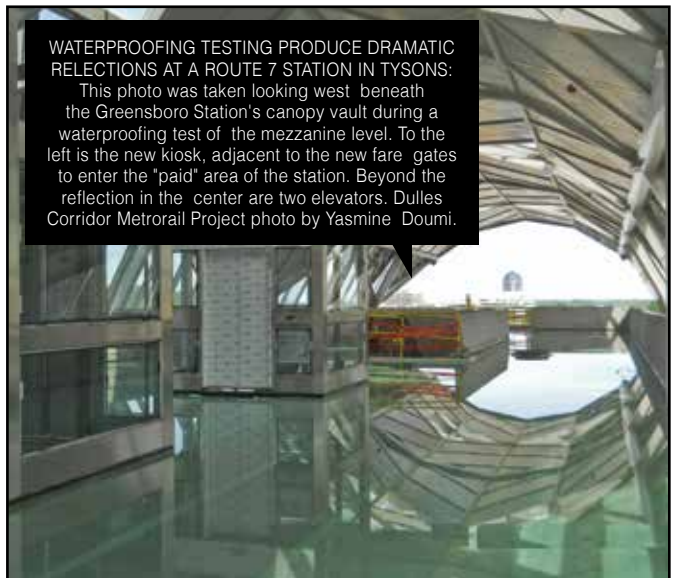


The Exterior of the Tysons Corner
(Tysons Central 123) Station



ATOP THE AERIAL GUIDEWAY ALONG ROUTE 123
Looking toward McLean from the tracks near the
Tysons Corner station with the McLean Metrorail
Station in the distance. Dulles Corridor Metrorail
Project Photo by Chuck Sameulson.





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WHICH E-ZPASS[®] *is right for me?*

by Mary Ellin Arch

You've seen them — the 495 Express Lanes. Maybe you've been curious the best place to get on or off the Express Lanes. Maybe you've heard about the new Express Lanes access points to Tysons and Merrifield and the time the Express Lanes save your friends. But despite what you've seen and heard, you're still not sure how to go about actually using the new Lanes and start taking advantage of all the great benefits.

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495 Express Lanes is an all-electronic, high-occupancy toll facility running parallel to the regular Capital Beltway lanes for approximately 14 miles, from the Springfield Interchange to the Dulles Toll Road and Interstate 66. Traffic on the Express Lanes moves nonstop because there are no toll booths — all tolls are collected by overhead equipment. And HOV-3 vehicles — those carrying three people including the driver — travel free on the Express Lanes. To get a toll-free trip, you just need three people and the E-ZPass[®] FlexSM

As its name implies, E-ZPass is easy to get, easy to install, and easy to use. Still, those who've never used this electronic tolling device naturally have questions about how it all works.

Where can I get an E-ZPass? E-ZPass is available at multiple locations in northern Virginia:

- Online at www.ezpassva.com
- Northern Virginia Customer Service Center, 610 Herndon Parkway, Suite 900, Herndon, 20170
- At Giant Food Stores and Wegmans Supermarkets in northern Virginia
- At northern Virginia AAA Mid-Atlantic stores
- Find all the locations to get an E-ZPass by visiting www.ezpassva.com

What's involved in getting an E-ZPass? Visit one of the E-ZPass retail locations listed above, or go online at www.ezpassva.com. You'll need to provide some information to set up a new account. You'll also receive a helpful start-up

guide, registration guide, and terms and conditions. You'll need to fund your new E-ZPass account with an initial deposit that you'll use to pay tolls as soon as your account is activated.

How much does E-ZPass cost? The initial deposit for prepaid tolls is \$35. There's also a monthly fee of 50 cents or one dollar per month, depending on which E-ZPass you choose (we'll get to that in a minute).

I've heard there are two different kinds of E-ZPass transponders now. Which one is right for me? A standard E-ZPass will collect a toll each and every time it comes into contact with a toll gantry. An E-ZPass Flex is a new transponder specially designed for use on 495 Express Lanes. It switches between toll-paying mode, for trips involving only the driver or the driver and one passenger, and HOV-3 toll-free mode, for trips with three or more (including the driver) in the vehicle.

Which one is right for you? Select E-ZPass Flex if you expect you'd sometimes use 495 Express Lanes with three or more people in your vehicle (including you). If you'll always be driving solo or with just one passenger, a standard E-ZPass is fine.

The monthly service fee for a standard E-ZPass is 50 cents. For E-ZPass Flex, it's one dollar.

How do I install an E-ZPass in my vehicle? Simply remove the clear plastic backing to expose the adhesive surface of the mounting strips. Stick the transponder upright to the inside of the windshield at least half inch below the roofline and half inch away from the rear view mirror post, as close to the window centerline as possible.

What if I have questions about E-ZPass? The start-up guide, registration guide, and terms and conditions brochure you'll get with your new E-ZPass will answer a lot of questions. You should read everything thoroughly. Your customer service representative also can answer your questions. And you can find Frequently Asked Questions, resource material and phone numbers to call on the E-ZPass website, www.ezpassva.com, and on the Express Lanes website, www.495ExpressLanes.com.

Technology NEWS



The iWatch is coming

Ever since crime fighter Dick Tracy put on his two-way wristwatch radio in 1946, corporations have spent millions of dollars developing experimental wrist-mounted computers.

Several companies, such as Casio, Seiko, and Microsoft, have come close, and Sony sells a \$129 SmartWatch that can be used for email, tweeting, or playing music.

