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September – October 2013 | [vivatysonsmag.com](http://vivatysonsmag.com) | \$3.95

MAGAZINE

## *Faire La Fête*

Battle of Lewinsville

Fashion on the Move

The Hight House





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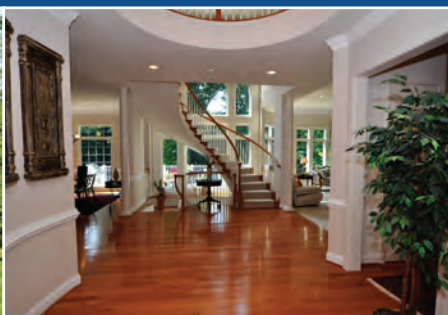
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SUN DESIGN 





On the cover: Tuna Tartare from Sea Pearl Restaurant

24



#### BATTLE OF LEWINSVILLE

Carole Herrick gives us an inside look at this historic battle.

50



#### FASHION ON THE MOVE

Get to know Shelley Sarmiento and her new truck of fashion finds.

98



#### THE HIGHT HOUSE

The first part of a special thriller by Richard Gazala. Stay tuned for more.

114



#### VACATION HOME MARKET

Buying a vacation home? Check out the latest information.

## DEPARTMENTS

(10) Selected Events

(18) Arts & Theatre

(24) Around Town

(38) Health & Fitness

(52) Taste of Tysons

(70) Tysons Health & Beauty

(90) In Style

(105) Home Improvement

(102) Tysons Seniors

(108) Real Estate

(118) Tysons Update

(126) Technology

(134) Money

(136) Pets

(140) Talk of Tysons

(142) Fun & Games

(144) Quick Corner

(145) Horoscopes



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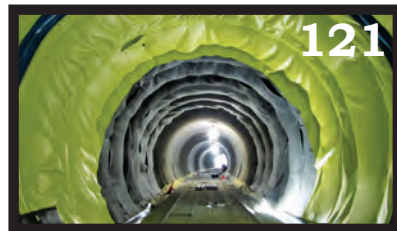
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AND MORE...



- (20)** Some of Your Beeswax
- (22)** The Music Scene
- (24)** Battle of Lewinsville
- (28)** Chase the Autumn Chill with Chilean Wine
- (34)** The Schooner Sultana
- (38)** Mindful Eating, Balanced Health
- (40)** Food + Movement = Both E & MC<sup>2</sup>
- (43)** Fall into Better Health
- (46)** Toolkit for Wellness
- (50)** Fashion on the Move
- (58)** Sweet Treats at Sweet Frog
- (60)** A Viva Shout-Out on Merrifield
- (62)** Bonaroti Old World Style
- (66)** The Fairfax Symphony Orchestra
- (68)** Global Camps Africa
- (76)** Top Tysons Professionals
- (96)** Urban Mattress comes to Vienna
- (100)** A Look Inside Green Hedges
- (102)** Church Street Merchants
- (105)** Outdoor Elegance
- (114)** Vacation Home Market Surfs Ahead
- (116)** June 2013 Housing Market Update
- (118)** Pop-up Markets
- (120)** Phase 2 to be Completed in July 2018
- (121)** Tunneling through Tysons
- (124)** New Construction for Tysons
- (129)** Math and Judgement
- (131)** Coach Amy: Something New?
- (136)** Pets: Behavior Guidelines for Dogs
- (138)** Pets: Treats!
- (144)** Tysons Frozen Yogurt Shops





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# VivaTysons

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2013  
SEPTEMBER-OCTOBER

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## A Letter From the Publisher



Walmart is open! Tysons Tower hovers above me as I turn into the mall. "Metro cars" are spotted on the tracks heading west on Route 7, and Merrifield is exploding with new dining and residential options. This is not "your father's Tysons Corner!" America's new city is taking shape, and it's exciting!

Our September issue has some exciting features we hope you'll enjoy. Here's a partial line up:

Our area's premier historian, Carole Herrick, gives us an inside look at the historic Battle of Lewinsville, keeping us connected with our past (least we forget). Thanks Carole.

Our friend, Richard Gazala, has written the first chapter of his new thriller "The Hight House." Written exclusively for *Viva* readers, expect more from him in upcoming issues. Thank you, Richard!

Looking for a place to celebrate with a group of couples, or a few hundred friends? Liz Barnett has a few suggestions.

I met Shelly Sarmiento of the Little White Fashion Truck in front of Rocco's Pizza in McLean, and thought you may enjoy her story. Keith also spent some time with Green Hedges School, musician Luke Bindley, and local artist Susanne K. Arnold. Susanne is a former McLean resident whose work will be on display at the McLean Project for the Arts from September 12th to November 2nd. Incredible artwork created using beeswax. Don't miss this exhibit, support the MPA if you can — what a gift to our area's artists.

Get ready for "Pop-Up Markets." Pop-Up Markets? Navid has the story.

A big "thanks" to Judy, Cindy, Laurie, Bonita, Leigh, Amy, Linda, Carly, Julie, Rick, Lauren, Jeannine, Allison and all our contributing writers — you are truly amazing. This is your magazine.

For the last two years, our publication has been produced by Carly Rebeiz, who has poured her heart into its direction, design, and production. Talented and brilliant, she is heading for bluer skies. Her keen sense of design and color, and her "effervescence" will be missed. We wish her all the best in the coming years.

Keep an eye out for some new "Mini-Zine" publications coming from our office. Follow us on facebook and enter to win some restaurant gift certificates to area restaurants, and watch out for the kids... school's back in session.

See you in November.









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# Selected EVENTS

## LOCATIONS

(referred to in the selected events)

### *Falls Church*

#### **Red, White, and Bleu**

127 S. Washington St

703.533.9463

[www.redwhiteandbleu.com](http://www.redwhiteandbleu.com)

#### **Falls Church City Hall**

300 Park Ave

703.248.5001

[www.fallschurchva.gov](http://www.fallschurchva.gov)

#### **The State Theatre**

220 N. Washington St

703.237.0300

[www.thestatetheatre.com](http://www.thestatetheatre.com)

#### **Falls Church City Hall**

300 Park Ave

703.248.5001

[www.fallschurchva.gov](http://www.fallschurchva.gov)

#### **Cherry Hill Park**

312 Park Ave

### *Vienna*

#### **Wolf Trap**

1635 Trap Road

703.255.1900

[www.wolftrap.org](http://www.wolftrap.org)

#### **Jammin' Java**

227 Maple Ave E

703.255.566

[www.jamminjava.com](http://www.jamminjava.com)

#### **Maplewood Grill**

132 Branch Rd SE

703.281.0070

[www.maplewoodgrill.com](http://www.maplewoodgrill.com)

#### **Vienna Presbyterian Church**

124 Park St, NE

703.938.9050

[www.viennapres.org](http://www.viennapres.org)

## *September*

### SEPTEMBER 6

#### **JOY KILLS SORROW**

##### **Jammin' Java**

Vienna | 7:30PM | \$15

Joy Kills Sorrow has always had a knack for writing and performing intimate songs. Now the Boston-based string band is emphasizing their epic side too, on *Wide Awake*, a new EP out June 4th on Signature Sounds. The seven-song collection serves as a milepost in the blossoming career of a group the Los Angeles Daily News praised as "virtuoso art folkies who understand the value of being just folks." *Wide Awake* features six riveting new original songs that showcase singer Emma Beaton's soulful, enveloping voice on lush acoustic arrangements fleshed out by Arcara on guitar, Wes Corbett on banjo, Jacob Joliff on mandolin and Zoe Guigueno on bass.

#### **IRRESPONSIBLE**

##### **Jammin' Java**

Vienna | 10:30PM | \$13

Irresponsible is an Alt-Rock band based out of Washington, DC, whose hard work has landed them headlining shows at such nationally-renowned venues as the 9:30 Club and Jammin' Java. The quality and consistency of Irresponsible's studio releases and live shows have established the band as favorites in the DC music community. With the release of one EP and two

LPs over four short years, Irresponsible has received consistent airplay on the Local Lix hours of DC's premier rock station, DC101.

### SEPTEMBER 6 & 7

#### **THE LORD OF THE RINGS THE FELLOWSHIP OF THE RING COMPLETE FILM IN HD! LIVE ORCHESTRA AND CHORUS THE CITY CHOIR OF WASHINGTON WORLD CHILDREN'S CHOIR**

##### **Wolf Trap Filene Center**

Vienna | 7:30PM | \$25-58

See the shire in a new light at this multimedia event featuring the epic film on huge screens in-house, and on the lawn, with Howard Shore's award-winning score performed live on stage. This multimedia spectacular features director Peter Jackson's epic Oscar-winning movie *Lord of the Rings: Fellowship of the Ring* in high-definition combined with a live performance of Howard Shore's award-winning score with orchestra, choruses, and soloists. Shore's Grammy and Oscar-winning score is a fully-developed musical epic that features intricately moving themes for each of Middle Earth's cultures.

### SEPTEMBER 7

#### **FALL FESTIVAL AND TASTE OF FALLS CHURCH**

##### **Cherry Hill Park**

Falls Church | 10AM-4PM

The annual Fall Festival and Taste of Falls Church is held each September in Cherry Hill Park (312 Park Avenue). Features include

live entertainment, pony rides, amusement rides, crafters, businesses and civic organizations, and cuisine from City kitchens. The children's activity tent offers face painting and craft projects. Admission is free to the public, but amusement rides require the purchase of one or more tickets. The Fall Festival is held rain or shine!

#### **SOCIAL BALLROOM WALTZ WITH "HALL-N-NOTES"**

##### **Colvin's Run Community Hall**

Great Falls | 9-11:30PM

Live music by Hall-N-Notes playing your favorite dance tunes from the 1930s to today. 8-9 pm - optional Waltz Lesson with Bill & TJ - \$5. 9-11:30 pm - Dance - \$15 includes sodas and light munchies. Dress is "ballroom casual," everyone is welcome!

#### **MCLEAN FALL COMMUNITY FLEA MARKET**

##### **McLean Community Center**

McLean | 9AM-1PM

You know the old adage: Your trash may just be your neighbor's treasure. You'll have chance to prove this theory at the McLean Fall Community Flea Market on September 8th. More than 60 sellers will have an opportunity to sell goods at the market.

### SEPTEMBER 8

#### **SETH GLIER**

##### **Jammin' Java**

Vienna | 7:30 | \$12

Seth Glier is a twenty-four-year-old GRAMMY® nominated singer/songwriter and multi-instrumentalist



whose third album for MPress, *Things I Should Let You Know*, offers one young man's perspective, through expertly crafted stories that aim straight for the gut and amplify the common cry of every heart. Grounded by exceptional musicianship and an equally singular gift for lyrical detail, the Massachusetts native's newest songs cast light on the challenges of adult life, through the lens of the everyday American.

## SEPTEMBER 9

### A SPECIAL INTIMATE EVENING W/ CASEY CRESCENZO OF THE DEAR HUNTER

**Jammin' Java**

Vienna | 8PM | \$15

Ten EPs, three albums, five home bases, and about a hundred band members later, The Dear Hunter has allowed Casey Crescenzo to realize his musical vision. From the beginning, it was a high-concept project: Casey mapped out multi-page treatments for a six-album story arc set at the dawn of the 20th century about the birth, life, and abrupt death of a boy, known only in the story as "The Dear Hunter." Casey ranges from intimate murmur to smoky falsetto to urgent wail, coloring the songs from out in front.

## SEPTEMBER 10

### KIDS CLUB PRESENTS MR. KNICK KNACK!

**Tyson's Corner Center**  
McLean | 11AM

Join Mr. Knick Knack every second Tuesday of the month

for family fun presented by Tysons Corner Center's Kids Club!

### MARC ANTHONY **Wolf Trap Filene Center**

Vienna | 8PM | \$45 - \$125

A Latin superstar who tells you what you "Need to Know" with riveting, pop-inspired crossover songs like "You Sang to Me" and new single "Vivir Mi Vida." At this year's Billboard Latin Music Awards, Anthony premiered his new salsa hit "Vivir Mi Vida," which reached No. 1 on Billboard's Hot Latin Songs chart and will appear on an upcoming album.

### ADAM ZWIG

**Jammin' Java**

Vienna | 8PM | \$13

Adam Zwig is a modern day renaissance man: part wandering minstrel, part scientist, part healer. Acclaimed for his insightful folk-pop songs and dynamic performances throughout the U.S. and around the globe, the multi-talented performer's groundbreaking work as a psychotherapist goes hand in hand with, and is an extension of, his deep musical aesthetic. His unique brand of psychologically and spiritually infused songs has landed him five Top Ten hit singles on the U.S. Adult Contemporary charts.

## SEPTEMBER 11

### ZZ TOP

**Wolf Trap Filene Center**  
Vienna | 8PM | \$30 - \$45

Texas's sharp dressed—and bearded—men are bona fide rock renegades with

irreverent blues and boogie anthems like "La Grange," "Gimmie All Your Lovin'," and "Legs." Geniuses of rock, blues, and double entendres, this band from Texas has been delivering their red-hot sound since 1969 and were inducted into the Rock and Roll Hall of Fame in 2004.

### GLENN TILBROOK (OF SQUEEZE) + JOE MICHELINI (RIVER CITY EXTENSION)

**Jammin' Java**

Vienna | 8PM | \$22

Mention Glenn Tilbrook and most people may immediately think of Squeeze. Ever since their first EP in 1977, Squeeze has delighted audiences with their brand of honky-tonk new wave and pithy lyricism, while their stock in the music world has seen the likes of Jools Holland, Paul Carrack and Elvis Costello all contribute to their work. Joe Micheline Fans have enthusiastically embraced the band's joyous, uplifting live shows and the brooding, personally-charged songwriting of River City Extension's founder/frontman Michelini, as well as the group's expansive yet intimate sound.

### KIDS CLUB FIESTA!

**Tyson's Corner Center**

McLean | 11AM-2PM

Join us the second Wednesday of each month for the exciting Kids Club Fiesta!

## SEPTEMBER 12

### 9:30 CLUB AND BRINDLEY BROTHERS PRESENT THE LAST BISON (AT U STREET MUSIC HALL)

### **Jammin' Java**

Vienna | 6PM | \$15

The Last Bison is anything but typical. The seven-member ensemble led by Ben Hardesty has risen from the marshes of southeastern Virginia to captivate the national music scene with a rare blend of folk that is poetically steeped in classical influences. Already, the band has drawn comparisons folk rock superstars Mumford & Sons, The Decemberists, and Fleet Foxes.

## HEATHER MALONEY

**Jammin' Java**

Vienna | 8PM | \$12

Heather Maloney is the acclaimed songwriter's self-titled debut for Signature Sounds. The western Massachusetts based artist has received numerous accolades for her startlingly soulful voice and literate songwriting exploring themes of spirituality, transformation, and impermanence. *Heather Maloney* is the third album for a songwriter hailed by *The Huffington Post* for "terrific lyrics that cut to the chase", while *DigBoston* wrote that she "deserves the type of cult following that has allowed the likes of Aimee Mann and Ani DiFranco that long standing success and influence they have had."

## SEPTEMBER 13

### NORTH MISSISSIPPI ALLSTARS WITH LIGHTNING MALCOLM

**The State Theatre**

Falls Church | 9PM | \$63



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703.506.4300  
www.ritzcarlton.com

**Tysons Corner Center**

1961 Chain Bridge Rd  
703.847.7300  
www.shoptysonson.com

**Lewinsville Park**

1659 Chain Bridge Rd

**The Palladium at McLean**

1450 Emerson Avenue  
703.288.9505  
www.thepalladiumatmclean.com

**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

**Colvin Run Mill**

10017 Colvin Run Rd  
703.759.2771

The North Mississippi AllStars are offering fans a limited number of VIP tickets! VIP tickets include: Entrance to the show. Early entry into the venue. Exclusive meet and greet with the North Mississippi Allstars. Access to the band's preshow soundcheck. An autographed copy of the band's new album "World Boogie Is Coming." Specially designed, autographed, silk screened tour poster (limited edition). Official meet and greet laminate. VIP ticket holders should plan to be at the venue at 7:00PM

### AN EVENING WITH CHARLIE HUNTER & SCOTT AMENDOLA DUO

**Jammin' Java**  
Vienna | 7:30PM | \$16

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

**TANGO MILONGA**  
**Colvin's Run Community Hall**  
Great Falls | 9-1AM | \$12

**SEPTEMBER 14**

### BRUCE IN THE USA THE WORLD'S #1 TRIBUTE TO BRUCE SPRINGSTEEN

**The State Theatre**  
Falls Church | 9PM | \$21

Bruce in the USA is much more than just another tribute ... it's a shore thing! This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stone Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt Ryan's jaw-dropping portrayal of the Boss.

### STREET CORNER SYMPHONY - EARLY SHOW & LATE SHOW!

**Jammin' Java**  
Vienna | 7 & 9:30PM | \$18

Street Corner Symphony is a contemporary a cappella group based out of Nashville, Tennessee, founded on May 28, 2010 to compete in NBC's all-vocal competition, The Sing-Off. They became internationally known in 2010 when they were runners-up on the show's second season. These southern gents quickly won over Sing-Off judges Ben Folds (Ben Folds Five), Shawn Stockman (Boyz II Men), and Nicole Scherzinger (The Pussycat Dolls), and—most importantly—millions of NBC primetime viewers after demonstrating their unique, laid-back-yet-dynamic style of a cappella.

**COLVIN'S DANCE  
FOR EVERYONE**  
**Colvin's Run Community Hall**  
Great Falls | \$12

Beginner West Coast Lesson  
6:30 PM to 7:15 PM  
Intermediate Lesson 7:15 PM  
to 8:00 PM  
Dance 8:00 PM to 11:30 PM  
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.

**SEPTEMBER 16**

### BIG SANDY & HIS FLY-RITE BOYS

**Jammin' Java**  
Vienna | 7:30PM | \$15

Since forming in 1988, Big Sandy & His Fly-Rite Boys have emerged as one of the world's most respected practitioners of American roots music, western swing, rockabilly, and traditional country—playing it like they invented it. "I think of us as just a rock and roll band, a rock and roll band that's letting the roots show," says bandleader Big Sandy. Whether they're playing the Grand Ole Opry, Late Night With Conan O'Brien, or simply climbing out of a bus after rolling into your town, these guys are bringing us some great old-time rock and roll.

**SEPTEMBER 18**

### ERIK GRIFFIN (MONTEZ FROM WORKAHOLICS)

**Jammin' Java**  
Vienna | 8PM | \$15

Fans of the hit Comedy Central series "Workaholics" instantly recognize Erik Griffin as the show's iconic series regular Montez. Erik also tours the country headlining popular comedy clubs and colleges every weekend. His debut comedy album, *Technical Foul: Volume One*, will be released this March. His Comedy Central Presents Half-Hour Stand-Up Special will premiere this year.

**SEPTEMBER 20**

### DREAM DISCS: VAN MORRISON'S "MOONDANCE" AND BRUCE SPRINGSTEEN'S "THE WILD, THE INNOCENT & THE E STREET SHUFFLE" PERFORMED IN THEIR ENTIRETY

**Jammin' Java**  
Vienna | 8PM | \$25



Dream Discs' pays faithful tribute to two of the greatest and best-loved albums in rock and roll history, Bruce Springsteen's 1973 masterpiece, *The Wild, The Innocent & The E Street Shuffle* and Van Morrison's 1970 classic, *Moondance* album. Each of these albums will be performed in sequence and in their entirety. The songs will be performed by some of the finest vocalists in the DC/MD/VA area and two distinguished groups of DC's best musicians.

## SEPTEMBER 21

### 2013 WOLF TRAP BALL

**Wolf Trap Filene Center**

Vienna | 8PM  
\$500 - \$100,000

Please join us on Saturday, September 21 for the 2013 Wolf Trap Ball in partnership with the Embassy of France. Demonstrate your "joie de vivre" on the Filene Center stage and help us continue the enthusiastic support for Wolf Trap Foundation arts and education programs. Your support allows Wolf Trap to offer a wide variety of performance and education programs for people of all ages throughout the local and national communities, including the nationally acclaimed Wolf Trap Institute for Early Learning Through the Arts for preschoolers; Children's Theatre-in-the-Woods for elementary school students and families; Wolf Trap Opera Company, one of the premier opera training programs in the United States; and adult classes at the Center for Education at Wolf Trap.

### LAURA VEIRS CD RELEASE + KARL BLAU

**Jammin' Java**

Vienna | 8pm | \$15

Laura Veirs' seventh album, *July Flame*, was released in January 2010 on her

own record label, Raven Marching Band Records (in North America) and on Bella Union (in Europe and the rest of the world). Veirs tours frequently in Europe, North America and Australia both solo and with a backing band consisting of a rotating cast including Karl Blau, Steve Moore, Tucker Martine, Keeley Boyle, Nelson Kempf, Eric Anderson, Kate O'Brien-Clarke and Alex Guy. To listen to Karl Blau's albums and make descriptions of what is heard, is to walk through a farmers market and describe all the vegetables grown in that area.

### PICKLING DAY

**Claude Moore Colonial Farm**  
McLean | 1-4pm

The summer garden bounty is beginning to dwindle and the Farm family needs to save some of it for the long winter ahead. Come help the Farm Wife prepare vegetables and other tasty treats for pickling as they show you how to combine salt, water, vinegar and spices to preserve their summer crops. Weather permitting - call ahead.

### SOCIAL BALLROOM - TANTALIZING TANGO

**Colvin's Run Community Hall**  
Great Falls | 8PM

DJ music by Bill Powers and TJ Ra playing your favorite dance tunes from the 1930s to today. 8-9 pm - optional Tango Lesson with Bill and TJ - \$5. 9-11:30pm - Dance - \$15 includes sodas and light munchies, dress is "ballroom casual," everyone is welcome.

## SEPTEMBER 22

### THE SELECTER

**The State Theatre**

Falls Church | 8PM | \$25

Hailing from the ska revival of the early 80s, The Selecter is back to remind you why you loved ska in the first place! It's been three

years since pop/ska/2-tone legends The Selecter reunited to celebrate the 30th anniversary of their best selling album *Too Much Pressure*. The Selecter are both tied to and very proud of their past, but they continue to look forward in and unknown future.

### AN EVENING WITH AL PETTEWAY AND AMY WHITE

**Jammin' Java**

Vienna | 7PM | \$20

Award-winning, critically acclaimed, passionate and playful, Al and Amy offer an intoxicating blend of musical styles. Their repertoire includes original, traditional, contemporary Celtic- and Appalachian-influenced music with occasional nods to rock and jazz. Their performances feature acoustic guitar, mandolin, Celtic harp, piano, banjo, lap dulcimer, world percussion, and a touch of vocals.

## SEPTEMBER 24

### CABINET + HOLY GHOST TENT REVIVAL

**Jammin' Java**

Vienna | 8:30PM | \$15

You can hear in each song a bridled optimism, like they are just waiting to take you on an extended journey across the countryside. It is this tension, perfectly crafted with each player trading licks, that holds the listener in rapt attention. Cabinet formed in 2006, bringing together players from various musical and personal backgrounds. Some of the members are barely old enough to drink legally, but their thirst for older music is unquenchable.

### KIDS CLUB PRESENTS KID POWER HOUR!

**Tyson's Corner Center**

McLean | 11-12pm

Tyson's Corner Center wants to help your kids stay active!

## SEPTEMBER 25

### THE BAND OF HEATHENS

**Jammin' Java**

Vienna | 8:30PM | \$15

Their most recent studio album *Top Hat Crown & The Clapmaster's Son* spiked the already potent punch with a dash of jammy psychedelia. And their four-disc, two volume, live DVD release called the *Double Down - Live in Denver* (Vol. 1 and 2) features the band's live variations and extensions of original material mostly from their last two studio albums. The rich and righteous vocal harmonies and legendary live shows that set TBoH apart from the beginning have just gotten better.

## SEPTEMBER 26

### AN EVENING WITH THE FABULOUS DIALTONES

**Jammin' Java**

Vienna | 7:30PM | \$13

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

## SEPTEMBER 28

### WOLF TRAP FALL FEST: THE BARN PARTY

**The Barns**

Vienna | 3:30PM | \$66

To distinguish this event from other young professional fundraisers in the Washington, D.C. metropolitan area, Wolf Trap Fall Fest: The Barn Party will offer guests an opportunity to



experience a variety of cuisine prepared by local food truck vendors and craft beer in the intimate setting of The Barns at Wolf Trap. Throughout the afternoon and evening, guests will enjoy food samples from varying food trucks, live music, an open bar, and a silent auction. Guest list at the door, and complimentary parking.

## COLVIN'S DANCE FOR EVERYONE

**Colvin's 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.

## SEPTEMBER 29

### LIZ LONGLEY + CHRIS KASPER

**Jammin' Java**  
Vienna | 7:30PM | \$12

In the short time since her graduation from Boston's renowned Berklee College of Music, singer-songwriter Liz Longley has assembled an impressive resume. While best known for her stop-you-in-your-tracks voice, Liz has steadily developed a reputation as an accomplished songwriter, crafting intimately personal portraits through her music. In the past two years, Liz has taken home top prizes at some of the most prestigious songwriting competitions in the country, including the BMI John Lennon Songwriting Scholarship Competition, the International Acoustic Music Awards and the Rocky Mountain Folk Fest Songwriting Competition.

## October

### OCTOBER 3

#### START MAKING SENSE: TALKING HEADS TRIBUTE

**Jammin' Java**  
Vienna | 8PM | \$18

Start Making Sense are selling out rooms throughout Eastern PA and into NY and beyond. This band will be a huge hit, as the Talking Heads are never on tour and the band's amazing dedication to the music and fun loving attitude has proven to be a favorite at clubs and festivals. They blew the audience away at the Bella Terra Music festival where their late night boogie slot was the highlight of the whole event. If David Byrne is one of the geniuses of modern times, then Start Making Sense is a tribute to genius.

### OCTOBER 4

#### WHITE FORD BRONCO

**The State Theatre**  
Falls Church | 9PM | \$15

WFB had been very impressed with one friend-of-the-band, Ken's, ability to consume mass quantities of whiskey and offered him a spot on the roster. This was a really good move, because he'd put Wayne Campbell to shame on the ol' six-string sex machine. Then, having had great success with the Marylanders (Ken also being one), WFB decided to turn its attention even farther north to find a female vocalist. After searching high and low, they arrived in a small Canadian town called "Buffalo Newyork" where the boys heard a dulcet voice emanating from a local barroom. Using their irresistible charm and old stand-by, shots of whiskey, the proprietor of said voice, Gretchen, was recruited to join White Ford Bronco.

### OCTOBER 5

#### EMMET SWIMMING

**The State Theatre**  
Falls Church | 9PM | \$15

Formed in the early 1990's at George Mason University, Emmet Swimming is a four piece alternative rock band. The band has toured with bands including Dave Matthews Band and the Barenaked Ladies. The bands unique style has gotten them nominated for 14 Washington Area Music Awards and they have sold over 100,000 albums over the years. Singer Todd Watts explained in an interview that "We've tried really hard to make the live shows kind of an emotional roller coaster, and I think that's true with the albums as well."

#### TOBY LIGHTMAN

**Jammin' Java**  
Vienna | 7PM | \$15

From releasing her first two records, *Little Things* (2004) and *Bird on a Wire* (2006) on Atlantic Records, to releasing two independent records, *Let Go* (2008) and *Know Where I'm From* (2010), which featured a limited edition, sold out fan participation book, on her own T Killa Records, Toby Lightman has been very busy. Toby has performed on various National TV shows such as Late Show with David Letterman, Late Night with Conan O'Brien, NBC's Today Show, and CBS' Second Cup. She has toured with renowned artists such as Rob Thomas, Jewel, James Blunt, Gavin DeGraw, Train, Marc Cohn, Lilith Fair 2010, and on one memorable evening, Prince.

#### KIDS CLUB, POWERED BY NATIONAL GEOGRAPHIC KIDS

**Tysons Corner Center**  
McLean | 11AM-1PM

Join us for educational games and activities!

### SOCIAL BALLROOM

**Colvin's Run Community Hall**  
Great Falls | 9-11:30PM

Dance Lesson 8PM to 9PM.  
Admission fees: dance \$15 per person; optional dance lesson \$5 per person.

### OCTOBER 6

#### AN EVENING WITH THE GRASCALS

**Jammin' Java**  
Vienna | 7PM | \$20

Great musicians will always find a way to make good music, but for great musicians to make great music, they must form a bond – one that, more often than not, goes beyond the purely musical to the personal. For The Grascals, that bond has been forged at the intersection of personal friendships, shared professional resumes, and an appreciation for the innovative mingling of bluegrass and country music that has been a hallmark of the Nashville scene for more than forty years.

### OCTOBER 8

#### KIDS CLUB PRESENTS MR. KNICK KNACK!

**Tysons Corner Center**  
McLean | 11-11:45AM

Join us the second Wednesday of each month for the exciting Kids Club Fiesta!

### OCTOBER 9

#### KIDS CLUB FIESTA!

**Tysons Corner Center**  
McLean | 11-2PM

Join us the second Wednesday of each month for the exciting Kids Club Fiesta!

### OCTOBER 10

#### YACHT ROCK REVUE

**The State Theatre**  
Falls Church | 8:30PM | \$15

You're Welcome! The Yacht Rock Revue™ is the Greatest Show on Surf and



the finest tribute to '70s light rock to ever perform anywhere. Ever. Their spot-on renditions of Hall & Oates, Michael McDonald, Steely Dan, and the rest of the Time-Life Infomercial Catalog have enthralled fans across the United States. It goes without saying they have taken their act to the high seas, performing showcase sets on music cruises with Weezer, Kid Rock, Train, Zac Brown Band, Sister Hazel, and fitness guru Jillian Michaels.

## OCTOBER 11

### 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. Cheers!

### TANGO MILONGA

**Colvin's Run Community Hall**

Great Falls | 9-1AM | \$12

## OCTOBER 12

### FARM DAY

**Cherry Hill Park**

Falls Church | 10AM-3PM

Farm Day is held one Saturday every October in Cherry Hill Park (312 Park Avenue). This family event features blacksmith demonstrations, horse-drawn hayrides, pumpkin painting, scarecrow making, and a petting zoo. Children can learn basic farming

skills such as corn-shelling, beekeeping, and apple butter making. Tours of the historic Cherry Hill Farmhouse and Barn are also offered free of charge. This annual event is a delight for the whole family! Be sure to bring a camera.

### MARY FAHL (OCTOBER PROJECT)

**Jammin' Java**

Vienna | 7PM | \$20

Mary Fahl is back ... armed only with her guitar, that unforgettable voice, and a whole new array of original songs. Alone on a stage, her uncluttered performances reveal what is essential about Fahl as an artist—genuine emotion, honesty, captivating melodies, and songs built around big ideas rooted in what it is to be human.

### SHULI EGAR (FROM THE HOWARD STERN SHOW) + MADDOG MATTERN

**Jammin' Java**

Vienna | 9:30PM | \$15

The Killers of Comedy ended its run, but Shuli is embarking on another trek across America with the Miserable Men Comedy Show starring Shuli and Miserable Men co-hosts Mark Byrnes and Mike Morse. The radio program—currently one of only two live weekend shows on Stern's two stations—tackles male-related subjects in a no-holds barred approach and the tour promises to do just that and then some. If it were possible for the Beastie Boys and Don Rickles to have a child that child would be Maddog Mattern.

### COLVIN'S DANCE FOR EVERYONE

**Colvin's Run Community Hall**

Great Falls | \$12

Beginner West Coast Lesson  
6:30 PM to 7:15 PM  
Intermediate Lesson 7:15 PM  
to 8:00 PM  
Dance 8:00 PM to 11:30 PM  
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.

## OCTOBER 15

### TIM EASTON "NOT COOL" ALBUM RELEASE

**Jammin' Java**

Vienna | 8PM | \$12

Tim Easton's forthcoming album *Not Cool* is a tightly wound gearbox of tunes that showcase his influences, including Doc Watson, Elmore James, and Keith Richards. A compelling live performer, Easton recently re-located from Joshua Tree, California, to Nashville, where he recorded *Not Cool* in five hard-charging days with producers and long time collaborative team Robin Eaton and Brad Jones. "It was the easiest time I've ever had in the studio," says Easton.

## OCTOBER 16

### CARSIE BLANTON + MILTON

**Jammin' Java**

Vienna | 7:30PM | \$12

Carsie has mastered her craft the old-fashioned way, by playing over a hundred shows a year both as headliner and as support to such artists as Joan Osborne, John Oates, David Wilcox, Jimmy Webb, and Loudon Wainwright III. In addition, she's toured Europe, performed on NPR's famed Mountain Stage, and taken part in stage productions of Anaïs Mitchell's acclaimed *Hadestown: A Folk Opera*. Blessed with a distinctive voice—both as performer and songwriter—and an unfettered passion for making music, Carsie Blanton is truly something special, a marvelously original artist who is as forthright as she is ambitious.

