

GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH

# VivaTysons

November – December 2013 | vivatysons.com | \$3.95

MAGAZINE

## 2013

HOLIDAY GUIDE

### PASSION PIT

COMES *to the* PATRIOT CENTER



COURTING  
TROUBLE  
*in*  
FAIRFAX

*a*  
**TOAST**  
*to the*  
HOLIDAYS



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**GREAT FALLS** \$4,599,787  
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**GREAT FALLS** \$3,895,000  
New custom home TBB on 2.5 acres  
by Versailles. 811 Leigh Mill Rd.



**GREAT FALLS** \$3,299,875  
\$2 mil in renovations. 7BR. Outdoor  
pavilion w/pool. 511 Seneca Road.



**GREAT FALLS** \$2,995,000  
New Versailles custom home.  
Nov. Delivery. 803 Leigh Mill Rd.



**GREAT FALLS** \$1,565,875  
New Hardiplank home w/3 finished  
levels. 829 Golden Arrow Street.



**GREAT FALLS** \$1,149,888  
Brick colonial w/updated kit &  
baths. Outdoor kit. 1071 Dougal Ct.



**OAKTON** \$2,975,000  
New Sagatov home. Stone; Pan-  
eled library. 3109 Whimbrell Ct.



**RESTON** \$1,049,888  
Renaissance Grand Renoir w/up-  
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SUN DESIGN



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A glimpse of Christmas future. The plaza at Tysons Corner Center coming 2014.

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### **PASSION PIT COMES TO TOWN** *By Keith Loria*

Halloween will be more about Gossamer and less about ghosts and goblins this year, when indie pop band Passion Pit heads to the Patriot Center on Oct. 31 for a concert that guitarist/keyboardist Ian Hultquist promises will be “so rad.”

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### **COURTING TROUBLE IN FAIRFAX** *By Eleanor Herman*

The turbulent times of the Fairfax County’s colonial courthouse. Fairfax County’s first courthouse was built here in 1742 and had a brief but colorful life as the governmental and social hub of the new county.

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### **A TOAST TO THE HOLIDAYS** *By Linda Barrett*

November and December bring families together with traditions lasting generation after generation. It’s a great time to toast your family gatherings with special wines. Here are some recommendations from several of our local wine stores.

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### **INSIDE THE NYSMITH SCHOOL** *By Ken Nysmith*

Each morning, administrators welcome nearly 600 students to The Nysmith School. Each child is treated according to their own needs and learning styles.

**82**

### **2013 HOLIDAY GUIDE**

Gift ideas? We have some! From dates to diamonds, and lots inbetween! Some gift giving considerations from our local merchants. Shop early-Happy Holidays!



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under  
my  
pillow  
— and —  
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not sleep  
in the  
dark  
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MAGAZINE

THE MAGAZINE FOR GREAT FALLS • MCLEAN • VIENNA • OAKTON • FALLS CHURCH  
2013 NOVEMBER // DECEMBER

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<b>PRESIDENT &amp; PUBLISHER</b>	Johnny Hanna
<b>ART DIRECTOR / PRODUCTION MANAGER</b>	Emily Baird
<b>MARKETING CONSULTANT</b>	Lauren Simmons
<b>GRAPHIC/WEBSITE DESIGNER</b>	Julie Snee
<b>GRAPHIC ARTIST</b>	Jhoane Garcia
<b>VIDEOGRAPHY</b>	Kari Cannistraro
<b>PHOTOGRAPHIC CONTRIBUTOR</b>	Deb Cobb
<b>ADVERTISING/CLIENT ADVOCATES</b>	Debbie Sahlin William Maloney M.K. Phillips Jhoane Garcia
<b>CONTENT EDITOR</b>	Julie Snee
<b>CONTRIBUTING AUTHORS</b>	Keith Loria Carole Herrick Linda Barrett Allison Chase Sutherland Laurie Young Bonita Woods, CDM, CNC Judy Caplan Cindy Pavell M.S. Jeannine Bottorff Rick Mundy Liz Barnett Lauren Simmons Gary Hughes Richard Gazala John Byrd Jeffrey S. Detwiler Navid Roshan-Afshar Marcia McAllister Tyra J. Virgil Erica Sobers Leigh Macdonald Amy Schoen Lydia Megremis, DVM
<b>FOOD CRITICS</b>	Jeannine Bottorff Cecillia Mencia
<b>FASHION EDITOR</b>	Lauren Simmons
<b>EDITORIAL/RESEARCH INTERN</b>	Emily Giroux

**VIVATYSONS MAGAZINE** | 7921 Jones Branch Drive, Ste G11, Tysons, VA 22102

**General inquiries and comments about this publication can be sent to:**

comments@vivatyson.com.  
www.vivatyson.com  
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Subscriptions for *VivaTysons Magazine* are available for \$12 per year or \$20 for two years.  
Please address requests to Calamity Media,  
7921 Jones Branch Drive, Ste G11, Tysons, VA 22102, or you can subscribe online at [www.vivatyson.com](http://www.vivatyson.com).

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# ROLEX



# A LETTER *from the* PUBLISHER

LET'S GET *REAL* SOCIAL! // NOVEMBER // DECEMBER 2013



**A**s we approach the Holiday Season, despite the convenience on-line shopping, we would like to offer a suggestion. Why not turn to our community of merchants and service providers and give them the support they wait for all year long. At a time when so many Washingtonians are out of work, (many of them furloughed as I write this) why not vote with our dollars and get "real social." Our community of merchants and services can give you a million reasons to stay off line this holiday season; Personal service, a smile and a thank you, and a real person to lend some advice and handle any problems.

I come back to the 3/50 Project which suggests that if only half the population spent just \$50/month at three local enterprises it would generate \$42.6 billion in revenue. For every \$100.00 spent with our local merchants, \$68.00 is returned to our community in taxes, payroll and other expenditures- buy online and we get nothing. On-line shopping is convenient, and everyone loves a deal. But we need these local merchants to keep our communities vibrant, support our little leagues, schools and employ our kids. Please try. Thanks.

Eleanor Herman is a hoot. A published author of multiple titles including "Sex with Kings," "Courting Troubles" is about early

courthouse dealings in Fairfax that had the whole library in stitches. Enjoy!

At the Oakton Wine Shop we saw the work of Joey Havlock and sent Keith to bring us the story...and the pictures. You can find a nice selection of Joey's art there, as well as a great selection of wines.

Keith also gave us a peek into the hot new group and sounds of Passion Pit, Michael Nesmith (formally of the Monkees) and Jonathan Edwards. Thanks Keith.

Barbara Januszkie paints with colors that are easy on the eye and wonderful for the soul. VinoVolo has opened in The Galleria, Neisha Thai has new digs, and we love the flavors of Patrick and Julie Bazin's Alegria on Church Street in the heart of Vienna.

Linda Barrett gives us some help "Toasting the Holidays" and we have a gift guide with some ideas for gift giving this season.

Whole Foods in Vienna will begin selling our publication in its Vienna Store through our new "Change for a Dollar" program. It's a partnership both Tracy Zambito and I enjoy-giving back to the community. 100% of the proceeds from the sale of the publication will go to local charities. Thank you Tracy. And thank you for your support.

We want to welcome and thank our new Art Director and Production Manager Emily Baird. She has poured her heart into bringing us a new look to enhance your reading experience. And a million thanks to our new advertisers. We could not publish the "enjoyable read" without their advertising and support. We hope you will keep them in mind when selecting products and services this holiday season.

And finally, from all of us, best wishes for a safe, Happy Holiday Season. We truly appreciate your support and friendship. Your commitment to our community never ceases to amaze me. See you in 2014.

Cheers!