In the words of *Bloomberg Businessweek*, "Into this graveyard of tech empires steps Apple." Its team of about 100 is in late stages of development, and the company hopes to introduce its new smartwatch this fall.

It will likely be an iPhone accessory, allowing users to make and receive calls or check map coordinates while leaving the phone in their pockets. Features include a pedometer and possibly a heart monitor. The U.S. patent office says Apple has filed about 79 patent applications since 2001 that include the word wrist.

If Apple can get the public to accept the iWatch as a substitute for a conventional timepiece, experts at Oracle Investment Research say they could sell 50 million of them in the first six months.

Old technology can drive away job seekers

According to CareerBuilder, 40 percent of applicants for jobs in categories such as warehouse, hotel housekeeping and telemarketing

use mobile devices to apply. For higher-level jobs, talented people who value their time won't tolerate inefficient application processes. They just quit the site and move on to another.

Nearly one third of Google job searchers last fall were on mobile devices, that's more than double the previous number. Job seekers today are using every means, including mobile phones, going to lunch and making contacts.

Sony's new PlayStation makes waves

Sony's new PlayStation 4 is in late development, and Sony predicts it will be on store shelves by Christmas 2013.

The details are secret, even the price, but Sony has released a few precious details.

One well known element will be the integrated social component that includes shared video of game play.

Some gaming writers think PS4 will use the DualShock 4 controller. DualShock is designed to work with a stereo camera similar to that used by Microsoft's Kinect.

Sony also says the new system uses highly advanced graphics processing that is similar to high-end PCs.

The new Playstation debuts at a time when sales of video game hardware and software declined by 22 percent in 2012.

Most of the consoles available now are aging.

Microsoft's Xbox 360 is approaching eight years on store shelves. The PS3 and Wii have been around for more than six years.

Jesse Dovinch, analyst at Electronics Entertainment Design and Research says, "Both developers and consumers are screaming for new technology." Last November Nintendo started what will probably be a parade of new consoles with its Wii U device that uses a tablet-style GamePad controller.

Meanwhile there is a lot of competition out there. Smartphone and tablet gaming are popular and often free. But they don't match the thrill of playing in front of a high definition big screen television in the living room.

Techy things

Even if it's raining, you can still text outside using the Brolly Rain Umbrella. It has a grip featuring four fingerholes and an ergonomic handle. It provides shelter while allowing you to grip your phone. Open it up, slide your fingers into the holes, and you can still text on your phone. \$20 at brollytime.com.

Headset in a hat: A Bluetooth-enabled headset called Cynaps doesn't require earphones. The headset is installed into an accompanying cotton hat (or use your own baseball cap) so you can listen to tunes or conversations via your phone without earplugs.

The headset is connected wirelessly to a Bluetooth-enabled phone, PC or audio player. Once paired with a device, press on the hat's bill to pay a song, answer a call, adjust volume or switch songs. \$50 at maxvirtual.com.

Samsung taunts Apple with new smartphone

It's Samsung against Goliath in the smartphone market.

South Korean electronics corp Samsung is actually trying to square off against the mother of all smartphones, the Apple iPhone.

Samsung recently introduced its latest smartphone, the Galaxy S4, boasting some nice new features designed to compete with the iPhone.

Let's face it: It's really not much of a competition right now.

The South Korean electronics company sold 100 million Galaxy S phones since it launched in 2010.

By comparison, Apple sold more than 125 million iPhones in its last fiscal year alone.

Nonetheless, the Galaxy S4 bravely boasts a five-inch full HD screen. It's slimmer, lighter and more solid than its previous offering, the Galaxy SIII, which has a 4.8 inch screen. The iPhone screen is four inches.

The new phone will go on sale shortly at all four major U.S. carriers: Verizon Wireless, AT&T, Sprint Nextel, and T-Mobile, as well as smaller carriers US Cellular and Cricket. It will run on carriers' 4G LTE networks as well as 3G, say analysts at *USA Today*.

The Galaxy S4 includes Dual Camera, allowing users to capture photos and videos with both the 13-megapixel rear camera and the 2-megapixel front camera at the same time.

It also has S Translator for speech-to-text and text-to-speech, and Group Play for sharing photos, music and games without a Wi-Fi connection.

More applicants are applying for jobs via smartphone or a tablet computer. But some companies are missing out on great workers because their websites aren't designed well for mobile applicants, and some aren't designed well for anyone.

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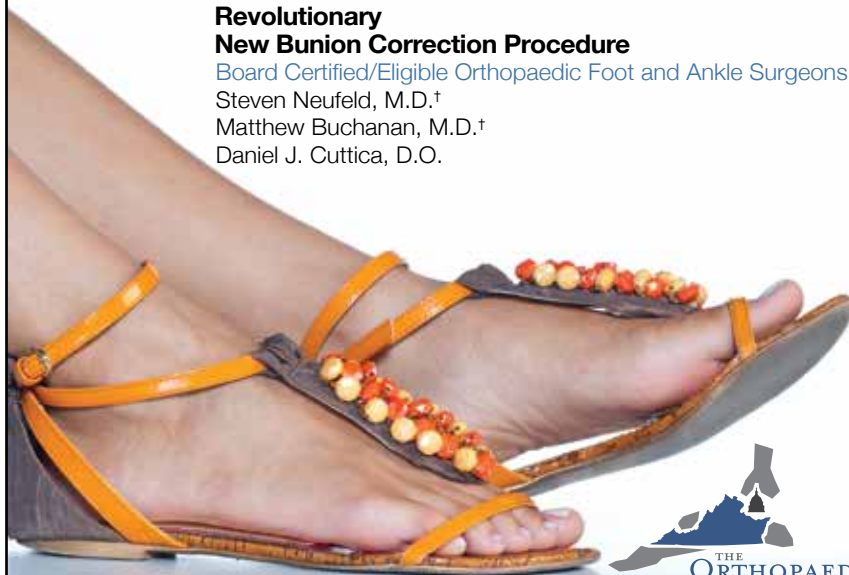
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A SIMPLER LIFE:

19 Discoveries

by Leigh Macdonald

I often hear people speak of a time when things were easier. When life was easier. Sometimes in the rush of places to be or tasks to complete I even catch myself wondering when things got so complicated. Wasn't it easier back when?