## OCTOBER 17

### ANDREA GIBSON

**Jammin' Java**

Vienna | 8PM | \$13

Rousing audiences throughout the United States and Canada with her poignant message and genuine interest in generating change, Andrea Gibson poet/activist whose work deconstructs the foundations of the current political machine. A four-time Denver Grand Slam Champion, and winner of the 2008 Women of The World Poetry Slam (Detroit), Gibson has placed 3rd in the world for the last three years by the iWPS.

## OCTOBER 18

### NADJA SALERNO- SONNENBERG, VIOLIN ANNE-MARIE MCDERMOTT, PIANO. FOUNDER'S DAY CELEBRATION THE DISCOVERY SERIES

**The Barns**

Vienna | 8PM | \$40

Celebrate Founder's Day with two of chamber music's most impassioned, electrifying performers. Electrifying performances, fearless interpretations, and musical depth have established violinist Nadja Salerno-Sonnenberg as one of the leading violinists of our time. Salerno-Sonnenberg's exceptional artistry is paired with great musical intelligence which, along with her unique personality, has served her well in numerous environments. Pianist Anne-Marie McDermott is a consummate artist who balances a versatile career as a soloist and a collaborator.

## OCTOBER 19 & 20

### AUTUMN COLONIAL MARKET FAIR

**Claude Moore Colonial Farm**

McLean | 11AM-4:30PM

Warm yourself by the fire and enjoy the splendor of autumn

with crisp local apples, warm savory meat pies, and hearty breads. Let Market Fair entertainers, tradesmen, and the militia amuse and educate you. Have your fortune told, or take a fencing lesson. Allow Mistress Barrow and Mr. John to entice you with their wares at the Dry Goods and the Gentlemen's Goods stand. Learn to dip a candle, or turn a piece of wood on the carpenter's lathe. Stop by the Tavern for a cup of mulled wine. Period food, beverages, and wares are available for purchase. Weather permitting – call ahead.

## OCTOBER 20

### BRINDLEY BROTHERS PRESENT AARON CARTER (AT THE FILLMORE)

**Jammin' Java**

Vienna | 8PM | \$25

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

## OCTOBER 24

### FOSSIL COLLECTIVE

**Jammin' Java**

Vienna | 8PM | \$14

The first thing you realize when listening to Fossil Collective is that this is a band that does things differently. Beautiful melodic music, with rich glorious harmonies and meticulous attention to detail. It is as much an aural statement as it is a pleasure to listen to. Layer upon layer of harmony mixed with delicate uplifting sounds may well remind you

of other artists, be it Neil Young, Simon & Garfunkel, or Midlake but this music is no mere imitation.

## OCTOBER 25

### HALLOWEEN CARNIVAL

**Falls Church Community Center**  
Falls Church | 6-8:30PM

The Halloween Carnival is held each year at the Community Center (223 Little Falls Street). The carnival has been a popular event for children for more than 30 years. Infants through sixth graders are invited to enjoy carnival games, a moon bounce, face painting, crafts, a haunted house, movies, candy, and a live creepy creature show featuring the spookiest reptiles in nature. Entrance fee is \$2 per child ages two and up. Adults and children under two years old are free.

### THE GREENCARDS "SWEETHEART OF THE SUN" RELEASE SHOW

**Jammin' Java**

Vienna | 7:30PM | \$18

Their new album, *Sweetheart of the Sun* produced by Gary Paczosa (John Prine, Alison Krauss, Sarah Jarosz) is filled with songs that reference water, along with the often-related concepts of motion and travel. The Greencards co-founders Kym Warner and Carol Young focused on those aspects of their lives to craft a unified sonic document, one that catalogues their journeys while transporting listeners to a beautiful, welcoming world.

## OCTOBER 26

### ROBBIE SCHAEFER

**Jammin' Java**

Vienna | 7:30PM | \$18

Robbie recorded a couple of solo cds, *In The Flesh* (2003) and *Strange and Lovely World* (2008), and a kids and family cd called *Songs For Kids Like*

*Us* (2006). In 2007, he got a gig at Sirius XM Satellite Radio, hosting a daily show and being the Music Director for the kids channel, Kids Place Live. You know when you're a kid and you play air guitar on your tennis racket and announce yourself into a hairbrush? It was kinda like that, and he kept playing radio until 2012. He now spends his time being what he is—an Artist—writing and recording music, playing shows, and running OneVoice (onevoicecommunity.org), a non-profit he founded that connects children around the world through music and uses those connections to affect social change.

### COLVIN'S DANCE FOR EVERYONE

**Colvin's 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.

### ALL THE TEA IN CHINA

**Colvin Run Mill**

Great Falls | 1-3PM | \$25

Whether you prefer white, green, oolong or black, China has it all. Learn about and taste these varieties of teas grown and produced in China for over 5000 years. Tea infused treats and a take home tea sampler included. Call the Mill at 703-759-2771 for prepaid reservations.

## OCTOBER 27

### TYLAN (FROM GIRLYMAN)

**Jammin' Java**

Vienna | 7PM | \$15

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

### JEANNE ROBERTSON "LAUGHTER: LIFE'S SURVIVAL KIT"

**Vienna Presbyterian Church**  
Vienna | 3PM | \$20

The Shepherd's Center of Oakton-Vienna proudly presents nationally known humorist Jeanne Robertson for a benefit performance. Ms Robertson has entertained audiences from Las Vegas to the White House and can be heard daily on Sirius/XM radio as well as on YouTube. Visit [www.scov.org](http://www.scov.org) for additional information.

### SUNDAY SOIRÉE SERIES DANCES

**McLean Community Center**  
McLean | 3-5PM | \$5

As inexpensive and enjoyable dates go, they don't get better than this! Come hear the music of The Wayne Tympanick Trio as you try out your favorite dance moves and enjoy appetizers and other refreshments.

## OCTOBER 29

### "BITCH PRESENTS BEACH"

**Jammin' Java**

Vienna | 8PM | \$15

BEACH (Bitch and Animal, Bitch and the Exciting Conclusion, Shortbus) is a singer who plays electric violin, bass, ukulele and keytar. BEACH is the new project fronted by the artist also known as Bitch (nee Karen Mould.) She released



her first solo record *Make This/Break This* with legendary label Kill Rock Stars, and released *In Us We Trust* produced by Roger Paul Mason July 16th on her own Short Story Records. Her new album is indie-electro rock fronted by her electric violin.

**KIDS CLUB  
PRESENTS KID  
POWER HOUR!**  
*Tysons Corner Center*  
McLean | 11-2PM

Tysons Corner Center wants to help your kids stay active!

**OCTOBER 30**

**M.H. AND HIS  
ORCHESTRA**  
*Jammin' Java*  
Vienna | 8PM | \$13

One could easily throw a "musical chairs" allusion into the description of this group: from a one man project to a 44 piece orchestra then finally resting as an eleven person touring band—it's impossible to escape the notion that this has shaped what Sounds of RVA calls their "ever-shifting wall of sound." M.H. stands for Max Holiday, the 20 year old composer, lyricist, and singer behind M.H. and His Orchestra—with an age-defying untrustworthy crooner voice he leads the grand orchestrations though terrain less travelled in modern indie-pop.

*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.

**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'awlings-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.

**SATURDAY  
CONCERTS**  
*The Palladium at McLean*  
McLean | 5PM

These outside community events take place at the fountain area of The Palladium at McLean through September 21st. Parking is easy.

If you would like to submit an event for the months of November and/or December, please send an email to:  
**events@vivatyson.com**  
by October 1st.

# ARTS & THEATRE

## Calendar

From aspiring artists to local theatre companies.

## MCLEAN

### THE ALDEN THEATER

September 28 • 2pm

#### ***The Little Engine That Could Earns Her Whistle***

Recommended for ages 4+. Little Blue Engine dreams of someday leaving the train yard to pull the big cars on the main-line track. But can she convince Big Silver that she is worthy of being a main-line engine? This dynamic, song-filled adventure portrays the timeless tale about hard work, determination, and the meaning of true friendship. Based on the book "The Little Engine That Could"™ (Original Classic Edition) by Watty Piper.

October 19 • 8pm

#### ***Ustad Shafaat Khan***

In the world of Indian classical music, Ustad Shafaat Khan has distinguished himself around the world for his virtuosity in the sitar, surbahar and tabla. Khan's musical heritage can be traced back to the 16th century to the court of the Mughal Emperor Akbar. He is the son of the legendary sitar and surbahar Maestro Ustad Imrat Khan and nephew of the legendary Ustad Vilayat Khan. He has crossed into Western popular music, having played with Stevie Wonder at Bonnaroo. Discover the world of Indian classical music and learn why the *Washington Post* said of Maestro Khan, "Virtuoso... classical purity... astonishing individuality."

October 20 • 2pm

#### ***Johnny Appleseed***

Recommended for ages 5+. John Chapman, better known as Johnny Appleseed, was as kind as he was generous and was a folk hero when the "Wild West" was Ohio. Be inspired by Johnny Appleseed as he takes his lifelong trek by acquiring his first apple seeds, planting apple trees and living life in the nature he loved so much. His story is part legend, part fact, completely American.

October 26 • 8pm

#### ***The Wonder Bread Years***

A salute to the Baby Boomer Generation written by and starring "Seinfeld" writer Pat Hazell, this is a fast-paced, hilarious production that gracefully walks the line between standup and theater. Audiences across the country are enjoying a show that not only restores a much-needed sense of wonder, but leaves audiences laughing and savoring the past.

October 30 • 7:30pm

#### ***The Cabinet of Dr. Caligari***

This chilling German expressionist masterpiece will definitely get you in the mood for Halloween! The nefarious Dr. Caligari manipulates a sleepwalker to do his bidding and commit a series of shocking crimes. This rare edition of the film features the original, beautifully illustrated German titles. Don't worry, a special guest actor will be on hand to provide the English translation, and as always Ben Model will improvise a score on the piano while Bruce Lawton takes your questions and runs the 16mm projector. Shown with an equally spooky silent short.

## FALLS CHURCH

### CREATIVE CAULDRON

October 4 - 27 • Fridays & Saturdays • 8pm

Sundays • 2pm & 7pm

#### ***Marry Me A Little***

A charming and bittersweet musical revue featuring songs by Stephen Sondheim, the undisputed master of the contemporary Broadway musical. Four urban singles share a Saturday night of sweet fantasies and deep yearning while never leaving the confines of their solitary apartments.

### STIFEL & CAPRA

October 4 • 5 - 8pm

#### ***Maureen Radcliffe George and James George***

"First Friday" in October at Stifel & Capra will feature husband and wife artists, Maureen Radcliffe George and James George. They have different approaches and their art is very different too. In addition, our featured Artisan is Amy Green Thrasher who sculpts with stone, fiber and beads.

[www.stifelandcapra.com](http://www.stifelandcapra.com)



# 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

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## VIENNA

### MAVERICK MOSAICS

#### **September 21 & 22 • 9am - 5pm** ***Color Theory and Design with Carol Shelkin***

This is a hands-on workshop using modern, mosaic techniques to understand design and color theory including; structure, cross contour, highlights, gradation, value and types of shadows in realism using stained glass. The students will learn how to mix glass values and colors to define planes, and how to use color most effectively with artist tricks that will be taught.

#### **October 19 • 10am - 5pm** **October 20 • 10am - 4pm** ***Sacred Mandalas with Deb Aldo***

In this weekend workshop be prepared to have a fantastic time playing and being creative in new ways. To help you 'get your mosaic on' we will be doing some right-brain creative warm up exercises that will have you moving, laughing, and getting to know your fellow students.

### VIENNA ARTS SOCIETY

#### **September 3 - 28** ***ANYTHING GOES!***

Enjoy light refreshments and meet the artists from 2pm - 4pm on Sunday, September 8th.

#### **October 1 - 31** ***AROUND TOWN***

A judged show of scenes of Vienna painted in plein aire. Awards will be presented on Saturday, October 5th, from 3pm - 5pm during Octoberfest.

# SOME OF *Your Beeswax*

By Keith Loria

**T**he McLean Project for the Arts will exhibit a retrospective of the works of Richmond-based artist Susanne K. Arnold, Sep. 12 through Nov. 2, welcoming home the former McLean resident.

“MPA is very interested in highlighting the work of certain mid-career artists who have been making art for many years in a serious and committed way. Susanne Arnold is such an artist,” said Nancy Sausser, MPA’s exhibitions director. “Susanne Arnold was chosen for a number of reasons. First and foremost, as with all MPA exhibitions, is the quality and originality of the work. We also strive to put together an exhibition schedule that balances a broad variety of working styles, topics, and mediums.”

Arnold’s work is unusual and original in a few ways – she combines personal history with archeological imagery using various techniques in both two and three dimensions.

“This is work that covers 30 years or so, and it will be interesting to see the concepts and working methods change and develop as certain ideas are revisited time and again, each time a little differently,” Sausser said. “This gives the audience a broad and long view of the artist’s working life and the nature of a long-term creative exploration.”

Over the past three decades, Arnold has been associated as one of the artists who has revived the age-old technique of encaustic, which combines

pigment with hot wax (made popular by the Etruscans), and she has adapted the process to three dimensions.

“I’m excited to return to the area. I went to William & Mary and transferred to Richmond and stayed,” Arnold said. “I have been interested in art as early as I can remember.”

When she was nine, Arnold was punished in school because she painted the sky a color that was something other than blue. She thought it was reasonable, but couldn’t get her artistic point across to the teacher. It was obvious then that Arnold would have a unique and distinct art career.

“A lot of my early images came from books I read, as well as the fact that we were poor after my father died,” she said. “There was a little book an ancestor had written about a young child in the Civil War, and it fascinated me. There was this over-layering of the past and present in my head, and from that came many images.”

After college, Arnold married, had children, and worked out of a studio in her home – as she still does today. One day, she noticed someone digging, and this became a common theme in her work, whether it was a child digging in a sandbox, a cat outside in the dirt, or a worker at an extrication site. Soon, she discovered the encaustic technique and preferred this as her art form. Still, it’s her physical connection







to her materials, and to nature itself, that gives voice and commentary to these images of loss, pain, transformation, and renewal.

"I was born more of a sculptor than a painter, always chopping up blocks and making things out of other things," she said. "With this technique, it's very complicated. When you heat it, it becomes liquid, and it's a wonderful paint. It's like trying to paint over a grill while you're trying to cook. You have to wait for the right temperature, use it for a short period of time before it cools, and be careful."

For the past several years, Arnold has focused on making small experimental work out of beeswax and salvaged discards from her garden and neighborhood as a means to push the boundaries of her creative ideas, medium, and process.

"My head has always been crowded with ideas and images, both ancient and contemporary," Arnold said. "As a Virginian, it is no accident that images of past and present, memory and imagination overlap in my work, nor that current media stories and pictures of domestic and civil wars, and natural disasters, have resonance in my mind and studio."

She exhibits her work nationally and has taken artist residencies sponsored by the Virginia Commission for

the Arts and the Mid-Atlantic Arts Foundation. She also received two Virginia Museum fellowships and artist grants from the Ludwig Vogelstein and Adolph and Esther Gottlieb Foundations.

The MPA show, titled "Buried Voices," will showcase Arnold's work done with variations of the encaustic technique, as well as works made from found objects and works combining the two. As a long active artist and teacher, Arnold creates art inspired by memory, experience, and imagination. Her work includes imagery exploring archeology and artifacts and the mythology of ancient civilizations and how it relates to the artist's personal history. Materials used include paper, wood, wax, pigment, charcoal, beeswax, and polystyrene.

"As an artist, I am constantly reinventing myself through intense studio experimentation," she said. "The progression of memories and ideas unearthed through this working method has resulted in a vocabulary of images and forms that serve as metaphors for the passage of time and the struggle between nature and civilization."

**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.

# THE MUSIC Scene

by Keith Loria



Brindley

September offers another exciting month of music in Northern Virginia, starting with Marc Anthony (Sept. 10) and ZZ Top (Sept. 11) at Wolf Trap; Fall Out Boy (Sept. 10) and Lionel Richie (Sept. 25) at the Patriot Center; and '80s giant Depeche Mode (Sept. 10) playing at Jiffy Lube Live.

If there's one concert from the summer you'll regret missing, it's the record release party for Luke Brindley's *Our Year I/II* at Jammin' Java.

As one of the owners of the popular Vienna music house, Brindley has a finger on the pulse of today's music scene, and his record reflects his own personal changes in music over the last year with a writing style that's all his own.

"The album started with this weekly song project I did, where I released a song a week online, and it was also the name of a song I had," Brindley said. "The whole project came about after the band I was in for a number of years broke up, and it was a way to establish myself creatively and get back to writing."

Although Brindley misses his bandmates, he is enjoying his new solo career and happy his songwriting can still find a home. His lyrics deal with family, spirituality, and other things that are important to him.

"The record is on iTunes, and I've gotten a great response," he said. "I'm trying to let my music grow organically and let people take a chance on it on the website and spread the word, and hopefully they like it."

You can check out Brindley's music at [www.brindleymusic.com](http://www.brindleymusic.com).

## Love Isn't a Battlefield

If you were lucky enough to turn to the '80s channel on Sirius XM satellite radio last July 4th, you would have been treated to not only the top music from the decade, but also the favorite songs of the evening's hosts, Pat Benatar and Neil "Spyder" Giraldo.

Listening to the gushing Grammy-winning musicians banter on the program felt like listening to newlyweds, not a couple who have been married for 30 years and working together even longer.

"You have to understand, in the beginning we were each other's muse, and there was no relationship involved, and we started a partnership, entrusting our musical abilities in each other," Giraldo said. "Our being around together so long and so much, we became romantically involved, and that became our priority. When we get off stage, we are just Mr. and Mrs. Giraldo."

Benatar sings, and Giraldo plays guitar and also serves as producer and arranger. Together, the couple has written Top 40 hits like "Love is a Battlefield," "Hit Me with Your Best Shot," "Heartbreaker," "Promises In The Dark," and "We Belong."

Not that their fairytale love doesn't have the usual kinks once in a while: Giraldo said that they have the same arguments that any married couple has – only





they need to learn to put them aside when it's time to perform.

"Even if we have an argument beforehand, when we hit the stage, we are just Pat and Neil, those people you have always known and loved," Giraldo said. "The endorphins kick in, and that's helpful and your attitude changes, and by the time you come off, we forget what we were arguing about. It's a gift from god to get us through the day."

Benatar and Giraldo will be paying a visit to Wolf Trap on Tuesday, Aug. 20, offering up the same great show they have been performing for the last three decades.

"What you can expect is we will hit about 90 minutes and do as many hits as we can, some new stuff, and the best of the bunch of the rest," Giraldo said. "There will be some surprises, and we'll make you tired as hell by the time we're done with our set."

He says that his lovely wife still enjoys being on stage as much as he does, and they are grateful to see so many people out in the audience – especially younger fans.

"Sometimes I look out at the crowd and go, 'Wow, lots of these people are really old. Wait, I'm really old!'" he said. "But they are in their T-shirts and singing along, and we go back in time. Then you see those kids whose parents grew up with our music and so they listened to it, and that's great to see."

In addition to the tour, Giraldo expects a new song by Benatar to be released early next year. And the pair is also working on a Christmas album of original songs that will feature a variety of guest artists and genres.

"We are having a blast and having so much fun," he said. "If you think you knew what we were by

listening to our records, you didn't really know until you see us live. Those records sound the same, but we play them much more aggressive, dig deeper and really drive hard. We go out there and tear it to pieces."

### Broadway Vet Comes to GMU

When Laura Benanti says she was "raised in the theatre," she's not just whistling Dixie. Both her parents were actors, and the actress can recall being holed up in the make-up room backstage being taken care of by whoever wasn't in a number.

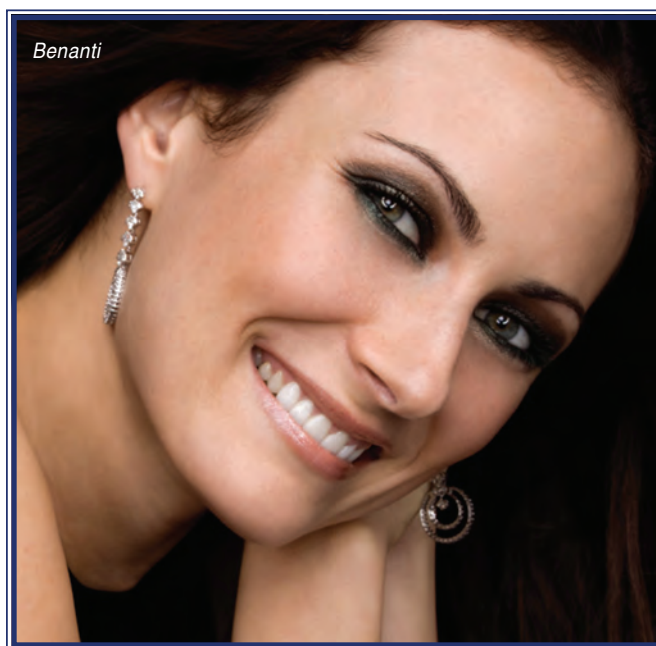
"It's really interesting. I see people now in the business and they'll say, 'I used to babysit you when you were backstage,'" she said. "People I don't even remember will come up to me and say, 'I remember when you were a little kid.'"

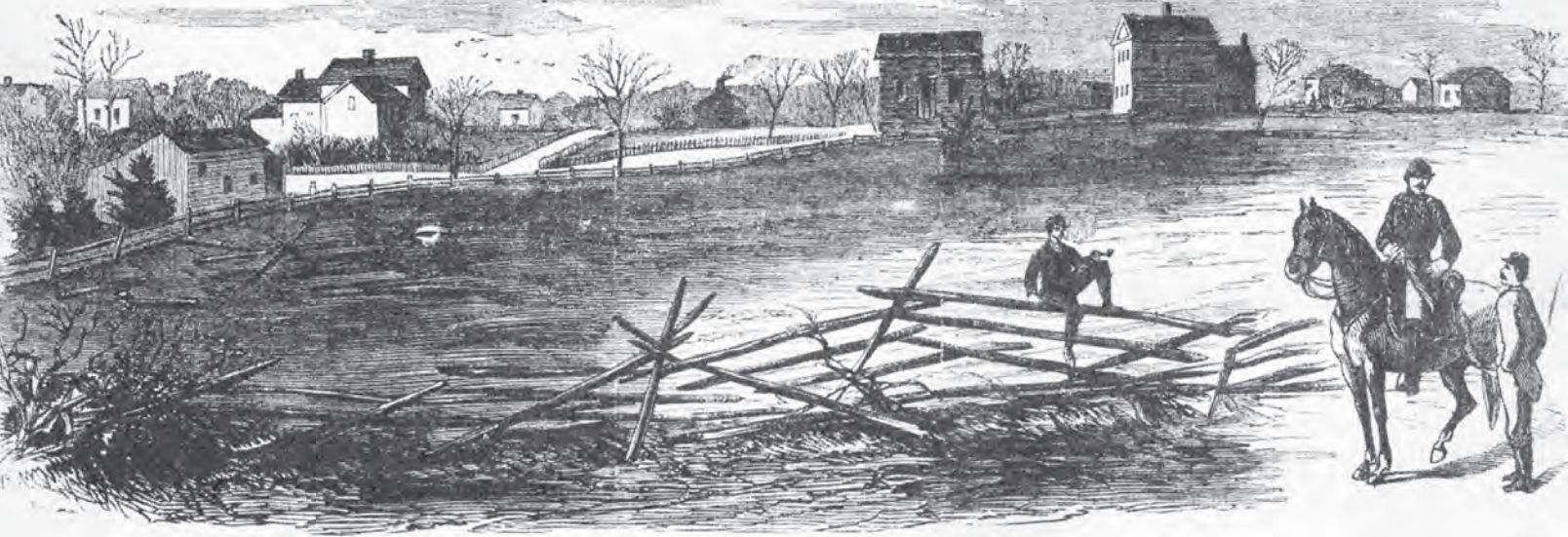
Spending so much time in the theatre must have rubbed off on her, because by the time she was 18, Benanti was already performing on Broadway as Maria in *The Sound of Music*.

Since then, Benanti has won a Tony for *Gypsy*, and has been a fixture on Broadway in shows such as *The Wedding Singer*, *Swing!*, *Nine*, and *Into the Woods*. Last season, she starred opposite Matthew Perry on the NBC sitcom, *Go On*, and made a memorable appearance at this year's Tony Awards, singing about the trials and tribulations of having a show cancelled.

The stunning and talented beauty will play the GMU Concert Hall on Sept. 28, singing some of the songs that have made her a Broadway favorite.

**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.





# Battle of Lewinsville

by Carole Herrick

During the early stages of the American Civil War, an engagement took place on September 11, 1861, between Federal and Confederate forces at the village of Lewinsville. Under the command of General William Farrar ("Baldy") Smith, Camp Advance had been established near the Chain Bridge a week earlier and Smith, along with General George McClellan, was interested in garrisoning the nearby village as soon as possible. Lewinsville was considered a strategic point in the Federal system of defenses because it was positioned at an important road junction in Fairfax County. However, before making any decision, a topographical survey of the area was necessary and this required eliminating all Confederate activity in and around the village. On September 11, Smith ordered an expedition force to reconnoiter the Lewinsville area that included a survey crew of four, accompanied by a large protective force. There was some risk to the expedition because Confederate forces were encamped nearby. They occupied the village of Falls Church and had four small outposts located between Seven Corners and Bailey's Crossroads that were under the command of Colonel J.E.B. Stuart: Munson's Hill; Mason's Hill; Upton's Hill; and Taylor's Hill.

During the morning darkness of September 10, 1861, Smith ordered a two-pronged expedition forward to reconnoiter and rid the Lewinsville area of enemy pickets stationed there. A detachment under the command of Captain Elisha Hibbard, 5th Wisconsin Infantry, was sent to assess the Confederate strength in and around the village, and to capture or break up any enemy that might be there. They reached Lewinsville after daybreak and encountered a few of the enemy, mainly cavalry who were picketed there. Hibbard ordered his men to fire and charge. This resulted in wounding two of the fleeing Rebels, killing one horse, capturing two horses, and taking one prisoner. The remaining Confederates fled down

what is now Great Falls Street in the direction of Falls Church or escaped through the woods and corn fields toward Vienna.

As part of the same plan, Captain David Ireland, 79th New York Infantry (Highlanders), posted a small group along the road to Falls Church in the vicinity of Pimmit Run, with orders from Smith "to disable any bodies of the enemy's cavalry or artillery which may pass that way." Soon after Ireland's men were in place, they heard the shooting that was taking place at Lewinsville. About this same time a body of Confederate cavalry approached along the road from the direction of Falls Church. As they attempted to pass, shots were exchanged and the enemy retreated, but not before one Union soldier, Private John Dowee, was killed. Major Hobbs, of Stuart's 1st Virginia Cavalry, was wounded and taken prisoner. Ireland estimated the loss to the Confederates was four killed, two wounded, and prisoner Hobbs. The detachments of both Hibbard and Ireland returned to Camp Advance later that day.

Having cleared Lewinsville of most of the enemy picket activity, United States Army topographical engineers, led by Lieutenant Orlando Poe, were ordered the next day, September 11, to examine the Lewinsville area as a potential site for occupation. To protect the surveying party an aggregate force of over 1800 troops, commanded by Colonel Isaac Stevens, 79th New York, accompanied the group. Ordered not to bring on a general engagement, Stevens' expedition left Camp Advance about 7:00 a.m., taking what later became known as Chain Bridge Road to Lewinsville and arrived there about 10:00 a.m. The engineers quickly set up their instruments at the crossroads and began mapping the area. Union skirmishers were positioned at least a mile in all directions to guard the surveyors, and artillery was placed at commanding locations. While all this was taking place, Confederate cavalry



pickets observed from a safe distance in nearby woods and a scout scurried back to Munson's Hill to report the Lewinsville activity to Stuart.

Having completed their mission in about four hours, the Union troops were forming into a column to withdraw when a Confederate force of about 400, led by Stuart, approached from the direction Falls Church. After assessing the situation, Stuart attacked from two directions throwing forward Major James Terrill's 13th Virginia Volunteers, a company of the 1st Virginia Cavalry, and two pieces of the Washington artillery under Captain Thomas Rosser. The Confederate artillery rained shot and shell upon the retiring column from a position not far from the John Gilbert farmhouse, which remains today in the center of Lewinsville Park. A section of Charles Griffin's 5th U.S. Artillery quickly went into battery and responded, firing from Chain Bridge Road. Later another portion of Griffin's artillery fired from further down the road opposite Mackall's Hill (behind today's Langley Shopping Center). The Federal column kept moving and never stopped to attack the enemy or defend: it simply continued with a quick-step withdrawal march back to Camp Advance.

Smith heard the cannonading from Camp Advance and, very much alarmed, rushed toward Lewinsville bringing along a section of Thaddeus Mott's New York Battery. The general encountered the retreating column near Mackall's Hill and assumed command, but the fight was essentially over. Stevens then took charge of the Highlanders, which formed the column's rear guard as the troops hurriedly marched back to Camp Advance where both Smith and McClellan greeted them. Reports vary regarding the casualties on both sides. At least three Union soldiers were killed, several were wounded, and four were taken prisoner. The Confederates, according to Stuart, claimed that none were killed or wounded. There were other skirmishes around Lewinsville, but this was the primary engagement and became known as the "Battle of Lewinsville." Smith did not station troops at Lewinsville at this time, but waited until October 9, 1861, before garrisoning the village.



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# CHASE THE *Autumn Chill* WITH *Chilean Wine*

Chilean winemaker and local importer Rodrigo Vasquez describes his country's wine history.

by Linda Barrett

**T**he wine industry is not only exploding in Virginia, it has become one of the major industries in the country of Chile. According to Wikipedia, Chile is now the fifth largest exporter of wines in the world, and the ninth largest producer.

Chile has a long history of winemaking, dating back to the 1500s, when the Spanish conquistadors and missionaries brought vines to the new country as they colonized the region.

According to Chilean winemaker and local importer, Rodrigo Vasquez, the lore is that the water could not be trusted in Roman times, so the people in invaded countries were given grapevines and taught to produce wine in order to support the Roman Army. It was beneficial to the Romans because it gave the local people a way to support their families, which in turn, discouraged uprisings. The Spaniards followed the Romans' example when they conquered Chile.

For centuries, Chileans enjoyed good wine. Then, in the mid-nineteenth century, major changes began to occur. Wealthy businesspeople began to look at industries outside of their existing agricultural and mining staples and traveled to France, where they enjoyed the French wine. They imported French rootstocks to Chile, just in time to avoid the phylloxera outbreak in France, which all but destroyed the Carménère grape. The prime Chilean soil allowed this grape to flourish among the Merlot, hidden away for over a century until its recent rediscovery.

In the 1980s, the wine industry enjoyed another boom when Spanish winemaker, Miguel Torres, arrived in Chile and transformed the local vinification processes by introducing state-of-the-art stainless steel fermentation tanks and oak

barrels. The industry flourished. New wineries opened, and government officials began to look for markets outside the country.

## **Viña Doña Javiera | El Don Wines**

Rodrigo Vasquez served as a commercial engineer for the Chilean government, opening up American markets for Chilean products, including wines.

But Vasquez's family embarked on a wine journey of their own when his father, Juan Vasquez, purchased a winery upon retirement: **Viña Doña Javiera**. This winery is 220 years old and has been in Vasquez's family for about 37 years. When Juan Vasquez passed away, Rodrigo and his sisters took on the winery operations. Rodrigo and his wife Carol divide their year to spend winters in Chile (summer south of the equator) and summers living here in Northern Virginia.

"After the family went into the wine business, of course I had to bring my own wines to the States," Vasquez quipped.

And that he did.

Under the **El Don** label for the North American market, Viña Doña Javiera's central Chilean winery produces and imports red wines – including Carménère, Cabernet Sauvignon, Syrah, and Merlot – and white wines – including Chardonnay and Sauvignon Blanc. There is talk of an upcoming Rosé. The El Don wines are known for their deep, rich flavors, good balancing tannins, and a freshness and brightness on the palate.

Viña Doña Javiera's best-selling wine is its Cabernet Sauvignon, followed by its Sauvignon Blanc.



"Chile is known for its red wines, but when you think about white wines, your mind goes to Australia or New Zealand," Vasquez says. "Yet our white has caught the attention of many different people."

### Maipo Valley Wine Region, Chile

Chile is well suited for producing wine due to its weather and soil conditions. It is uniquely isolated, with the desert to the north, Antarctic ice to the south, the Andes Mountains to the east, and the Pacific Ocean to the west. Its climate is comparable to Napa Valley and areas of France.