Johnny



Dulles Corridor Metrorail Project  
photo by Stephen Barna







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redwhiteandbleu.com

### FALLS CHURCH CITY HALL

300 Park Ave.  
703.248.5001  
fallschurchva.gov

### THE STATE THEATRE

220 N. Washington St.  
703.237.0300  
thestatetheatre.com

### CHERRY HILL PARK

312 Park Ave.  
800-801-6449  
cherryhillpark.com

### VIENNA

#### WOLF TRAP

1635 Trap Rd.  
703.255.1900  
wolftrap.org

#### JAMMIN' JAVA

227 Maple Ave. E  
703.255.566  
jamminjava.com

#### BOWMAN HOUSE ARTS AND CRAFT CENTER

211 Center St. S  
703.255.6360  
viennagov.com

#### MAPLEWOOD GRILL

132 Branch Rd. SE  
703.281.0070  
maplewoodgrill.com

#### VIENNA PRESBYTERIAN CHURCH

124 Park St. NE  
703.938.9050  
viennapres.org

#### PATRICK HENRY LIBRARY

101 Maple Ave.  
703.938.0405  
viennava.gov

#### VIENNA COMMUNITY CENTER

120 Cherry St. SE  
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### MCLEAN

#### CHAIN BRIDGE CELLARS

1351 Chain Bridge Rd.  
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#### CLAUDE MOORE

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1771.org

#### DOLLY MADISON LIBRARY

1244 Oak Ridge Ave.  
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#### IRIS LOUNGE

1524 Spring Hill Rd  
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oldfirehouse.org

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colvinrun.org

#### COLVIN RUN MILL

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#### GREAT FALLS PARK

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# MARK

## · YOUR · CALENDAR

NOVEMBER // DECEMBER // JANUARY

 MUSIC  
 ARTS  
 THEATRE  
 CHILDREN  
 HOLIDAY  
 FOOD & WINE  
 DANCE  
 CHARITY

## NOVEMBER

### NOVEMBER 6

#### *An Evening with the Duhks*

Jammin' Java  
Vienna – 7:30pm - \$18  
Canada's premier neotradsters romp from world-beat to blues, urban-pop to old-timey, with wild-eyed invention, haunting traditionalism, and spine-rattling groove." (Scott Alarik, The Boston Globe).

### NOVEMBER 8

#### *Edgar Meyer, Mike Marshall*

The Barns at Wolf Trap  
Vienna – 8pm - \$48  
Classical and crossover double bass player (Meyer) shares the stage with an adventurous mandolin and

guitar master (Marshall) whose ranges from bluegrass and classical to Brazilian folk and jazz.

#### *Tango Milonga*

Colvin Run Community Hall  
Great Falls – 9pm - \$12

### NOVEMBER 9 & 10

#### *37th Annual McLean Antiques Show & Sale*

McLean Community Center  
McLean – 10am Sat./11am Sun. - \$7

An exceptional group of dealers representing American, English, and European antiques, decorative accessories, furniture, folk art, porcelains, silver, paintings, prints, linens, Oriental carpets and rugs. A glass repair service will be available on site, and much more.

### NOVEMBER 9

#### *Bowman House Pottery Show and Sale*

Bowman House Arts and Craft Center  
Vienna – 10am  
Don't miss out on great

gifts for the holiday season. Students and teachers will have handmade pottery available for sale at the Bowman House Arts and Crafts Center, 211 Center St. S.

#### *Foy Vance: Joy of Nothing Tour*

Jammin' Java  
Vienna – 7pm - \$12  
With his latest album, "Joy Of Nothing," Foy Vance has crafted a masterwork of the sweet hurt of love and what it does to the men and women involved with all of the fallout.

#### *Melissa Errico: A Passion for Broadway*

The Barns at Wolf Trap  
Vienna – 7:30pm - \$42  
Enchanting Broadway star whose intimate recordings of American classics like "He Was Too Good To Me" have been commended as "intimate exhalations, sung with her heart-on-sleeve" (Billboard).

#### *The Mike O'Meara Show Presents...O'Meara-Con 2013*

State theatre  
Falls Church – 7pm - \$25

Tickets go on sale to the general public on Friday, September 13th ... and a bit sooner for TMOS VIP Members. Plan now and stay tuned for details... The Mike O'Meara Show LIVE. Like you've never seen us before (Super Hero Costumes are optional).

### NOVEMBER 10

#### *Mark Olson (Founding Member of the Jayhawks)*

Jammin' Java  
Vienna – 7:30pm-\$14  
This philosophical directness has been a constant in a career that's spanned a quarter century. As a founding member and principal singer/songwriter of The Jayhawks, Olson spent a decade at the front of the alt-country movement.

### NOVEMBER 11

#### *Veterans Day Ceremony Falls Church City Hall*

Vienna – 11am  
Honors veterans with a ceremony at the City of

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Falls Church Veterans Memorial (223 Little Falls Street). This tribute recognizes all those who served in the armed forces.

## NOVEMBER 12

***Kids Club Presents Mr. Knick Knack!***

Tysons Corner Center  
McLean – 11am  
Sing, dance and hop along with Mr. Knick Knack's original musical adventures in Fashion Court on level 1 between Nordstrom & Bloomingdale's wings, near the glass elevator.

***Colvin's Dance for Everyone***

Colvin Run Community Hall  
Great Falls - \$12  
Beginner West Coast Lesson 6:30pm to 7:15pm.  
Intermediate Lesson 7:15pm to 8:00pm. Dance 8:00pm to 11:30pm. DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, Latin, country western 2-step, waltz, and more. No partner or prior dance experience required.

## NOVEMBER 13

***Kids Club Fiesta!***

Tysons Corner Center  
McLean – 11am  
Enjoy caricatures, balloon animals and face painting from 11AM-2PM in the Food Court on Level 3!

## NOVEMBER 14

***Six (Other) Whites******You Should Know***

Chain Bridge Cellars  
McLean – 7:15pm - \$25  
No Chardonnay. Not a taste of Sauvignon Blanc. Nope, we're going to delve into some of the world's most interesting whites in this session, many of which come from grapes you've never heard of at all! Sure, we'll play with Pinot Gris and rock out with Riesling, but we'll also get to know Verdejo, sip on Chenin, and...well, you get the drift.

***Lebanese Taverna Participates in the American Diabetes Association FUNdraising Event***  
Lebanese Taverna  
McLean 11:30am

Lebanese Taverna will be donating a portion of its proceeds to the diabetes research efforts and diabetes education and prevention programs. American Diabetes Month brings together members of the community to focus our efforts to Stop Diabetes.

## NOVEMBER 15 &amp; 16

***Marchesa Trunk Show***

Tysons Corner Center  
(Nordstroms)  
McLean – 11am  
Join us for an exclusive look at the latest Marchesa Bridal Collection! To schedule an appointment with a Wedding Suite Stylist, please call 703.761.1121 ext 1730. We hope to see you there!

## NOVEMBER 15

***Lisa Marie Presley***

The Barns at Wolf Trap  
Vienna - 8pm - \$40  
Inspired by Southern rock influences of her youth, this passionate singer/songwriter boasts raw, powerful performances. Full-bodied, roots-rock singer Lisa Marie Presley began writing songs in her late teens. She released her debut album, *To Whom It May Concern*, in 2003, which peaked at No. 5 on the Billboard 200.

***Holiday Decorating Seminar***

McLean Community Center  
McLean – 9:30am - \$65  
Need fresh decorating ideas for the holidays? Learn from an area designer some innovative ideas for decorating our home for each holiday from Thanksgiving to New Years!

Topics may include festive table settings, trees, color palettes, and even gift wrap.

## NOVEMBER 16

***Beauty Trend Show Tysons Corner Center***

Nordstroms  
McLean – 8am - \$20  
Grab your girlfriends and reserve your spot for our exciting Beauty Trend Show! You'll see the latest and greatest as our industry insiders reveal fall's beauty trends during a high-energy runway show. Then receive a complimentary beauty consultation full of DIY tips and tricks.

***Threshing Day***

Claude Moore Colonial Farm  
McLean – 1pm  
The Farm Family harvested their wheat and rye in June and it has dried enough to process it for food. Come help them by picking up a flail to beat the seeds away from the stalk and watch the chaff fly away as you winnow the grain. The Farm wife will also be baking bread from grain that was already ground by the miller.

***Cherie Currie***

State Theatre  
Falls Church - 6pm - \$30  
Cherie Currie was the teenage front woman of legendary all girl group, "The Runaways" in the 1970's. She exemplifies the term 'renaissance woman'; her powerful vocals, explosive stage presence, authenticity and spirit have kept her in the spotlight where she continues to



Courtesy of Wolf Trap



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inspire as a female rock pioneer and style icon.