The truth is that life is still relatively simple, especially when we remember its fragility. So this summer, I hope you'll make time to laugh and celebrate with family and friends. I hope you'll savor life's delicate nature and even relish in simplicity now and again.

To that end, I share the following 19 discoveries:

1. Life is too short to skip pancakes. They're actually very good, especially with real maple syrup. Eat up.
2. Funny people are very special people. Listen when they speak, and then enjoy the sound of your own laughter.
3. I never thought I'd say this, but Macs might really be better than PCs.
4. Remember to be the caretaker of your heart. And know this: it's okay to sever ties — no matter how hard or how close — when it's really the best thing to do.
5. Warm weather is glorious, but seasons are very nice, too.
6. Pen and paper are still the best tools for raw, honest thoughts. Buy a journal and use it.
7. Speaking of raw, honest thoughts, the shower alone and naked is a great place for them. There are no distractions and no one to please or impress.
8. When kindred hearts are open, they see right through distance and circumstances to find one another. Let your heart survey the crowd.
9. Short hair is fun and trendy, but I look better with long hair. And hair grows back. Eventually.
10. Convincing someone is always better than scaring someone.
11. The "40-something weight gain" is no joke.
12. The people who really love you are priceless. Love them back.
13. Parenting and marriage aren't easy, but they're worth the required effort. And then some.
14. Don't try to read other people's minds, and don't make other people read your mind. Just communicate.
15. Bullies make me sad, but when it comes to something so serious, taking action is better than sad. Be vigilant.
16. Four-legged family members are among life's greatest riches. They love unfailingly and are really good at judging people. If someone makes your pet uneasy, there may be a very good reason.
17. Share yourself by sharing your smile, your abilities, and your time. Only a few people merit sharing your soul.
18. Curiosity is your friend. Learn something every day.
19. A kind smile is always your best accessory, but nice shoes and great bags are good, too.

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

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DEAR COACH AMY,

I'm a marriage-minded single woman in my late 30's that is having a hard time with dating! I am very frustrated. I don't seem to know the answers to all the do's and don'ts. Do you tell men upfront that you want to get married? Do you ever call them? It seems like men play so many games. And, once they get your attention, they tend to run away. What is your advice?

- Frustrated in Fairlington

DEAR FRUSTRATED,

No one has all the answers and I don't recommend you be someone that you are not. I do suggest that you be your authentic self. The right person will respond positively to you and the wrong ones will self select themselves out of your life. Not everyone is going to be your cup of tea and vice versa.

Dating is a process where you need to be willing to spend the time to explore and get to know someone to see if you are a good fit. There are three basic things you need to line up with a life partner:

1. Your relationship values need to be aligned.
2. Your life goals need to be the same and you need to want the same things out of life.
3. Your "must haves" need to be present in the relationship where you don't see any of your deal breakers.

It takes time to really get to know someone and you have to be a detective where you are looking for the clues to all the above. Life goals are the easiest to discover because you can just ask, "What goals have you set for yourself in the next two to five years?" And then, you can share after your date answers the above question, "I see myself married (again) (with a family)." You fill in the blanks here. If your goals are not similar, then it's for the best that you not continue the relationship (or "run away" to use your words).

If your date says, "I don't know," then he is either living day-to-day, which is not good for a Motivated to Marry® woman, or he is not willing to share this with you, which is also a red flag. I would look for someone who is clear about their goals and open enough to share them with you.

I recommend you have this conversation within a month of meeting someone and when you start seeing some chemistry and that the relationship has potential. I waited three months with one fellow before I had the conversation about my goal to get married and have a child. We were really getting along well. Then I found out he did not want more children, after raising four kids — which I didn't know since he told me he had two kids originally (his ex came with two young children). Given my goal to have my own child, I had to make that difficult decision to leave that relationship.

When I met my husband Alan, I was 41 and really Motivated to Marry® and have a family. I fine-tuned my approach to having that conversation within a month of meeting someone. My philosophy was if the guy runs, let him! When I mentioned my goal of wanting to get married and have a family, Alan said,

ASK COACH

Amy

Getting To Know Someone

by Amy Schoen

"Me too!" Then I knew this relationship had potential and continued to date him.

In a healthy, relationship that is a partnership, playing games are not an issue. You can call up a guy. I had a client who enjoyed a date and did call the guy up again to say, "I enjoyed our date, thank you. I would like to see you again." This man was not in the best place in his life and didn't follow up with her first. They did go out again, and now they are married!

There are some do's and don'ts that I do share with my clients in my coaching programs, however, bottom line is that special someone has to accept you for you and appreciate who you are — the good and the bad! It's best to find a man who is open to getting to know the real you and who shares your relationship values and life goals. Stay true to yourself, stay the course, and you will eventually find true love!