Most of the Chilean vineyards lie west of the Andes in a region that does not allow the coldest air to reach the soil. In the summertime, temperatures reach into the 80s and at night become chilly, offering ideal conditions for grape growing.

Vasquez's winery resides in the Maipo Valley wine region, one of 14 wine regions in Chile. It is the closest to Santiago and is divided into three distinct sectors: the **Alto Maipo** in the Andes foothills (known for its bold and elegant Cabernets), the **Central Maipo** bordering the Maipo River (one of the oldest regions), and the newly-developing **Pacific Maipo** between the Andes and the Coastal Range.

Vasquez can be seen around our region giving tastings of his Chilean wines. He enjoys encouraging new wine drinkers.

"I tell them not to be intimidated because they think they don't know enough about wine," said Vasquez. "They are here to learn about wine, and I love to get their opinion as a new wine drinker. I suggest beginning with the Syrah

generally, which is a lighter wine with a nice finish and mouth sensation. Then, I encourage them to try different wines until they find one they like, and then use that wine as a benchmark to compare to others."

He also suggests using wine to set a mood or tone.

"Select a strong wine for the romantic proposal or a light wine for a ladies afternoon get-together," he suggests.

Music can also provide a perfect pairing. With smooth jazz, serve a slow-drinking wine, like a Cabernet Sauvignon. For faster, lighter music, a nice cold white wine makes an excellent companion.

Now that the air is getting a little chilly, it's time to sit back and enjoy something different. Perhaps a Chilean wine?

El Don Wines, [www.eldonwines.com](http://www.eldonwines.com)

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**author:** Linda Barrett enjoys exploring our burgeoning wine region and learning about wine. She is president of All the Buzz, providing marketing coaching, and PR and creative agency services to small businesses, [www.allthebuzzcreative.wordpress.com](http://www.allthebuzzcreative.wordpress.com).



# AROUND TOWN

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



Walmart's open! Store Manager Marty Reighard and the team demonstrate the Walmart cheer at the official Ribbon Cutting Ceremony at 7:30am on the August 14th.

Walmart will be open 24 hours a day, seven days a week, and is a "Super Center" designed to serve urban areas. It will employ approximately 200 people with an expanded deli program for office workers and a complete pharmacy.



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# AROUND TOWN



Celebrating the continued growth of the North Reston Polyface Buying Clubs are hosts John and Pattie Bachner, and Daniel and Sheri Salatin of Polyface Farms. Polyface Farms of Swoope, Virginia offers area buying clubs and establishments clean, pasture-based meats and poultry directly from the farmer.

**For more information see them on [www.polyfaceyum.com](http://www.polyfaceyum.com)**

It's Invisalign Day at Tysons Dental Associates in Vienna. On Monday, July 29th, Dr. Alex Osinovsky and the team of professionals provided free Invisalign and orthodontic consultations. With years of Invisalign experience and hundreds of happy patients Tysons Dental Associates can brighten any smile.

**Is Invisalign right for you?  
Visit [www.tysonsdental.com](http://www.tysonsdental.com) to see.**



## At the VVFD's Firefighter Auction.

Hanna Mitchell "Pancake Girl" demonstrates the speed at which our heroes arm themselves when summoned to the task of firefighting and protecting the community. Did you bid for a date with one of our heroes?



# AROUND TOWN



The first Tour de Tysons was held on Sunday, June 30, sponsored by Tysons Partnership and held under The USA Cycling Event Program.

For information on winners and event statistics please visit:

<http://tysonspartnership.org/event-calendar/sample-event>.

**Next year's event will be held June 24th, 2014!**

Opening in the heart of McLean is Extra Space Storage, a much needed resource for the residents and businesses in our town. The building looks nothing like the usual storage facility with an office building façade and holds 544 units. Got some extra stuff?

**Extra Space Storage**  
**1315 Beverly Rd, McLean, VA**  
**[www.extraspace.com](http://www.extraspace.com) • 703.712.8871**



Now Open! Sound Hearing Center of Vienna held it's Ribbon Cutting on August 16th. On hand to celebrate the new center were proprietor Joel Silverman, Town Mayor Jane Seeman, and members of the TBLC and VBA.



# CHAMBER NEWS

## Non-Profit Forum: Turning Uncertainty Into Success

**September 17, 2013**

Location: Gannett Worldwide Headquarters  
7950 Jones Branch Drive, McLean, VA

The theme of this year's forum is "Turning Uncertainty Into Success." This year, we are excited to welcome Bill Strathmann, CEO at Network for Good, as our keynote speaker.

## 2013 September Small Business Education Series Topic: Disaster Preparedness

**September 19, 2013  
7:30 AM - 9:00 AM**

Location: Burke & Herbert Bank McLean Branch  
6705 Whittier Avenue, McLean, VA

Join us on September 19, 2013 for our Small Business Education Series, presented by Burke & Herbert Bank. The topic of this month's session will be "Disaster Preparedness."

## McLean Orchestra Instrumental to Business Mixer

**September 26, 2013  
5:30 PM - 8:00 PM**

Location: The Tower Club  
8000 Towers Crescent Dr #1700, Vienna, VA

Instrumental to Business (i2B) co-presenters for this event include the Greater McLean Chamber of Commerce and Leadership Fairfax. Tickets are \$38 for those who pre-register and \$45 at the door. Each attendee will receive complimentary appetizers and two drink tickets. Enjoy live music performed by McLean Orchestra musicians, win fun prizes (including an ensemble for your next business event!), make new business contacts, and mingle with Northern Virginia's business elite.

## Suits and Sneakers, Featuring the Business & Community Awards

**October 1, 2013  
6:00 PM - 9:00 PM**

Location: Claude Moore Colonial Farm  
6310 Georgetown Pike, McLean, VA

Join us for our fourth annual Suits & Sneakers celebrating our business and community award winners. The event will include: business and community awards, wine and beer tasting, silent auction, vendor tables, and much more!

For more information, please visit [www.mcleanchamber.org](http://www.mcleanchamber.org)





# *The Schooner Sultana*

# A SAIL BACK IN TIME

by Allison Chase Sutherland

**S**tep aboard the majestic Sultana from the town dock in historic Chestertown on the Eastern Shore of Maryland and be transported back in time to the “Age of Sail.” Immerse yourself in Colonial history and Bay ecology as recounted by the knowledgeable and enthusiastic crew of Sultana Projects aboard this sleek schooner meticulously reproduced according to the original drawings and logbooks from 1768, now housed in the National Maritime Museum in Greenwich, England.

The original Sultana once hauled cargo from Halifax, Nova Scotia to the Carolinas, and to and from every port in between. Later, under the command of the British Royal Navy, she was tasked with catching smugglers, primarily off Rhode Island and on the Chesapeake and Delaware Bays, although during those tentative times, nary a smuggler was nabbed. In the end, she had no choice but to cross the Atlantic to escape the ever more rebellious Colonists. There is even a chimney inside, where they cooked their stews of peas and beef jerky over the open fire. How tasty does that sound?

But the most famous adventure seen by the schooner Sultana was the Chestertown Tea Party, which is reenacted each year on Memorial

The 67-foot tall mast of the Sultana was carved from Douglas fir. More than 2500 people, including shipwrights and volunteers, built this Colonial replica, one of the most accurate in all of North America.



Day weekend by costumed Colonials, who take to their rowboats at the town dock by the old Customs House, row out to the Sultana anchored in the harbor, and climb aboard. Sword fights ensue, Redcoats are unceremoniously tossed into the Chester River, and chests of tea are defiantly tossed in after them.

Another sight to behold takes place in the fall from November 1-3. Downrigging Weekend, a Tall Ship and Wooden Boat Festival, is not to be missed. Here you will have a rare opportunity to sail aboard a multitude of different vessels sailing together down the Chester River in this most remarkable fleet. This is a true celebration of maritime culture, complete with demonstrations of wooden boatbuilding and lectures ranging from the America's Cup to protecting our oceans from the onslaught of plastics to women captains. Weekend events, including live music, a half marathon and 5K race, art exhibits, rum tastings and imbibements from 18th century recipes, all culminate in a fireworks display and the illumination of the fleet at dusk, making for a great fall family getaway to this historic seaport.

Nowadays, grab a rope and help them raise sails, steer the ship, and navigate with 18th-century instruments. This two-hour sail might be the best deal on the Bay at \$30 a head, or only \$15 for those under 12. As the wind fills her sails, she picks up speed upriver. Keep your eyes peeled for osprey nests built on the pilings as you glide by, slicing a steady course out toward the Bay.

Albert Leavell, Onboard Education Director of Sultana Projects, explains, "I grew up on the Eastern Shore – boating, kayaking, canoeing. I love teaching and the outdoors. This is a perfect blend of all my passions." The Sultana Projects hopes to "inspire individuals to become stewards of the Bay's unique legacy." Participating in many ventures, Sultana Projects was also instrumental in establishing the Captain John Smith Chesapeake National Historic Water Trail and has garnered many an award for their efforts, most notably being the only two-time winner of the National Maritime Historical Society's prestigious Walter Cronkite Award for Excellence in Maritime Education.

Drew McMullen, President of Sultana Projects, expresses that in all their educational programs,

At the remote Eastern Neck National Wildlife Refuge, they completely close down trails when the eagles are nesting. Those little eaglets need peace and quiet, don't you think? And here they actually get it.





whether for local school kids or for visitors from afar to the great estuary, they give people opportunities to “get outdoors and see the Bay in a way they never have. It’s just great.” Fans of everyone’s favorite deserted island – *Gilligan’s Island*, of course – may recall the inquisitive character of the Professor. Well, this is where he’d belong, side by side with Drew McMullen, making discoveries, advancing knowledge, and igniting curiosity.

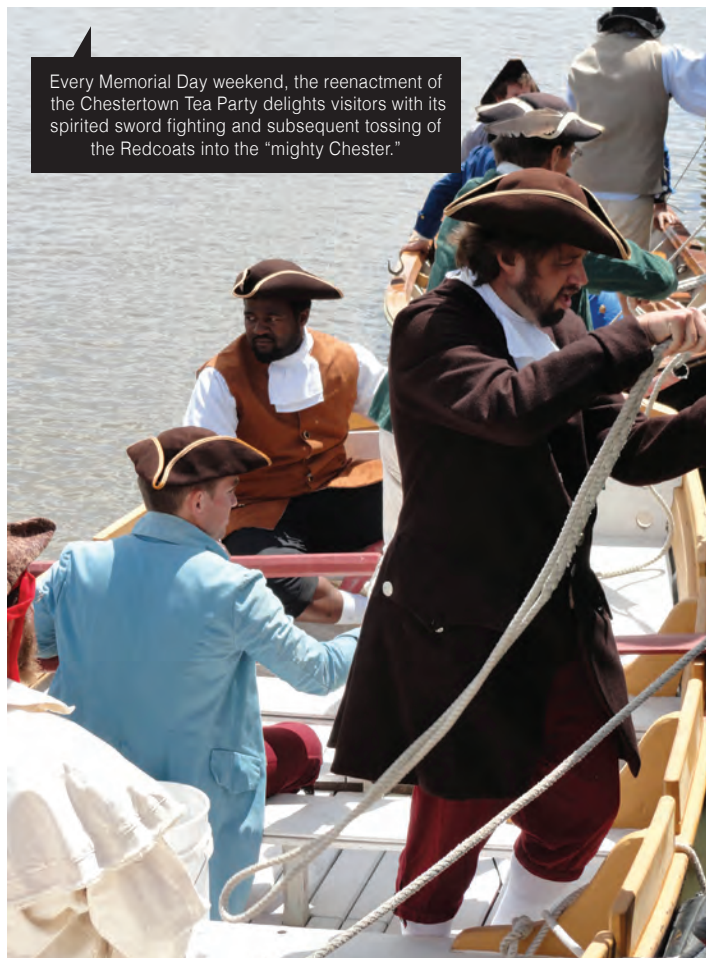
Crew member Caitlin comments, “I love to teach children what I grew up doing. I spent a lot of time on the Eastern Shore – boating, crabbing, fishing. I think my official title is Deck Hand/Educator,” she giggles. As for the sailing of a tall ship, however, she admits, “When I started, I could tell port from starboard and that’s about it, but they’re really great about teaching. They were really patient with me,” says Caitlin. Every evening, they climb up the shroud to furl the topsail. You’d better be nimble for that job – and clearly they are, as they relish the experience. “I’ve had a blast. It’s more of an adventure than a job,” she grins.

Snippets of conversation on the decks of the Sultana range from “this is fun” to “the mighty Chester” to “it’s cool they got the community involved.” After all, the tall masts of this impressive replica of a British revenue cutter were carved by both shipwrights and volunteers, painstakingly recreating every detail of the vessel. And they welcome you aboard – to enjoy the Bay breezes, to try your hand at sailing, to revere the trials and tribulations of history, and to continue their most important work of protecting this vital estuary.

For a closer look at the tidal tributaries of the Chesapeake, take to canoe or kayak with a guided group. Drew McMullen can scarcely contain his enthusiasm when it comes to paddling. Sultana Projects offers 2½-hour kayak trips to Maryland’s Upper Eastern Shore on the Sassafras, Chester, and Choptank Rivers. These adventurous spirits are explorers







in the truest sense of the word. “We go to back corners and nooks and crannies that almost no one ever goes to. You can spend a whole week kayaking with us all over the Delmarva Peninsula.”

Sultana Projects offers nature-themed kayak trips, such as a paddle to a Great Blue Heron rookery where you may see 70-80 nesting pairs of Great Blue Herons in their natural habitat. I can only imagine that is quite a sight to behold. Another tour through these hidden inlets is built completely around turtles. “You see literally thousands of turtles, just everywhere.” And finally, the Lotus Tour visits a secret site they discovered over the course of their many meanderings, where you can be surrounded as far as the eye can see by immense American Lotus flowers – indeed the largest flower in North America.

Bolder paddlers can take on week-long visits to the Virginia Barrier Islands, the primeval bald cypress swamps of the Pocomoke and the pristine Nanticoke Rivers, as well as the Blackwater National Wildlife Refuge. One kayak adventure planned for adults (September 16-19) explores the salt marshes, maritime forests, and coastal bays of Assateague Island National Seashore, famous for its virtually untouched stretches of beach and, of course, its fabled wild ponies. The motto of Sultana Projects is simply

“preservation through education.” We must remember to be respectful of this quieter world, where they very intentionally set aside areas for the Great Blue Herons to nest and participate in the occasional osprey rescue.

Similarly, at the remote Eastern Neck National Wildlife Refuge, they completely close down trails when the eagles are nesting. Those little eaglets need peace and quiet, don’t you think? And here they actually get it. To get there, just pass the quaint fishing village of Rock Hall and continue on over the little bridge to the point. Take an afternoon to explore pristine trails through marsh and meadow. Or take your bicycle out for a spin through this protected ecosystem. I can certainly see why the locals begged me not to tell about their hidden coves and inlets and undiscovered places, but some secrets are just too hard to keep. So let’s just keep this between you and me, shall we?

**Sultana Projects, Inc.**  
**105 S. Cross Street (P.O. Box 524)**  
**Chestertown, MD 21620**  
**410.778.5954**  
**[sultanaprojects.org](http://sultanaprojects.org)**

author: Allison Chase Sutherland, is a restaurant reviewer/travel writer and photographer, author of ‘allicucina’ international cookbook, multilingual voiceover talent, and foreign language instructor. [www.allivoice.com](http://www.allivoice.com)

# MINDFUL EATING, *Balanced Health*



## The Value of Asking Deeper Questions

by Laurie Young

**“W**hat should I eat?” It’s one of the first questions people ask when seeking to improve their health. “Should I try a vegan diet? Paleo? Or maybe just smaller portions, calorie-counting, and more exercise? Am I getting the right nutrients?” These questions are typically followed by a more urgent plea to be freed from a restrictive plan as soon as possible. “How long will it take to reach my goals? How long before I can eat what I really want?”

Implicit in these questions is a fear of losing control, especially when it comes to food. “If I don’t stop myself, I’ll eat the entire box of (*insert uncontrollable craving here*)! I’ll never lose weight!” Interestingly, this lack of self-trust is further reinforced by looking to outside authorities for a solution. By assuming we need credentialed professionals for such answers, we de-value the information our own bodies provide. We ignore what we already know. And, in effect, we avoid exploring the real reasons our eating patterns and other health habits may be sub-optimal.

The key to long-term health does not reside in gathering more information from professionals or adhering to restrictive diet and exercise regimens. Following someone else’s plan for our lives never really works. At least, not for very long. Nor do positive, lasting changes result from applying more willpower, which is really just a struggle against yourself and your desires. The answers you’re looking for can only be found by asking deeper questions in a mindful way.

What, really, is mindfulness and how does it relate to improving your eating and overall health? Mindfulness is not simply a meditation technique that reduces stress, to be used in those fleeting moments you’ve been able to carve out for quiet time. It’s not just about eating slowly and in silence. These are excellent applications of the concept, but mindfulness is much more than just a set of practices. It is a way of being, a way of paying attention to the gifts of the moment—even when those moments are not exactly as you’d like them to be.

When it comes to improving your health practices, mindfulness lies at the center point between planning and letting go. It is a state of balance that allows you to notice patterns that may not be serving you without jumping to self-criticism, grabbing for a quick-fix plan or giving up entirely. As you cultivate mindfulness, you begin to hear

the internal conversations you’ve been having with yourself more clearly. This, in turn, allows you to actively choose the changes you want to make based on your own guidance. It doesn’t mean you will never choose to apply a disciplined eating plan for particular goals. Rather, it means that your choices will be driven by an awareness of true need rather than a forced struggle to control yourself. In this way, you define your own path toward improved health rather than looking to an outside authority.

So let’s take a step back and practice asking a few questions mindfully. The starting point is to observe the ways in which you may have searched for solutions in the past and consider how you might look at things differently. By re-framing your questions, you choose where to place your attention. This supports a deeper understanding of yourself, and your relationship to food and health. Let’s observe what it’s like to approach eating and health as an journey of exploration rather than a problem you need help to solve.

Instead of asking an expert “What should I eat?”, ask yourself:

### How do I eat?

Eating on the go or while doing something else, grabbing food as an afterthought, skipping meals and ordering out are modern conveniences that have become the norm. But how often do you actually sit down to notice and savor the food you are eating? Do you know who grew it? How was it prepared? Are you fully appreciating the many differences between a home-cooked meal made with love versus a mass-produced, convenience option? This sort of awareness opens up when you pay mindful attention to how you eat. (See opposite page for one way to practice this.)

By slowing down, you notice the details of food and the pleasure of eating. That act of noticing matters, because it allows you to be conscious of the choices you make at a much deeper level. Our bodies crave nutrients, and healthy food satisfies that need. Without it, no matter how much we eat, we may still find ourselves hungry for a truly nourishing meal that has been lost. When we busy ourselves with other things, we know something is missing but we don’t quite know what or why.



## Why do I eat?

This question allows you to focus more deeply on defining your hunger and personal needs. Busy lives, thoughtless habits and convenience are some of the reasons people adopt eating patterns that fill them up without satisfying their deeper hunger. Emotional eating is a common challenge too. Maybe you're tired at the end of a long day and just want an easy meal. Maybe you diet because you want to lose weight and look good, no matter what the cost, and have given little attention to the quality of what goes into your body. Or maybe you find solace in certain comfort foods when life gets hard.

These are common challenges, many of which have only recently emerged, for it has only been in recent years that we really had much choice. Before the advent of processed food, we had to make our meals with our own hands. Whatever form your particular challenge with food takes, it's instructive to make a practice of stopping to notice why you eat and why you choose the foods that you do. This exploration may lead to conclusions about deeper unmet needs that drive your eating patterns. Meeting those needs directly can free you from habitually substituting food in place of them.

## What does it feel like?

Perhaps the single most important question you can ask yourself is, "What does it feel like when I eat this food?" Slow down and notice. As you do so, pay attention to the taste, texture, and aroma. Linger with your meal long enough to feel the effects as it assimilates in your body. Notice the connection between what you just ate and how you felt while eating it, in between meals and over the course of the day. Did it give you energy or bog you down? Did you feel light or bloated? What was the quality of energy

that you got from that meal? And, more broadly, notice if your body functions well and feels good when choosing particular foods. Notice if how you eat affects how your body responds.

It's not uncommon for clients to tell me that dairy upsets their GI tract. Yet they are often still eating it regularly. Every day, they are putting food into their bodies that makes them feel bad while ignoring clear messages. If you're doing that, ask yourself the deeper question, "Why?" Why are you continuing to eat something your body rejects? Do you really need an expert to tell you what your body is saying?

Ultimately you know, somewhere deep inside, that quick-fixes, impersonal programs and short conversations with health professionals don't serve the deeper need for something that is unique to you. That's why restrictive plans for improvement don't last. We hardly even expect them to. These are challenging questions that aren't necessarily answered quickly and efficiently. They require reflection and self-knowledge. Answering them thoughtfully is the first step toward defining a personal plan that you believe in.

The central question, then, is not "What should I eat?", but rather "What do I want?" And perhaps more precisely, "What do I really need?" In order to find meaningful answers, we need to re-frame our conversations about health and eating. We need to ask deeper questions.

**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](http://www.nutricurious.com) or contact her directly at [laurie@nutricurious.com](mailto:laurie@nutricurious.com).

# SAVORING: A MINDFUL PRACTICE

For many of us, slowing down takes practice. This exercise can take five minutes or more if you want, depending on what feels right to you. Choose something simple that you enjoy eating, something you indulge in or perhaps even crave. Find a quiet space in your home where you won't be interrupted. Get comfortable in your seat, and place the food in front of you:

### - Look -

Take a deep breath and really look. Notice the colors, shapes, texture. Find details you've never noticed before. Is this food natural? Homemade? Processed? Where did it come from? Relax your mind. Look, and explore your thoughts.

### - Smell -

Continue slow, deep breathing as you close your eyes and inhale. Linger, enjoying the complexity of scent, noticing your desire to eat it. Anticipate the taste. What ideas and memories come up?

### - Feel -

Is your mouth watering? What textures do you notice? How does it feel as you slowly bite into it? Do the flavors burst on your tongue? Breathe.

### - Taste -

Chew slowly, exploring the subtle flavors of your food, those you may not usually notice when you are eating quickly. Notice any sensations and thoughts that arrive along with them. Take a deep breath and pause. What's different?

### - Listen -

Notice the sound of eating, how the food gives as you bite into it. Hear everything going on around you. Consider how your environment affects your experience too. Listen to your own thoughts. In what way is it different to eat with all senses engaged?

### - Repeat -

Slowly, and with awareness. Can you experience the next bite just as fully? Even more deeply?

You can use this mindful eating exercise as a model for experiencing the world and life. When you slow down and savor food mindfully, you engage all the senses. Mindful eating leads to mindful living and mindful choices.

# Food + Movement =

## BOTH E & MC<sup>2</sup>

(Einstein's Theory about the Relevance of Food)

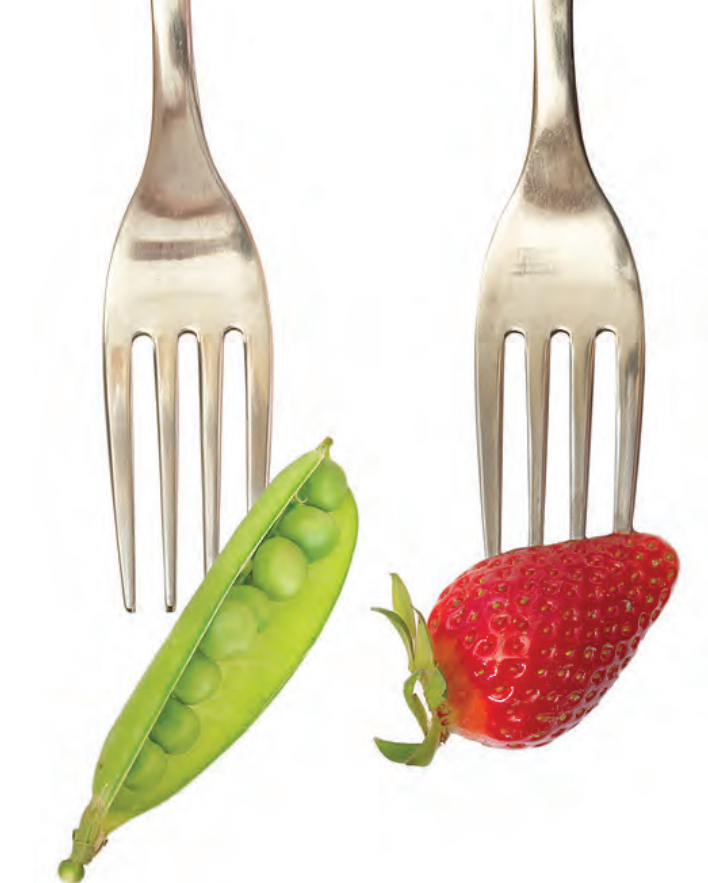
by Chef Bonita Woods, CDM, CNC

**E**very moving vehicle needs some sort of fuel. We humans are certainly no exception. In the most basic definition, food and beverage are what make us go. Without this fuel, we stop.

This is a far cry from how most of us think about food and meals. We often integrate food with a sensorial pairing or perhaps an emotional craving or personal memory. Usually, the energy component is relegated to specialty bars, sports drinks, and the “pick me up” quick fix. The truth of the matter is that we need our fuel intake to consistently match our energy exertion. I am not just talking about the energy needed for physical activities. I also mean the energy needed just to exist and to maintain our physical well-being.

Of course, we humans are complicated machines, and our “fuel memory system” is equally so. Additionally, we are each unique beings, including our individually unique dietary needs and digestive systems. There are, however, a few basic rules that work well for most of us. Restrict sugar and stay away from artificial ingredients. Eat a lot of high-fiber/low-starch foods, like whole grains and sprouted beans. Enjoy a colorful spectrum of produce, both cooked and raw. And, unless your doctor advises otherwise, dark greens and leafy vegetables should make up a large portion of each meal. The new USDA food plate (found at [myplate.gov](http://myplate.gov)) beautifully explains this concept.

Think of it this way. Whole grains absorb water and bulk up, moving very slowly through your digestive system. This allows them to gently scrub against your digestive tract walls and keep them clean. It also pulls the rest of your meal together into one cohesive blob, where the slow digestion rate gives your body time to pull out all the amino acids and micronutrients it needs for healthful bodybuilding. This single ingredient type really is the tie that binds, the glue



that holds. It gives your body a wonderfully simple method to easily process the nutritional value of your meals.

Fruits and vegetables contain most of the nutrients you are looking for. The more color variety of produce you consume, the greater the nutritional spectrum that you give to your body. What a wonderful gift to yourself! Add a little bit of protein on the side (you don't need as much as you think), and you are set with a full tank of high octane food-fuel! If you are a desert person, here is a sweet tip for you: bump up the fiber count of your sweet treat and the sugar content won't count as much. Yes, I am totally serious about this! Here is a quick visual to explain the concept: A child enjoying a lollypop after a healthy lunch versus a child gorging on candy on an empty stomach. Which kid will be well behaved, and which is guaranteed to be completely out of control. Now, get ready for the scientific scoop that will make you very happy.

If you eat a low- or no-fiber sugary treat on an empty stomach, you will absorb almost all of the calories. Most of them will become fat. Don't blame your body! It tried to burn the calories up – hence that manic period where you felt like the aforementioned child. But, this was more than your system could handle, so it had no choice but to store as many of the excess calories as possible in your least favorite body parts. (I always visualize Lucy & Ethel at the candy factory conveyer belt. The chocolate is coming at them faster than they can package it. They end up with chocolate stuffed in their mouths, blouses, and a big pile of chocolate all around them.) When you eat sugar without an absorbing aid, this is exactly what you are doing to your internal conveyer belt!

What's the solution? Don't worry. You still get to enjoy your sweets. Here is a dessert system that allows your palate and digestive tract to work together with smooth mechanics of



processing. Eat a smaller portion of a sweet after enjoying a fiber and nutrient rich “dessert precursor.” Instead of hitting your system like a tsunami of sugar, your treat will get caught up as one element of a mix. Since your body can only process a certain amount of food product at a time, it will automatically go for the elements that help it function before the empty calories every time. Some of these dessert calories will pass right through you, completely ignored by your body!

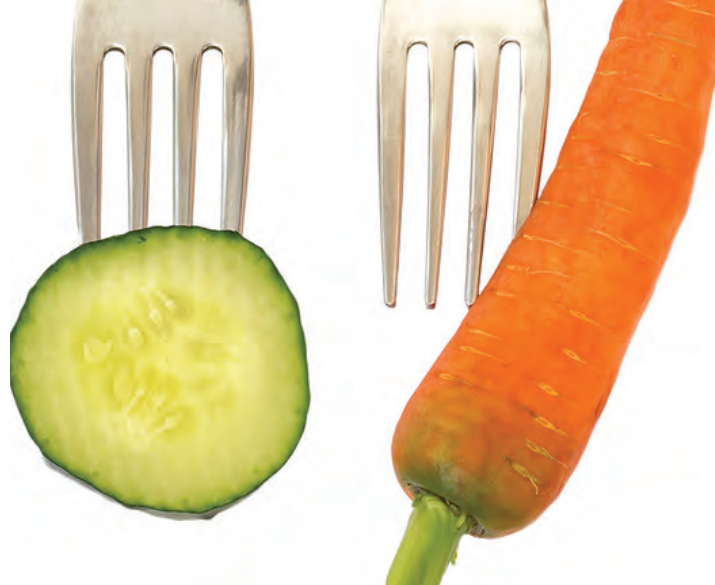
It is important to note that this does not mean you can eat as much chocolate cake as you want, so long as you have a rice cracker beforehand. No, we are going for the opposite attitude here. Whenever you crave a sweet, please first eat a small salad, an apple, a little quinoa stir fry, brown rice with ginger & kale, etc. Then, eat half of your desired portion of dessert.

In time, you will actually prefer this style of sweets management. Why? Because your body is smarter than your brain. Like any machine, we prefer to run on a full tank of good quality fuel. Sugar on an empty stomach will give you a rush of energy then drop you back down pretty quickly. Many of our sugar cravings are actually misinterpreted energy requests. Give your system a colorful and high fiber snack before you grab up the sweet, and soon your cravings will switch. The best part? You will not feel deprived. Instead, you will feel healthy, energized and aesthetically satiated.

This is why, when people ask me for my favorite recipe, I say “Anything, as long as it fits the MyPlate motif.” When they ask me what is forbidden in a diet, I respond, “Nothing, so long as it is measured out to be lost in a mass of healthful food.”

There are no tricks, fads, or gimmicks here. Our bodies have straightforward systems and know what they need to run. Just like a car, give it the fuel it needs, and your body will function as you require. When it comes to “food as fuel,” sturdy ingredients that digest slowly are your best option. Anything else should be consumed in limited amounts and as an aesthetic garnish to the lean protein, whole grains, greens, and colorful produce.

**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](http://www.BonitaWoods.org)



## Spicy Nacho Kale Chips

### Ingredients:

- 2 bunches of organic kale, shredded, thick stems removed
- 1 large bell pepper (I suggest red and orange for more vibrant color)
- ½ cup lemon juice
- ¼ cup apple cider vinegar
- ¾ cup nutritional yeast + extra for dusting
- ¼ tsp chili powder
- ½ tsp garlic powder
- 1 Tbsp agave syrup or maple syrup
- 1½ Tbsp light soy sauce
- 1 cup soaked raw cashews (soaked for 2-3 hours and drained)
- A few dashes of pepper
- ½ tsp kosher salt
- Optional: 1/8 cup vegetable oil (any variety oil will work)

### Method:

- 1) Before starting kale chip process, soak cashews for two to three hours before ready to make chips.
- 2) Heat oven to 250 degrees Fahrenheit. Lay a piece of foil on a baking sheet, and lightly grease or use a Silpat.
- 3) Prep the kale by washing and drying very well. Remove thick stems, and cut into bite size pieces at least two inches wide. (This will help lower baking time.) The kale will shrink in the oven.
- 4) Add all the sauce ingredients to a high speed blender. Blend all the liquids first, and then add all the remaining ingredients. Blend on high until very smooth.
- 5) To coat the kale, place it in a bowl, and pour half of the sauce over top. Then, lightly toss with hands like coating dressing on salad and transfer to a baking sheet. The thinner the layer of sauce, the crispier the chips will be. Really layering on the sauce causes the chips to turn out dense, and will take double or triple the time to bake.
- 6) Spread kale evenly across a baking sheet and put in the oven. Turn heat down to 200, and bake for one to two hours. Check every 30 minutes, and flip kale chips over.
- 7) Remove chips from oven and cool for at least 30 minutes before removing. Remove finished chips and continue to bake the ones that need more time at half hour increments.