### *The U.S. Army Strings in Concert*

McLean Presbyterian Church  
McLean – 7:30pm  
The program is “Brandenburg meets Schoenberg.” Featured will be Schoenberg’s great “Verklarte Nacht” along with two Bach Brandenburg Concerti. The United States Army Strings present a concert of works from both sides of the Austro-Germanic musical spectrum.

### *Austin Lounge Lizards*

The Barns at Wolf Trap  
Vienna – 7:30pm - \$27  
Texas’s favorite satirists are back with new album Home and Deranged, featuring a lively blend of Americana, folk, and rock with 4-part harmonies and witty lyrics. Armed with an eclectic alt-country and folk sound and pointedly satirical lyrics, the self-described “most laughable band in show business” has dedicated its career to the art of spoofing sex, politics, and the countless absurdities of life through song.

### NOVEMBER 17

### *Bluegrass Matinee: Dead Men’s Hollow*

Jammin’ Java  
Vienna – 1:30pm - \$20  
Dead Men’s Hollow draws its influences from bluegrass, country, blues, and gospel. The result is a unique sound, fronted by tight three-part female harmony vocals backed by fiddle, upright bass, and guitar.

### *Sunday Soirée Series Dance*

McLean Community Center  
McLean – 3pm - \$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 with a theme of Autumn Splendor.

### *Roger Clyne and the Peacemakers*

State Theatre  
Falls Church – 8:00pm - \$15  
Roger Clyne has been combining his acclaimed lyrical talent with infectious sound for decades. He built a lasting name for himself as part of the 90’s rock group The Refreshments and with his southwest inspired music with The Peacemakers.

### *An Evening with the Eric Lindell Band*

Jammin’ Java  
Vienna – 7:30pm - \$20  
Eric Lindell writes music that is as at home on your front porch on a summer evening as it is in a hot sweaty club on a Saturday night. It is southern soul music, infused with R&B and a touch of New Orleans funk. It is blues music, glazed with a taste of country.

### NOVEMBER 19

### *Colvin’s Dance for Everyone*

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.

### NOVEMBER 20

### *Turtle Time*

Dolly Madison Library  
McLean – 11:15am  
Turtles are reptiles, cold-blooded and covered in scales. Come see what other fun discoveries you can make about these creatures and meet a few of the special turtles that live at Riverbend. Ages 2-5 with adult.

### *A Silent Film*

Jammin’ Java  
Vienna – 8pm - \$15  
The Oxford quartet had just released its debut of epic and ambiently anthemic indie rock, The City That Sleeps, on Bieler Bros. Records, a Florida-based indie with an incongruously niche heavy rock profile.

### NOVEMBER 21

### *David Baldacci*

Barnes and Noble Tysons Corner Mall  
McLean – 7pm  
King and Maxwell Author Event

### NOVEMBER 22

### *Kekuhi & Kaumakaiwa Kanaka’ole*

The Barns at Wolf Trap  
Vienna – 8pm - \$30  
Descendants of the most prolific Hawaiian chanters of the 20th century, this award-winning

mother-son duo presents native songs in a multi-generational performance. Kekuhi Kanaka’ole is the granddaughter of Edith Kanaka’ole, known as one of the greatest Hawaiian chanters.

### NOVEMBER 23

### *St. Jude Give Thanks Walk*

Tysons Corner Center  
McLean – 6:30am  
Join St. Jude supporters in the Tysons Corner community and in more than 75 cities nationwide in the St. Jude Give Thanks Walk to raise money for St. Jude Children’s Research Hospital. In a single day we will come together to help St. Jude change the way the world treats childhood cancer.

### *Radney Foster + Darden Smith*

Jammin’ Java  
Vienna – 8pm - \$18  
Radney Foster crafts story songs with singular grit and grace. Clear evidence: The celebrated songwriter’s Del Rio, TX 1959. Darden Smith is an Austin-based singer-songwriter who continually redefines what it means to be a musician.

### *Jonathan Edwards*

The Barns at Wolf Trap  
Vienna - 7:30pm - \$25  
Champion of the acoustic guitar, this vibrant singer/songwriter has been spreading “Sunshine” through earnest songs, feel-good honky-tonk, and heartfelt bluegrass for more than 40 years.

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**Feed God Cabbage**

Jammin' Java  
Vienna – 10:30pm - \$13  
The Washington DC area has watched Feed God Cabbage blossom into an established group that is vital to the local music scene. The bands blend of music is a unique combination of punk-rock/reggae and has distinguished the group as a local favorite.

**NOVEMBER 24**

**Asheba: Caribbean Music for Kids**

Jammin' Java  
Vienna – 10:30-\$10  
Asheba is a musical storyteller who specializes in calypso, the musical and folkloric oral tradition of Trinidad, Asheba's homeland. Stories of hope and happiness are the focus of his songs, which range from original lullabies to fast tempo tunes to remakes of classics.

**NOVEMBER 26**

**Simone and the Spectrum Holiday Show and Food Drive**

Jammin' Java  
Vienna – 8pm - \$13  
Energetic newcomers to the Northern Virginia music scene, Simone and the Spectrum are quickly catching the eyes and ears of all those who see and hear them. Simone Sattler's infectious blend of indie-pop piano and striking vocals combines to form a unique sound.

**Kids Club Presents Kid Power Hour!**

Tysons Corner Center  
McLean – 11am  
Join Tysons Corner

Center's Kids Club for a "Kid Power Hour" featuring kid-friendly activities for all ages! Our Fitness instructor, Sara, will keep your little ones moving and having fun with all kinds of simple games, stretches and more! Join us in Fashion Court on level 1 between Nordstrom & Bloomingdale's wings, near the glass elevator.

**NOVEMBER 27**

**Bernhoft**

Jammin' Java  
Vienna – 8pm - \$20  
Since releasing his sophomore album "Solidarity Breaks" in early 2011, Norwegian retro-soul singer/multi-instrumentalist Bernhoft has thrilled crowds around the world with his stripped-down yet amped-up one-man-band act.

**NOVEMBER 29 & 30**

**The Vienna Arts and Craft Showcase**

Vienna Community Center  
Vienna – 10am- \$3  
More than 80 juried artisans offering original, handmade arts and crafts, including decorative painting, ceramics and pottery, hand-painted silk, woodworking hand-weaving, photography, paintings and drawings, clothing and functional textiles, jewelry and much more.

**NOVEMBER 29**

**The Nighthawks and Skip Castro Band**

State Theatre  
Falls Church – 9pm - \$20  
Thus, the Skip Castro Band

was born. A mutual love of rhythm 'n blues, swing, boogie woogie and rock 'n roll became the foundation.

**NOVEMBER 30**

**Rainbow Rock**

Jammin' Java  
Vienna – 10:30am - \$25  
Get ready for all the excitement and fun that you get at a Kate Moran Band show, shrunk down to size for your little dudes! The Rainbow Lady (Kate Moran), Princess Fiddlesticks (Lynn Rovelli), Captain Toe Tappin (Kevin de Souza), and Guitarmony Gus (Derek Evry) will entertain your little ones with a combination of classic and original children's tunes.

**John Eaton**

The Barns at Wolf Trap  
Vienna – 7:30 - \$27  
Renowned piano player, vocalist, musicologist, and humorist with a reverent and inventive take on the Great American Songbook. Saturday's performance will have be all about The Roaring Twenties: A Salute to the Jazz Age.



**DECEMBER 1**

**Falls Walk**

Great Falls Park  
McLean – 11am  
Take a half hour walk to the Overlooks with a Park Ranger and learn about Great Falls Park, the Potomac River, and the Patowmack Canal.

**DECEMBER 3**

**Colvin's Dance for Everyone**

Colvin Run  
Community Hall  
Great Falls - \$12  
Beginner West Coast Lesson 6:30pm to 7:15pm. Intermediate Lesson 7:15pm to 8:00pm. Dance 8:00pm to 11:30pm. DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, Latin, country western 2-step, waltz, and more. No partner or prior dance experience required.