**Intentionally
yours,
Coach Amy**



author: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time-How to Find and Keep Your Ideal Romantic Relationship*. She helps personal growth-oriented individuals to have fulfilling relationships and greater life balance. www.heartmindconnection.com.



Ask Jonna Wooten!

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

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

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

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SENIOR DIVORCE SERIOUSLY DENTS RETIREMENT PLANS

The number of divorces among people age 50 and older doubled from 1990 to 2010, creating problems for everyone involved.

The pool of money that was going to fund retirement for a couple will be split in half. And retirement will cost more for two people living in separate homes. Joe Duran, financial planner and author of *The Money Code*, says it will cost at least 50 percent more to retire for Boomers who divorce. They will have to delay retirement or reduce their lifestyles.

Some recommendations:

- Hire a financial planner when you hire a divorce lawyer. They can work together to ease you into retirement.

- If you divorce at age 50, you could work another 20 years or more to rebuild savings and investments.
- Don't try to support your adult kids. It's usually not possible. Tell them up front that you can't pay for a big wedding or a down payment on a house.

Susan Brown, a professor of Sociology at Bowling Green University and author of *The Gray Divorce Revolution*, says that today, we have higher expectations for what constitutes a successful marriage than previous generations did, so gray divorce is probably here to stay.

WHEN BUYING AUTO, HOME, LIFE, OR HEALTH INSURANCE, AN INSURANCE COMPANY CALCULATES YOUR PREMIUM BASED IN PART OF SOME OF THESE FIVE FACTORS:

- 1. Your credit score.** Actuaries have found that people with low credit scores tend to have more car accidents, so they charge them more for car insurance. Some states, like California, don't permit the practice.
- 2. Your home's claim history.** Companies check homeowner claims for the previous seven years when determining a premium for homeowner's insurance. If your home flooded before, for example, insurance companies presume it will happen again. The premium will be higher.
- 3. Your car's horsepower.** If you bought a six-cylinder car rather than a four-cylinder model, you'll pay more for car insurance. Get a rough estimate of insurance costs for more than a thousand vehicles at kiplinger.com/guides/cars.
- 4. Your driving record.** Moving violations can affect the rates you will pay for life and health insurance in addition

to car insurance. More than two moving violations in the past three years is a typical cutoff for the best rates. At AccuQuote.com, they say some insurers permit three moving violations but others allow only one.

Your driving record can even affect health insurance. Some health insurers will reject you if you've had a DUI within the past three or five years, according to Kiplinger's Personal Finance.

- 5. Your co-workers.** If you get company health insurance, the cost is based on the average risk for the group of employees (this will change next year because of the health care law). If your colleagues are older and prone to illness, you'll pay more. In this case, if you are a young person with few health problems, you might be better off getting health insurance on your own. Get price quotes at HealthInsurance.com and a list of policies in your area at HealthCare.gov.



HOW TO CALCULATE WHETHER LEASING A CAR IS BETTER THAN BUYING

In typical year, leases have made up only 15 to 20 percent of the new car transactions. This year, experts at LeaseCompare.com, an independent leasing company, predict that 30 percent of new-car deals will be leases.

The increase is partly because carmakers are offering more incentives to lease so they can bring cars back faster and boost their market share.

When determining whether a lease deal is right for you, they say if you're a person who generally trades off a car before your car loan is paid off, leasing could be a good choice. If you always have a car payment, some leases will cost less per month.

Mileage is another factor to consider. If you have a long commute or travel regularly, you are likely to go over the mileage limit. If you think that the mileage will be an issue for you, try negotiating for extra miles or consider buying instead.

The typical auto lease allows you to drive 12,000 miles a year. When you turn in the car, the lease company will charge about 20 cents a mile (or more) for an overage. If you drove 3,000 miles over the allowance, you'll pay \$600.

If lease terms are OK with you, here are a few things to remember.

- Haggle over the price of the car just as you would when buying it. To determine what other dealers are charging, visit kiplinger.com/links/carguide.
- Determine the car's residual value, what it will be worth when the lease is up. The higher the residual, the lower the payment will be, but you would have a higher purchase price at the end of the lease.
- Compare the interest rate with that charged by your bank or credit union. You'll qualify for the best rates if you have good credit.
- If you want out of the lease, websites such as Swapalease.com and LeaseTrader.com will help you find someone looking for a short-term lease.



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ALLERGY TREATMENTS



Dear Doctor Christmus:

I've had dogs and cats that have had allergies over the years. Are there any new treatments besides antihistamines and steroids?

– Betsy C.

Great question, Betsy. Our area is known for having high pollen counts and mold levels, and as a result, we have a high number of people and pets with allergies to those environmental particulates. Because of your history with allergic pets, you probably know allergies in dogs and cats most often manifest themselves as skin problems, rather than the respiratory symptoms that people exhibit, such as watery eyes, runny nose, sneezing, and nasal and sinus congestion. The culprits responsible for allergic reactions are mast cells, and allergic reactions differ depending upon where those mast cells reside. In humans, those cells are concentrated in our respiratory tract and in the tissue around our eyes, the conjunctiva. In dogs and cats, the preponderance of mast cells resides in their skin, especially on their feet and legs, in their armpits, and in their ears. Mast cells contain granules of histamine and numerous other chemicals that control inflammation. When the immune system reacts adversely to an allergen, mast cells release their chemical mediators, i.e. degranulate, which create inflammation—itch, redness and swelling. While the mast cells are doing what they're supposed to do—help the immune system find what they perceive as an invader—they are abnormally sensitized to pollens, molds, house-dust mites, flea saliva, and such and stimulate the immune system against them, too. The result is an abnormal response to environmental allergens called atopy (pronounced at'-tippy).