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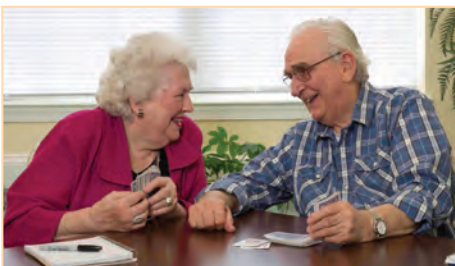
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# Fall Into BETTER HEALTH

by Judy Caplan

**W**e usually wait until the beginning of the New Year to set our resolutions and make needed changes in our lives, but why wait? Each change of season brings a new opportunity for transformation. As the earth rotates and brings new weather patterns, our internal compass is ready to be reset.

Autumn can be a time of contemplation. The days are crisper, and the nights are cooler, sending us looking for warmth and comfort. The blazing colors of the leaves are nature's fire and its signal that the process of rebirth and renewal is beginning. Animals hibernate to return refreshed in the spring just as we tend to sleep more in the winter. This process sends us indoors, both literally and figuratively. Fall is the perfect time to take the energy gathered from the summer sunshine and use it to propel your new vision.

Maybe you want to revisit those ten pounds still hanging around or finally deal with your elevated cholesterol levels. Perhaps it is simply the desire to cook more or to order in better take out. Or, now might be the time to figure out how to stay active as the weather changes.

Here are some suggestions to help you "fall into better health":

**1. Purchase a standing desk.** Studies demonstrate that standing for a few hours a day can make all the difference in your weight and your overall health.

**2. Examine all the menus from your favorite take out places.** If your favorite items are deep fried or contain

processed meat, white bread, and lots of cheese, it is time to venture out of your rut. Look for items with whole grains, beans, lots of veggies, and no hydrogenated oil.

**3. Plan ahead to eat healthier.** Find five simple, easy-to-prepare meals that you know how to cook. Purchase the ingredients, do some simple prep work, and then spend ten minutes cooking when you get home. To speed it up, prepare a batch of veggie chili, whole wheat pasta, and beans in the crock pot. Wash and cut up fresh produce.

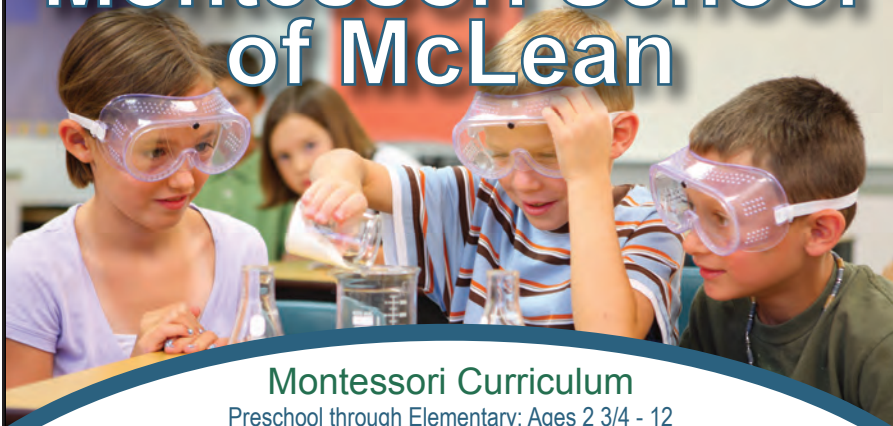
**4. If you rely on warm weather activities to stay in shape, then look for new ways to move.** You can't always bike, hike, walk, and run outside year-round. Move the tennis game indoors, find a yoga or Pilates class, hire a trainer, join a spinning class, or purchase some DVD workouts.

**5. As the fall sports season for kids heats up and you find yourself driving through the fast food window more often than not, reread # 3.** Or find items that meet the criteria set in #2!

Fall is the time of year we receive the bounty from all the hard work our farmers do all spring and summer. Most of us pass by farm stands weekly on our way to and from work or while running errands. Stop the car. Hop out and grab some colorful produce. Fantasize what to make. Set a beautiful table and invite your family and friends to fall into better health.

**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](http://www.gobefull.com).

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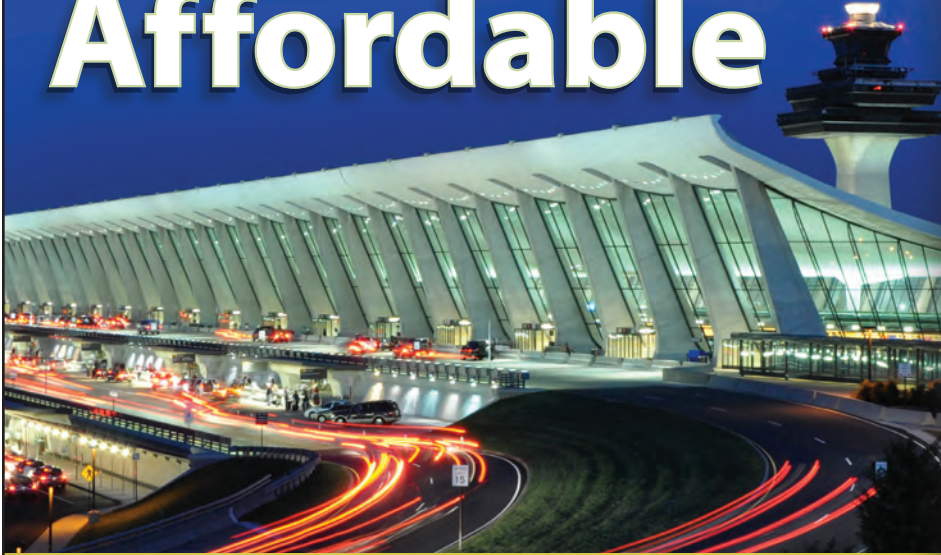
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# TOOLKIT for Wellness

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



“Wellness” has become the new buzzword for “healthy.” Why is health such a HUGE topic in just about every realm of our life? Because people want to live and live well! People want to age gracefully and remain independent for as long as possible. I have a client who will be 80-years-old in Sept. She works full-time as a Nurse Practitioner, lives alone, drives, and can do whatever she wants to do. She enjoys her work and has no plans to retire anytime soon. She is active in her travels with family and friends. She is living her life on her own terms. This is wellness at its best!

To clarify the meaning of “wellness,” let’s consider what would not be wellness.

Exercising with the motive “to punish” for poor eating is not wellness. Developing your career to the detriment of your health is not wellness. Experiencing your social life using social media most of the time is not wellness. Ignoring the natural world around you by littering, being rude to those who provide services, and acting as though the laws of society don’t apply to you, this is not wellness. To focus more on how you look versus developing your integrity and character, this is not wellness. To continually procrastinate when you could be doing or changing something that you KNOW would make you happier, this is not wellness.

To achieve wellness, you have to clearly determine who you are and where you are in life. Answering the following questions can help you figure this out for yourself:

1. What do I really want? What do I value most?
2. When I am doing \_\_\_\_\_, I feel really good about myself.
3. I like myself most when I \_\_\_\_\_.
4. In what ways do I sabotage my efforts?
5. If I could describe my best self, what would that be? What would my life look like?
6. What scares me most is \_\_\_\_\_.
7. Am I riddled with bitterness, envy, or resentments?
8. Do I see myself as a victim in life, or do I believe I have the power to make my own choices?

9. Do I always put others before myself?
10. Do I always put myself before others?
11. What am I passionate about?
12. Do I avoid conflict? At the cost of having a voice about my life?
13. Can I be assertive without being aggressive?
14. Are my relationships with colleagues, family, and friends rich and rewarding?
15. Am I willing to take some risk and move into the unknown in order to create what I really want?

Hopefully, some of these questions are thought-provoking and offer you some clarity.

If your wellness picture is unclear, you can work with a Wellness Coach who can provide valuable assistance to your journey. Journaling is a very effective way to check in with yourself. You will probably need to write for at least 20 minutes before you really get down a few layers. Generally, the first ten minutes is all about the surface stuff going on in your life. There is power in having quiet time with just you!

Exploring books, hobbies, experiences, and subjects outside your “little box of life” will offer new information! I need new information to do and have something different. As a gentle reminder: if you do what you have always done, you will get what you have always gotten. Start with small increments of new information. It is vitally important that this process feels workable to you and not drudgery or a “should” thing.

Working with a Wellness Coach will smooth the process. You want your path to wellness to feel gentle, not harsh; welcoming, not a battleground; to feel possible, doable; and to have it breathe life into you!

Clarity, new information, willingness to do something different, and patience are very effective tools for your wellness. You truly can live a life where you are excited about your day and welcome all that life has to offer you. You can live a life where you are truly comfortable in your own skin and enjoy being the best you possible!

**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.CindyPavell.com.





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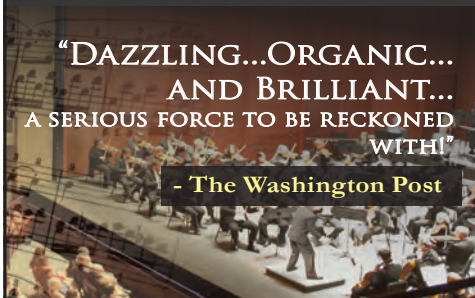




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# Fashion

by Keith Loria

## ON THE MOVE

When the popular retail chain White House/Black Market sold ten years ago, it looked as if the husband and wife former owners, Shelley and Rick Sarmiento, had it all. But, after the couple separated and the money ran out, Shelley realized that she needed something else in life to keep her interest. She briefly flirted with a home furniture business, but eventually decided that fashion was where her heart was.

"I am basically a 27-year veteran of the fashion industry after being co-owner of the White House/Black Market clothing chain, where I was executive vice president and did everything from real estate to clothing design," Shelley said. "After we sold the company, I decided to go back to school. I didn't have a fashion degree, so I went to the Fashion Institute of Technology to learn about aspects of the industry that I love, but never had time to explore."

FIT offered courses that covered areas Shelley had little exposure to on a daily basis, like hands-on design and garment construction. But even still, it wasn't long before her professors noticed she knew more than most students.

"Through one of my professors, I was recruited to Victoria Secret to do production management and technical design," she said. "I started to do that, and after I graduated from FIT, they called me to ask me to teach, so I am now an adjunct professor."

Throughout this time, Shelley was commuting from her home in Maryland to New York, raising two teenaged daughters in the process. As they grew older, she realized that she wanted to do something closer to home.

One day, while standing in line at a New York City food truck that was serving grilled cheese sandwiches, a light bulb went off in Shelley's head.

"I was standing by this rickety old truck, and I knew then that I wanted to do a fashion truck," she said. "I knew that I wanted to do more than just one truck, but wanted to do a chain. I came up with a business model over a couple of glasses of wine."

Shelley learned through research that her idea wasn't new, but of the others she found, they were all single entities and none done as a chain. Plus, none were serving the markets that she was interested in: Maryland, D.C., and Virginia.

She purchased an old bread truck off Craig's List for under \$4,000 last August, and then went to Home Depot to pick up the materials to turn it into something special. She designed the logo, stocked up on the fashion clothes and accessories she wanted, and less than a month later, she rolled out her first truck. Little White Fashion Truck was born.

A year later, she found another vehicle to add to her stable, this time an old Fed-Ex truck. Shelley's first truck travels around



the Baltimore and Annapolis areas of Maryland, and her second truck is in the D.C. and Northern Virginia markets. A third truck will open later this year in Nashville, Tenn. "Little White Fashion Truck is an identifiable, national brand on the street," Shelley said. "All the trucks are the same, the interiors will look the same, and all merchandise will be the same. I am reinventing retail. With White House/Black Market, we had 140 stores, so the idea of different locations isn't foreign to me. I am adapting that to this."

The mobile boutiques consist of 800 hangers all filled with on-trend clothing, which can be anything from rock and roll studded denim to clean crisp prints. There are also designs from "Truck Culture," her private baby brand, costume jewelry, handbags, and other accessories.

"Our price point on our clothing is \$29 to \$69," she said. "We feel as if the mobile fashion industry should offer quality and really great trendy fashion, but not something to break the bank. The trucks all have dressing rooms, air conditioning, and heat and could run 24 hours a day, 365 days a year if they wanted to."

Although Shelley admits she was a little nervous about the idea of mobile fashion lasting, believing that the novelty might wear off, the results in her first year of business have changed her mind.

"We are growing significantly and expediently," she said. "You could approach this as a mom and pop or as a legitimate business model, and take it to the next level, and that is my

plan. Originally, I had aspired for ten trucks within a year, but I slowed that down because other opportunities popped up, and I couldn't spend as much time on it as I had hoped." One of those things that "popped up" was a possible reality show that would follow Shelley around on her truck. Another was an engagement ring from her boyfriend, Derek St. Holmes, lead singer and guitarist for Ted Nugent. A third was an offer to write a book about her business.

"We have 21 franchise requests right now and exploring each possibility seriously," she said. "The potential for this is off the charts, but I am taking a deep breath to do it right. As far as sales, they are far exceeding what I had hoped."

Calling the business a passion, Shelley doesn't just want to be a transient capitalist driving around taking people's money. It's important to her to be a part of the community and provide a place that people feel comfortable with when they come by.

Little White Fashion Truck will do private parties in someone's driveway and also does a great deal of benefit and charity work.

"For me, it's the perfect formula of a community-based and money-making concept, but also is a brand," she said. "I won't jump into anything. I have a high level of integrity, and I want this to continue to be something special."

**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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## Ingredients:

- 1 sweet potato/yam/orange-fleshed potato cut into thin fries
- 1 Tbsp olive oil
- 1 large egg white
- 1 tsp pumpkin pie spice
- 1 Tbsp sugar (optional)

## Directions:

Preheat your oven to 400°F. Cut your sweet potato into fries by cutting the ends off first then slicing lengthwise into thin slices then chopping each slice into fries. Line a cookie sheet with parchment paper.

Whisk oil, egg, spices, and sugar (if using) until slightly foamy and pour over the fries. Toss until evenly coated, then arrange in a single layer on cookie sheet. Bake for approximately 40 minutes or until the desired level of doneness is reached.

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### Ingredients

- 5 oz. apple cider
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- ½ oz. freshly squeezed orange juice
- 2 whole cloves
- 1 cinnamon stick
- Pinch of nutmeg

### Directions

Combine all ingredients in a saucepan over medium heat, stirring until well combined. Once the cider starts to steam, pour the contents of the saucepan into a mug and serve.

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## SKILLET PEAR-APPLE *Crisp*

### Ingredients:

#### Topping

- 1 cup light brown sugar
- 1 cup all-purpose flour
- ¼ cup pecans
- 2 tsps ground cinnamon
- 1 stick unsalted butter, cut into cubes

#### Filling

- 1½ lbs Granny Smith apples, peeled, cored, and sliced
- 1½ lbs firm Bartlett pears, peeled, cored, and sliced
- ¾ cup dried currants
- ¼ cup light brown sugar
- 2 tsps ground cinnamon
- ¼ tsp ground cardamom
- ¼ cup honey
- 2 Tbsps Cognac
- Vanilla ice cream, for serving

### Directions:

Preheat the oven to 350°F, butter a 12-inch cast-iron skillet.

In a food processor, combine the sugar with the flour, pecans, and cinnamon. Add the butter and pulse until the mixture is fine. Transfer the topping to a bowl and press into clumps.

In a large bowl, combine the apples and pears with the currants, sugar, cinnamon, cardamom, honey, and Cognac, and stir until the sugar is dissolved. Spread the fruit in the skillet and scatter the topping over the fruit.

Bake the crisp in the center of the oven for about one hour, until the fruit is bubbling and the topping is browned. Let cool for 20 minutes. Serve with ice cream.

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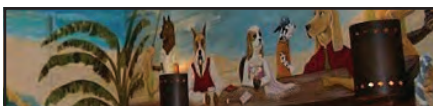


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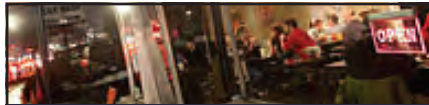


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# Sweet Treats

by Jake Koniszewski

## AT SWEET FROG



I stumbled upon Sweet Frog while out to lunch with a friend. The pink and green “Now Open” sign and the cartoon frogs instantly drew me in. That, and a craving for frozen yogurt.

“It’s a great area,” said the manager, Ahmad C, when asked why he opened Sweet Frog in Tysons Corner. “It’s a business district and a lot of people come out at lunch.”

He also noted the lack of competition. Sweet Frog, started in 2009 by entrepreneur Derek Cha, has expanded to over 260 stores in 23 states and in the U.K and the Dominican Republic.

I had a tough time deciding which flavor I wanted for my first visit (and I still do every time I go back).

“We have over a dozen flavors,” Ahmad said. “And a large topping selection, over sixty.”

There is a table with a variety of brightly colored cups, and the yogurt is self-served, so customers can have as little or as much as they want. You can even mix different flavors together. While cake batter, chocolate, and cookies and cream are the biggest sellers, Ahmad goes for watermelon.

I decided to mix cookies and cream with dulce de leche. I may have had difficulty picking a flavor, but the amount of toppings floored me. There were rows upon rows of fruit, candy, cookies, nuts, chocolates, and sauces. They had the staples like strawberries and chocolate chips. But, they also had ones I didn’t even know existed, like smores bark and cinnamon sauce. “Fruits are a big seller,” Ahmad said.

Peanut butter candies and Nutella were also popular, but Ahmad’s favorite is the walnuts.

After I covered my yogurt with a generous amount of chocolate chips and smores bark, I paid and dug in. It was a perfect sweet and creamy treat on such a hot day.

“Our yogurt is creamier than other places,” Ahmad said. After that first bite, I knew I would be coming back again. During my next visit, I grabbed one of Sweet Frog’s Frequent Frogger cards. After buying ten cups of yogurt, you get a small cup for free. Even the small cups are enough to soothe your sweet tooth. Gift cards are also available. You can also download Sweet Frog’s mobile app to get coupons, like 25% off your purchase.

I’ve been to Sweet Frog several times now and have slowly accumulated more punches on my Frequent Frogger card. I can’t help it. Since that first spoonful, my sweet tooth has been bugging me more than ever.

Along with being a local business owner, Ahmad plans to do charity work around the area, particularly with the Vienna youth community and Jill’s House, which aids children with intellectual disabilities.

**Ahmad is also hiring!** If interested in working at Sweet Frog, you can go their website or Facebook page to download an application. There are also hard copies available at the store.

Training takes three-five days for on average.



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# A VIVA “SHOUT-OUT” ON *Merrifield*

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**Trio Grill** – Opening in September – Mahogany, brick walls, covered patio, and a cigar lounge. Steaks, pastas, seafood, raw bar, and a piano bar. A reinterpretation of a classic American brasserie. [Triomerrifield.com](http://Triomerrifield.com)

**Open Road Grill & Icehouse** – Opened in late August – Country hospitality and urban rock and roll. Live music, American fare, and fun for the whole family. [Openroadmerrifield.com](http://Openroadmerrifield.com)

**Italian Market & Deli** – Wood fired pizzas, subs and salads, shelves stacked with imported wines, cheeses and Italian favorites, and catering! [Italianmarketmerrifield.com](http://Italianmarketmerrifield.com)

**BlackFinn Ameripub** – Already a favorite for burgers, salads, and classic American fare. Young and alive with sports enthusiasts, TVs are everywhere. [Blackfinnameripub.com](http://Blackfinnameripub.com)

**Ovvio** – a new “Authentically Italian” osteria in Halstead serving the cuisine of Calabria – straightforward and “obvious” seasonal flavors and local ingredients. [Ovvioosteria.com](http://Ovvioosteria.com)

**Cyclone Anaya’s Mexican Kitchen** – Scheduled to open later this year, Cyclone Anaya’s will offer up fare from fajitas and enchiladas, to burgers and baby back ribs. The restaurant is named after a professional Mexican wrestler. [Cycloneanaya.com](http://Cycloneanaya.com)

**Gypsy Soul** – A new concept from Rouge 24 chef, RJ Cooper. Food reminiscent of his time at DC Vidalia, Chef Cooper will offer different menus for the main dining room and a “rooftop.”

**Matchbox** – With its 40-seat patio, 220-seat restaurant and bar, award-winning wood fired pizza, and location adjacent to the Angelika movie theatre, this full service restaurant is on fire. [Matchboxmerrifield.com](http://Matchboxmerrifield.com)

**More favorites of ours** – *Cava Mezze Grill, Dolcezza Gelato, Le Pain Quotidien, Taylor Gourmet, and Sweetgreen.*





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## Here's What's Happening at MCC

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Saturday, Sept. 7  
9 a.m.-1 p.m.  
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### Harvest Happenings

Saturday, Sept. 28  
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Onstage @ The Alden  
ArtsPower's production of

### "The Little Engine That Could Earns Her Whistle"

Saturday, Sept. 28, 2 p.m.

### McLean Pet Fest

Saturday, Oct. 19, Noon-3 p.m.  
McLean Central Park



Onstage @ The Alden  
Indian Musician

### Ustad Shafaat Khan

Saturday, Oct. 19, 8 p.m.

Onstage @ The Alden, Theatre IV's

### "Johnny Appleseed"

Sunday, Oct. 20, 2 p.m.

Onstage @ The Alden

### "The Wonder Bread Years"

Saturday, Oct. 26, 8 p.m.

The McLean Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)

Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)



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# Bonaroti

## Old World Style

Dining with Jeannine • by Jeannine Bottorff



**W**ant to step back in time? Just go to Bonaroti Restaurant in Vienna. Chandeliers with sparkling crystals, elegant wallpaper, and soft lighting make Bonaroti a romantic spot for a special dinner. You will be escorted to your table by owner, Sergio, and attended to by the waiters – tuxedoed gentlemen who are both friendly and attentive.

Once seated, you begin to look at the menu. It is filled with a variety of Italian specialties. As you try to make your selection, munch on their homemade breads – chewy focaccia, crunchy Italian breads, and pencil-thin breadsticks.

Served with the breads is olive oil, Parmesan cheese, olive tapenade, and minced sun dried tomatoes. Oh, and butter too!

Appetizers include clams, shrimp, and calamari, served in a variety of traditional preparations, as well as salads of all types. There is even an antipasto of sliced Italian cold cuts and cheeses. On my last visit, I indulged in the tomato and fresh buffalo mozzarella. At Bonaroti, the cheese, drizzled with balsamic vinegar and flavorful olive oil and garnished with fresh basil, melts in your mouth.

There are dozens of homemade entrées on the menu. These include old world favorites like tortellini, manicotti, chicken piccata, and spaghetti with Fruitti di Mare. But in addition to the entrées, Bonaroti also offers at least a dozen specials every day. I opted for one of these specials recently:

the ravioli stuffed with spinach and cheese and served in tomato cream sauce. My dining partner opted for the Petto Di Pollo Michaelangelo: a light dish of chicken, artichokes and red pepper topped with melted Fontina cheese.

For dessert, there are choices galore! There are cakes, gelato, flan, cannolis, and much more. However, I can rarely fit dessert. It is a good thing they have cappuccinos and liquors for those who want something sweet, but can't fit it in.

“ There are literally dozens of homemade entrées on the menu! ”

Bonaroti also has a private room, perfect for a group lunch or dinner, whether for business or pleasure. With a large selection of wine, including a large number of Virginia wines, they make it easy and fun to entertain a crowd.

So, whether you want to have a romantic dinner for two or would like to have a celebration dinner for a group, check out Bonaroti where the food is fresh, the pasta homemade, and the service gracious.

**[www.bonarotirestaurant.com](http://www.bonarotirestaurant.com)  
428 E. Maple Street, Vienna, VA 22180  
703.281.7550**

**author:** Jeannine Bottorff Jeannine Bottorff is a native Washingtonian who grew up in McLean. While spending most of her life in corporate marketing, she also worked in catering and owned a hot sauce business. Currently, she is a travel consultant and owner of Classic Family Journeys.



# Let's Get to Know Each Other.



Dear Friends,

We want to make your experience with VivaTysons Magazine the best it can possibly be. That is why we have created a special survey to help us get to know our readers better so we can continue to improve our content. Don't worry, all information we collect is completely anonymous!

Please visit our website at [vivatyson.com/survey](http://vivatyson.com/survey) to take the survey today.

Thank you for your help!

*-The VivaTysons Team*

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# APPLE PARSNIP Soup

## Ingredients:

- 4 Tbsp butter
- 1 large sweet onion, finely chopped
- 1 large potato, peeled and chopped
- 2 medium apples, peeled, cored, and chopped
- 1 lb parsnips (4 medium), peeled and chopped
- 4 cups chicken broth
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 1/2 cup cream
- salt and pepper, to taste

## Directions:

Melt butter in a large saucepan over medium-low heat. Add onions and sauté until softened but not browned, about eight minutes.

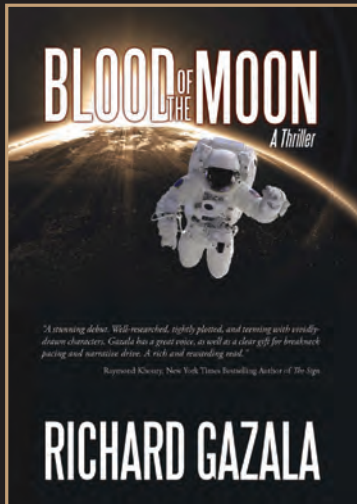
Add potato, apples and parsnips; stir in chicken broth and spices. Increase heat to bring soup to a boil, then reduce back to medium low and simmer covered, until vegetables and apples are very soft, about 30 minutes.

Puree in batches, or using an immersion blender. Stir in cream and season well with salt and pepper.

[www.foodess.com](http://www.foodess.com)



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# THE FAIRFAX *Symphony Orchestra*

The Fairfax Symphony Orchestra (FSO) is about to kick off its 2013-2014 season headed by Music Director Christopher Zimmerman. The new season will serve as the second year of the three year theme: "Mischief in Music: Wit, Insolence and Insurrection." This theme allows Zimmerman to incorporate "pieces that speak to the playfulness of music, and also to its ability to rouse complex emotions." This season will also be an increased offering of seven performances, opposed to the previous six. Five of these performances will take place at George Mason University's (GMU) Center of the Arts and two inaugural chamber orchestra performances will be at a new venue, GMU's Harris Theatre.

FSO hopes that the new chamber orchestra location will provide an intimate setting for patrons. Chamber orchestra concerts will be held Saturday evenings and Sunday afternoons. To further ensure the intimate atmosphere of chamber orchestra guests will also be able to participate in a preconcert discussion one hour prior to each performance, as well as a talk-back with the featured artist following each performance. The featured artists for the first chamber orchestra performance (January 14th & 15th) will be William Hite (tenor) and Eric Moore (horn). The second performance's (March 22nd & 23rd) featured artist will be William Hite (tenor). These concerts feature Benjamin Britten's *Serenade for Tenor, Horn, and Strings*, his *Simple Symphony*, and his *Nocturne, Op. 60*, in honor of the 100th anniversary of his birth. These works are complemented by Edward Elgar's *Serenade for Strings*, Wolfgang Amadeus Mozart's *Symphony No. 27 in G Major*, Dmitri Shostakovich's *Chamber Symphony in C Minor* and his *Chamber Symphony in D Major*, and Edgard Varese's *Octandre*.


There will be five Masterworks Concerts offering a traditional orchestra experience. These performances will include the world premiere performance of Theofanidis' *Ordo Virtutem*, Beethoven's *Symphony No. 7*, Mahler's *Symphony No. 5*, Orff's *Carmina Burana* featuring the Fairfax Choral Society, Aaron Copland's *Music from the Theatre and Clarinet Concerto*, Edvard Grieg's *Peer Gynt Suite No. 1*, Joseph Haydn's *Symphony No. 60, "Il Distratto"*, Astor Piazzolla's *The Four Seasons of Buenos Aires*, Sergei Rachmaninoff's *Symphonic Dances*, Larry Alan Smith's *Saxophone Concerto*; and Igor Stravinsky's *Pulcinella Suite*. Concerts will each be featuring soloists

Tony Arnold, soprano; Guillermo Figueroa, violin; William Hite, tenor; Carrie Koffman, saxophone; Eric Moore, horn; and Ricardo Morales, clarinet. The Masterworks Concerts will be held on September 1st, October 26th, November 16th, April 26th, and May 10th.

Conductor Christopher Zimmerman will be conducting all performances. Born and raised in England, Zimmerman received his B.A. in Music at Yale University. He continued his education at Michigan University where he received his Master's and apprenticed with Andrew Davis and the Toronto symphony, been assistant conductor to Vaclav Neumann and the Czech philharmonic Orchestra, and made his professional debut with the Royal Philharmonic Orchestra in 1985. Zimmerman has since worked with the Prague Symphony, Slovak Philharmonic Orchestra, Royal Liverpool Philharmonic, and Conducted Carmen at Nimes and Salome at Mexico City Opera. He made is U.S. operatic debut as the Music Director of the Cincinnati Concert Orchestra where he won the National Opera Association's first prize twice.

Zimmerman was appointed Music Director of FSO in 2009. Stephen Brooke of the *Washington Post* described a January 2013 performance of the FSO by saying that, "Zimmerman conducts with a kind of coiled ferocity — you sensed he might pounce into the orchestra at any moment, to carry off the weak and slow — and the playing crackled with electricity and almost physical power."

In addition to providing performances at the Center of the Arts and the Harris Theatre, the FSO provides more than 30 free concerts in Fairfax County parks each summer. They also provide a number of outreach programs to the community. One of these programs is Overture to Orchestra (OVO). The OVO provides in-school concerts performed by chamber ensembles and are designed to teach and introduce elementary school students to different instruments and sounds of a symphony orchestra. "The FSO regards bringing the world of orchestral music into the classroom as not only a significant part of its work, but something that is highly rewarding and a lot of fun. We do this in a variety of guises," says Zimmerman. "It is important to give people of all ages a sense of what is so special and exciting about orchestral music and symphony orchestras."





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# GLOBAL CAMPS

One world. One goal. One child at a time.  
by Rick Mundy

# Africa

**A**h, the joys of summer camp! We can all quickly conjure up visions of swimming, wallets laced in gimp, and singing 'round the campfire. As this summer's memories start to fade, some of us have recently listened to our own children's tales of finding a salamander or retellings of ghost stories.

Camp Sizanani provides the classic camp experience. Campers arrive by bus, excited for the start of their ten-day adventure. They have heard from older friends about all the fun they will have, and it's true. There are sessions for arts and crafts, sports and recreation, theater, music, nutrition, life skills, and more.

## Wait! Nutrition? Life Skills?

While this camp is still a getaway from the routine, Camp Sizanani serves a clientele whose routine is unimaginable to most of us. Camp Sizanani is in South Africa, and the campers come from horrendous circumstances. Almost all have been affected by AIDS, having lost one or both parents to the disease, or they are HIV-positive themselves. (One-third of today's 15-year-olds in South Africa will die from AIDS.) They are often victims of sexual or physical abuse. Many are working just to help support the family instead of going to school. Most have little hope for the future, expecting that they will be dead by age 25 or 30.

By interweaving practical information and life skills training with the normal activities of a camp experience, Camp Sizanani has been making inroads in curbing the devastation the youngsters have known, helping them become responsible for their own lives and to improve their own situations.

## The Birth of Global Camps Africa

Phil Lilienthal knows camp. A Reston attorney, he spent every summer for 30 years running Camp Winnebago, a boys' summer camp near Augusta, Maine. He was also an early volunteer in the Peace Corps, serving in Ethiopia in the mid-1960s.

Phil saw an opportunity. He could take his passion for development and his 30 years of camp experience and use them to establish an intervention for the emerging and most significant threat to children in Africa, HIV and AIDS.

He boarded a plane to Kenya in 2003 and started driving, looking for a location for the camp. Through the auspices of Phil's organization, Global Camps Africa (GCA), he opened Camp Sizanani ("helping each other" in Zulu) in 2004 in South Africa where the need was greatest.

## Making a Difference with a Different Approach

As an AIDS intervention, the GCA model is unique. The camp staff is local, camp counselors are from the same neighborhoods as the campers, and a significant amount of time is dedicated to training the staff.

"Both counselors and campers get much more from camp than they are prepared for," Lilienthal said. "It changes the way a person looks at life."

Emily Crowder, executive director of Global Camps Africa, says that the goal is to provide an environment where the campers feel safe and where they are valued and respected. They are given a voice and the ability to make good decisions if they follow the training.



Camp becomes a transformative event in their lives in so many ways. Upon arrival, they are asked what they hope to learn. A typical response might be “to be able to float on the water.” On departure, they are asked what they learned and a common response sounds like, “I learned to do something I never thought possible.” They leave with skills, knowledge, self-confidence, and a vision for the future.