**DECEMBER 5**

**Dan Bern**

Jammin' Java  
Vienna – 8pm- \$18  
Dan Bern is best known for his prolific songwriting and electric live persona. He has released eighteen albums and built a loyal following based on prodigious touring and output of songs in all forms. In 2012, Bern released two new studio recordings showcasing the American roots music that has made Bern one of the most compelling singer/songwriters of his generation.



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Courtesy of Wolf Trap

### *An Evening with John Medeski in Concert Solo Piano*

The Barns at Wolf Trap  
Vienna – 8pm - \$25  
Jazz pianist showcases “largely meditative” and “thoroughly engaging” (AllMusic.com) original songs and improvised compositions from his debut solo album. Initially seeking a classical music career, he shifted toward improv and folk styles, inspired by African and African-American folk music.

### *Annual Champagne Tasting and Class*

Chain Bridge Cellars  
McLean – 7pm - \$65  
This year’s Holiday-season Champagne class will reach new heights of delectable fun. We’ll pour seven Champagnes, each paired with a small bite or two from our own Cheese/Food selections and plus some fun warm nibbles as well. We’ll have great Blanc de Blancs, Blanc de Noir,

vintage, value, and at least one “Grande Marque” from a top producer.

### DECEMBER 6

#### *Bill Frisell’s Big Sur Quintet Featuring: Eyyind Kang, Hank Roberts, Rudy Royston, and Jenny Scheinman*

The Barns at Wolf Trap  
Vienna – 8pm - \$35  
California-inspired orchestral jams and jazz riffs composed by multi-talented guitarist Frisell. Grammy Award-winner Bill Frisell is an in-demand contemporary guitarist who has been blending rock energy with jazz spontaneity for more than 4 decades.

#### *Dynamic Duos: The Kennedys + The Nields*

Jammin’ Java  
Vienna – 8pm - \$18  
Pete and Maura remain the Energizer bunnies of the folk/rock world as they release their tenth album as The Kennedys.

SISTER HOLLER, rather than simply reinterpret or re-record the music what brung ‘em, the sisters from Western Massachusetts, have decided in Sister Holler to retool, assimilate and flat out burgle the music they grew up with to create something new.

### DECEMBER 7

#### *Kids Club, Powered by National Geographic Kids*

Tysons Corner Center  
McLean – 11am  
Join us for our “Winter Holidays” themed event hosted by Tommy McFly from the FRESH 94.7FM Morning show!! We will be located in Lord & Taylor Court, level one outside of Lord & Taylor.

#### *Old Firehouse Teen Center Community Service:*

*Toys for Tots*  
Old Firehouse  
McLean – 8:30 am  
Members will help collect, sort or deliver Toys for

Tots. By receiving a new toy during the holiday season, the Marines (with our help) provide a message of hope to less fortunate children.

### DECEMBER 8

#### *Ryan Beatty*

Jammin’ Java  
Vienna – 7pm - \$20  
Ryan Beatty, the 17-year-old singing sensation from Clovis, CA has built an uncanny following and buzz within the entertainment industry as its newest breakout star. Ryan has built a worldwide following with over 30 Million views on YouTube and 230,000 subscribers on his YouTube channel.

### DECEMBER 10

#### *Kids Club Presents*

##### *Mr. Knick Knack!*

Tysons Corner Center  
McLean – 11am  
Sing, dance and hop along with Mr. Knick Knack’s original musical adventures in Fashion Court on level 1 between Nordstrom & Bloomingdale’s wings, near the glass elevator.

#### *Colvin’s Dance for Everyone*

Colvin Run  
Community Hall  
Great Falls - \$12  
Beginner West Coast Lesson 6:30pm to 7:15pm. Intermediate Lesson 7:15pm to 8:00pm. Dance 8:00pm to 11:30pm. DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, Latin, country western 2-step, waltz, and more. No partner required.

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*A Tour of Bordeaux –  
Regions and Vintages*

Chain Bridge Cellars  
McLean – 7pm - \$40  
Bordeaux expert and 30+  
year wine industry veteran  
Steven Schattmann can  
show you that anyone  
can enjoy a great bottle  
of Bordeaux without  
breaking the bank! Join  
us to learn about the  
famous Classification of  
1855, the differences in  
“Left Bank” and “Right  
Bank” Bordeaux, and the  
best ways to cellar and  
savor Bordeaux in any  
price range.

*Old Fire House Teen Center  
Community Service: Food  
For Others*

Old Firehouse  
McLean – 3:30pm  
Food for Others distributes  
free food directly to  
unemployed and low-  
income neighbors in  
Northern Virginia.  
Participants will pack food  
for client families and/  
or restock the warehouse  
shelves. We'll work inside  
the warehouse where it is  
the same temperature as  
outside. Participants need  
to dress appropriately for  
the weather and must wear  
closed-toes shoes!

**DECEMBER 11**

*Kids Club Fiesta!*

Tysons Corner Center  
McLean – 11am  
Enjoy caricatures, balloon  
animals and face painting  
from 11AM-2PM in the  
Food Court on Level 3!

**DECEMBER 12**

*Cheap vs. Expensive:  
Which Do You REALLY  
Prefer? – One Sip At A Time*

Chain Bridge Cellar  
McLean – 7:15 - \$25  
try four pairs of wines  
“blind” (i.e., you won't know  
which is which). One will  
be a solid \$12-\$15 value;  
the other a \$25-\$40 star.  
Can you tell them apart?  
And, more importantly,  
which do you prefer?

**DECEMBER 13**

*Ellis Paul*

Jammin' Java  
Vienna – 7:30pm - \$20  
Ellis Paul's folk credentials  
are unassailable. They are  
as genuine as the fourteen  
Boston Music Awards he  
has earned, as indelible as  
the tattoo of Woody Guthrie  
that adorns his arm and as  
authentic as the musical  
roots he draws upon with  
every note he plays.

*Wassail*

Claude Moore  
Colonial Farm  
McLean – 1pm  
Stand fast, root! Bear well,  
top! God send us a howling  
crop! In the dead of winter  
the apple trees need  
encouragement to bear  
well during the coming  
year. Gather in the Farm's  
orchard to wassail the  
trees with singing, dancing  
and chants to ensure a  
“howling crop.” Enjoy hot  
spiced cider, sugar cakes,  
a bonfire and 18th century  
games. This is the last  
event of the season.

**DECEMBER 14**

*An Evening With Tracy  
Grammer*

Jammin' Java  
Vienna – 7pm - \$15

Grammer has become  
one of folk music's most  
beloved performers.  
Renowned for her  
springwater-clear alto,  
perfectly intoned violin,  
and guitar playing that is  
by turns percussive and  
delicate, Grammer has  
also become a masterful  
storyteller with an ease and  
charisma on stage.

*Since Antarctica*

Jammin' Java  
Vienna – 10pm - \$10  
Described as “a force of  
nature” by fans, Since  
Antarctica emerged on the  
D.C.-area alt-rock scene  
ready, willing, and able to  
rock your face off. Their  
high-energy shows rivet  
audiences with musically  
sophisticated original songs  
performed with passion,  
virtuosity, and fun.

**DECEMBER 17**

*Colvin's Dance for  
Everyone*

Colvin Run Community  
Hall  
Great Falls - \$12  
Beginner West Coast  
Lesson 6:30pm to 7:15pm.  
Intermediate Lesson  
7:15pm to 8:00pm. Dance  
8:00pm to 11:30pm. DJ  
music mix of contemporary  
and classic dance music  
including west coast swing,  
east coast swing, hustle,  
Latin, country western  
2-step, waltz, and more.  
No partner or prior dance  
experience required.

**DECEMBER 18**

*Who's Hibernating*

Dolly Madison Library  
McLean- 10:30 am  
It's cold out and the sun

is scarce. How do animals  
survive the cold winter?  
Join us as we discover  
what different animals  
do in order to survive the  
winter months.

**DECEMBER 20**

*The Ocean Blue*

Jammin' Java  
Vienna- 7:30pm & 10pm-\$25  
The Ocean Blue's debut  
record on the famed Sire  
Records label in 1989  
achieved widespread acclaim  
and radio & MTV airplay.  
The band has a new album,  
Ultramarine. Musically, the  
new record is a return to  
form for the band. As well  
as a new beginning.