One component of atopy is the abnormal response of the immune system. In allergic pets and people, the immune system generates more Immunoglobulin E (IgE) than Immunoglobulin G (IgG), and the IgE connects to the mast cells to cause them to degranulate and release their immune-system mediators. IgG does not cause the mast cells to react the same way.

The “gold standard” for treating atopy in dogs and cats is allergy testing and hyposensitization, which requires an injection of a tiny amount of the things the individual is allergic to under the skin in increasing doses over time. The goal of hyposensitization is to get the pet's immune system to generate IgG rather than IgE, so it does not stimulate the allergic cascade. Some doctors call this procedure an allergy vaccine. It's effective in more than 70% to 80% of dogs and cats.

Allergy testing and hyposensitization are not new; however, an oral allergy vaccine has recently come to the market that alleviates one of the major concerns some clients have with hyposensitization, the injection itself. Because the pet is getting several doses a week to start, pet owners are giving those injections at home. Although the needles are small, many people are uncomfortable with giving injections to their pets. Owners can squirt the oral product under the animal's tongue, and it is absorbed across the mucous membranes of the mouth. While some pets might not tolerate that method as well as the injection, the oral dosing is often more comfortable for pet owners, which means some pets are more likely to be properly treated.

New information has come to light about the allergic pet's skin, also. In the past, we assumed that the allergens were getting into pets' systems through the animals' respiratory tract while they are sniffing the ground, smelling plants, getting behind furniture, spending time in the basement, and generally breathing allergen-laden air. In that situation, the allergens are “seen” by the immune system in the respiratory tract and the IgE generates an allergy cascade, causing mast-cell degranulation throughout the body. What's been found recently is that many atopic (pronounced ay-tope'-ik) pets have an abnormal skin



barrier as well as the atypical immune response. Rather than the skin being a barrier against the environment, it's like a brick wall with pieces of mortar missing, so pollens and molds can enter the skin to get into the deeper tissue. Once there, they stimulate the immune response and the allergy cascade begins even more locally.

Several treatments are helpful for targeting the skin barrier. One, which I've mentioned several times on my veterinary practice's Facebook page (facebook.com/OaktonViennaVet), is simply rinsing or bathing the allergic pet more often. A few years back, a study showed that rinsing allergic pets with water reduced their clinical signs significantly. When we rinse or bathe our pets more often, we remove the surface allergens that can get through their unhealthy skin barrier. The study used weekly rinses, and we recommend the same frequency or even more often, especially if bathing isn't stressful for the pet. Simply rinsing an allergic dog's feet after walks can reduce the foot licking often seen in allergic pups.

A class of medications has come to the market recently that helps fill in the missing mortar between the skin cells. These products show up in shampoos, sprays, and gels available as spot-on treatments that are applied to affected areas and on the top of the back like topical flea and tick treatments. The medication slides along the skin surface, to supply the epidermis with the missing ceramides and fatty acids needed to improve the skin barrier. Several products are available, and from what we hear from dermatologists, no single product stands heads above the others at this time, but the medications have been available for only a short time. These treatments are safe and can be very effective. In addition, they have no side effects.

Very recently, researchers have isolated the chemical mediators that cause itching. Although that information is not very helpful yet, identification of these chemicals will allow researchers to produce medications that can block their function or reduce their production, thus reducing the itch associated with allergies and other skin conditions. In the meantime, we veterinarians are using cyclosporine as an alternative to long-term steroids in some dogs and cats. Among other effects, cyclosporine reduces the production of Interleukin-2, one of the mediators found to cause itching. Cyclosporine can be very helpful for pets that don't respond to hyposensitization as well as for pets that for whatever reason are being treated only to reduce symptoms. The other treatment used for this purpose is steroids, but steroids can have adverse side effects, especially when used long-term, which is necessary for atopic dogs and cats. Cyclosporine isn't without side effects, but they tend to occur less often and be less severe than long-term steroid effects.

Allergic dermatitis and atopy are conditions that veterinarians and pet owners handle frequently. Researchers are developing new information and new treatments to help us keep our pets more comfortable during allergy seasons. In the future, I'm sure even more helpful products will be available to veterinarians to improve the quality of life for pets and their caregivers.



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.

Summer SPRUCE-UPS

Does your furry friend need a summer haircut, trim, or maybe a spruce-up? Make sure your pal is ready for the summer heat and fun. Here is a list of some great local grooming shops that will do anything from a simple shampoo to a custom style and cut. They may even add a bow or bandana!

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Looking for a place that uses all natural, biodegradable shampoos? Happy Tail Grooming Salon they provide full service options and they also check for any common medical problems as part of their services. They will also tailor to the breed since different breeds have different needs. Services include shampoo and conditioning, nail trimming, ear cleaning, and more. Please call for an appointment cat grooming also available.

Custom Canines

1352 Old Chain Bridge Rd, McLean, VA 22101

(703) 506-3647

www.customcaninesltd.com

Custom Canines opened in June of 2004 and has a delightful staff of professionals whose experience spans a combined 25+ years. The owner, Lisa, worked at her first grooming shop in McLean for 23 years and then decided to branch out and open up her own business. Custom Canines offers services including bathing and fluff drying, brushing and de-matting, nail clipping and filing, and more. Please call for an appointment.