Camps are held in September, December, and March to coincide with school breaks. 140 attend each session assisted by 35 counselors. Each child can attend camp one time only.

Youth clubs are held year-round every other Saturday for five hours at five locations around Johannesburg so that campers can continue to receive support long after camp has ended. Counselors encourage children, provide food, medical and emotional support, and much needed fun. However, no one is turned away from the youth clubs, so often friends and siblings of campers join in.

### Making Progress

Although Camp Sizanani has been offering programs for ten years, it is too early to gauge the overall effect of the program. GCA is in the middle of a 5-year longitudinal study to assess outcomes from the camp and the youth clubs. The researchers have developed a pre-camp survey on topics like AIDS awareness, sexual activity, attitudes, etc. They also conduct post-camp studies at one month, three months, six months, and 12 months.

According to Crowder, the non-research evidence shows that interest is spreading throughout the community.

School principals have reported that, upon returning to school, campers pay attention in class more and volunteer for community service projects.

Other organizations in South Africa and Uganda have reached out for training assistance for similar programs. Crowder points out that GCA is expanding their reach and that they are helping “[turn] off the tap for HIV infection.” In fact, there has been a 63 percent decline in HIV infections from 2009 to 2012 among South African children 0-14 years old (UNAIDS, June 2013). Yet, there is so much that still needs to be done.

### Looking to the Future

Global Camps Africa currently rents the space that is used for every session of the camp. While it is adequate, they need to expand and to control the property where the camps are held. Lilienthal purchased 186 acres, which GCA hopes to convert into the new Camp Sizanani. This will allow additional sessions to be held. Also, the property can be used as a training center and offered to other groups.

“The momentum is in our favor,” Crowder said. “We are seeing tremendous gains. South Africa is the country that has been hardest hit by the AIDS epidemic. However, it is also leading the world in improvements.”

Lilienthal offered his own perspective: “We are completely child-focused, and we do whatever needs to be done to help them. The work is endlessly interesting. We’re doing great, and you can see it in the kids and counselors who have grown tremendously.”



## You Can Help

It takes about \$500 to send one child to camp for ten days, including room and board, equipment, supplies, counselors, medical and other staff, plus the year-round Saturday Kids Clubs. Please consider donating the camp cost for one or more children, but any amount you can give will be helpful and greatly appreciated.

Checks made out to Global Camps Africa can be sent to Global Camps Africa, 1606 Washington Plaza West, Reston, VA 20190.

Financial support is their most pressing need, but there are other ways to help:

- Contribute camping essentials – athletic shoes (adult sizes 3-7), caps with visors, toothbrushes, toothpaste, soap, shampoo.
- Organize fundraising events. See [GlobalCampsAfrica.org](http://GlobalCampsAfrica.org) for ideas.
- Send us names and emails of friends you think would like to hear from GCA.
- Search for GCA. Turn your web search into support for GCA by using [GoodSearch.com](http://GoodSearch.com) and designating Global Camps Africa as your charity of choice.
- If your employer has a matching gift program, ask for GCA to be added to the list.

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whose work, friendship, and company we enjoy.



# TIM FRICKER



bikes@vienna, Owner



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Known and adored by thousands of cycle enthusiasts, Tim's passion for cycling began at a very early age and has grown into the love of everything bicycles.

Coming from the world of theatrical production (scenery and lighting, primarily), Tim began his work in cycling in Vienna, and is the proprietor of bikes@vienna, a small independent bike shop that specializes in recumbent and folding bikes. Always ready to answer your questions or address your repair needs, Tim works to help those with special needs to enjoy the outdoors with two and three wheel cycles. When not working with his tools or keeping up with cycling trends, you'll find him hiking, camping or taking pictures.

# LILIAN JORGENSEN

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Recently recognized by Long and Foster Realtors as the firm's top performer during the past year, Lilian has sold more than \$1.1 Billion in more than 1,800 settled real estate transactions during her 28-year career as a Realtor.

Prior to getting her real-estate license and entering the business, Jorgenson worked in the Foreign Service as an instructor teaching Americans to speak Danish. She entered the real estate businesses in 1985. "I'll do this forever," says Jorgenson. "I love it. This job is truly a lifestyle and I think it is so special that I can help people."

# J. KENT HOLLAND, ESQ.

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As a construction and government contracts attorney, Kent Holland, a graduate of Villanova University School of Law, strives not just to give his clients excellent service as a consultant and attorney, but also to give freely of his time as an educator and mentor for those involved in the construction risk management and legal fields.

As a prolific author, he has written eight books, publishes ConstructionRisk.com Report, creates continuing education videos, and writes a wealth of invaluable, and free, resource materials for his website. When not busy working or writing, you might find Kent bicycling on the W&OD trail or playing tennis in one of the local parks.



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# GIOVANNI CESARATTO



Assaggi Osteria, GM/Partner



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Canadian born Giovanni Cesaratto was raised in Montreal but "made in Italy." Cutting his culinary teeth at the Magic Pan at age 17, he attended the Canadian School of Restaurant and Culinary Management in Vancouver, British Columbia, and later apprenticed at the popular "Chez Joel" under the guidance and care of Chef Joel Thibault. As a seafood lover, he found himself in Seattle at Umberto's Restaurant before arriving in Washington DC on New Year's Day in 1990.

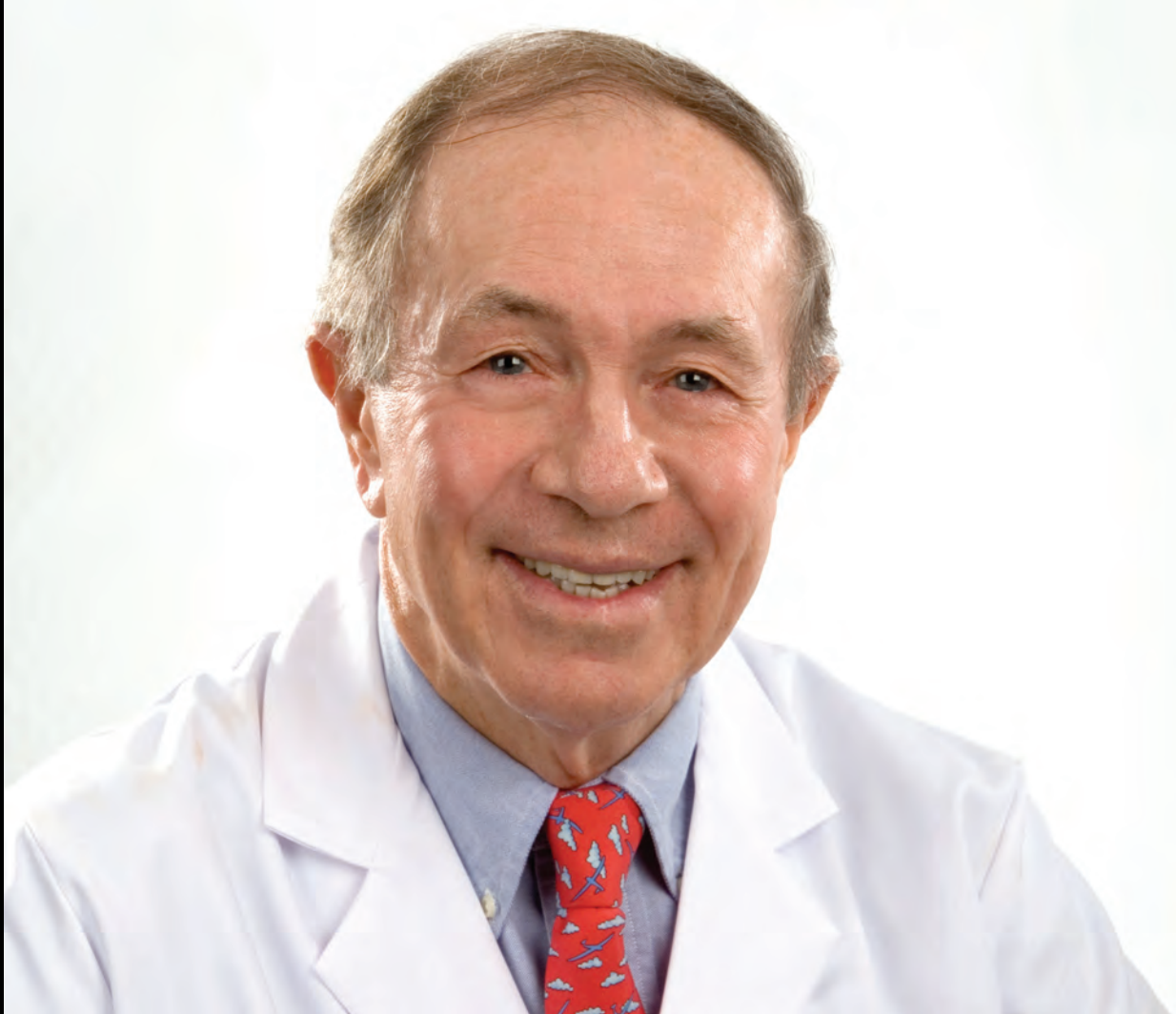
While working in food service distribution introducing and selling the then new and popular "Fresh Cut Herbs and Baby Lettuce," he longed to go back to where his passion was — "making people smile with great food and wine." This brought him together with Domenico Cornacchia to open Assaggi Osteria in October 2009.

Award-winning and known for the taste of Central Coastal Italian cuisine (The Abruzzo-Marche region) his passion for the flavors of fresh seafood invites his patrons back again and again. "Life's too short to drink poor wine" he reminds me. He's right. *Salute!*



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To learn more about his work and his mission in medicine, please read "A Letter to Patients" at [www.kaplanclinic.com](http://www.kaplanclinic.com).





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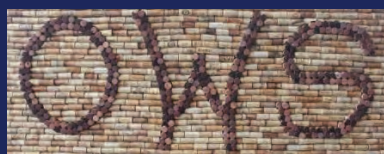
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# Faire la Fête

by Liz Barnett

It might feel like summer just ended, but at *VivaTysons*, we're already planning our holiday parties and for good reason! Although there are many great venues in the area to choose from, they book up quickly in winter months. So, whether you're organizing an intimate gathering with friends or a full-office blowout, now's the time to don your party planner hat and find the perfect space for your soiree.

Photo by Len DePas





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**Idylwood Grill and Wine Bar**  
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This hidden gem in Falls Church has gained a real following, thanks to their extensive and affordable wine list and their fresh take on Mediterranean comfort food. Standouts on the menu include scallop risotto, rack of lamb, and salmon gnocchi pesto, all of which Idylwood's in-house sommelier pair with red, white, and sparkling wines accordingly. Small parties of up to 25 people can enjoy the entire lower level to themselves in the restaurant's warm and inviting interior, whether for a full dinner service or simply passed hors d'oeuvres.

**Open Kitchen**  
703-942-8148 • [openkitchen-dcmetro.com](http://openkitchen-dcmetro.com)

Looking for something a little different for this year's fête? Open Kitchen offers private "Iron Chef" parties, in which you can challenge your friends or coworkers and cook up some friendly competition in their three adjacent kitchen facilities. The restaurant even supplies top Tysons-area professionals to serve as your unbiased judges. After the winner is announced, mingle on the enclosed terrace draped in Christmas tree lights, and enjoy 50 different kinds of small plates that showcase the restaurant's emphasis on slow food and farm-to-table dining.

**Sea Pearl Restaurant and Lounge**  
703-372-5161 • [seapearlstaurant.com](http://seapearlstaurant.com)

Whether for parties of two or 200, Chef Liao serves up refined modern American cuisine with an Asian twist to private parties nightly in this Falls Church hot spot. Diners rave about the fresh oysters and inspired sushi rolls, such as the "Hudson Valley" roll, which features seared foie-gras, green apple, and a balsamic plum wine reduction. The restaurant offers several semi-private areas for your entertaining needs with customized menus to match. The 40-foot-long bar with mother-of-pearl detailing and ornate chandeliers can be reserved for groups to enjoy swanky cocktails and hors d'oeuvres in a more communal setting.

**Brx American Bistro**  
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This refined, yet casual eatery in the heart of Great Falls is a popular spot for rehearsal dinners and office parties. Stone walls provide an attractive backdrop with wine racks tucked away in alcoves throughout the inviting space. The restaurant's patio is enclosed and heated during the winter



Sea Pearl

months, serving as an exotic party venue even in the most dismal weather. Brx staff work with customers to design a buffet or a la carte menu to fit any occasion: intimate cocktail parties, large sit-down dinners, or festive brunches.

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703-918-0080 • [assaggiosteria.com](http://assaggiosteria.com)

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**Café Oggi**  
703-442-7360 • [cafeoggi.com](http://cafeoggi.com)

An area favorite for Italian classics, Café Oggi has catered to McLean residents for over two decades. The warmly-lit main dining room may be rented out for larger events, and the small private dining room in back is available for smaller affairs, comfortably seating 30 to 40 partygoers. Café Oggi's owners take great pride in the restaurant's authentic, non-commercial feel, explaining that the inspiration behind its design was to remind guests of their own dining rooms at home. House-made cannelloni stuffed with veal and blanketed in a rich tomato cream sauce has been the star attraction for years, but menus can be adapted to fit any budget and dietary restriction.



### **Da Domenico**

703-790-9000 • [dadomenicova.com](http://dadomenicova.com)

Touted for having the best veal chop in town by The Washington Post, Da Domenico has been offering guests in McLean an elegant Italian dining experience and treating customers like family since 1980. Besides their famous veal, dishes such as lobster with champagne sauce and grilled branzino with mussels and lemon butter can be worked into your customized banquet menu. When it's time to eat, the restaurant has two private dining areas to choose from: a glass-enclosed chef's table that seats 30 and a larger, more private back room that can accommodate 60 and is decorated with elegant draperies and warm furnishings.

### **Evo Bistro**

703-288-4422 • [evobistro.com](http://evobistro.com)

Wine lovers will adore this tapas bar, where you can sip premium vintages with your meal before purchasing several bottles of your favorite on your way out the door at the restaurant's in-house wine shop. Taking part in tastings is a great way to mix up the usual holiday party, and Evo has the accommodations to support it. Their private room seats 10, while the main dining area fits up to 60. The cocktail lounge is available for standing parties to mingle while eating. Evo's menu is composed of 39 Mediterranean small plates such as grilled artichokes, lamb sliders, and butternut squash ravioli. With such a wide array of tapas and many vegetarian-friendly options, no party attendee will leave hungry.

### **Fleming's Steakhouse**

703-442-8384 • [flemingssteakhouse.com](http://flemingssteakhouse.com)

For the discerning professional who must surround him or herself with only the most state-of-the-art technology, Fleming's offers a sophisticated videoconference setup for your event. This means you could feasibly conference-in your New York office directly to your work party for one big celebration. But, besides fancy gadgets, the restaurant offers a maximum of 50 diners their own private room paneled in warm wood with wine-inspired artwork. On the menu are steakhouse classic, like braised short ribs and jumbo lump crab cakes, as well as some new favorites such as lobster tempura and porcini-rubbed filet mignon.

### **Iris Lounge**

703-760-9000 • [irisloungeva.com](http://irisloungeva.com)

Want to plan a low-key billiards night with 20 of your closest friends? Or throw a Mardi Gras-themed cocktail party? Or perhaps simply smoke cigars with your coworkers? For all of the above, Iris Lounge has you covered. Whether it's serving multi-course meals in their private dining rooms or entertaining a few people in their exclusive cigar lounge, the venue hosts nearly 300 events each year. It should come as no surprise that Iris Lounge's menu is equally eclectic. The kitchen turns out everything from sushi to Buffalo wings to roast beef for upscale carving stations.

### **Lebanese Taverna**

703-847-5244 • [lebanesetaverna.com](http://lebanesetaverna.com)

This beloved local chain is known for its consistently delicious Lebanese fare, and the McLean outpost is no exception. Groups of 12 or more can enjoy customized pre-fixe menus or a buffet-style meal in one of three private rooms handsomely outfitted with stone walls and sleek glass fixtures. The most popular items on the menu? Hummus and kabobs. But don't be afraid to get creative when designing your meal. Dishes such as braised lamb with grape leaves and whole roasted sea bass with lemon-cilantro sauce come highly recommended.

### **Maggiano's**

703-356-9000 • [maggianos.com](http://maggianos.com)

Located in the heart of Tysons Corner, Maggiano's offers guests a choice of eight elegant, wood-paneled banquet rooms for an event of any size. Whether you're planning a quiet evening with your close friends or organizing a company-wide celebration, the experienced staff will be on hand to help create the perfect gathering. Menus revolve around the "family-style" concept, with heaping plates of traditional Italian fare such as chicken piccata, baked ziti, and lobster carbonara.

### **Mylo's Grill**

703-533-5880 • [mylosgrill.com](http://mylosgrill.com)

If you're seeking a casual neighborhood venue in which to host your holiday fête, look no further than Mylo's. This family-owned Greek and American grill can accommodate



**Evo Bistro**



**Fleming's Steakhouse**





Bazin's on Church

45 in their private banquet room, which sits adjacent to a lounge that's perfect for pre-dinner cocktails and socializing. During the holidays, twinkling icicle lights and poinsettias adorn the restaurant, serving as a festive backdrop to your feast of grilled fish, creamy pastitsio (a Greek-style lasagna), and Mylo's signature kabobs.

### **Bonaroti Restaurant**

703-281-7550 • [bonarotirestaurant.com](http://bonarotirestaurant.com)

Bonaroti's doesn't have to make their pasta fresh daily, but they do every morning. It's one of the many ways in which their attention to detail and respect for classic Italian cooking is evident throughout this upscale-casual Vienna eatery. For private parties of between 25 to 50 people, two smaller dining rooms are available, in which fresh flowers and gilded wall sconces add touches of luxury to the intimate spaces. The extensive group menus feature fresh seafood, roasted meats, and a large variety of sumptuous pasta dishes to please every palate. There's even one named for former Redskins' tight end Chris Cooley: spaghetti with meatballs, veal Bolognese sauce, truffle oil, and creamy mascarpone.



Maggiano's

### **Bazin's on Church**

703-255-7212 • [bazinsonchurch.com](http://bazinsonchurch.com)

Perhaps you're not looking for a place with a fancy sit-down dinner or rocking dance floor for your party. Perhaps you're simply in search of a great local spot to stop by with a group for drinks and appetizers to celebrate the coming holidays. Enter Bazin's on Church. Tuesday through Thursday, you can reserve the restaurant's bar from 4:30 to 6:30 for a "Power Hour." Your group may choose from a selection of local wines and assorted cocktails like peach cosmos while enjoying small plates like tuna tartar, goat cheese tartlets, and mini crab cakes. If brunch is more your style, Bazin's is available Saturday mornings and afternoons for larger functions with a prix-fixe menu featuring organic and seasonal ingredients.



Maplewood Grill

### **Café Renaissance**

703-938-3311 • [caferenaissance.com](http://caferenaissance.com)

Café Renaissance prides itself on holiday entertaining. So much so, that the restaurant stays open every holiday except New Year's Day, offering classic French fare amid a whimsical and comfortable setting. Menu highlights include beef tenderloin with a carrot purée and shallot red wine sauce and poached lobster with a champagne cream reduction. This fall, a new tasting menu with wine pairings will be introduced and available for your future events. However, this venue is for smaller parties only: the Café's main dining room seats 55 guests, while its private room accommodates only 14.



State Theatre

### **Clyde's of Tysons**

703-734-1900 • [clydes.com](http://clydes.com)

Perhaps the most beautiful of all the Clyde's locations, this Tysons institution is the ultimate party venue for holiday gatherings. Since opening in 1980, the restaurant's art deco vibe has stood the test of time, boasting indoor palm trees and grand, multi-level architecture. The two private dining rooms seat 50 and 90 guests, but they can be combined to form one larger space with three walls of windows to look out on trees wrapped year-round in Christmas lights. If you're able to tear your eyes away from your surroundings, you'll find succulent Clyde's offerings on your plate, such as Baked Oysters Rockefeller, Cape Cod scallops, and



smoked mozzarella ravioli as part of a sit-down or buffet-style dinner. There is also a satellite bar that moves wherever your party goes, so no glass is left empty for long.

### **Maplewood Grill**

**703-281-0070 • [maplewoodgrill.com](http://maplewoodgrill.com)**

With seasonal menus created by their award-winning chef, this father-son establishment serves up New American cuisine made with locally sourced, organic ingredients in a relaxed, yet refined setting. Cushy leather booths and hardwood floors provide the perfect backdrop for private or semi-private events. Almost every night of the week, Maplewood Grill transforms into a piano bar and hosts nationally-renowned jazz and blues musicians to take the evenings to a whole new level. To accompany your private concert, choose from hors d'oeuvres such as smoked salmon quesadillas and lollipop lamb chops, or opt for a full hot-fork buffet menu.

### **Blackfinn Ameripub**

**703-207-0100 • [blackfinnameripub.com](http://blackfinnameripub.com)**

Located in Merrifield's new Halstead Square, this bar-restaurant hybrid may not be top-of-mind when searching for a holiday party venue, but the lively local spot has much more on tap than just craft beers. Every day, Blackfinn redefines the classic American pub by dishing out new classics like roasted vegetable flatbreads and pulled pork quesadillas while pouring signature cocktails made from scratch. For those who crave an escape from the dynamic bar scene, Blackfinn's private dining room provides a cozy space to sample the eclectic menu and spend time with close friends.

### **Nostos**

**703-760-0690 • [nostosrestaurant.com](http://nostosrestaurant.com)**

Nostos means nostalgia or a return to one's origins in Greek, and the owners of this elegant Vienna eatery certainly honor their roots through a wide array of authentic Mediterranean dishes and over 50 distinct wines from their homeland. Relax in Nostos' private dining area while feasting on whole roasted legs of lamb, grilled lemon chicken, and platters of moussaka. The separate dining room, which holds up to 30 people, is a serene oasis with faded blue walls, rustic wood beams and decorative Greek pottery.

## **LARGE-SCALE EVENTS**

### **Westwood Country Club**

**703-938-2300 • [westwoodcc.com](http://westwoodcc.com)**

Although the club typically caters to members only, non-members may plan their next event here by working with sponsors who have given their personal endorsement. It's worth the extra step: Westwood prides itself on being one of the most elegant facilities in Northern Virginia. With a Grande Ballroom that seats up to 400 and a Founders Room and Cup Room for smaller parties, the club can host a wide range of private events during the holiday season. The catering director and executive chef work to ensure menus will satisfy specific tastes and budgets, many featuring dishes such as roasted pork loin and seared yellow fin tuna. The club also provides counsel on décor, floral arrangements, and lighting plans.

### **The Atrium at Meadowlark Gardens**

**703-255-3631 (x105) • [atriumatmeadowlark.com](http://atriumatmeadowlark.com)**

With winter quickly approaching, escape to the Atrium at Meadowlark Gardens, a lush oasis complete with live trees, a winding stream, and warm sunlight. During the evenings, white Christmas lights twinkle throughout the venue, creating a magical atmosphere for any private party. Great Blue Heron Catering, the venue's exclusive on-site caterer, offers upscale dining options for plated dinners and buffets. Menu mainstays include miso-marinated salmon, bacon-wrapped scallops and pepper-crusted filets of beef. The Atrium can accommodate 200 diners under its 2,000-square-foot skylight, making it an ideal space for romantic weddings and large events.

### **Grand Atrium at Tysons Corner**

**703-698-0228 • [grandatrium.com](http://grandatrium.com)**

As one of the premier private event spaces in the Northern Virginia area, the Grand Atrium and its staff pride themselves on turning your vision into a reality by customizing every aspect of your evening. Their exclusive in-house catering team is able to whip up any cuisine you desire from scratch using local and sustainable ingredients for parties as large as 200. The venue itself is spacious, but warm with vaulted ceilings, exposed brick walls, and a wood-burning fireplace. The Grand Atrium specializes in events that involve their expansive hardwood dance floor, which is surrounded by cozy seating areas should guests need to rest their feet or get a second helping of dessert.

### **Hunter House**

**703-827-0269 • [fairfaxcounty.gov](http://fairfaxcounty.gov)**

Nestled in historic Nottoway Park, this large 19th century farmhouse once made its own wine, but now serves as a rustic and beautiful event venue year-round. With sprawling gardens, a sunlit screened-in porch, and spacious lawns perfect for large tents in any season, the Hunter House offers an intimate, yet exotic setting that can accommodate 40 to 200 guests. Whether you choose to bring in a caterer or make it a casual potluck affair, the farmhouse can serve as the perfect picturesque backdrop to your festivities.

### **The State Theatre**

**703-237-0300 • [thestatetheatre.com](http://thestatetheatre.com)**

What opened in the 1930s as a movie theater now operates as one of Falls Church's liveliest music venues, as well as a full-service event space for private parties. After stopping for a drink in the gold-ceilinged lobby, guests will be greeted with the breathtaking main arena, boasting multiple balconies and a magnificent stage. The State Theatre staff work with their in-house catering team and guests to customize menus to fit every budget. And, thanks to their relationships with hip local bands and their knack for custom light shows, your holiday party could be the event of the season. The catch? The Theatre requires a minimum of 100 people be in attendance. Time to start sending out those e-vites.

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.

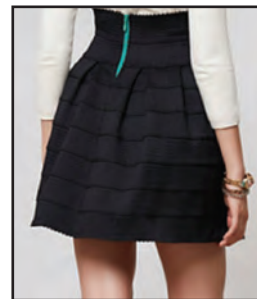
# Trend

## NEW LOOKS FOR A NEW SEASON

by Lauren Simmons



**J.Crew – Jeweled Short Sleeve Sweatshirt**  
[www.JCrew.com](http://www.JCrew.com)



**Ponte Bell Skirt**  
[www.Anthropologie.com](http://www.Anthropologie.com)



**C Wonder – Textured Links Bracelet**  
[www.cwonder.com](http://www.cwonder.com)



**Zara – Leather City Bag**  
[www.Zara.com](http://www.Zara.com)



**Bobbi Brown – ‘Navy & Nude’ Eye Palette**  
[www.Nordstrom.com](http://www.Nordstrom.com)



**Danny Polished Leather Chelsea Boots – Phillip Lim**  
[www.Saks.com](http://www.Saks.com)



## GADGETS, GIZMOS

# *& Goodies*

by Lauren Simmons



## The LoveHandle [www.Fusionbrands.com](http://www.Fusionbrands.com)

This is the only time a 'love handle' is a good thing to have! This multipurpose handle can be used as both a utensil rest or pot holder – made of silicone it's easy to wash and maintain.



## Shopping List Bag [www.ShoppingListBag.com](http://www.ShoppingListBag.com)

Ever forget your reusable grocery bag at home? Not any more! Something as simple as incorporating a shopping list, pen, place for coupons, and loyalty cards in one place makes all the difference. The bag folds up and has a magnet on the back so you can keep it on the fridge – where the shopping list lives.

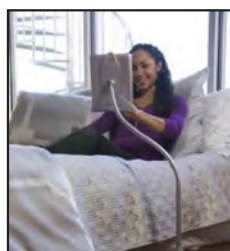


## 'Warm Me' Mouse [www.WarmMouse.com](http://www.WarmMouse.com)

It always seems that the hand on your computer mouse gets colder than the other one – not sure why that is but here's a great solution. This heated mouse will help in multiple ways by radiating heat and enhancing circulation. Heated through infrared, it will increase blood flow, decrease stiffness, and keep your hand nice and cozy while you compute.

## Standzfree – The Hands Free iPad Holder [www.FusionBrands.com](http://www.FusionBrands.com)

Do your hands ever start to tingle after holding up your iPad too long? The solution is easy and portable. Standzfree solves this issue with a telescoping stand that can go up to 48" tall. This is perfect for reading, watching movies, tweeting and texting.



## S'mores Maker [www.MilesKimball.com](http://www.MilesKimball.com)

No campfire needed for perfect s'mores. With this microwave s'mores maker, just microwave for 30 seconds – it heats everything evenly all at once. Cleanup is a breeze – it's all dishwasher safe!

# TYSONS *Seniors*

Some thoughts on seniors and real estate

by Gary Hughes

**T**he revival of the local real estate market is a popular topic these days. The average purchase price in Fairfax County is about \$550,000. That is very close to what it was before the bubble burst. Talk to almost anyone who has just purchased a home, and they will tell you the market is very competitive. It is not uncommon for very desirable properties that are priced correctly to get multiple offers.

So what does this mean for the area's seniors? For people who have held onto a property for a long time, deciding to sell is an emotional as well as an economic decision. It may also involve matters of practicality. This article is limited to the economic and, to some extent, the practical. These are some tips to help decide how to sell and what to look for in buying.

First, let's look at selling.

An annual survey called the cost-value ratio is taken to determine how much money is returned in the sales price for each dollar spent on home improvements. Last year, replacement projects outperformed discretionary remodeling projects. However, none of the projects returned more than 100 percent of the cost. That means don't wait to until you want to sell your house to sink \$10,000 into a bathroom upgrade, because it will not really add more than \$10,000 to the purchase price. Now, that doesn't mean do not make upgrades. Just do them far enough out so that you can actually enjoy the upgrade.

One way to make your upgrade more valuable is to use universal design criteria. (Some people think that is code for build it for an old person, but that idea lacks a clear understanding of universal design.)

When deciding which project to undertake, do not overlook the impact of small projects. Pay attention to "first impression" areas like the garage door, the front door, and the screen door. Is the outside lighting working for you? Take care of the less expensive, low-hanging (but often overlooked) fruit, and then move on to bigger projects. But, don't try to figure out which wall the next owner will want to remove. Simply make your house both comfortable for and attractive to you.

When deciding what to purchase next, be careful to not just think smaller is the answer. Ask yourself some tough questions. Start with health concerns, current and future. For example: if a spouse has Parkinson's disease, not only would one look for a single level home, but also one with a garage. In order to avoid social isolation, having enough space to get in and out of a car in any weather is important.

If walking is important, make the neighborhood's design support walking; not every neighborhood does. If low vision is a current or anticipated issue, check the house's orientation for direct sun light. For some, bright sunlight is wonderful; but, for the person with Macular Degeneration, it makes seeing more difficult. Remember that this house has to function to support you now and in the future. Too many people are in assisted living because their house didn't support their needs.

It is not a given that you will find the perfect place, so be certain to add in the cost of your modifications to the purchase price so that you have the proper financial expectations.

In this market, how can you achieve a competitive advantage? Fortunately, cash is still king; so, if you have a good deal of equity in your home, you can use it to purchase and modify your next home. Not having a finance contingency, being flexible on the settlement date, and using the home inspection only to reveal major items will help your offer get accepted.

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



# DOROTHY Evans

## The Teacher Keeps Learning

by Rick Mundy

Every Thursday morning around 7:15 a.m., Dorothy Evans leaves her home in Springfield, hops aboard the bus, and then transfers to a second bus that takes her to the Vienna Metro station, all so that she can volunteer at the Shepherd's Center of Oakton-Vienna. Oh, and she's 85 years old. And she's been following this routine for 15 years. Fortunately, SCOV Director Michelle Scott picks Dorothy up at the Metro station, so she doesn't have to trek up the hill to the Vienna Baptist Church, home of SCOV. (Although she used to walk occasionally in years past.)

Dorothy arrived in the area in 1998 and was looking for something to do. She was interested in taking a computer class and, while looking for one in *The Golden Gazette*, she discovered that SCOV was looking for volunteers. 15 years later, she continues to answer phones, call drivers and riders, update file cards, and answer mail, or as she puts it: "anything that needs to be done."

Evans grew up on a farm in Halifax County, 54 miles from Lynchburg, the eighth of 11 children – eight girls and three boys. The family needed all those hands to help work the farm. She remembers lots of gardening and weeding. It was fun growing up in the country, although they had gravel roads and no electricity. Light came from oil lamps. She walked to the two-room elementary school with outdoor privies.

Dorothy made it to college, where she majored in home economics. After college, she became a teacher and taught home economics for 40 years, teaching in a South Carolina boarding school for a year, and then in Virginia, but mostly in Brooklyn thereafter. Her teaching schedule afforded time for travel, and she traveled to Europe, visiting London, Spain, Germany, The Netherlands, and France.

Although Dorothy retired in 1992, she has remained active with the American Association of Family and Consumer Services, the current name for home economics. Over 20 years later, she continues to attend the annual conference whenever she can.

"It is a great opportunity to see my friends from across the country. There is the Expo, the vendors, and the socializing. We have a Pacesetter dinner, there is a lot of information, and then there are the 'freebies,'" Dorothy said, referring to the vendors' giveaways. "We also get to see new areas."



Even before Dorothy's present volunteering, she has always enjoyed helping others. When she lived in Brooklyn, she volunteered with the New York City Marathon, passing out water or doing whatever was needed. Michelle is not surprised.