**DECEMBER 23**

*Lego Block Party*

Patrick Henry Library  
Vienna- 2:30pm  
Join us for a LEGO building  
extravaganza. Age 6-12.

**DECEMBER 26**

*An Evening with Deanna  
Bogart Band*

Jammin' Java  
Vienna – 7:30pm - \$20  
Drawing on a variety of  
musical sources ranging  
from boogie-woogie to  
New Orleans R&B to  
swing to rock & roll,  
singer and barrel house  
pianist Deanna Bogart  
emerged as one of the  
most eclectic performers in  
contemporary blues.

**DECEMBER 28**

*Shenandoah Run*

Jammin' Java  
Vienna – 7pm - \$20  
Shenandoah Run invites  
you to share in the songs



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and sounds of American folk music, from the 1960s to today, from the esoteric to the toe-tappingly familiar, all treated to the lush six-part vocal harmony and skillful instrumental backing that define the group's instantly recognizable sound.

**DECEMBER 29***Annual Champagne Tasting and Class*

Chain Bridge Cellars  
McLean – 6pm - \$65  
This year's Holiday-season Champagne class will reach new heights of delectable fun. We'll pour seven Champagnes, each paired with a small bite or two from our own Cheese/Food selections and plus some fun warm nibbles as well.

**DECEMBER 31***Jammin Java's GOOD VIBES New Years Eve Party Fest feat. Three Legged Fox + Feed God Cabbage + Irresponsible*

Vienna – 7pm - \$25  
Three Legged Fox released Always Anyway in summer of 2011. Since then they have committed to bringing their live show and message to every city in the United States. Always Anyway marked a couple milestones for the band including a #2 chart spot on iTunes Reggae, and is the band's bestselling album to date.

**HOLIDAY EVENTS****NOVEMBER 15TH – JANUARY 5TH***Meadowlark's Winter Walk of Lights*

Meadowlark Botanical Gardens  
Over 500,000 LED lights and display bring Meadowlark Botanical Gardens to life. The garden is transformed into a winter wonderland that includes a flowing stream of softly glowing lights, a two story animated fountain, Gingerbread Village, and a chance for you to explore the beauty of nature. This is a "rain or shine" event and is only closed for extreme inclement weather. Call 703-255-3631 for updates.

**NOVEMBER 21***Christmas Craft Show*

Oakton Church of the Brethren Vienna  
Come browse around and find unique hand-crafted items, ceramics, baby items, jewelry, fresh-baked pies and cakes, stationery, kitchen accessories, fabric and more.

**NOVEMBER 23***Civil War Thanksgiving*

Falls Church City Hall  
Falls Church  
The Cherry Hill Farmhouse shares a reenactment of a Civil War Thanksgiving complete with costumed reenactors and parlor entertainment. Donations are appreciated.

**NOVEMBER 24***Stuff the Sleigh*

Jones Branch Dr.  
Tysons Corner- 9am  
A 5k Run and 1 Mile Walk to help keep children safe from human trafficking in America. This event is run by Abolish Child Trafficking Now, Inc. or ACT-NOW, a U.S based humanitarian initiative. The race will start and Finish in front of 7925 Jones Branch Drive.

*McLean Hamlet Turkey Trot*

Dunsinane Ct.  
McLean – 10am  
The McLean Hamlet Turkey Trot starts at 10am on Thanksgiving Morning. Join friends, neighbors and family to enjoy a 2.5 mile Run, Jog, Walk or Bike, Scoot (if you are a kid). Dogs on leashes and Babies/Toddlers in strollers are welcome. Non-perishable food contributions to SHARE are strongly encouraged.

*Vienna Turkey Trot*

Center St. S Vienna  
10k, 5k and Fun Run! Register at [www.viennaturkeytrot.com](http://www.viennaturkeytrot.com). This local Vienna event raises money to benefit the James Madison High School Marching Band, and the Vienna Volunteer Fire Department.

**NOVEMBER 28***Holiday Stroll*

Historic Church Street  
Vienna – 6pm  
The annual Holiday Stroll on historic Church Street is held the Monday evening after Thanksgiving. Church

Street is closed to vehicular traffic between Lawyers Road and Mill Street and visitors are invited to stroll along the street amid the sights and sounds of the holiday season. Santa Claus greets children at the Freeman House.

**DECEMBER 6 - 8***31st Annual McLean Holiday Crafts Show*

McLean Community Center  
McLean -Friday 11 am, Saturday, Sunday 11am - \$3  
80 fine artisans come together to feature fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more.

**DECEMBER 7 & 8***Holiday Craft Show & Children's Holiday Shop*

Falls Church City Hall  
Falls Church – 9am  
\$1 Ages 12+  
More than 60 crafters show their wares at the Community Center selling unique handmade items and baked goods. Children's Activities will be offered on Saturday, including an opportunity for Lunch with Santa. Children can also take in a show by The Great Zucchini or visit the Children's Holiday Shop at Cherry Hill Farmhouse to purchase inexpensive holiday gifts for their friends and family. Volunteers are on hand to help children make their purchases and gifts.

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DECEMBER 7

**Winter Holiday Celebration**

Oakton Public Library  
Oakton – 11am  
Enjoy community musical performances and light seasonal refreshments. Cosponsored by the Friends of Oakton Library. All ages.

**Celebration of Lights**

Great Falls Village Centre  
Great Falls 5:30pm  
The 23rd annual Tree Lighting ceremony joined by performances by The Langley Madrigals, a petting zoo and pony rides, and a live nativity scene. Santa & Mrs. Clause will arrive to light the tree at 6:00 pm. Hot Cider and Hot Chocolate will be provided by Fresh Catch, Teel Construction and Katie's Coffee House.

DECEMBER 8 & 9

**Have Your Photo Taken With Santa Claus**

Clemyjontri Park  
McLean - 11 am  
Take a ride on the festively decorated carousel, grab a goodie bag, and receive a digital photo with Santa Clause for \$10 per child. An additional child can be included in the photo for \$5 each, which includes the carousel and goodie bag perks. Other park visitors are able to ride the carousel for \$1.75.

DECEMBER 13-15

**Tysons Corner Center Holiday Market**

Tysons Corner Center  
McLean – 11am  
Located directly in front

of the Panera Bread, Chipotle, and Elevation Burger, this event is inspired by the traditional German Christmas Markets. 30 vendors, a spectacular Christmas tree, entertainment, beer garden and other festive activities will be in full swing from 11am to 9pm on Friday and 10am to 8pm on Saturday and Sunday.

DECEMBER 14

**Holidays Around the World**

Dolly Madison Library  
McLean – 3pm  
Celebrate the holidays. Listen to music and dance-along with Cody & Bj. Sponsored by the Friends of the Dolley Madison Library. All ages. Contact Library website to register.

**Theatre IV presents  
“The Shoemaker and the Christmas Elves”**

The Alden  
McLean 2 p.m. \$15  
Ages 5+. A heartwarming, holiday musical! Join us as Theatre IV takes a yuletide spin on the classic Brothers' Grimm fairy tale. Delight in the magical story of a poor shoemaker and the magical elves that show him the true meaning of Christmas!



DECEMBER 15

**McLean Symphony: Winter 'Round the World: Holiday Family Concert**

The Alden  
McLean-3pm-\$25  
Holiday A Cappella w/ Tonic and Gin + The Chromatics + Ultraviolet arrangements, amazing soloists, and a whole lot of fun. The Chromatics are a unique high-energy vocal band that delights audiences with a combination of outrageous originals, crazy covers, melodic insights into modern life, and a smattering of science songs. UltraViolet is an all-female contemporary a cappella group who love the original sound created by layering unaccompanied female voices in harmony.

DECEMBER 21

**The Jewbadours with Ariel Hammerstein & Yakob Veivelman**

Jammin' Java  
Vienna - 7pm - \$15  
Their first ever DC area appearance. Seize this holiday opportunity to bask in their love of great melody & harmony, acoustic guitar and fender rhodes piano, as well as all things Jewish.