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7:30am -8pm

SATURDAY



9am - 2pm

SUNDAY

10am - 2pm



703.938.2800

www.ovvhpets.com

320 Maple Ave East

Vienna, VA 22180

TALK to TYSONS

We love hearing from our readers about what's happening in the Tysons area. Send us your tid-bits of information to comments@vivatyson.com. Let us decide if it's too trivial, it rarely is.



It's closed indefinitely — it breaks our heart. **Serbian Crown** in Great Falls tells us they are closed “indefinitely.” We have nothing but fond memories of Serbian Crown and the wonderful people who served us so well for so many years. A Great Falls landmark. *Au revoir.*



It's open, **Finnegan's Pride** in Tysons is here! The third Finnegan's is open in Tysons bringing us a new “Authentic Irish Bar” with genuine Irish fare and Gaelic entertainment on Fridays and Saturdays. The Dublin-designed, 30-foot wide bar will be featuring an array of the best beers, cocktails, and spirits, and a section of steaks, sandwiches, salads, and late night dining. Validated, free parking (in Tysons!)



José Andrés will be opening a new restaurant called **America Eats Tavern** in The Ritz-Carlton, Tysons Corner this fall. America Eats Tavern will serve breakfast, lunch and dinner, and will offer twists on American classics with special emphasis on local Virginia farms, wineries and resources.

TASTE of TYSONS

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

AAUW Annual Book Collections Saturday July 20th and August 10th at the Maple Avenue East, Vienna Sun Trust Bank. The Sale Supports Scholarships and Professional Development for Women.

The McLean Area American Association of University Women's (AAUW) Annual Book Collections in preparation for its 44th annual Book Sale are Saturday, July 20th and August 10th at the Sun Trust Bank, 515 Maple Avenue, Vienna, VA from 10 am to 4 pm The Book Sale will be September 20, 21, 22 at the McLean Community Center on Ingleside Avenue in McLean. Proceeds go toward scholarships and professional development for women. At last year's September Sale there were an estimated 46 thousand books on display sorted into 32 categories and AAUW members gave more than 1700 volunteer hours to generate over 36 thousand dollars in revenue. AAUW hopes that this year's 44th Annual Sale will do even better with the support of the metropolitan community.

Questions: www.mcleanaauw.org or (703) 527-4206.

Opening in Falls Church —

Dominion Wine and Beer.

Afshen Tafakor will be opening Dominion Wine and Beer at 107 Rowell Court in Falls Church (703) 533-3030. Afshen will be featuring a full line-up of wines, beers, cheeses, and accessories. A tasting bar will be featured allowing customers to sample wines from around the world.



Have you seen the collection of hardwood and wrought iron entry doors at the **Clark Hall Doors in Vienna**? Great selection of mahogany, cedar, premium knotty pine and wrought iron doors hand forged. Visit them at 510-A Mill Street NE in Vienna. www.clarkhalldoors.com

Remember to save the date!

**The Taste of Tysons
September 21st, 2013!**

Elevation Burger opened in Vienna at Danor Plaza. Known for it's 100% USDA certified organic, grass fed, free range, ground-on-premises beef, fresh-cut fries cooked in 100% olive oil, hand-scooped shakes and malts, and fresh baked cookies, Elevation Burger brings its "elevated experience" to Vienna. 142 Branch Road SE, Vienna. (703) 865-7277



Cocoa Vienna Opened May 26th! With over 60 varieties of chocolate truffles and ganache, nut clusters, chocolate bark, freshly-dipped chocolate strawberries, and more, Cocoa Vienna is designed to be a chocolate lovers' dream. Co-owners are Sam Aboulhosen and Staci Meruvia Aboulhosen, who has been in the chocolate business for over 12 years, and has owned three different chocolate factories in the D.C. area, was looking for a change and decided to start a new venture.

Food Trucks at the Park? Watch for it. New programs being considered will allow mobile vendors to serve us at nine of our area's parks, including Nottoway. Details are still in the works stay tuned!

Kiln & Co is now in Black Eyed Susan's old location and is your one stop shop for all things fired. Offering paint-your-own pottery, classes and workshops, summer camps, gifts, decor, specialty home goods, and garden art, as well as baby and child products. They are locally "mom" owned. 132 Church St, NW, Vienna.

Urban Mattress has opened at 229 Maple Ave E in Vienna offering a line up of Tempur-Pedic and memory foam mattresses at great prices. Pop in a say hello to Nathaniel Hoelk and hear the story of Urban Mattress. We were impressed! (703) 261-4585 urbanmattress.com



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 3rd, 2013, 5:30-8:30pm. Stand-by for more details.

We think we know who's coming to the former site of **Magruder's in Vienna**, we can't say yet. Do you know? The first person who sends us a correct answer we can verify wins a gift certificate to a local restaurant. Tell us on our facebook page: facebook.com/vivatyson

The **Walmart** at Tysons West is scheduled to open in September, and is currently hiring for about 200 positions. Applications are being accepted from 8am to 6pm, Monday through Friday at a temporary hiring center located at 8603 Westwood Center Dr, Suite 200, Vienna.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie, author of Living in the Mystery

Funny Stuff

Hospital regulations require a wheelchair for patients being discharged. But while working as a student nurse, I found one elderly gentleman dressed and sitting on the bed who insisted he didn't need it to leave the hospital.

After a chat about rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know. She's upstairs in the bathroom changing out of her hospital gown."

Time to play on a sunny day

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.