"Dorothy is such a joy to work with," Michelle said. "She brightens up the office whenever she is here. Everybody knows her, and she's here every Thursday morning without fail. A couple of times,

when there has been a blizzard, we have had to insist that she stay home. She takes her work very seriously."

For Dorothy, it gives her something to look forward to each week. It seems the computer course will have to wait. She is perfectly content with her work.

Dorothy does not hesitate to offer a few thoughts on maintaining a fulfilling life.

"Be active and enjoy yourself. Choose your friends wisely. Work hard."

She obviously follows her own advice. Whether continuing to learn new ideas in her field or setting an example with her supreme dedication to her work, Dorothy Evans sets a high standard for everyone.



# MEIR *Sofair*

## Savoring Life

by Rick Mundy

**N**ow in his 96th year, Meir Sofair has had ample opportunity to travel the world – the Middle East, Europe, the United States, Japan – and continue to develop a multitude of interests and knowledge. A true renaissance man is he. Born in Baghdad on April 18, 1918, he excelled in his studies in high school and was valedictorian “all over the country” upon graduation. He was selected to attend Cornell University, but first spent a year at American University in Beirut where he learned American habits and our lifestyle. While there, Sofair won a medal for physical fitness and swimming.

In 1942, Sofair earned a Bachelor’s in Civil Engineering from Cornell, but also concentrated in arts and science, economics, and sociology. He went on to study architecture at Cairo University. He lived in Egypt for ten years, where he met his wife, Allegra, and they had their first two children, Ruth and Regina.

The family eventually came to the United States, staying briefly in Geneva, NY, where he worked as an engineer. They moved on to Dover, Del., then Philadelphia where their son, Andre, was born, and followed by Potomac, Md. The chapel at Har Shalom in Potomac, which he designed, is named for Allegra. Today, Sofair makes his home in Vienna, Va.

His architectural work can be found in Egypt – consisting of designs created primarily for concrete and stucco construction – and the States, where he designed office buildings, residential apartments, and numerous other structures such as the Cumberland Gap Visitor Center in Kentucky. His designs are sleek and modern, reflecting great beauty in their functionality. This is only evidenced by viewing his drawings or completed projects as he is a master of understatement and prefers to let his work speak for itself.

At the same time, he loves to tell stories and is especially fond of telling jokes. Once he starts, they just keep coming, and he hardly stops for a reaction. In fact he keeps a folder full of jokes.

One example:

“A man needed a hat, but it was Sunday, and the stores were closed. A friend suggested that the man

go to church because all the men leave their hats by the entrance, and he could just find a hat that he liked and take it. However, the sermon was so good that he stayed until the end. After the service, the man spoke to the pastor and said, ‘Father, your sermon saved me from sinning today.’ Pleased, the pastor asked, ‘How so, my son?’ To which the man explained, ‘You said, “Thou Shall Not Commit Adultery,” and I suddenly remembered where I left my hat.’”

Sofair also loves to share the memories and symbols of his life that remain precious to him: the family tree that goes back to 1517, encompassing both his and Allegra’s ancestry; the beautiful sheepskin scroll that his father created, in which he inscribed by hand the Book of Esther in Hebrew; his library dedicated to his beloved Allegra; the myriad of family photos and architectural designs; and his well-kept garden. He greatly enjoys gardening, but had to install a high fence around it to ward off the deer.

“I have a battle with the deer because I like okra, and they do, too,” he said.

No doubt Sofair uses his garden’s output in his cooking. His caregiver, Amina, calls him an excellent cook. In fact, he has taught cooking classes, and he suggested that he’d like to start teaching again. (His secret to cooking rice: combine one cup of jasmine rice, 1½ cups of water, a little salt, and a little oil. Then, cook it for one half-hour, but leave it alone. Don’t keep lifting the cover to check on it.)

Once a week, Sofair goes swimming at Oak Marr Recreation Center. He writes and reads daily, and often makes architectural drawings. He has no interest in TV. He keeps his mind busy and enjoys the outdoors regularly.

When asked the secret of a happy life, he says, “There is no secret. You don’t need to talk about it. Just live it!”

He truly follows what he calls the “Art of Enjoyment”: “You should work, play, love, and pray without end, but make sure that you savor each moment. Otherwise, it is a waste.”





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# Urban Mattress

## COMES TO VIENNA



As I drove up to meet Nathaniel for the first time, I couldn't help but to wonder "Do we need another mattress store in Vienna? Mattress stores are popping up everywhere, what's the "Urban" story? What an awakening for me! I heard the original owners came from the non-profit industry, bent on combining their efforts to help their communities by doing business to create resources for their families and give others a hand up. And to educate, in lieu of selling.

I never knew the science behind the quality of a mattress and the improvement they make for a good night's sleep, and how that improves one's overall health.

Working with only reputable, leading mattress brands, they carry and stock a great selection from the best manufactures like Tempur-Pedic, Lumina, V1-Spring, EvoSleep, and their own Urban Organics line up of mattress "just right" for you.

The Urban Organics Plush, for example offers the ultimate in comfort and conformability. Using a combination of Talalay Latex, and only 100% organically grown cotton, the Plush is supportive

enough for any sleeping position yet soft enough to relieve the most troublesome pressure points.

Offering "free naps" and giving their purchasers an opportunity to test drive before they purchase, they are truly the sleep experts and are dedicated to the complete satisfaction of the customer.

And, as members of the largest mattress buying group in America, you need not worry about prices which are as competitive (and usually better) than the "big box stores."

Additional benefits include their commitment to the local tax base to support our community, the 2% of sales set aside for local charities, same day delivery, educators, not salesmen, and extensive research allowing you to choose from only the best of what's available today.

Grab a free nap and visit Nathaniel Hoelk at the new Urban Mattress in Vienna.

**Urban Mattress**  
**229 Maple Ave E, Vienna, VA**  
**703.261.4585 • [urbanmattress.com](http://urbanmattress.com)**





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# THE *Flight House*

## Chapter 1 – Fear Winks Back

by Richard Gazala

Some of you know me. You who don't should know that fear and I go way back. Fear gnawed on the bones of my boyhood's where and when, in a grisly civil war half a world and life away from my adulthood's generally more pacific here and now. In that war zone, I learned fear is never shy—it's as shameless a predator by bright sunlight as it is an omnipresent stalker under moon's fickle glow. I learned young, and never forgot, that no one is unpalatable to fear's insatiable appetites. We're all tasty that way.

One of fear's facets peculiarly fascinating to me is when its prey becomes its hunter. With my youth far behind me in time and space, often I find myself compelled to seek my old childhood friend grown aged with me, no longer more daunting nemesis than comfortable consort. You understand, I'm sure. After all, some of you deliberately savor the safe frights scary movies and books tap along your vertebrae until you turn off the television, or close the tome's cover with trembling fingers. Then you scold your hammering heart that none of it's real, and the strange sound in the dark downstairs is but your overactive imagination's cruel taunt. I'm like you, except I prefer my fear more voracious than the tamed monsters those books and pictures leash for me. So I go to scary places and I do scary things, bumping back against the shadows that go bump in the night. Don't judge. You have your penchants. I have mine.

Before we venture further, you should also know tracking fear taught me this: it craves me no less than I crave it. The fear breathes naught but the air I blow it. The fear clutches this sacrosanct truth no less intimately than any other lover does her enslaving *inamorato*, and so we appreciate one another clearly. We sense each other by sight and sound and scent, no matter what masks we've donned to render us mistakable to the insufficiently heedful.

Still, all masks have their subtleties. Almost a full minute passed from her entering the party through

the door at the crowded room's far end until I perceived the fear in her eyes, seeking me out. First I felt her gaze piercing the back of my head, while humid air around me slurred with talk of national political scandals and regional youth sports. When I turned to face her, that certain stare of my old friend greeted me from behind the slender woman's pale, jade eyes. I smiled, and she crossed the room directly to me, without slightest hesitation.

Elegantly manicured fingers gripped a slim black cellphone no less urgently than those remarkable emerald eyes beseeched my attention. I took quick stock of fear's present pleasant guise. High cheekbones, easily sharp enough to shred any unwelcome kiss. Full lips, glistening crimson like her fingernails, one of which capped a delicate digit laden with a luxurious wedding band of sparkling diamonds bedded in platinum. Sinuous auburn tresses spilling onto porcelain shoulders left bare by a clinging ebony dress that made the women look stale, and the men look twice. Though she wore it so lightly as to nearly escape detection, her perfume whispered distinctly of night-blooming jasmine. Slowly, she dawned on me, though her name stayed a stranger. I had seen her once before, only one rainy night ago. Under a lonely spotlight at far stage left, her svelte hips languidly swaying like a venomous cobra entranced by the savvy charmer's conjuring *pungi*, she signed Plant's lyrics while he rocked a rapt Wolftrap crowd to sweltering rafters. Her lithe hands had transported the deaf from mundane suburbia to Mordor's darkest depths, so the evening's magic would bewitch not just heads aurally blessed.

Then incarnadine lips were so close to my left ear that I felt the hot breath of each fevered word against the flesh of my throat every bit as distinctly as I heard it. She told me her name was Kashmira Jones. She told me she lived with her husband and children in the old Hight House. She told me she and her family were scared to sanity's jagged edges. She told me I had to help her.



“Why me?”

She said that at cost of considerable embarrassment she recently divulged her fear to acquaintances mutual to us. Apparently one of you told her about my taste for confronting the uncanny, and confided I was expected to attend the boozy gathering at that moment in full swing round us. Following frenzied consultation with her bedeviled husband, she inveigled an invitation to the soirée, for no reason other than to capture by any means requisite my assistance in thwarting the horrors of the Hight House.

I had no need to ask Kashmira about the terrors shattering her family’s peace. I know them well. Any of you who have resided more than briefly in this venerable town likely have heard many times disturbing murmurs about Vienna’s oldest standing domicile. It’s no news to you that for some 200 years, since the occurrence of that tragedy yet today as infamous as it is unexplained, wicked infestations have plagued the building’s unfortunate tenants with nary a respite. When what we call Vienna was still named Ayr Hill, and exactly 46 years to the day after he lovingly laid his dwelling’s cornerstone on the frigid afternoon of February 18, 1769, celebrated war hero Colonel Bartholomew Hight and his entire family simply vanished from the world without earthly reason or trace.

To the best of my well-considered estimation, that date marks also the day my old chum fear snatched up permanent residence in the Hight House. Since then, despite innumerable breathless remonstrations secular or ecclesiastical, nothing has provoked fear to surrender its clammy grip on the premises. Late some sleepless nights it occurs to me nothing short of utterly demolishing the ancient building will make fear its refugee. Then it occurs to me with equal conviction not even so radical a remedy may suffice to evict the bane.

“My aid in these situations is plain and consistent,” I said. “You must run from the devil. The alternatives are only gruesome.” Sipping ice water from a sweating crystal tumbler, I conspicuously assessed the exquisite wedding ring my appellant clicked nervously against her shiny cellphone’s designer casing as we talked. “Paupers don’t wear jewelry like yours, or flaunt the latest fashion in technology or clothing. It appears money’s no barrier to moving your family to less sinister housing. Do that.”

A low peal of thunder rumbled distantly overhead as Kashmira glanced at her glittering ring and sobbed. “Appearances can deceive. We don’t own anything that’s not hocked,” she said. “We can’t afford to move. We can’t even afford to pay you for your help.”

I sipped again. “What makes you so confident I can help?”

“I heard you’re very familiar with the house.” She took my free hand in one of hers and said, “I heard you almost bought it yourself. Just because it’s haunted.”

I grinned tightly and nodded, obliged to admire the veracity of the gossip this woman had collected about me. Indeed, I nearly bought the Hight House when it appeared on the market a couple of years ago, avid to purchase the property for the selfsame reasons its seller was so frantic to part with it. Alas, my better half and our offspring are neither as intrepid nor foolhardy as I, and I reluctantly withdrew my offer. So I stayed put and the Hight House stayed unsold (but not quite unoccupied, according to frightened local witnesses), until Kashmira Jones and her family moved to town from parts unknown just past last Christmas, taking what could have been my place in the eeriest house in Vienna.

“I’m sorry, Mrs. Jones,” I said. “I don’t have the time. If your sources about me are as good as they seem, you must know I’m consumed right now with a project concerning a different local occult legend.” I checked my watch. “The only witness to the 1949 Bunny Man murders in Clifton has finally agreed to meet me. She hasn’t spoken to anyone about that night in over 60 years. I have an appointment with her in less than hour.”

“The Bunny Man isn’t real. It’s just a ghost story kids tell,” Kashmira said. “What happens in our house is very real. And it’s getting worse.” She held her phone up to me in an unsteady hand. “I brought photos to show you.”

I must admit I glanced at the quivering phone one second too many before I shook my head and took a step back. “Excuse me, Mrs. Jones. I have to go.”

Tears streamed freely from panicked jade eyes. Kashmira grabbed my lapel. “I know you’re intrigued,” she pleaded. “I see it in your face. Please, help us.”

Thunder moved closer and groaned in the midnight sky, punctuating the hard rain slamming onto our host’s sturdy rooftop. For a long moment I returned Kashmira’s unblinking stare, searching for what I sensed was there, waiting for me.

Fear winked back.

*To be continued...*



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# A LOOK INSIDE *Green Hedges*

**F**ounded in 1942 by married couple Frances and Kenton Kilmer, Green Hedges is a school designed to be small, but rich in opportunities. When the Kilmers first opened its doors more than seven decades ago, it was just a ten-student class in a private Arlington home. Today, nearly 200 children are educated at the Vienna school with a model based on core academics, language, the arts, and physical education.

The Kilmers were each children of famous artists – Kenton, the son of famous American poet Joyce Kilmer, and Frances, the daughter of Impressionist painter Frederick Frieseke – so they understood the value of arts in education.

Their goal, excerpted from *Green Hedges, The First Sixty Years* by Sherry Dart, was to create an environment free from prejudice and with an enriched curriculum that included the best in all the arts, a global exposure to history, and a commitment to citizenship and character.

To that end, the school is now divided into three programs: Montessori, or the Early Childhood Program, for ages three to five; the Lower School, for grades one to five; and Middle School, for grades six to eight.

Frances Kilmer worked at the Library of Congress, but often took time away from her job to be at the school and read to the children.

In an early edition of the *Green Hedges Bulletin*, Kenton recalled their reasons for stating the school:

*My wife and I started this school in 1942 for a variety of reasons. We had heard of neighboring schools with classes of 40 to 60 pupils, and we wanted both to do what little we could to relieve this crowded condition and to provide for our own children classes small enough to allow for some individual attention.*

*We also wanted to give our children an enriched curriculum and encourage an appreciation of the best in literature, music and pictorial art. Most of all, we wanted to develop in our children and in the others the love of God and neighbor, a strong sense of justice and devotion to freedom, and a generous patriotism.*

In 1955, the school moved to Vienna and expanded to include eight grades. Frances watched as the Green Hedges expanded over the years and did what she could to help and guide the children. As she explained in the *Green Hedges Bulletin*:

*One of our operating principles, perhaps the main one, may be called the enjoyment of learning. Living next door to the school, as we do, we have had the pleasure each morning of seeing the children running, skipping, or dancing on their way into the school buildings. Many of them are early each day; they're in no hurry, just happy and eager. It is our endeavor to encourage and develop this spirit in each student so that he or she will approach the tasks and problems of life with the same eagerness.*



When she retired in 1968, Frances wrote a deep-hearted letter to all of those she worked with and watched in her years with the school.

*There is a time when I must admit that I am ready and even anxious to retire as Director of Green Hedges. In spite of the enthusiasm I feel in trying to solve the many problems that assail parents and children – in spite of the joy that I feel when I see the children's eyes light up with something wonderful – in spite of the very deep gratitude I have for all the dear people who have helped me for over 25 years, and with whom I have discussed the many, many possibilities for challenging the potential of this child or that – I must say humbly, I would like to be a grandmother now, please.*

*What will become of Green Hedges? There are several possibilities. The parents may get together and form a cooperative; it may be dissolved; or it may become a children's center – an exciting plan in itself. Whatever it becomes, I would like to help and be helped. I cannot, however, after next year, take on a responsibility which I feel, because of its constant demands, reduces what value I have as a creative and alert educator. I love your children – I love you – please understand.*

Later that year, Green Hedges became an incorporated, nonprofit institution, and up until today, parents and community leaders serve on

its Board of Trustees, and the school enrolls approximately 190 students each year.

The school has flourished under the leadership of six Heads of School: Charles A. Wright, Kathleen Battaglia, George Schumacher, Scott Votey, Frederick W. Williams, and Robert E. Gregg, III.

Mr. Gregg began his term in 2009 and follows the philosophy the school has maintained since the Kilmers first started it. As it's written:

*At Green Hedges School, we seek to stimulate intellectual curiosity and lay the groundwork on which a life of continuous learning can be built. Our approach is to offer a comprehensive education that includes subjects and topics that are universal, while remaining relevant and new to each succeeding generation. Children are given a strong foundation in reading, language arts, mathematics, science, social studies, foreign languages, technology, physical education, and fine and performing arts. We challenge students with high academic standards, while encouraging creativity and aesthetic sensitivity. Students examine moral and ethical themes. They are exposed to the complexities of the world around them and encouraged to observe, investigate, and inquire.*

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



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# Outdoor Elegance

MEETS CUTTING EDGE  
TECHNOLOGY



Photo by: Bryan Burris

A fire pit adds appreciably to late-fall/ early spring outdoor enjoyment. Cushioned wicker furniture can generally be left outside without cover, so the specially-designed patio becomes a convenient gathering spot that doesn't require a lot of use-preparation.

As Homeowners Seek Ways To Extend Their Time Outdoors, A Top Design/Build Team Explores Fine Architecture In Weather-Resistant Materials. Recent Projects Illustrate the Trends.

by John Byrd

Photographs by Bryan Burris & Greg Hadley

If there is any evidence that homeowner expectations are evolving in Northern Virginia, it may be in the frequency with which locals are integrating screen porches, patios, fire pits, and outdoor kitchens into original landscaping schemes that artfully marry the house to its setting.

Gone are the days of minimal outdoor improvements. Today's homeowners are inclined to stay-put and express themselves, which is why the traditional house as we've known it is becoming more personalized – in short, a home.

"It's a real renaissance," said Craig Durosko, founder and chairman of Sun Design Remodeling Specialists, and one of the housing industry's more prescient trend spotters. "Interestingly, when we started this company in the 1980s, our core specialty was opening up views and creating visual continuum. So, indoor/outdoor design is a logical extension of what our culture has always been about."

Asked about current projects, Durosko notes that Fairfax County's more affluent homeowners are actively seeking to better articulate the relationship of the house and grounds, an impulse which has gradually become a passion for outdoor spaces that can be comfortably used in both the hottest days of summer and even fall's chilly nights.

"Homeowners now want outdoor rooms: spaces that are wired for entertainment, useable for seven or eight months of the year, and so easy to maintain that the usual repair and replacement tasks are mostly eliminated," Durosko said. "But, above all this, they want changes that will enhance the home architecturally."

To accomplish such far-reaching requirements, Durosko and his colleagues constantly stay on top of a new generation of weather-resistant materials, absorbing and applying fine building techniques that will render non-traditional materials into something elegant and perfectly suited to the home's design and setting.

And as the standard rises, so, too, the need to stay ahead of the learning curve.

## Trellis Marries Georgian to New Six-Sided Pavilion

Tying a newly-designed outdoor feature to the existing home is fundamentally an architectural proposition, of course, and one that Sun Design's Dawn Parker handles with practiced dexterity.

Starting with a blank canvas — the unadorned rear elevation to a Georgian-style brick home in McLean — Parker imagined a six-sided pavilion with 10-foot ceilings, a well-articulated interior, and sweeping vistas.





Photo by: Bryan Burris

A two-level rear elevation solution by Sun Design Remodeling features a 17'x16' screen porch with an adjacent grilling deck that segues down a custom-designed split staircase to a lower level patio integrated with custom planters. The project's "built" elements were designed to accommodate extensive landscaping.

The structure would segue from the preexisting sunroom, courtesy of two sets of matching French doors. The white exterior trim is now topped with a white balustrade that is visually connected to a columned "arbor trellis" that adds definition to the rear elevation.

Since the required high-ceiling interior precluded a conventional "pitched" roof, which would have obstructed a second floor window, Parker designed an "inverted membrane" ceiling that accommodates internal drainage and is tied into the existing underground system.

Rainspouts are concealed inside the trimmed porch columns and extended, unseen, along the ogee "eagle head" trellis. The trellis "ends" in turn, continue as a decorative motif around the top of the porch.

The overall design, as Parker envisioned, perfectly elaborates the home's classic architectural language while spotlighting the impressive "English garden" that dominates the backyard. The existing barbecue grill is still only steps from either the kitchen or the porch, but now there are multiple dining venues. From the porch, in fact, the owners can also keep an eye on the pool when the children are playing.

The patchwork design of the English garden, the old, flagstone patio, the small pond with running water, and the crepe myrtles along the property line — *all* give the setting a refined textural elegance.

"I wanted the whole to look inevitable, as if the design had always been there," Parker notes. "This is what good architecture is always about."

### Designing-out from new front and rear elevations

Sometimes Durosco's first call from a homeowner comes when some weather-exposed part of an existing house has conspicuously failed.

To repair the front facade of a Fairfax home, for instance, Durosco and team replaced a leaking flat roof portico with an entirely new, alternative design that features a concave metal roof. They replaced the original front-facing window with an aluminum-framed Palladian that seamlessly integrates with other exterior elements. Portico supports fabricated from PVC add another level of weather-resistance.

In the rear, the outdoor living plan called for a 17-foot by 16-foot screen porch, a grilling deck, a ground-level patio, and a stand-alone fire pit complete with cushioned wicker couches, table, and settee.

"We were tasked with finding the best way to visually rationalize the whole," Durosco explains. "Shaping views and focal points from the house to grounds was critically important. Likewise, sightlines from the fire pit should show the house to advantage."

To achieve these goals, Durosco situated the grilling deck immediately outside the kitchen, flanking the porch to the right to preserve the view of the grounds from the rear door. Keeping sightlines in focus, the design team then fashioned a stairway that descends six steps before arriving at the landing where it splits in two directions.



"A steeper descent would have undermined the project's proportionality," Durosco says.

The staircase is reconnected at ground level by a semicircular stone planter and flanked by hand-hewn lampposts. The "built" components were designed specifically for phased landscaping, which is now completed. The curvilinear patio segues to a second hard-scaped platform that is crowned with an eight-foot stone hearth created for inspired mid-evening fire gazing.

The screen porch, meanwhile, demonstrates how durable materials can be shaped to meet demanding aesthetics. A Trex "transcend" railing with black aluminum balusters was selected because it won't reflect light and, thus, interfere with the views. The fiberglass charcoal screen, likewise, preserves the sense of intimacy needed in a functioning outdoor room while maximizing the sweeping views afforded from a cozy perch nine feet above ground.

Pressure-treated southern yellow pine flooring undergirded with screen mesh keeps bugs out. A fir-beaded, tongue-and-groove wood ceiling lends a natural burnish to an open room designed to profile the sweeping view.

To give the outdoor room the appropriate finish, Durosco chose paneled Hardiboard for the porch's inside wall – a neutral backdrop for the wide-screen plasma TV mounted next to a window that serves as a food and beverage pass-through.

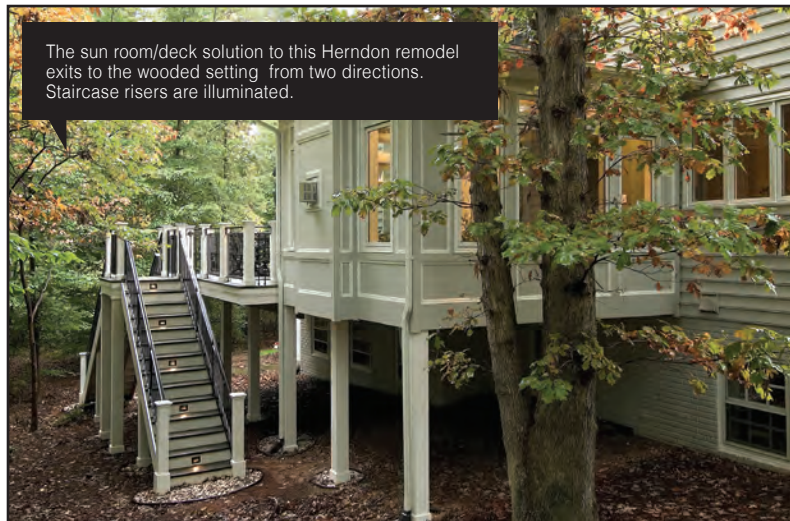
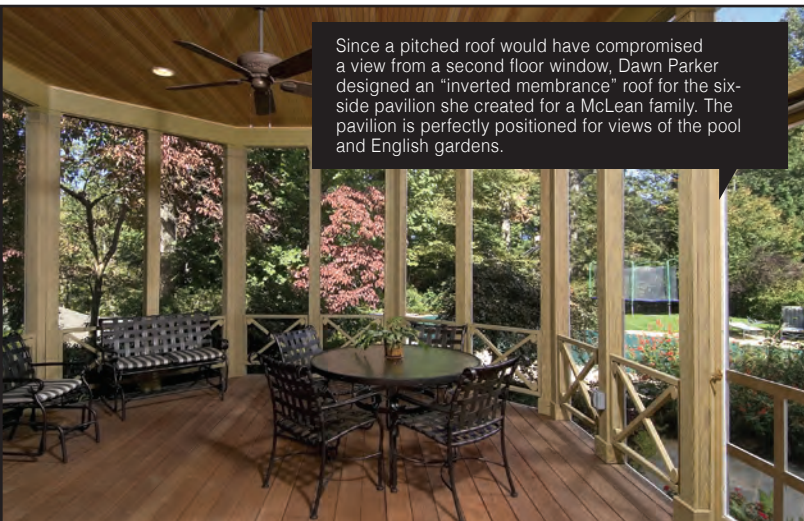
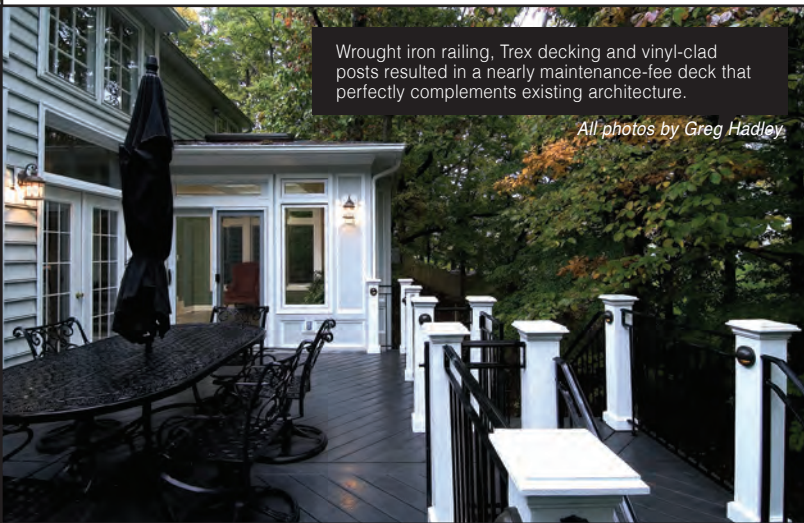
Equipped with overhead fans and portable heaters, the porch is habitable in all but the coldest days of winter, an ideal place for fall football games or almost anything.

"Fairfax County residents are using their outdoor settings more than ever," Durosco said. "Our job is to show homeowners how to stretch the seasons and savor nature's changes."

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

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







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# VACATION HOME MARKET

## *Surfs Ahead*

by Jeffrey S. Detwiler

Every year vacationers daydream about owning a waterfront condo, a ski chalet, or a lakefront cabin. In 2012, more people took the plunge and purchased a vacation home. According to the National Association of Realtor's 2013 Investment and Vacation Home Buyers Survey, which covers both existing and new home transactions, vacation home sales increased 10.1 percent to 553,000 homes in 2012 compared to 502,000 in 2011. Vacation homes sales accounted for 11 percent of all home sales in 2012.

NAR's chief economist Lawrence Yun says vacation home sales increased in 2012 because of the strong stock market recovery, which affects buyers in the prime age range for purchasing a vacation home. The typical vacation home buyer in 2012 was 47 years old with a median household income of \$92,100.

Yun says attractively priced recreational properties also helped drive sales. The median vacation home price for the year was \$150,000, up from \$121,300 the previous year. Low mortgage rates affect vacation home buyers, too, since they can finance their property with a more affordable loan payment. However, 46 percent of vacation home buyers paid cash in 2012. Those that financed their purchase made a median down payment of 27 percent.

### Questions to Ask When Buying a Vacation Home

Whether you are a sun worshipper or a snow bunny, there are multiple considerations for buying a vacation home that are a little bit different from buying your primary residence. It's important to work with a sales associate with experience in the vacation home market where you want to live. An experienced sales associate can help you answer questions you might not think to ask, such as:

- **How will you pay for it?** If you prefer to pay cash, that's simple, but if you want to finance some of your

vacation home purchase, a lender can work with you to find a home loan that meets your current needs and your financial goals.

- **How far are you willing to travel to your vacation home?** If you plan to use it every weekend, you're better off choosing a home within a reasonable driving distance.
- **How do you intend to use it?** If you plan on enjoying holidays with friends and your extended family, make sure you buy a home with enough bedrooms and bathrooms to accommodate your crowd.
- **What do you enjoy doing on vacation?** If your priority is golf, choose a home in a community with a course you love or plenty of nearby courses. If you want to enjoy entertainment and dining out, pick a place with easy access to nightlife and activities. On the other hand, if you want peace and quiet most of all, choose a home that's more isolated. The important thing is to identify your priorities and buy a home that makes your preferred vacation activities as convenient as possible.
- **Do you plan to use the residence as your retirement home?** If so, no matter how young you are, look at the possibilities for aging in place such as a one-level home or a house with a first-floor master suite. NAR's research shows that 27 percent of vacation home buyers plan to use the property as a primary residence in the future.
- **What type of resale value will you have?** While your priority may be having fun on vacation, this home should also be an investment. If you're buying in a beach community, get as close as you can to the water because those are typically the most attractive to buyers. A professional real estate agent can help evaluate homes in the context of their investment potential.



- **How much maintenance will the home require?**

The last thing any vacationer wants to do is to spend the weekend painting window sills and mowing the lawn. You can buy a home in a resort community where routine maintenance is taken care of or consider the benefit of a property management company.

- **Do you want to rent your property to vacationers?**

Renting your property for a few weeks or longer can offset the cost of the property. NAR's survey showed that 23 percent of vacation home buyers in 2012 planned to rent their property at least part of the year. An experienced sales associate can help you identify a property that will be appealing to other vacationers. If you choose to offer your vacation home to occasional tenants, you can hire a property management company to handle all aspects of the rental.

### **Your Vacation Home as an Investment: Marketing, Renting, and Selling**

While NAR's survey showed that most vacation home buyers intend to keep their property for a median of 10 years, there are a variety of reasons to sell your vacation home. If your family has outgrown the home or prefers a different location to spend their leisure time, it may be time to consider selling. You may also want to sell if the financial burden of keeping a home that you rarely use becomes too heavy. Consult with a sales associate to estimate the value of your home and to decide whether you are better off keeping the property as an investment and renting it full time or selling now.

If you choose to rent the home, look for a full-service property management company that will market your home, screen potential tenants, and provide maintenance oversight and accounting to maximize your return on investment. High quality firms will also use innovative technology to simplify your access to information about your home and your ability to communicate seamlessly with your property management team. They will handle

all aspects of the business, easing any concerns you have about your vacation property.

Should you decide to sell, keep in mind that selling a vacation home requires a different marketing approach than selling a residence in a non-resort community. While visitors to your vacation location offer one set of prospective buyers, sales associates also need to extend their reach to buyers in nearby regions and far-flung locations to find a buyer. You need to choose a sales associate with the skill to recognize the unique features of your home, the ability to maximize the appeal of those features and the network to reach as many prospective buyers as possible.

Whether you are looking for a vacation home to buy or have a resort home to sell or rent, consider the Long & Foster team. Sales associates specializing in vacation properties are available to help in your search for a new home or the sale of your current vacation property, even marketing your home on a global scale to prospective buyers through the Long & Foster network as well as affiliated networks such as Christie's International Real Estate in select areas, Luxury Portfolio International and the Extraordinary Properties brand.

In addition to working with buyers and sellers, Long & Foster offers property management services to handle all aspects of renting and maintaining your vacation home, as well as mortgage lending, insurance and settlement services. All Long & Foster real estate agents also have an array of local, trusted resources such as moving companies and contractors they can recommend to make every move as smooth as possible. Choose your real estate partner wisely to make sure you receive the expert advice and full-service approach to meet your needs.