DECEMBER 24

**Good For The Jews feat. Rob Tannenbaum + David Fagin**

Jammin Java  
Vienna – 7pm - \$20  
They've appeared on "The Today Show" and on NPR (twice, even), and have played in rock clubs and synagogues, at the Boston Jewish Film Festival and

the Brown University Hillel, the Kansas City JCC and the historic Sixth & I Synagogue in D.C., as well as the Leeds (U.K.) International Jewish Arts Festival.

DECEMBER 28

**Uncle Devin's Winter Wonderland Holiday Show!**

Jammin' Java  
Vienna-10:30am-\$8  
The Uncle Devin Show is a live, interactive musical experience for children five and over by renowned drummer Devin Walker. The show cultivates the minds of children through percussion instruments, and is the most dynamic children and family entertainment since Fat Albert and Schoolhouse Rock.

DECEMBER 31

**Watch Night**

Falls Church City Hall  
Falls Church – 7pm  
A range of entertainment offerings appeals to adults, children, families, and individuals looking for fun small-town festivities. Children's entertainment includes magicians, storytelling, face painting, and the Moon Bounce. Children, teenagers and adults can show their skills on the karaoke stage or at digital dance revolution. Live music and City restaurants are open for business within the entertainment center.



# ARTS & THEATRE EVENTS

CREATIVE CAULDRON • GREAT FALLS FOUNDATION FOR THE ARTS  
THE ALDEN • VIENNA ARTS SOCIETY • 1ST STAGE THEATRE

## CREATIVE CAULDRON



R.S.V.P.

### TALES from the BROTHERS GRIMM

**GA \$15**  
**November 1-24**  
**Fridays at 7:30 PM**  
**Saturdays at 2 PM & 7:30 PM**  
**Sundays at 2 PM**

Deep in the woods of imagination, we encounter myth and mystery in a magical place filled with talking fish, evil stepmothers and enchanted princes. When the Grimm Brothers first published their folktale collection, they opened the door to timeless lessons, helping young audiences to understand the sometimes capricious and cruel nature of the world.

### CHRISTMAS CABIN of CARNAWEEN

**GA \$18**  
**December 6-22**  
**Fridays at 7:30 PM**  
**Saturdays at 2 PM & 7:30 PM**  
**Sundays at 2 PM & 7 PM**

This beloved adaptation of a classic Irish folktale has received critical praise: "poignant and bracing.... a 'reminder of the season's rich ideals' (Washington Post). Set in the time of the great potato famine, the story follows the journey of Oona Hegarty, a tinker's daughter who yearns to have a cabin of her own. Her wish would go unfulfilled if it weren't for the intervention of the wee folk who come to her aid one snowy Christmas Eve on a hillside in Carnaween. For the past four seasons, audiences have been coming back each year, making it part of their annual holiday celebration, and reveling in the live Irish music that underscores the tale. See it for the first time, or come and join us for one more visit to a place where "it's always Christmas without... and Christmas within."

## VIENNA ARTS SOCIETY

### 44TH ANNUAL TREASURY of ART

**November 22 - 24**

44th annual TREASURY OF ART juried show and sale NOVEMBER 22 - 24 Juror Jack Rasmussen, Director of the Katzen Art Center at American University, will present awards Friday, November 22 over \$1,500 in prizes.

## THE ALDEN THEATRE

### DOUG BERKY in "NO SHOW"

**Saturday, Nov. 2, 2 p.m. \$15**

A performance has been scheduled, but the actor fails to show. Or does he? What will happen when a lone spectator finds himself unwittingly on stage? Doug is transformed into several characters ranging from a gorilla to a ballerina as he explores the props and masks on stage. A hilarious performance for the whole family!

### CHRISTOPHER O'RILEY: "OUT OF MY HANDS"

**Saturday, Nov. 16 at 8 p.m.**

You know Christopher O'Riley's as host of NPR's "From the Top," but now Christopher O'Riley the pianist reimagines R.E.M., Portishead, Cocteau Twins, Pink Floyd, Nirvana, The Bad Plus, The Smiths, Tears for Fears and Radiohead. You'll never hear your favorite music the same way again.



BY CHARLES S. DONNAN

AN INTERVIEW WITH JOEY HAVLOCK

## a “*POPADEMIC*” HITS VIRGINIA

**T**AKE A TRIP DOWN TO the Oakton Wine Shop and you'll notice something very different about this particular store that sets it apart from all others. In addition to its amazing selection of wines and beers from around the globe, this local business happens to host one of the most unique POP art exhibits around—art on wine bottles.

Popademic, as its artist creator Joey Havlock calls it, is a series of original paintings on glass wine, champagne and other spirits bottles.

“Each of these bottle paintings is a unique conception and is a one-of-a-kind piece of work,” Joey Havlock says. “Each has its own personality twist, and all of them are hand-painted original works of art.” Havlock’s exhibit in Oakton was put on display at a recent wine tasting the store held, and there you can see this continuation of Havlock’s POP Culture series, “Social Epidemic.” “These beautiful remnants, created to protect and display their valuable spirits, are often discarded without consideration once their contents have been consumed,” he says. “Rather than view these abandoned bottles as trash, I realized that each bottle could be re-energized in a way that is not only fun and entertaining, but visually engaging, to create original fine art treasures.”

Within the series itself the viewer is treated to an array of different styles. Included among these one will find the exuberant faces of the “Smiley POPs” that happily speak to the child in us all; the “Convo POPs” that love to share their thoughts with you; and the beautiful ladies of the “POP Tarts,” whose charming glances are sure to get your attention.

One cohesive feature throughout many of the Popademic works is the presence of the Havlock ‘crack’; a unique characteristic that adds a hint of surrealistic depth to each piece. With its combination of pop and surrealistic styling, Havlock’s work, while reminiscent of pop art masters, has its own distinctive quality that is refreshing and captivating.

“Whether it’s the serenity of a landscape or the surprise of exotic creatures emerging from the crack, there is always something beyond the initial imagery to entice the observer to wonder,” he says.

Havlock called himself an “ultraist artist,” meaning an individual that pushes the creative process to the extreme in all directions. With more than 20 years as an artist to his credit, he has generated a wealth of artwork and imagery to stimulate the imagination of those who view his work. The visions that he has pursued not only excite, but engage the



observer to question and look deeper into the meaning of each piece.

A native of Manassas, Havlock experienced a childhood that provided him an optimal environment for the later development of his artistic expression, as he grew up as part of a family of creatively diverse characters and personalities.

These people not only inspired many of his individual works, but also provided a strong influence for many of his ongoing series, including Popademic.

"The influences and references to experiences and people from my past are everywhere in my artwork," he says. "From the works of my Master Minds series that reflect the personality traits of people I remember flooding through my grandfather's house, to hands and feet works of my Extremities series, where I constantly reflect the numerous kids that my mother used to babysit when I was in my early teens, the effect is ever present."

"The reflections and memories I have of the childhood I experienced are kept with me every day in the forefront of my mind," he adds. "Though daily the memories change, there was so much that happened then, as well as now, I cannot help but to use the thoughts in my works and paintings."

After arriving in New York City in 1986, the artist delved into the world of technology consulting and systems development. As an artist he recognized modern technology to be as much a part of the creative process as the development of fine pigments and brushes, thought by many to be conventional artist tools. His technical expertise in tandem with his creative background provided the ideal combination of elements for the phantasmagorical imagery that would later become the essence of his many styles.

"I think living in New York City and having so much constantly going on around you makes it easy to appreciate art," he says. "There are so many new buildings, new signs, people, fashion, cars and constant movement around, which is all art."

There is always some creative person or team behind just about everything you see."

Inspired by artists such as Al Held, Rene Magritte, Mark Kostabi, Peter Halley, and Damian Loeb, Havlock has spent more than 20 years in New York City exploring and developing his craft as an artist.

"The visions I pursue are cutting edge, have immediate shock value and use simplistic geometric shape and form," he says. "My creations are my children, they are my representations of moments and periods in time. Like songs, my works move me emotionally, spiritually and physically."

The combination of Havlock's compelling aesthetics and diverse artistic experience has established a perfect platform for his current endeavor—Popademic.