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

Don't let the opinions of the average man sway you. Dream, and he thinks you're crazy. Succeed, and he thinks you're lucky. Acquire wealth, and he thinks you're greedy. Pay no attention. He simply doesn't understand.

*Robert G. Allen
Canadian-American
businessman and author*

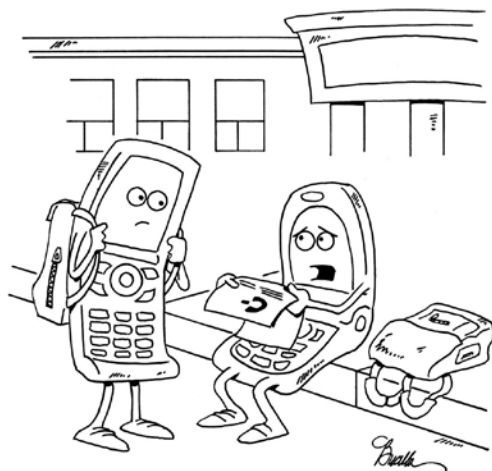
The only place where your dream becomes impossible is in your own thinking.

Robert H. Schuller Televangelist and author

What beautiful creatures taste with their feet?

Butterflies

The psychology instructor had just finished a lecture on mental health and had proceeded to give an oral quiz to the freshman class. Speaking specifically about manic depression, the instructor asked, "How would you diagnose a patient who walks back and forth screaming at the top of his lungs one minute, then sits in a chair weeping uncontrollably the next?" A young man in the rear of the room raised his hand and answered, "A basketball coach?"



"The worst part is listening to my parents' comparisons to my brother. He's a smart phone."

Trivia Teaser • I Got Nothing

1. What color are the spaces for 0 and 00 on a standard roulette wheel?
A. Red B. Yellow C. Black D. Green.
2. The prime meridian, at which longitude is defined to be 0 degrees, passes through how many continents?
A. 1 B. 2 C. 3 D. 4.
3. What car manufacturer produced the Japanese WWII aircraft nicknamed the Zero?
A. Volvo B. Datsun C. Mitsubishi D. Subaru.
4. Who sang the 1974 hit song "Nothing from Nothing"?
A. Paul Simon B. David Bowie C. Albert Hammond D. Billy Preston.
5. What existentialist demonstrated the existence of free will in the 1943 book "Being and Nothingness"?
A. Fyodor Dostoyevsky B. Albert Camus C. Jean-Paul Sartre D. Soren Kierkegaard.
6. The Empty Quarter is the largest sand desert in the world, covering some 250,000 square miles. It is located on which peninsula?
A. Baja B. Sinai C. Paracas D. Arabian.
7. Who owned a ghost dog named Zero in the animated film "The Nightmare Before Christmas"?
A. Jack Skellington B. Santa Claus C. Oogie Boogie D. Dr. Finkelstein.

Many islands to explore

SAINT LUCIA
AMVH
AUPAPWIRIOHAY
CJRUDA EANVGRS
ITMRBTUTKNQOC
AETUSASIOODBO
MKRAKEJTSALFL
AAENRITOBAGO
JWFRFILRLHLM
IOAAAOACARUCB
STONMBUHAOOUI
AYAOTAGRENADA
MLNHUHL EEWARD
OTFUVAKLOFRON
ABUCAMUALEKOT
EBIOLADUBRABW
PFMLUSGILBERT

ARUBA
BAHAMAS
BARBADOS
BARBUDA
COLUMBIA
CUBA
CURACAO
EASTER
FIJI
GILBERT
GRENADA
HATI
JAMAICA
KAUAI
LANAI
LEEWARD
MOLOKAI
MONTSEERRAT
NAURU
NORFOLK
OAHU
PAPUA
SAINT LUCIA
SAMOA
SOLOMON
TOBAGO
TOKELAU
TONGA
TUVALU
WAKE

Those who enjoy responsibility usually get it; those who merely like exercising authority usually lose it.

Malcolm S. Forbes, was publisher of Forbes Magazine

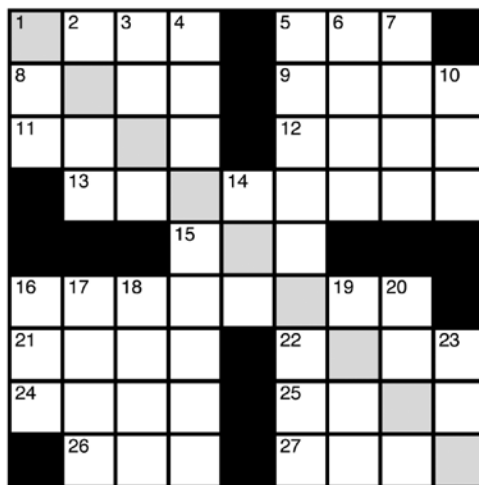
What animal can clean it's ears with it's tongue?

Giraffe

Name this famous World War I ship

Across

1. Cuts off
5. P.L., e.g.
8. Evict
9. Willa Cather's "One of _"
11. "Back in the _"
12. Like the Sabin vaccine
13. Cause of a disease
15. Kind of card
16. On the _ of, in politics
21. Wrinkly fruit
22. Patella's place
24. 100 centavos
25. Cut and paste
26. Long, long time
27. Santa __, Calif.