**author:** Jeffrey S. Detwiler, is president and chief operating officer of The Long & Foster Companies, parent company to Long & Foster Real Estate, Inc., the largest independent real estate company in the U.S., and Prosperity Mortgage, a joint venture with Wells Fargo. From extensive, neighborhood-level market information to Long & Foster's core services companies—providing mortgage, settlement, insurance and property management services in a streamlined manner—Long & Foster offers the services necessary to make today's real estate transactions manageable for owners and investors.



# JUNE 2013 Housing Market Update

Overall median price ties highest on record, townhome median price sets new record.  
Double-digit growth for new listings for the third straight month.

*The following analysis of the Washington, D.C. Metro Area housing market has been prepared by RealEstate Business Intelligence (RBI) and the GMU Center for Regional Analysis and is based on June 2013 MRIS housing data.*

## OVERVIEW

Several key market indicators continue to trend upward in the Washington DC Metro Area. Sales and new contracts had double-digit growth in June and are now at multi-year highs. The inventory shortage also continues to shift for the region. While the number of active listings remains historically low, new listings are surging, rising at a double-digit rate relative to last year for the third consecutive month. Many of these new listings are likely being purchased the same month they are listed, as the median days-on-market remains at its housing-boom level of nine days. This strong demand is pushing up the median sale price. The Washington DC Metro Area tied the record high for median sales price in June. The District of Columbia eclipsed last month's record high by \$39,000. Demand for smaller units in the market continue to drive much of the overall sales growth as evidenced by consistently strong gains in condo and townhome sales. The demand for townhomes has been particularly strong. Townhomes led all property segments in sales and median price growth. The median sales price for townhomes in the region is at an all-time high, and the number of active townhome listings is at an all-time low. The conditions appear ripe for continued growth in the region's housing market, as the rise in new listings will help meet some of the pent up buyer demand. Sellers are noticing the higher price-points compared to the past several years, which is also fueling this growth.

## CLOSED SALES

Third consecutive month of double-digit sales growth for the region, townhome sales highest in three years. There were 5,237 sales in June in the Washington DC Metro Area, 12.3 percent higher than a year ago, and the highest of any month in three years. Sales are only up 2.9 percent from last month, which is below the 10-year average change of 13.2 percent from May to June. The region posted a seven-year May high in sales last month, which could partially explain the modest growth from last month relative to the average. Townhomes posted the strongest sales growth of all property segments, rising 20.6 percent from this time last year. There were 1,341 townhome sales June, which is the highest June-total since 2010. Condo sales jumped 15.9 percent from last June, and the number of single-family detached sales rose 6.7 percent.

## PRICES

Region ties record high for median price, and townhomes set new record. DC median price surges. At \$440,000, the median sale price in the Washington DC Metro Area is 10.0 percent higher than this time last year, a gain of \$40,000. The median sale price is now tied with the highest median sale price on record for the region, which was set in June 2007. Townhomes led all property segments in price growth, up 12.3 percent from June 2012, a gain of over \$45,000. The low inventory of homes for sale, coupled with consistently strong demand, is playing a major role in the record price levels. The median sale price for townhomes is now \$415,000, the highest on record for the region. The median price for single-family detached homes in the region increased 10.9 percent, a gain of \$55,000. The median sale price for condos rose 8.9 percent, a gain of \$25,000 from last year.

RBI Key Housing Trend Metrics [Washington, DC Metro Area]



	Jun-13	% MoM	May-13	% YoY	Jun-12	% Yo5YAvg	5 Yr Avg
Units Sold (Closed)	5,237	2.9%	5,088	12.3%	4,665	7.2%	4,884
Median Sales Price (Closed)	\$440,000	3.6%	\$424,800	10.0%	\$400,000	13.8%	\$386,598
Pending Sales (New)	5,434	-8.7%	5,951	6.8%	5,086	12.0%	4,852
Active Listings	8,281	3.5%	7,998	-20.2%	10,374	-39.0%	13,586
New Listings	6180	-15.1%	7276	10.6%	5588	0.6%	6143.6
Median DOM (Closed)	9		9		19		38
Listing Discount (Average)	0.9%		1.4%		3.3%		4.2%
Avg SP to OLP Ratio	99.1%		98.6%		96.7%		95.8%

2013 RealEstate Business Intelligence, LLC. Data Source: MRIS. Statistics calculated 7/3/13

At the jurisdiction level, the District of Columbia led in terms of growth rate, with the median sale price up 16.3 percent, a gain of \$74,000. This growth propelled the median price in the District to a new record high of \$529,000, exceeding the previous record set last month by \$39,000. Arlington was the only jurisdiction with a decline in median price, falling 2.7 percent from June 2012.



Median Sales Price by Jurisdiction [Washington, DC Metro Area]

	June			Year to Date		
	2013	2012	YoY	2013	2012	YoY
<b>DC Metro</b>	<b>\$440,000</b>	<b>\$400,000</b>	<b>+10.0%</b>	<b>\$399,000</b>	<b>\$360,000</b>	<b>+10.8%</b>
Falls Church City	\$637,000	\$612,450	+4.0%	\$632,000	\$575,000	+9.9%
Arlington	\$535,000	\$550,000	-2.7%	\$525,500	\$526,000	-0.1%
Alexandria City	\$520,000	\$482,700	+7.7%	\$489,900	\$450,000	+8.9%
Washington, DC	\$529,000	\$455,000	+16.3%	\$471,500	\$425,000	+10.8%
Fairfax	\$490,000	\$450,000	+8.9%	\$453,000	\$415,000	+9.2%
Fairfax City	\$465,000	\$439,500	+5.8%	\$426,000	\$442,000	-3.6%
Montgomery	\$430,000	\$413,000	+4.1%	\$397,500	\$365,000	+8.9%
Prince George's	\$205,000	\$176,885	+15.9%	\$185,000	\$165,000	+12.1%

2013 RealEstate Business Intelligence, LLC. Data Source: MRIS. Statistics calculated 7/3/13

## NEW CONTRACTS

New contract totals are back to their housing boom levels for all property segments, condos lead in growth.

There were 5,434 new contracts signed in June, up 6.8 percent from this time last year, and the highest June total since 2005. New contracts fell 8.7 percent from May, however this is in line with seasonal patterns. Condos led all property segments in growth, rising 14.3 percent from June 2012, a gain of 173 contracts. New contracts on townhomes and single-family detached homes rose 6.9 and 3.3 percent respectively. All property segments posted their highest June-total for new contracts since 2005, a clear indication that demand remains strong in the Washington Metro Area housing market.

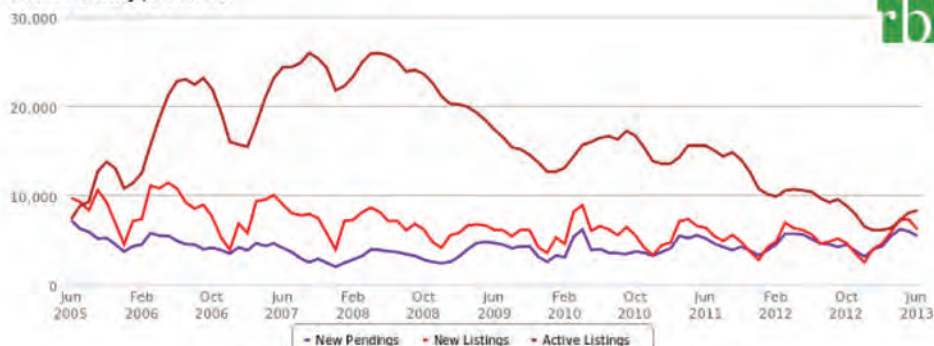
## INVENTORY

Overall inventory remains low, however new listings post double-digit growth the third consecutive month.

There were 8,281 active listings in the DC Metro Area at the end of June, a drop of over 2,000 listings from this time last year. Active listings continue to decline across all property segments relative to last year, and are at their lowest June-level in eight years for single-family detached and condo properties. There were 1,379 townhome listings, which is the lowest June-level on record, with data available back to 1997. Despite the persistent decline in active listings, new listings are once again showing signs of life. There were 6,180 new listings in June, 10.6 percent higher than this time last year, and the third consecutive double-digit growth for this indicator.

Condos continue to lead all property segments in new listing growth, rising 17.5 percent from last June. New listings

Market Activity | DC Metro



of single-family homes rose 8.8 percent, and townhome listings rose 7.7 percent from this time last year. The persistent decline of inventories concurrent with the recent surge in new listings indicates that demand in the market is absorbing the influx of inventory. Based on the historically low median days-on-market, it is possible that many of the new listings are going to contract the same month they are listed. For the second straight month the median days-on-market for the DC Metro Area is nine days, the lowest level of any month since the peak of the housing boom in the summer of 2005.

## About the RBI Metro Housing Market Update

The DC Metro Area Housing Market Update provides unique insights into the state of the current housing market by measuring the number of new pending sales, trends by home characteristics, and key indicators through the most recent four month compiled directly from Multiple Listing Service (MLS) data in RBI's proprietary database. The bulk of this report's content is readily available, down to the ZIP code level of granularity, via interactive charts and reports offered via rbiEXPERT, a premium subscription service offered to real estate professionals interested in growing their business with the help of industry-leading and user-friendly analytics. The DC Metro Area housing market includes: Washington, D.C., Montgomery County and Prince George's County in Maryland, and Alexandria City, Arlington County, Fairfax County, Fairfax City, and Falls Church City in Virginia.

## About RealEstate Business Intelligence, LLC

RealEstate Business Intelligence, LLC (RBI) is a primary source of real estate data, analytics and business intelligence for real estate professionals with business interests in the Mid-Atlantic region. The full monthly data report for all jurisdictions in the MRIS region, along with interactive charts and graphics, can be found at [www.rbintel.com/statistics](http://www.rbintel.com/statistics). RBI is the only company in the Mid-Atlantic region that provides timely, online access to statistical information directly from the MRIS Multiple Listing Service (MLS). Visit [rbintel.com](http://rbintel.com) or [www.facebook.com/rbintel](http://www.facebook.com/rbintel) to learn more.

## About the Center for Regional Analysis at George Mason University

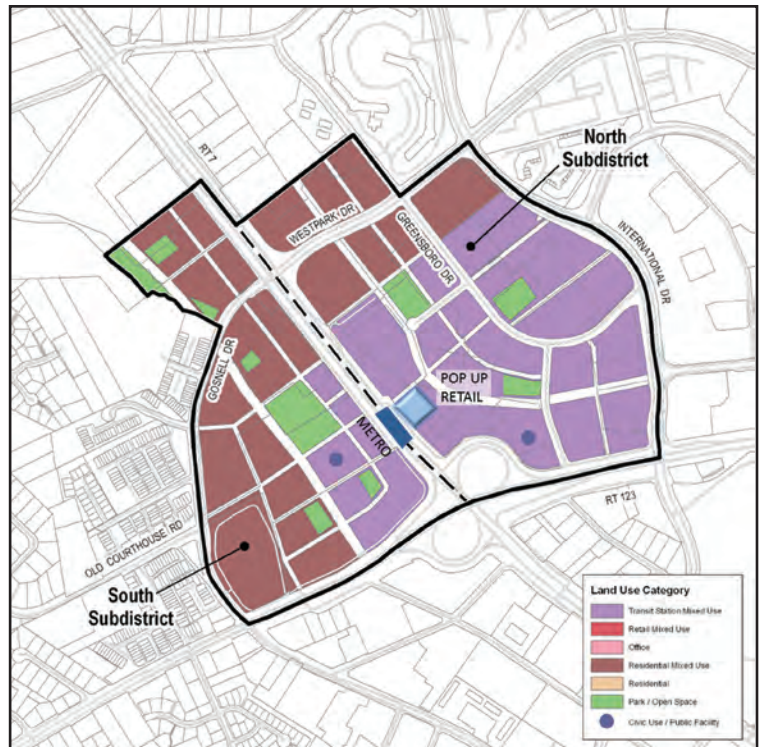
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# Pop-Up MARKETS

by Navid Roshan-Afshar



In development, changes to a neighborhood are measured in years, sometimes decades, and often require some patience for market conditions to generate the needed investments. This was the conundrum Fairfax County faced as it watched the construction of the Silver Line metro through Tysons far outpace the level of private construction occurring along the corridor. While the growth in Tysons has been impressive, with a handful of high rises already nearing completion, to take dozens of office parks and create continuity is a generational task.

This has been a dilemma faced by many urban revitalization projects over the past decade. As baby boomers and millennials have continued to look inward for housing, the pace of redevelopment has been outpaced by the demand for it.

DC's waterfront is a prime example of the community's interest in retail and food options meeting with the difficult reality of a weak financing market. When city planners began denoting the impact of the new stadium on the surrounding depressed neighborhood, they showed the ultimate concept of a thriving urban community with parks, high rises, and vibrant streets with retail (sounds familiar). Of course, if someone showed up opening day of Nationals Stadium they would have seen a lot of construction vehicles, some desolate streets, and a metro stop that seemingly dumped into a parking lot. Today the neighborhood is showing much of the promised concept, and with time the neighborhood will match the plans. This teaches us that in planning and development, while most focus on 3D, the residents and users really experience the plans in 4D, with time being an integral component. With that in mind, while Tysons in 20 years might have some great neighborhood small retail opportunities, today

exiting Greensboro metro station in town leads you to vacant asphalt on the side of a hill.

So, Fairfax County reached out to GMU students to figure out interim ways to generate interest and neighborhood amenities while development moves forward at a normal rate. The students looked at past revitalization projects like DC's waterfront for inspiration and the idea of pop-up retail, temporary facilities meant to showcase small retailers and food options. At the Waterfront, events like Truckapalooza, held every Friday, create a buzz atmosphere that not only serves residents who live in the early towers that have already been completed, but also residents from elsewhere in the metro region.

The County then approached land owners around the metro stations to see if anyone was interested in moving the concept of temporary development into a reality. Enter NVRetail, developers of the piece of property the Greensboro metro station will exit to along Leesburg Pike. They are proposing a temporary courtyard to receive commuters and residents alike, where small retail shops and food vendors will be able to set up and sell direct.

In my overseas travel I have been lucky enough to see some really great markets. In Provence, the pop-up markets can often out do business in established shops. In Taipei, the night markets are one part foodie heaven one part bargain hunters delight. In both cases, the market embodies a place for people to hang out, grab some quick food, and get out of the house. The market concept, what neo-urbanists call pop-up retail, is not such a radical idea; it has been around for centuries. It is the application of markets, in the form of pop-up retail, to help tote along a communities revitalization that is unique.



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WORKING ON THE RAIL YARD New storage tanks are being installed at the expanded West Falls Church Rail Yard. Photo by Stephen Barna, Dulles Corridor Metrorail Project.



LET THERE BE LIGHT: Platform lighting has been installed on the Tysons Corner Station platform and installation of concrete paves is almost complete. Dulles Corridor Metrorail Project Photo by Stephen Barna

## PHASE 2 TO BE COMPLETED IN JULY 2018

Extension to serve Reston Town Center, Herndon, Dulles, Ashburn

by Marcia McAllister

**I**t will be next spring before you see heavy construction on the second phase of the Dulles Corridor Metrorail Project. However, Capital Rail Constructors (CRC), the Phase 2 design-build contractor, has been given the green light to start necessary preliminary work. On July 8th, the Metropolitan Washington Airports Authority issued a Notice to Proceed to CRC, a joint venture of Clark Construction Group and Kiewit Infrastructure South.

"This is an important milestone," said Jack Potter, Airports Authority president and CEO. "The Notice to Proceed allows CRC to get to work, making rail to Dulles a reality. This means crews will soon be in the field surveying, performing site preparations, and making geological assessments while they finalize permits and other design work. Actual construction work using heavy equipment and cranes will likely begin in spring of 2014."

The Notice to Proceed initiates the contract, previously awarded to CRC on May 14, to construct six stations in Fairfax and Loudoun counties, 11.4 miles of track and guideways, and wayside components. The stations are Reston Town Center, Herndon, Innovation Center near Route 28, Washington Dulles International Airport, Route 606, and Route 772/Ashburn. The notice sets a construction completion period of 60 months, targeting completion in July 2018.

"Ten years ago, rail to Dulles and beyond was still just a hopeful idea," said Michael Curto, Airports Authority chairman. "Today, it is on its way to becoming a reality as we formally initiate Phase 2 of rail to Dulles. There is still much work to be done on both Phase 1 and Phase 2, but this

Notice to Proceed represents an important milestone toward increased transportation connectivity for the region."

The announcement comes as the Airports Authority and its Phase 1 contractor, Dulles Transit Partners, are about 95 percent complete with construction of Phase 1 of the Silver Line from East Falls Church, through Tysons Corner, to Wiehle Avenue on the eastern side of Reston. Phase 1 will have five stations, including four in the Tysons Corner area.

"CRC is excited to receive the Notice to Proceed on the Rail to Dulles Phase 2 project, which is [currently] one of the largest infrastructure projects in the nation," said Mahmoud Hosseini, CRC project director. "We look forward to working closely with MWAA, its funding partners, and WMATA to deliver this monumental project to the Washington metropolitan area. This project will have important long term economic impact on the community and the region through the creation of significant employment and local business opportunities."

Like Phase 1, construction of Phase 2 is expected to have significant positive impacts on the local economy. Phase 1 generated nearly 1,800 construction jobs during peak periods. In addition, local subcontractors received 60 percent of all procurements for the project.

The Silver Line project is being undertaken in partnership with Loudoun and Fairfax counties, the Commonwealth of Virginia, and the U.S. Department of Transportation.

**For information about both phases of the rail project, visit [www.dullesmetro.com](http://www.dullesmetro.com).**





# TUNNELING THROUGH TYSONS

From Point-A to Point-B

by Tyra J. Virgil

Adding a 23-mile extension onto the existing metro rail system is no easy task, let alone attempting to tunnel through the highest natural elevation in Fairfax County. The Dulles Corridor Metrorail Project has finished two tunnels of approximately 2,400 feet in length each for Phase 1 despite these conditions. These tunnels make up about one-forty-sixth of the entire alignment of Phase 1.

The inbound and outbound tunnels run under the intersection of Route 123 and Route 7. They will connect the Tysons Corner Station on Route 123 and the Greensboro Station in the middle of Route 7, just west of the Route 123.

Once the tunnels leave the Tysons Corner Station heading westward, they pass below International Drive and remain underground in front of the Marriott Courtyard Hotel, Clyde's restaurant, and the landmark water tower and defense towers before connecting to the Greensboro Station.

Using the New Austrian Tunneling Method (NATM) – also known as the Sequential Excavation Method (SEM) – crews from the Phase 1 design-build contractor, Dulles Transit Partners (DTP), were able to tunnel through the steep slope at the intersection of Chain Bridge Road and International Drive.

The NATM allows workers to excavate tunnels in short, sequential portions. The goal of the NATM is to strengthen the surrounding rock mass in the tunnel by adding steel lattice girders and pipe arch canopies for added support.

This method increases worker safety by tunneling in small increments to prevent the tunnel from collapsing.

Nearly 1,700 feet of the tunnel in Tysons was excavated using the NATM, while the remaining 700 feet were excavated using the “cut and cover” method, according to Dulles Transit Partners.

In 2009, The Washington Post reported problems that arose while workers tried to bypass the 515-foot elevation in Tysons. According to their report, the steepness of the slope would have made it difficult for the trains to climb, and the tracks for the train would have only disrupted the already crowded visual landscape of the surrounding area.

Today, the tunnel is finished, and testing is taking place.

To accomplish such a massive engineering feat, DTP said that craftsmen worked for approximately 300,000 hours to complete the tunnel, spraying 25,000 cubic yards of Shotcrete for the initial liner and 18,000 cubic yards for the final liner.

Construction of the tunnel began in December 2010. The final liner of the tunnel was completed in October 2011.

When Phase 1 of the Silver Line is completed this fall, it will be turned over to the Washington Metropolitan Area Transit Authority (WMATA). Additional testing will take place before the WMATA sets an opening date.



Stage 1



Stage 2





Stage 3



## About the Tysons Tunnel

Approximately 100,000 cubic yards of excavation were removed to install the two tunnels.

NATM serves as an ideal method for the existing ground conditions, while allowing for adaptations to any changes in ground conditions.

NATM successfully limited surface settlements and deformations to sensitive utilities and structures.

State-of-the-art equipment and the Total Station Method were used to meticulously monitor in-tunnel deformations and surface settlements.

For more information regarding the status of the Silver Line, please visit [www.dullesmetro.com](http://www.dullesmetro.com)





# NEW CONSTRUCTION FOR TYSONS

As the Silver Line Moves toward Completion  
Finishing Touches are Being Added

by Erica Sobers

**I**t's almost here! The Metropolitan Washington Airport Authority (MWAA) has been building the Silver Line since 2009. With almost 95 percent of construction done, the project is nearing completion as fall approaches.

Phase 1 of the Silver Line will include five stations; McLean, Tysons Corner, Greensboro, Spring Hill and Wiehle-Reston East.

The goal of the Silver Line is to provide those coming into Tysons Corner with alternative transportation, which will help to ease traffic in the normally congested area. The project is also propelling significant redevelopment.

What is left to be done?

If you have driven on Route 7 or Route 123 within the last few weeks, you have probably noticed the on-going repaving of east and westbound Route 7. Guardrails are also being installed and will cause additional lane closures, however, these small but necessary details and safety features will help ensure rider safety. There are plans for additional landscaping work to begin in the fall.

Since each of the stations is located adjacent to busy roadways, Route 7 and Route 123, each will include pedestrian bridges that will be accessible from both sides of the street. Bike racks will be at every station, but only the McLean, Spring Hill and Wiehle stations will have kiss-and-ride parking.

Route 7 will have 14 foot sidewalks put in on either side to ease concerns about pedestrian safety along the roadway.

Although there is no definite opening date for the Silver Line, construction is set to be completed by fall 2013, after which it will be turned over to the Washington Metro Area Transit Authority (WMATA) for additional testing. WMATA will set an opening date once testing is complete.

## Construction Numbers:

- 124,350 linear feet of track
- 186,927 cubic yards of concrete
- 360,904 linear feet of systems conduit
- 1,638 tons of steel used
- 11.7 miles of alignment





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# Technology

## **Sites such as 'PatientsLikeMe' answer questions on about 1,800 diseases**

From websites to phone apps, medical information seems to be abundant in every corner of the internet.

Some new startup companies think we need more and aim to bring a social and networking aspect to medicine.

Social networking among patients has been going on for years with many groups on Yahoo and others dedicated to sharing information on specific diseases.

These new social networking sites combine medical knowledge and social networking, according to *Fortune*.

PatientsLikeMe.com is one of the most extensive sites. It was started by two MIT engineers after their brother was diagnosed with ALS (Lou Gehrig's disease). They were frustrated by the lack of reliable information and support online. Their website aims to answer those problems in a site where visitors can share with people who have the same diseases. The site now has 200,000 users and covers about 1,800 diseases. Members fill out online forms, giving permission for the site to sell data to research institutions.

One of the newest networks, HealthTap, links 1.2 million doctors worldwide to patients asking questions about symptoms and diseases. The questions range from mysterious (How can I sprain my ankle? I'm not trying

to get out of anything) to serious (Is biopsy the best diagnostic tool for brain cancer?)

## **BlackBerry to offer free 'Messenger' service internationally**

BlackBerry is releasing iPhone- and Android-compatible versions of Black Berry Messenger, a service that allows users to share instant messages and make voice calls to other BlackBerry owners through its wireless service and without extra charges.

Until now, Messenger has only connected BlackBerry users to each other. Opening the service to other users is an attempt to spur sales of BlackBerry smartphones, which have been flagging.

The service transmits more than ten billion messages daily to its 60 million world-wide users.

Messenger's free messages are very popular in countries where it is very expensive to get on the Web or send texts, according to *Bloomberg Businessweek*. Instant messaging is not unusual and is available in dozens of different apps, but BlackBerry boasts encryption, making communication secure.

Though the company's stock has risen 13 percent since last September, it's still far below its 2008 high.

## **A \$19-a-month phone with unlimited data, voice and texts**

A private wireless firm is doing what the big guys can't do (or won't.)

Republic Wireless, a private firm in Raleigh, N.C., now has a no-contract service that offers unlimited data, voice, and texts on its Android-based smartphone. All for \$19 a month.

By far the lowest price offered today, the phone is a bit salty at \$249, partly to help offset the low \$19 monthly price. That still makes it cheaper than a \$200 phone with a \$30 - \$70 a month contract that includes restrictions on use.

Republic also has a \$99 phone with a no-contract monthly cost of \$29, unlimited. Both plans are available online at [republicwireless.com](http://republicwireless.com).

Unlike other phones, these connect calls and texts over Wi-Fi or to the Internet over Sprint and not the cellular networks. This can cause some loss of clarity.

The phones are specially configured to work this way.

## **Amazon.com to introduce new TV set-top box**

The online giant is moving further into video. This fall, Amazon.com will offer a television set-top box that will stream video over the Internet and into people's living rooms.



They say the box will plug into TVs to give users access to Amazon's expanding video offerings. Those include on-demand purchases through its Instant Video service, which features recent films and TV shows.

Regular viewers can subscribe to Instant Video, which offers unlimited streaming and is free for members of the Amazon Prime two-day shipping program.

The set-top box will compete with similar products such as the Roku, Apple TV and the Boxee Cloud DVR, according to *Bloomberg Businessweek*, along with such devices as the PlayStation 3 and the Xbox 360.

Other set-top boxes already give users access to Amazon's video catalog. But by building its own system, Amazon can put its content more directly in front of consumers while expanding its lineup of devices and giving developers another reason to create apps for Amazon's digital ecosystem.

One question is whether Amazon will welcome competing video-streaming services onto its device, such as Netflix, Hulu, and Google's YouTube. It's likely that they will, since Kindle Fire owners can access apps from those companies.

Company people aren't sure what the new device will be called.

#### **Adobe will no longer offer boxed software**

Adobe Systems Inc, the maker of Photoshop, Illustrator, and other design tools, is getting out of the packaged-software business. It will sell its biggest products only by online services.

Adobe began selling its software in stores in 1987, but will no longer offer new versions in stores, such as Staples, or allow people to download digital copies to their computers.

It's a risk for the company, because much of its revenue comes from packaged software. It has to convince professionals to use its subscription-based Adobe Creative Cloud Service.

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# MATH AND *Judgement*

by Leigh Macdonald

I love math. In fact, I've loved math for as long as I can recall. To me, math — almost any type — feels like a riddle, just waiting to be solved.

So while it may seem odd to others, it's an everyday occurrence for me to see funny things in numbers. For instance, I love 12:34 — a.m. or p.m. — just because the numbers are sequential. And if you type 46137 in your calculator, you'll see my name, "Leigh," only upside down. Even dates yield equations in my mind. On Mar. 4, 2012, I surely saw 3, 4, & 12 ... or  $3 \times 4 = 12$ . And on Oct. 3 of this year, I'll appreciate  $10 + 3 = 13$ .

So why would I share this, other than to let you in on one of my quirks? Well, I think there's something to my affinity for math. It's very black and white. It's very right and wrong. It's always one way or the other. And in that way, it's an outlet for me.

You see, today's world is full of intolerance and right versus wrong. We seem happy to root ourselves firmly on "sides" of social issues and politics, but also in discourse about the most basic of topics. Society is frequently divided, so often asserting the wrong in another person's behavior or belief. Might we all benefit if we more readily embraced our differences? In my opinion, we would.

And so, when it comes to others and my view of their thoughts or behaviors, I make it a point to skip past black and white and instead go straight for gray.

Because what's right for me may not be right for you, and that's okay. It's not our place to judge one another. We could never be privy to every detail of another person's situation. And even if we knew another person's general circumstances, decisions are so often based on more than that. We rely — quite understandably — on life experiences, on values, and on things that are personal to us.

As a result, it seems to me that there could rarely be a situation where a bystander would be better able to see the right or wrong in another person's actions. Yet people judge all the time. People see a moment in time (or see what they want to see) and make decisions about the propriety of another's behavior or choices.

Here are my two cents: if you find yourself wanting to differentiate right from wrong, save your judging for something that is what it is. Play Sudoku, or find some other math-related puzzle in a newspaper. There's even a Sudoku puzzle in this issue on page 142. Hopefully, you'll satisfy the desire to differentiate black from white in an equation. And when it comes to people and their choices, you'll be perfectly happy with gray.

**author:** Leigh Macdonald, is a hockey mom, magazine columnist and a former NHL cheerleader. She's also a former law professor and the founder of NiceShoesNoDrama.com. She appears regularly on air as a style expert for all of Washington, D.C.'s major network news stations. Leigh is an active volunteer in her Northern Virginia community where she lives with her husband and two children. She has an affinity for beautiful shoes, white chocolate, authentic smiles and smart girlfriends.

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## DEAR COACH AMY,

I have been dating my girlfriend for for years now. I love her more than anything in the whole world. As in I would do anything to protect her and make her happy. Having said that, I feel like we have lost our spark. I find myself missing the flirting and falling in love time period that lasted until recently. We can always have a good time and laugh, but I find myself wanting to talk to other girls and flirt, and I wonder what it would be like to be in another relationship and have something new. My girlfriend was my first everything (kiss, girlfriend, love, etc.). We are in college and 20. Do you have any advice on what I should do? I feel terrible that I am not making her happy, and, in turn, I am not happy.

- *Longing in Landsdowne*

## DEAR LONGING,

Our first love is very special and will always hold a sacred place in our hearts. However, you say that you are 20 and that you have been dating your girlfriend since you were 16. A new relationship can be exciting with learning about a new person and discovering more about yourself.

However, sustaining a loving relationship takes work and is not always fun. And getting through college takes focus and drive. College is an exciting time in your life where everyone is on a similar path. And almost everyone there is single, so the temptation for a relationship with a new person is real.

How do you decide to stay and fight for your relationship or cut the cord?

First, you need to do some self-evaluation.

1. What are your life goals? What do you want for yourself after college? Will you work? Are you considering grad school or going into the military?
2. Next, I recommend that you list what you need in a relationship to be happy. Time and attention? Fun and playfulness? Loyalty and trust?
3. Last, it's important to get clear about your core relationship values. This takes a deep values clarification process. (Go to [www.MotivatedtoMarryCoachingProgram.com](http://www.MotivatedtoMarryCoachingProgram.com) to learn my systematic process.) These need to line up or you will always struggle in your relationship.

With all this new self awareness, you are now ready to have a serious talk about what she needs to be happy in a relationship and with her life as a whole. What is she not getting from you? Do her needs line up with what you want? Is she changing and now realizing that you may not have a future together? Or is other stuff in life getting her down (and causing her to be less carefree), and it has less to do with you?

The key is not to assume anything and have that candid conversation to find out how she feels about your relationship at the present time.

Long-lasting relationships have what I call the "stickiness" factor. They are able to withstand the ups and downs of life. You know that you are there for the long haul. Real love is not just flirting and laughing. It's being committed to each other especially when life gets tough. I am wondering what kind of commitments you have made to one another so far?

## ASK COACH

# Amy

### Something New?

by Amy Schoen

Frankly, you are still quite young, and it may be best for you to be exploring other relationships. I find it amazing you are still with the same partner since your teens. I know of a few rare relationships that have started in high school who have had very satisfying long term marriages. So, if your commitment is strong, and you are both going in the same direction with realistic expectations, then you can have an amazing life together.

Conversely, she may just be your first love that you will remember fondly and to which you are grateful for this wonderful gift of time and love. And deep in your heart, you know that it is time to go out and explore what the world may offer you and find out who will truly be the love of your life.

### Intentionally yours, Coach Amy

P.S.: I wrote a book, *30 Very Good Reasons NOT to Get Married Until You are 30*, which you may want to take a look at to check in with yourself about which direction to go.



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](http://www.heartmindconnection.com).



# Ask Jonna Wooten!

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Auto Insurance Premiums vary by what kind of car you drive, the type of coverage you buy, and your deductibles. Where you drive matters, too. Generally, due to higher rates of vandalism, theft, and accidents, urban drivers pay a higher auto insurance price than those from rural areas.

Your age, sex, and marital status play a big role, as well. Accident rates are higher for all drivers under age 25, young males, and single males. Your driving record and credit history are powerful tools used by insurance companies to determine future auto insurance losses.

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## HOME EQUITY LOANS AND CASH-OUT REFIS ARE BACK — SORT OF

About 1.7 million homeowners regained equity in their homes last year, and an additional 1.8 million are close to it, according to a recent study by CoreLogic. All they need is home values to go up by another five percent, CoreLogic says.