"My artworks provide me personal reward and acknowledgment of my growth and evolvement as a socially interactive being, and best of all they provide a vehicle for collaborative interaction with society," he says. "Many of my latest works use resources I have spent years investigating." Havlock's Art Bottled series is currently on exhibit and can be



viewed in person at the Oakton Wine Shop in Oakton and the bottles are continually being rotated with newer works as they emerge from his studio. For more on the artist, visit

**www.POPADEMIC.com.**

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





BY KEITH LORIA

# BARBARA

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## *OUT LOUD*

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**A**S A SECOND grade elementary student in McLean, VA Barbara Januszkiewicz was told that she was too young to join the school's after school art club, and despite her pleas to the school principal, had to wait another year.

"You had to be in third grade but that's where all the cool kids were, and I wanted a place I could think outside the box with my art," she says. "I told my dad that they wouldn't let me in, and he said he would work with me—my dad's passion was art."

That year, father and daughter spent afternoons drawing, painting and visiting art museums around the DC Metro area. The young Januszkiewicz really started to understand art appreciation.

By the time she was in third grade, Januszkiewicz couldn't wait to continue her education alongside the other kids, and when she walked into the art club for the first time, she was aghast at what she saw.

"I finally got into the program and they were coloring in coloring books," she says. "All this anticipation about getting to learn secrets and doing art was for naught. I never went back."

Thanks to her dad, Januszkiewicz learned to think imaginatively and creatively and at just eight years old, she was already calling herself "an artist."

She graduated from Langley High School and shuffled back and forth between her home in Northern Virginia and her father's place in New York City. Although Januszkiewicz received a full scholarship for music to Catholic University, she opted to go a different route.

Instead, Januszkiewicz trained formally in the mid-'70 at Jacksonville University under the Chinese master Mun Quan, a traditional water-



## I ALWAYS HAD A PASSION FOR JAZZ.

I WANTED TO FIND A WAY TO  
INTRODUCE THIS INTO MY WORK.



colorist whose influence can be seen in her simple Zen landscapes and in her wet and controlled technique.

"It took me a long time to find a good watercolor program that wasn't in education," she says. "I wanted to do studio art, not become a teacher. Back in the late '70s, watercolors weren't considered a serious medium." After graduating, she became a flight attendant, traveling around the world and visiting every art museum she could. That career gave her some incredible memories, including one where she served Norman Rockwell.

"I introduced myself as an artist and he asked, 'Then why are you a flight attendant?'" she remembers. "That had me thinking." Eventually, she quit and started to concentrate on art more full-time. Januszkiewicz worked with artist Hilda Thorpe, who is known for her color fields works and being part of the Washington Color School. It is Thorpe's influence that helped her create her own unique style of boldness, directness and sensitivity of color with watercolor in as few strokes of the brush as possible. When Arlington County opened a new library complete with a huge entryway, Januszkiewicz became curator of the space and had her

own first public showing there. This led to other shows around the area. Today, her artwork can be seen in the Phillips Collection, Corcoran Gallery of Art, Gallery K, and The Art League. Her works can also be found in feature magazines, films, cable, and international television formats.

She's also a watercolor instructor, adjunct professor for the Corcoran College of Art in Washington DC. Her newest work has been in collaboration with other artists in reinventing how one interprets art, music and creative thinking. Januszkiewicz was known for painting Pop art like the American flag, cupcakes or iconic images, but her students were more interested in painting landscapes and flower arrangements. The artist admits, she was getting bored.

"I went to Paris and thought it would recharge me. Even though I always loved the impressionist style, what I really loved was how artists were talking to each other; that exchanging of ideas," she says. "I made some French girlfriends and we would go to jazz clubs and I would draw the performers. I always had a passion for jazz. I wanted to find a way to introduce this into my work." Januszkiewicz

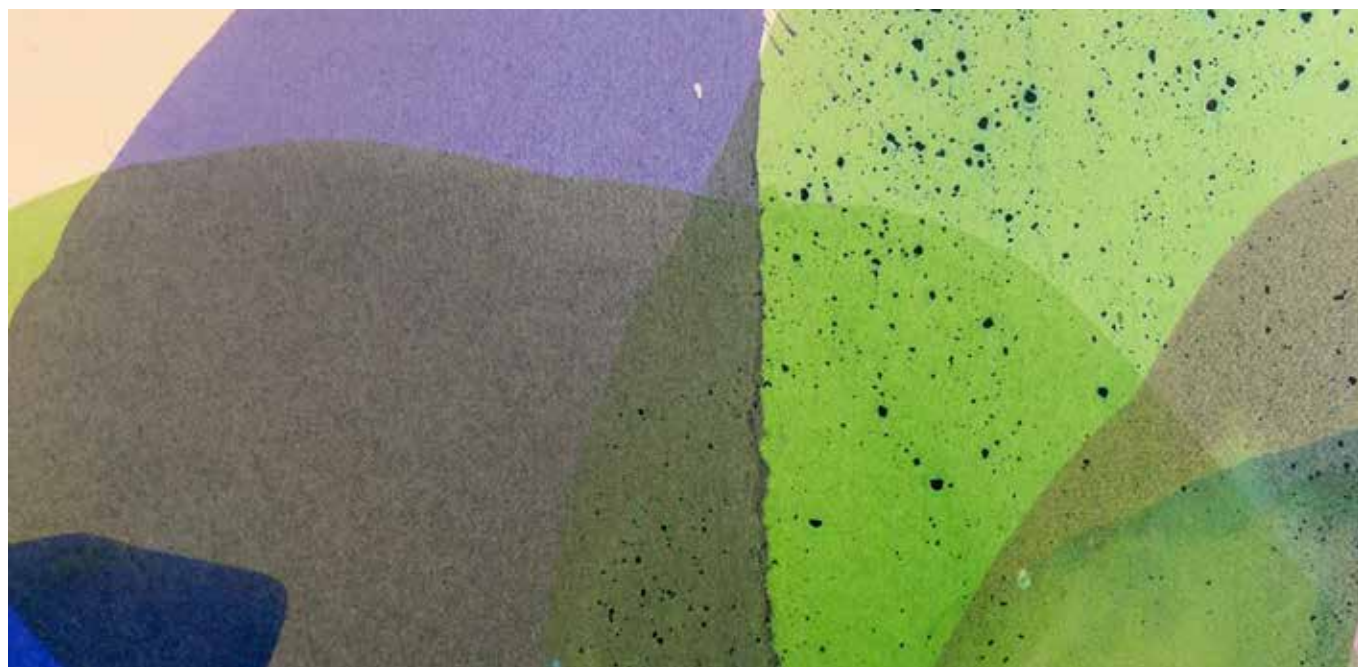
developed a series of works influenced by collaborations with jazz artists Matthew Shipp and Dave Liebman. It was so well received that the American Jazz Museum selected Januszkiewicz as their very first resident visual artist because of her embracing jazz music in her work.

"Exploring the effects of jazz to the thumping garage rock and even vintage blues has helped me express that moment to moment fusion of sound into a visual stimuli," she says. "The process of my work is to approach my paints to creating a fusion of music and art. I take my influences from music, and strive to capture that sound frozen in my paintings."

In September, Januszkiewicz opened Studio A, located in the AKA building in Clarendon, and she invites people to come look at her work and hopes to stimulate conversation about creative vision and the artistic community.

For more on the artist, visit [www.barbaraj.info](http://www.barbaraj.info).

**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.





BY KEITH LORIA



## COMES *to the* PATRIOT CENTER

**H**ALLOWEEN WILL BE more about Gossamer and less about ghosts and goblins this year, when indie pop band Passion Pit heads to the Patriot Center on October 31 for a concert that guitarist/keyboardist Ian Hultquist promises will be so rad, the Great Pumpkin himself might be in attendance.

"I'm definitely looking forward to this show because it's going to be on my birthday," Hultquist says. "Unlike a festival, we can take a little more liberty and extend the set more than we usually would and hopefully play some songs we don't always get to play. We can show them more of what we want to." Comprised of front man Michael Angelakos, Hultquist, keyboardist Xander Singh, drummer Nate Donmoyer and bassist Jeff Apruzzese, Passion Pit has risen to fame on the strength of its social media sites and YouTube vid-

eos. The band formed in Cambridge, Mass., and is known for using two or sometimes even three synthesizer rigs, booming a stunning wall of sound that pulsates, swings, splinters, throbs and surges. "For me, connecting with the audience and putting on a good show is of most importance because I really care about being a musician," he says. "When I first started playing in the band, it was all synth based at first, and I'm a guitar player, so I learned something new and it was really great connecting as a band."