Down

1. Baseball's Brock
2. Yorkshire river
3. "Check this out!"
4. Number of parallel grooves in rocks
5. Skilled machinist
6. Continental currency
7. Mountain goat's perch
10. Furtive
14. Polo Grounds legend
16. Dixie or Davis _
17. S-shaped molding
18. Furthermore
19. _-European
20. Luau souvenirs
23. O'Hare info

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

Fun Facts: Summer

Mosquitoes, summer's pest, have been around for more than 30 million years.

Summer camps in the US date back to the start of the 20th century.

Frisbees were originally designed as pie plates in the 1870s.

August is the busiest month for travel and tourism.

In 1905, an 11-year-old boy named Frank Epperson invented the first Popsicle. He created it completely by accident.

Watermelon is summer's most popular vegetable.

The first bathing suit for women was created in the 1800s. It was long sleeved with woolen bloomers.

HOTELS, INNS & Suites



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this summer season?

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embassysuites.com

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book.bestwestern.com

Vienna Wolf Trap Hotel

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

Courtyard Tysons Corner Fairfax

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

Fairview Park Marriott

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

Courtyard Dunn Loring Fairfax

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

Inns of Virginia

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

The Westin Tysons Corner

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

Comfort Inn

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

Staybridge Suites

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

Residence Inn

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

Crowne Plaza Hotel Tysons Corner - Mclean

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

Hilton McLean Tysons Corner

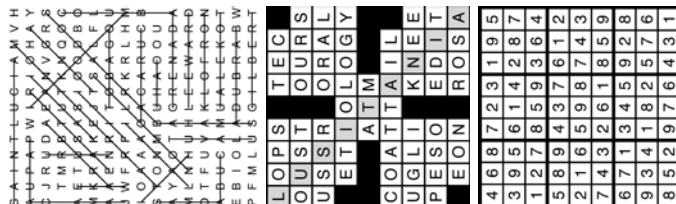
7920 Jones Branch Dr
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ritzcarlton.com

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as reviews, other
accommodations,
and prices.



Answers to
'I Got Nothing'

- 1-d. Green
- 2-c, 3 (Europe, Africa,
and Antarctica)
- 3-c, Mitsubishi
- 4-d. Billy Preston
- 5-c, Jean-Paul Sartre
- 6-d. Arabian
- 7-a. Jack

HOROSCOPES

July

ARIES: You're known to be practical, reliable and a good team player. Your self-confidence leads you on, making you a true fire sign. But take care not to wear yourself out.

TAURUS: Being the leader is the role you like best. But sometimes you have difficulty getting started, especially true about home projects. Get help and lead there too.

GEMINI: Don't be surprised if the wanderlust creeps back into your life this month. With the Fourth of July break and upcoming vacations, it's the perfect time for it.

CANCER: The stars predict that a budget, either at work or at home, will draw your attention this month. A team effort may be required, so have a diplomatic approach.

LEO: Upcoming developments will make you motivated and excited about the future. It could be a time when you'll have the opportunity to make good things happen.

VIRGO: Your creativity is stirring again and could lead you to a breakthrough in one or more areas of your life. You will develop a new perspective and benefit from it.

LIBRA: With all these summer barbecues and get-togethers, it's brings opportunities for a sociable person like you to add to the fun and to help others enjoy it.

SCORPIO: Watch your tendencies to be strong willed and opinionated. In matters of love and romance, they could be a turn off. Focus on empathy and love for now.

SAGITTARIUS: Because you are considerate of your colleagues and fellow workers, you are able to bring out their energy and courage in work matters. Don't change now.

CAPRICORN: It's a bummer to have a health problem when you want to enjoy the summer. Follow your doctor's advice and get better. There's plenty of sunshine left.

AQUARIUS: Rather than wearing yourself out traipsing around the country, consider taking a vacation at home. Do anything you want to do, rest and get happy.

PISCES: Your water sign is calling, be it for a cruise or time at a lake or river, you'll be revitalized upon your return. Take your partner and go.

August

ARIES: In conversations with your boss, good vibes seem to be there all the while. While it seems as though good luck is the cause, it's your good work that's appreciated.

TAURUS: When teaching a coworker to take on one of your duties, be careful not to be too intent. Give instructions, but inject a little lightheartedness once in a while.

GEMINI: Practice being more diplomatic when discussing a situation. Avoid blaming a person when something goes wrong. Focus on fixing the problem and instead.

CANCER: An upcoming surprise could be good or not-so-good. It depends on what you read into it. Take the high road and you can find some advantages in it for you.

LEO: At a gathering over the Labor Day Weekend, the role of peacemaker may fall to you, or at least it seems that way. Friendships could be at stake, so do what you can.

VIRGO: Don't let the hot Dog Days of summer get you down. Go to cool places to revitalize yourself. Then remember that you love your work and get back to it.

LIBRA: Keep an eye out for spontaneous bursts of creativity. Make a note of the bright idea you have when relaxing outdoors or in the quiet time while sitting by a lake.

SCORPIO: When you think about your future, make your health a prime consideration. If you take good care of your body now, it could last you a lifetime.

SAGITTARIUS: When it comes to financial matters, you may not be an expert. But if you stay anchored on your plans for the future, you'll discover you're an expert after all.

CAPRICORN: It's summertime, and love is in the air. Whether you have a partner or are looking for one, keeping love in mind, or the prospect of it, will take you far.

AQUARIUS: Don't leave your creativity at the workplace. Take it home and do some decorating. It could mean painting, hanging a picture or finding new pillows for the sofa.

PISCES: As it should be, your friends are important to you. Don't be too busy to get together with them. Think of a friend you haven't contacted in a while and call.

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