As home prices rise, millions of homeowners might consider turning their homes into a potential source for a loan. Cash-out refinances and home equity loans, which were popular during the housing boom, are slowly returning, along with the temptation to tap into equity.

"I'm starting to see some of that," says Michael Becker, a mortgage banker at WCS Funding in Baltimore. He says he

has recently received a couple of inquiries from parents who are thinking of using some of their equity to pay for college expenses. Another client is considering a cash-out refinance to pay off credit card debt.

**Your home as ATM:** Lenders remain somewhat reluctant, because these types of loans contributed to the mortgage meltdown as homeowners turned their homes into bank machines. But borrowers who have good credit scores and sufficient equity should be able to find lenders willing to do cash-out refis and home equity loans this summer.

## IT'S TEMPTING TO BORROW FROM YOUR 401(K) FOR A HOME DOWN PAYMENT

Now that zero down payment loans are highly uncommon, some nine percent of recent home buyers have borrowed down payment money from their 401(k), according to the National Association of Realtors. It allows them to take advantage of today's super low mortgage rates

You can usually borrow up to half of your 401(k) balance, or a maximum of \$50,000. Most loans have to be repaid within five years, but some employers will give you up to 15 years if the money is used to buy a home.

According to the Mortgage Bankers Association, the loan won't count in your debt-to-income ratio when you apply for a mortgage because it's secured by money in your 401(k). The loan will also not be reported to the credit bureaus, so the debt won't hurt your credit score.

There are advantages to this borrowing, but think twice about doing it.

First, apply for a mortgage that requires a lower down payment. An FHA loan requires just 3.5 percent down.

Second, mortgage lenders are loosening up on down payments. More borrowers are going to traditional lenders because they have decreased down payment requirements. Lenders on the LendingTree online exchange have loans with down payments of five percent to ten percent.

With all low down payment loans, you'll have the added monthly expense of mortgage insurance premiums. It runs from .05 percent to 1.5 percent of the loan amount until equity reaches 20 percent. With FHA, the premiums are 1.35 percent for most loans and it lasts for the life of the loan.

The downside of borrowing from your 401(k):

- If you fail to repay the loan, it will be treated as if you made a taxable withdrawal, and you'll have to pay income tax on the balance owed.
- If you are laid off from your job or quit, generally you'll have 60 to 90 days to pay off the outstanding balance. Otherwise, you'll also owe a ten percent early-withdrawal penalty if you are under 59½.





## TOP RETIREMENT MISTAKE: THINKING YOU'LL SPEND MUCH LESS

When that magic retirement day arrives, will you suddenly spend less, while reaping the benefits of your social security, pensions or investments?

Yes, you'll spend a little less, but the hard truth is: The less you have, the less you spend. Most retirees have less.

According to the Census Bureau, out of 100 people who started working at age 25 and retired by 65, about 63 percent are dependent on Social Security, friends, relatives and charity.

Just four percent have saved enough to pay for their retirement.

The US Bureau of Labor Statistics Consumer Expenditure Survey shows spending drops 14 percent immediately after retirement. Retirees spend less on work related items and food.

Up to 53 percent of retirees experience some drop in spending at retirement. But 47 percent spend the same — or more.

The reasons are simple: Retirees who imagine they will be better off at retirement are sometimes worse off and their spending goes way down.

Retirees whose investments give them an equal income, spend more. They want to travel, shop, play golf, pursue their hobbies. All of that costs money that you did not spend while working.

Add the cost of those activities to inflation, and after the average retirement length of 18 years, savings will be stretched thin.

A paid-off house can ease the strain of retirement economics, but the number of homeowners paying off their houses is dwindling.

For all retirees, housing and related expenses are the top spending category. According to the Federal Reserve Board, about 25 percent of families headed by someone 75 or older still had a mortgage in 2010. In 1989, just 5.8 percent of the same families had a mortgage.

Finally, don't assume you can continue to work into your 70s and save money for retirement. You might not be healthy enough and, in fact, about 25 percent of retirees are forced out of the workforce for health reasons.



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# BEHAVIOR

## *Guidelines*

### FOR DOGS

**Dear Doctor Megremis,**

While out in my neighborhood, I came across a woman walking her dog. As I approached the dog, his tail was wagging, but when I reached to pet him on his head, he snapped at me. I am confused, because I thought a dog that wags its tail would be friendly. What happened?

- V. Ryan

**Dear Ms. Ryan:**

Humans often misinterpret the signals that our canine companions use to communicate with us and other dogs. As social animals, dogs have developed a specific “language” to avoid conflict and injury. Although dogs can easily understand each other, with humans, the meaning often gets lost in translation. Because fear and aggression can frequently follow misinterpretation, it is important for people to learn dog language.

Dog language includes movements and postures of the body that include the legs, tail, and face as well as vocalizations, such as barking, growling, and whining. Humans are good at recognizing overt fear and happiness, but they often miss more subtle signs of communication. By paying attention, we can learn dogs’ body language vocabulary.

Common behavioral signals that dogs use include the following:

**Lip licking** can be a sign of mild stress, which may range from sticking the tongue out slightly to a full lick of the muzzle. This signal is an easily missed one.

**Yawning** is a common signal that frequently indicates stress or conflict. It is important to interpret this sign in context with the rest of the body actions of the dog. With a sleepy yawn, the dog will extend its tongue and often stretch its legs as it wakes up or first stands after lying down for a while. This whole body stretch differs from a stress yawn, which is when the tongue is not extended and the legs are usually not stretched.

**Changes in breathing patterns**, such as closing the mouth after panting or changing from closed-mouth breathing to



panting, are signs of significant tension or nervousness. Humans often overlook these changes in dogs.

**Play bowing** is typically seen when dogs are inviting other dogs to play or playing with other dogs, but it can also be used to defuse tension between dogs. In this position, the dog stretches out its front legs, sticks its rump in the air, and may bow its head a little.

**Sniffing** of the ground can be seen with uncertain or ambivalent dogs.

**Wide eyes or a tight facial expression** with lips drawn back may mean a dog is very frightened or feels threatened. Such dogs can resort to attacking, so beware.

**Averting eyes, blinking, lowering or turning the head** indicate intense fear. These signs are often seen in dogs that are being reprimanded. If the person is not pacified, the dog may lift a foreleg, sit, lie down, lower or turn its body, urinate, or become defensively aggressive.

**Tail movement** and posture must be considered in context, because wagging is not always a sign of friendliness. The height at which the tail is held, the speed of the wag, and the breadth of the tail sweep can give us information on the emotional state of a dog. A dog holding his tail middle height is generally relaxed. A dog that is alert and attentive will hold his tail horizontally. A tail that is held vertically indicates the dog is becoming more threatening. There are a variety of combinations of the speed of the tail wag and the breadth of the tail sweep that have varying meanings. For example, a slight tail wag with a small breadth of sweep is usually seen



during greetings as a tentative “hello.” Broad, fast wags are a sign of a happy and excited dog. A slow wag with the tail at half-mast is a sign of insecurity.

**Rolling over onto the back** is another signal that people often misinterpret. This behavior needs to be interpreted in context with who initiates the interaction. If the dog initiates the interaction, it is likely seeking attention. If a person initiates any interaction that causes the dog to roll onto its back, the person must recognize the dog’s fear, stop the interaction, and walk away.

**Ears back and flat** can mean the dog is happy, if accompanied by a full body wag. But, if its tail is between its legs, this can also mean the dog is afraid.

Another consideration in reading dog body language is the dog’s point of view in our interactions. Sometimes in our attempt to be friendly, we may be actually causing fear and anxiety in our pets. Direct eye contact and approaching from the front are considered appropriate in our interactions with other people, but dogs may interpret these actions as threatening and intimidating. When two dogs meet each other at a distance, they approach slowly and may even stop to wait for a signal from the other dog that indicates it is okay to approach. Instead of walking in a straight line toward each other, they walk in a curve. Dogs interpret staring as a potential threat, so when approaching a nervous dog, avert your eyes to be less threatening to the dog.

While most of us have been taught to put our hand out for a dog to sniff, dogs may see that gesture as threatening. It is better to keep your hands by your sides when you meet

an unfamiliar dog, and if the dog wants to sniff you, it will approach and sniff voluntarily.

Petting and hugging are two common ways we interact with our canine companions, but a nervous or anxious dog can interpret these actions as threatening. Hugging can be especially dangerous, because it puts us in close face-to-face contact with the dog. Of course we can pet and hug our dogs, but only if we know them well and know that the specific animal welcomes and appreciates such gestures.

Kissing in the dog world is totally different from in our world. Puppies and young dogs may lick the mouth of adult dogs from below to express friendly or food-begging behavior, which is unlike people kissing a dog from the top or the side. But, bending over the dog and invading his personal space is probably more upsetting than the actual kiss.

In summary, when encounter an unfamiliar dog, the best way to greet him is to not greet him. Instead, allow the dog to decide if he wants to initiate contact. Nervous or anxious dogs do not want us to bend over them, extend a hand, or reach over their heads to pet them. It is best to avert your eyes, make no sudden movements, and avoid touching the dog. If the dog wants to meet you, you may smile, talk to the dog, and maybe touch him on the side or under the chin, below the head.

Remember to think like a dog when interacting with one, and you should be safe.



**author:** Lydia Megremis, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Megremis and the hospital, visit [OVVHpets.com](http://OVVHpets.com). Please e-mail questions to [askthetvet@ovvhpets.com](mailto:askthetvet@ovvhpets.com).



# Treats!

**W**e don't know any pet who doesn't LOVE the word "treat." That's why we've looked around and found some great recipes for homemade treats for your furry friends. The extra TLC put into these treats just means they'll love you even more (if that's even possible). We hope you enjoy making them as much as they'll love eating them. *Bon Appetite!*



## Kitty Yums Yums

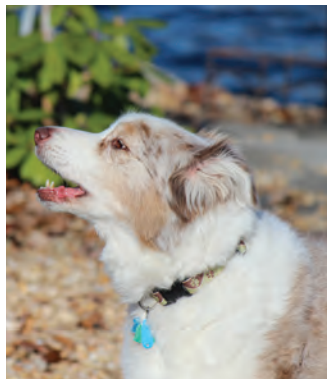
6 oz Undrained tuna (pureed)  
1 cup Cornmeal  
1 cup Flour  
1/3 cup Water  
1 Egg (beaten)

To begin, take a mixing bowl and combine cornmeal and flour. Then add tuna, egg and water to this dry mixture. Knead the ingredients together to form stiff dough. Once the dough is prepared roll it out into small cookies. Use cookie cutters in any theme. Then, preheat the oven to 350°F. Grease a cookie sheet and place the cookies on it. Bake the cookies for about 20 minutes, and serve them to your feline friend.  
[www.TailsInc.com](http://www.TailsInc.com)

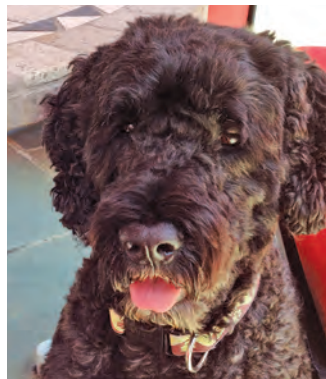
Is your pet ready for their close up? Send photos to [articles@vivatyson.com](mailto:articles@vivatyson.com).



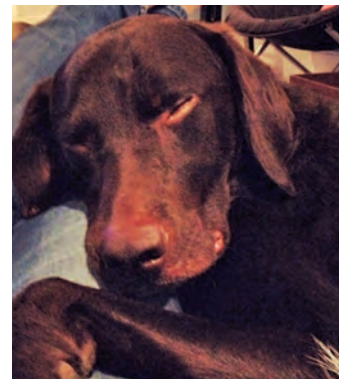
**Sammy**  
Owners: Julie and Rick Sne



**Rocky**  
Owner: Steve Levenson



**Splash**  
Owner: Valerie Kappler



**Pebble**  
Owner: Allison Martin



## Friends of Homeless Animals

Serving the Northern Virginia & Washington DC area





## Pumpkin Dog Treats

- 1 cup Fresh Pumpkin
- 1½ cups Rice Flour
- 1 Tbsp Cinnamon
- ½ Tbsp Freshly Ground Ginger
- 1 Egg
- 1 cup Honey
- 1 cup Vegetable Oil

1. Preheat oven to 350°F. Line a flat baking tray with baking paper.
2. Peel and dice pumpkin into cubes and bring to boil in saucepan of water. Drain pumpkin and allow to cool. Puree in blender or food processor (or if you want to be old school, mash your pumpkin to a fine puree). Chill in refrigerator.
3. Combine flour, cinnamon, and ginger in bowl and mix well.
4. Combine egg, honey, and vegetable oil in large bowl and whisk until well combined.
5. Add the chilled pumpkin puree to the wet ingredients and whisk until well combined.
6. Slowly add the dry ingredients to the wet, whisking well until all ingredients are combined.
7. Using a teaspoon, spoon the batter onto the lined tray spacing about one inch apart to make mini cake patties.
8. Bake for 15 minutes. To test, insert a toothpick into the cake. If it comes out clean, they're ready and can be removed from the oven. Allow cakes to cool and serve.

Best consumed fresh, so freeze any leftovers not consumed within 72 hours. [www.PrettyFluffy.com](http://www.PrettyFluffy.com)

## Rabbit (Guinea Pig) Smack Snacks

Swap out the rabbit pellets for guinea pig pellets to make these snacks for your guinea pig.

- 1 cup rolled oats, finely ground (coffee grinder works best)
- ¼ cup rabbit (or guinea pig) pellets, finely ground
- 2 medium-sized bunches of parsley
- ½ of a carrot
- ½ of a banana
- ¼ cup + 1 tbsp. water

Preheat oven to 325°F and line a baking sheet or stone with wax paper (baking stones actually work best). Grind pellets and oats down to a powder and set aside. Puree parsley, carrot, banana and water. This should become fairly liquefied, so you can add more or less water depending on the consistency. In a bowl, mix puree and dry ingredients. Knead until a stiff dough is formed. Dough will be somewhat sticky. Place ball of dough between two sheets of wax paper and roll to about 1/8 – ¼ of an inch thick. Cut into small squares and place on baking sheet. Bake for about 30 minutes (don't let them get too brown), then turn off the heat and let them sit in the warm oven for at least an hour. (The last step is really important because letting them sit in a warm oven is what dries them out so they'll keep for a really long time and not grow mold!) [www.BakeBakeBake.com](http://www.BakeBakeBake.com)



## OAKTON-VIENNA VETERINARY HOSPITAL



In the heart of Vienna, across from Outback Steakhouse, we provide a complete list of services to include:

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**The safest vaccines available**

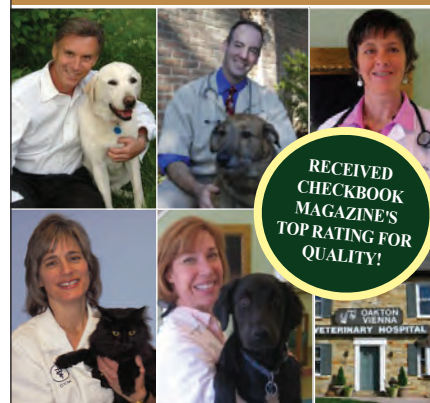
**Parasite exams and prevention**

**Routine bloodwork for older pets**



**Client education**

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**SATURDAY**



**9am - 2pm**

**SUNDAY**

**10am - 2pm**



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**[www.ovvhpets.com](http://www.ovvhpets.com)**

**320 Maple Ave East  
Vienna, VA 22180**

# TALK LO 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](mailto:comments@vivatyson.com). Let us decide if it's too trivial, it rarely is.



**REI** is Open! 8209 Watson Street, McLean, VA 22102. Open next to Golfdom in Tysons, REI provides top-brand gear and clothing for camping, cycling, fitness, hiking, paddling and more. The store includes a bike shop that offers a full range of professional bike services as well as a ski and snowboard shop. For more information go to [rei.com/tysons](http://rei.com/tysons).



**Ovvio Osteria** opened it's doors on August 6th in Merrifield's Halstead Square. Chef/Partner Chris Watson will showcase seasonal ingredients in a range of menu items including antipasti, insalata, pastas, entrees, and pizza. Guided by the bounty of the earth, meats and produce will be fresh and in-season while everything is prepared in-house including pasta, bread, and pastries. Ovvio will provides a sophisticated, well-stocked and staffed bar with an Italian focused wine list and a small selection of American labels to complement any meal.

Mark your calendars!  
The second annual  
**Tour de Tysons**  
**bicycle race** will be  
held on June 29th,  
2014. We'll have more  
details for you as it  
gets closer.

**TOUR DE TYSONS  
GRAND PRIX  
BICYCLE RACES**



**Capital Teas** is coming Fall 2013! These fifth generation tea merchants offer over 200 loose-leaf teas and herbal infusions from countries all over the world including Sri Lanka, India, China, Japan, Malawi, and Kenya. Other products also include merchandise for the Tea lover such as teapots and infusers.



**The Optimist Club of Greater Vienna** is once again fulfilling its mission of providing hope and positive vision and bringing out the best in kids with its Growing Hope childhood cancer campaign. Since 2006, the Optimists have raised over \$250,000 to support local organizations helping children affected by cancer. Growing Hope, non-profit organization operating out of the only two pediatric oncology offices in Northern Virginia, receives 75% of the funds raised. This organization provides educational, financial, and social support to children with cancer and their families. Johns Hopkins University & Medical Center receives the remaining 25% for its childhood cancer research program.

The campaign culminates in an exciting Walk & Family Fun Day on **September 28th from 10am to 2pm** on the Vienna Town Green at Maple Avenue and Mill Streets.

The Optimist Club of Greater Vienna Foundation is a 501((c)(3) organization and donations are tax deductible.





Chef Jacques from one of our favorite restaurants **L'Auberge Chez Francois** in Great Falls will

be appearing on NBC's *Today* show on September 12th at 10am. Follow them on Facebook and Twitter to keep up with the latest restaurant news.



Another branch of **Founding Farmers**, a farm-to-table restaurant, will open in Tysons sometime in the spring of 2014!

The restaurant will open in the former Inox space, with around 280 seats and possible outdoor seating. Menus for breakfast, lunch, dinner, and buffet-style brunch will be available.



The Tysons Regional Chamber of Commerce presents the **Taste of Tysons, September**

**21st from 11am-8pm.** Enjoy food, music, entertainment, exhibits, and much more! A portion of the proceeds will benefit our Non-profits Chamber members providing food to our community. 8229 Boone Blvd, Vienna, VA. 703-281-1333

**Sound Hearing** is now open! 303 Maple Avenue West, Dogwood Building, Suite G, Vienna, VA 22180. Nationally-certified hearing specialist Joel Silverman has expanded into our marketplace with a new location in Vienna. Sound Hearing Center works with patients to custom fit hearing instruments and improve their hearing clarity. Sound Hearing provides Starkey's state-of-the-art hearing aids. Some of the services include, video otoscopy for detailed viewing of your ear canal, counseling for hearing loss and tinnitus, hearing aid repair and cleaning, custom earmolds for hearing aids, iPods and MP3s, and noise protection for musicians and sportsmen. [www.soundhearingcenter.com](http://www.soundhearingcenter.com)



**Walmart** has now opened in Tysons West!



**Crumbs Bake Shop**, the national chain famous for its creative cupcakes

and other goodies, is coming to Tysons Corner Center mall sometime in April, according to management. An official opening date is still to come.



**Things Remembered**, a store specializing in personalized gifts, will be opening a brand new location at the Tysons Corner Center in March. Stay tuned for exact opening dates.



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 Celebration** is projected to take place in February. Stand-by for more details.



Famous high-end handbag and women's clothing retailer, **Kate Spade**, will be coming to Tysons Galleria this fall. They are looking to open sometime in October, and will be located on the first floor of the mall.



Luxury jeweler **Cartier** is set to move in to Tysons Galleria and be ready for business sometime in November. The new location will be on the second floor. More details to come.

Happiness cannot be traveled to, owned, earned, or worn. It's the spiritual experience of living every minute with love, grace and gratitude.

*Denis Waitley, business author and consultant*

## Funny Stuff

A couple came for counseling after 25 years of marriage. When asked what the problem was, the wife went on and on: neglect, lack of intimacy, emptiness, loneliness, and feeling unloved.

Finally, the therapist walked around his desk, embraced her and kissed her passionately on the mouth. The woman, in a daze, quietly sat down. The therapist turned to the husband and said, "This is what your wife needs at least seven times a week. Do you think you can do this?"

The husband replied, "Well, Doc, I can drop her off here on Mondays and Wednesdays, but on the other days I play golf."

## This wordoku game can keep you fit

### How to solve wordoku puzzles

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

Simply make sure that each 3x3 square region has a letter that occurs once.

Each column and row of the large grid must have only one instance of the letter. The difficulty rating on this puzzle is easy.

*The title is a clue to the word in the shaded area.*

	T				M	C		G
M		G		C		N		
							Y	
C		N	T			G		
	Y						I	
		T			G	S		M
	M							
		Y		S		I		T
S		C	Y				M	

Remember, the thoughts that you think and the statements you make regarding yourself determine your mental attitude. If you have a worthwhile objective, find the one reason why you can achieve it rather than hundreds of reasons why you can't.

*Napoleon Hill, author of Think and Grow Rich*

What animal can only eat with it's head upside-down?

*Flamingo*

Two guys were sitting at Starbucks when a truck loaded up with rolls of sod went past.

"I'm going to do that when I win the lottery," announced the first.

"Do what?" asked the second.

"Send my lawn out to be mowed."



"Do we have to be Facebook friends? Isn't being married enough?"



### Trivia Teaser • Song of the South

1. With the separation of South Sudan from Sudan, what is now the largest country on the continent of Africa?  
A. Morocco B. Egypt C. Ethiopia D. Algeria.
2. The movie musical "South Pacific" was based on a Pulitzer Prize-winning book by what author?  
A. Kurt Vonnegut B. James Michener C. Saul Bellow D. John F. Kennedy.
3. Which U.S. vice-president was born in a room above his father's drugstore in Wallace, South Dakota, and followed in his father's footsteps by earning a pharmacist's license?  
A. Al Gore B. Spiro Agnew C. Hubert Humphrey D. Joseph Biden.
4. What is the first name of the character Cartman on "South Park"?  
A. Eric B. Stan C. Latka D. Jimmy.
5. What country singer had #1 songs on the pop charts with "Rhinstone Cowboy" and "Southern Nights"?  
A. Kenny Rogers B. Glen Campbell C. George Strait D. Dolly Parton.
6. Which country lies directly south of the Arafura Sea?  
A. Australia B. Turkey C. Bangladesh D. Ireland.

### Girl Groups of the 1950s

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

AD LIBS  
ANGELS  
BLOSSOMS  
BLUE  
BELLES  
BOBETTES  
CHANTELS  
CHIFFONS  
COOKIES  
CRYSTALS  
DELRONS  
EXCITERS  
HEARTS  
IKETTES  
JAYNETTS  
MARVELETTES  
MURMAIDS  
ORLONS  
RONETTES  
SECRETS  
SHERRYS  
SHIRELLES  
STARLETS  
SUPREMES  
TOYS  
VELVELETES

Make sure you visualize what you really want,  
not what someone else wants for you.

*Jerry Gilles, marketing consultant*

Which town in Alaska has had a  
cat as their mayor for 15 years?

*Talkeetna*

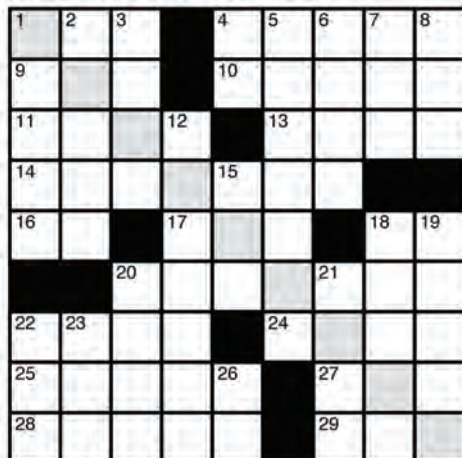
### The famous movie-star city

#### Across

1. Indicating thinking
4. All worked up
9. Chit
10. Honeydew, e.g.
11. Whimper
13. Barn topper
14. Lattice-work for climbing plants
16. "\_\_\_ Top of Old Smokey"
17. Affirmative vote
18. Inert gas, for short
20. Cookware
22. Voting "no"
24. Auction cry
25. Posture problem
27. "The Murders in the Rue Morgue" writer
28. Quaint contraction
29. Boolean logic operator

#### Down

1. Informed
2. Lament
3. Stubborn beast
4. "\_\_\_ sorry to say..."
5. Evaluations
6. "Ah, me!"
7. Heavy weight



8. Wind dir.
12. Jubilation
15. Strong cleanser
18. Hydrocarbon found in fire extinguishers
19. Wrapped up
20. Greek portico
21. Volcano in Burma, Mount \_\_\_
22. Beast of burden
23. Ultimate degree
26. Part of a qt.

Note: the title is a clue to the word in the shaded diagonal.

## Fun Facts: Food

Popcorn has existed for about 6,000 years.

Peanuts are used to manufacture dynamite.

Carbonated beverages were traditionally called "soft drinks" because they did not contain alcohol.

Ancient Greeks awarded celery to winners of sports events.

Honey is the only edible food for humans that won't go bad.

The first fruit eaten on the moon was a peach.

Unlike most fruits, pears ripen better off the tree.

Carrots used to be purple until the Dutch crossbred white and yellow varieties in the 16th century.

# Tyson's FROZEN Yogurt SHOPS

Frozen yogurt is sweeping the nation! Here's a list of some local yogurt shops to dig your spoon into.



## Pinkberry

7889 Tysons Corner Ctr  
McLean, VA 22102  
(703) 288-9577

## Yogen Fruz

1961 Chain Bridge Rd  
McLean, VA 22102  
(703) 401-7622

## Red Mango

431 Maple Ave W,  
Vienna, VA 22180  
(703) 865-8400

## Lava Yogurt

7500 Leesburg Pke  
Falls Church, VA 22043  
(571) 494-5282

## Tutti Frutti

7881 Heritage Dr  
Annandale, VA 22003  
(703) 854-1641

## Sweet Frog

8365 Leesburg Pke  
Vienna, VA 22182  
(703) 992-8520

## iBerry Yogurt & Coffee

1307 Old Chain Bridge Rd  
McLean, VA 22101  
(703) 356-3615

## Sweet Berry

9432 Main St  
Fairfax, VA 22031  
(703) 978-2112

## Josie's Frozen Yogurt

10625 Braddock Rd  
Fairfax, VA 22032  
(571) 490-7780

## Fruity Yogurt

7953 Tysons Corner Ctr  
McLean, VA 22102  
(703) 760-4626

## Zinga! Frozen Yogurt

1106 W Broad St  
Falls Church, VA 22046  
(703) 533-2323

## Sweet Bee Frozen Yogurt

6347A Columbia Pke  
Falls Church, VA 22041  
(703) 333-5252

## Menchie's Frozen Yogurt

6550 Little River Tpke  
Alexandria, VA 22312  
(703) 658-5393

## Sweet Rainbow

11761 Fair Lakes Shppg Ctr  
Fairfax, VA 22033  
(703) 591-0796

## Crave Frozen Yogurt

3610 King St  
Alexandria, VA 22302  
(571) 490-8989

## Cold Stone Creamery

7852 Tysons Corner Ctr # E  
McLean, VA 22102  
(703) 288-9205

## Baskin Robbins

120 Branch Rd SE  
Vienna, VA 22180  
(703) 281-0031

## Haagen-Dazs

1961 Chain Bridge Rd  
McLean, VA 22102  
(703) 883-2090

## Robeks Juice

8359 Leesburg Pke #A  
Vienna, VA 22182  
(703) 883-3886

## Sweet Leaf Café

1359 Chain Bridge Rd  
McLean, VA 22101  
(703) 893-2323



Answers to  
'Song of the South'

- 1-d, Algeria
- 2-b, James Michener
- 3-c, Hubert Humphrey
- 4-a, Eric
- 5-b, Glen Campbell
- 6-a, Australia



# HOROSCOPES

## September

**ARIES:** Ain't life grand. The weather's good, your work is cruising along, and the love of your life returns your affections. It's scary. Be prepared for anything.

**TAURUS:** Your job can be like a road trip, and similar cautions apply. Don't take shortcuts or dangerous detours. Address situations that arise and don't speed.

**GEMINI:** When autumn leaves begin to fall, Mother Nature is making a change. Maybe it's time for you to do the same. Want to change an attitude, a goal, or a schedule?

**CANCER:** Soon there will be an opportunity to make a presentation or explain an idea. You could make a powerful impression on co-workers. Your secret is confidence.

**LEO:** The Labor Day weekend is the perfect opportunity for a short trip. Too late to make complicated arrangements? Sometimes it's better to just get in the car and go... safely.

**VIRGO:** Finding the right partner can be less important than being the right partner. Always assume that your loved ones are doing their best, though it may not seem so.

**LIBRA:** Some say we're in a risk-averse culture. People don't like to take a chance. But many leaders have to and you can do it too. Don't hesitate to speak out with ideas.

**SCORPIO:** A change is coming to your work area, and right now it's difficult to tell whether it will be in your favor. Give it time. Wait before coming to any conclusions.

**SAGITTARIUS:** An unexpected and expensive situation has come up. But you have the mental energy to handle it. Face it head on, though it will take time to finish it off.

**CAPRICORN:** Big projects require big efforts, but maybe the best plan you should have now is to get more sleep. Once you're bright and energetic, tackle your projects.

**AQUARIUS:** Insecurity is raising its nasty head in areas of your life and work. Step back now and remember who you are and what you can do. Move forward confidently.

**PISCES:** If you feel uncomfortable with someone's self-expression, detach. You can't control or change this person, but you can control your reaction to what they say.

## October

**ARIES:** If a person is gloomy, things seem to go wrong. When a person is cheerful, everything seems to go right. So get positive now. Speak of solutions, create a better day.

**TAURUS:** This is a time to rise above thoughts of the past. You are strong enough now to create the present, and the petty behavior of others will not rub off on you.

**GEMINI:** The anticipation of a career advancement has you feeling tense. Distractions like sports or a picnic can help. Success will come.

**CANCER:** That "What you see is what you get" attitude makes people trust you. Your innate honesty, when paired with a cooperative spirit, will bring you interesting projects.

**LEO:** Your work is going so smoothly that you may lose the interest in giving it your best effort. That would be a waste, because you have more opportunities than ever before.

**VIRGO:** Willpower has become your source of energy, and it has taken you far. You've accomplished some significant goals with it. That self-discipline is a work-time basic.

**LIBRA:** Slow down and take time to think before making a mistake in your home life. You think you're right, and you could be, but a compromise could save your relationship.

**SCORPIO:** Columbus dared to discover, and you could too. He discovered a new land. You could discover a new talent that's just waiting to be developed.

**SAGITTARIUS:** The artist in you is crying out for a voice. Listen to it. Your creative efforts can have a good impact even on your most routine tasks.

**CAPRICORN:** Just when we're resigned to doing a thankless job, something happens. New possibilities take you by surprise. Move! Your instincts are right on.

**AQUARIUS:** Whether or not you like the holiday season, Halloween is kicking it off. You might as well plunge into it and plan to enjoy Thanksgiving and Christmas too.

**PISCES:** Your world is in a positive phase and you are relaxed, satisfied, and forgiving. Or maybe you just refuse to be bothered, and trouble-makers just amuse you.



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this weekend?**

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come enjoy the  
great indoors?**

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City has never been  
this much Fun!**



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~ *Washingtonian*

Editors' Pick  
~ *Washington Post*

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# It all stacks up.



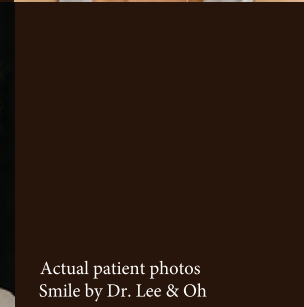
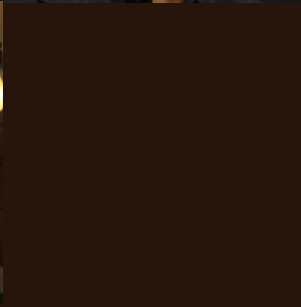
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DR. CHONG LEE



DR. JOE OH



Actual patient photos  
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- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Invisalign Provider  
2012, 2013
- Attending Faculty-Orthodontic  
Department Children's Hospital/  
Washington Hospital

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Dr Garai and Staff are pleased to announce the addition of the latest laser scanning technology **ITERO** from Invisalign in our office. Our practice will be the first to offer this state of the art technology in Vienna. **ITERO** digital scanner eliminates the need for messy, uncomfortable impressions of the teeth for Invisalign treatment.

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