Passion Pit's debut studio album "Manners" was released in 2009 and quickly became a staple on the indie scene and college radio. Passion Pit became so famous, so quickly, that within a year it was headlining high-profile gigs at big festivals like South by Southwest and Austin City Limits and landed them a gig playing "Saturday Night Live." "SNL was

a turning point for us," Hultquist says. "We don't try to cater to any particular audience, for us, we just try to perform well and do what we think is right and what we think will work." As they head to Fairfax for the final supporting leg of the tour, Passion Pit will be releasing "The Constant Conversations," an EP of B-sides and alternate takes from the recording sessions of "Gossamer." The album will feature three new tracks including an unreleased track called "Ruin Your Day."

"Right now our goal is to put on an amazing last leg of the U.S. run and then in November, we will figure out what comes next," Hultquist says. "We're really excited for Oct. 31 and heading to Virginia."

**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.





# WOLF TRAP MONKEE-ING AROUND *this* FALL

BY KEITH LORIA



**T**HE 2013-14 BARNES SEASON at Wolf Trap once again features a diverse array of musicians and performances including former Monkees star Michael Nesmith on November 4, roots-rock singer Lisa Marie Presley (Yes, the King's daughter!) On November 15 and a special appearance by acoustic guitarist Jonathan Edwards on November 23.

It was back in 1972 when Edwards became something of an overnight sensation when his song "Sunshine" resonated with a country that was dealing with Richard Nixon and the end of the Vietnam War. Towards the end of the simple but powerful tune, Edwards sings the line, "Sunshine, come on back another day ... I promise you I'll still be singing." Well, here it is more than 40 years later and Edwards has kept that promise.

"I have a lot of songs that people may not have had a chance to hear and I may be doing some songs that occur to me to play when I get there," he says. "Whatever I can do to excite the crowd and make them want more and turns us on as musicians, I'll do." Speaking of new music, Edwards says that while others sleep at night, he often finds himself with guitar in hand working on new songs.

"I write a lot and often my ideas turn into songs, sometimes poetry and sometimes prose," he says.

"I'm always creating. I'm a restless creative spirit and am always doing creative things, whether in the garden or woodshop or anywhere else." A young Edwards first sang in front

of an audience at the age of eight—a church in his new hometown of Alexandria, Virginia. He taught himself to play guitar and wanted nothing more than to play music. "I started on a \$29 guitar and immediately started putting a band together, writing songs and learning all the contemporary folk songs of the time," he says. "I just loved it, loved everything about it; loved being in front of people playing music."

As he got older, the singer immersed himself in the California country rock scene in the '70s, did some bluegrass work with the Seldom Scene, and then decided to record in Nashville. Despite all he's done in his career, people always seem to come back to "Sunshine" when talking about him. While it allowed him to do things in the music business he probably wouldn't have been able to, it's something that Edwards admits could have changed him even more.

"All of a sudden—'71—I was a huge celeb for 15 minutes and riding around in limos and I was trying my best, trying really hard to keep it at bay, to not take advantage of it, to not be that guy, to be the guy who I was going into that life-changing experience, because I liked myself and I thought what I was doing was right, and so I wanted to sustain who I was," he says. "For better or for worse, that was my decision."

The secret of maintaining a career, he says, is to constantly look forward and not rest on the laurels of the past. He also makes sure to pay back his fans by spending as much time as necessary after every show to meet whoever is waiting in line and take photos and sign autographs.

"I love to excite audiences and see the appreciation and applause and smiles and tears, all the emotions I bring to the show myself," Edwards says. "The comments I get after the shows from everyone just keep me going and I never want to stop."

**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.



# SALON Ö TONY

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# AROUND TOWN

LOCAL EVENTS, FUNDRAISERS, CHARITIES, AND MORE ACROSS THE TYSONS AREA



Nina Snow and Kathy Mobaraki enjoy the opening of the newest VinoVolo in Tyson's Galleria on September 20, 2013.



Marcelo and Antonio Colello enjoy meeting with The Lone Ranger and Silver at the Oktoberfest in Vienna. Sponsored by the Vienna Business Association, the October 5th celebration drew thousands.



R.S.V.P.

***SAVE the DATE***  
***11.2.2013***

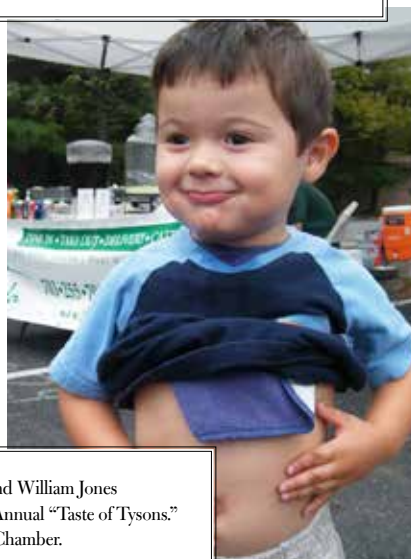
**2013 LOMBARDI GALA**

**November 2, 2013**

**The Washington Hilton  
1919 Connecticut Ave NW**



Ethan Yoo Celebrates a good time and William Jones contemplates more to eat at the 1st Annual "Taste of Tysons." Sponsored by the Tysons Regional Chamber.



6:00 PM Planning is underway for the 2013 Lombardi Gala! Following a successful 26th Anniversary Gala in November 2012, preparations have begun for another important year of this event to benefit research and clinical care provided by the Georgetown Lombardi Comprehensive Cancer Center. Returning to the event this year is honorary event co-chair, DeMaurice Smith of the NFL Players Association, event co-chair Brian Katz of American Real Estate Partners, event co-chair Jill Kirkpatrick, as well as event co-chair Paul Schweitzer of Serten Advisors. Being honored as the recipient of the 2013 Margaret Hodges Leadership Award for her years of exemplary service to Lombardi and The Lombardi Gala is Ellen Terry of The Ritz-Carlton Hotels.





R.S.V.P.

## SAVE the DATE 12.5.2013

### HOLIDAY HOMES TOUR IN MCLEAN

On Thursday, December 5, the Woman's Club of McLean will host its 47th annual Holiday Homes Tour. This year, for the first time, the four houses to be featured will each represent a separate century: Visitors will tour a 1754 stone house on Churchill Road, continue with a restored 1842 public meeting house, and an expanded 1952 Colonial, both on Chain Bridge Road; and, finally, experience a unique 21st century home on Benjamin Street built in 2010. The histories, features, and locations of the first three houses connect them with both the Civil and the Revolutionary Wars. The modern home looks to the future, with an open interior and such advances as geo-thermal and solar heating. Each home will be elaborately decorated for the holidays by Woman's Club members, who will also serve as hostesses. The Holiday Homes Tour will officially kick off at 10 a.m. on Dec. 5 and continue in all four tour houses until 3 p.m. Tickets are available at Mesmeralda's Ltd., of McLean; Karin's Florist, Inc., of Vienna; and Great Dogs of Great Falls. They may also be purchased at the tour houses. The cost is \$25 if obtained before the day of the tour and \$30 if purchased on the tour day. For more information, visit the Woman's Club website, [www.mcleanwc.org](http://www.mcleanwc.org).



## LIFETIME FITNESS OPENS in RESTON

November 2, 2013  
The Washington Hilton  
1919 Connecticut Ave NW



Mik Horvath, General Manager &  
Jeff Zweifel, Chief of Operations  
& Executive President



The new Life Time Athletic club will mark the Company's fifth location in the Washington, D.C. area. Life Time Athletic Reston will boast a comprehensive array of interest-driven programs and studios, health, fitness and wellness services, and hundreds of certified fitness professionals to help members — from kids to adults and beginners to athletes — engage in their areas of passion, while achieving their total health objectives, athletic aspirations and fitness goals all under one roof. "With our expansion in the Washington, D.C. area, we are excited to bring our distinctive, full-service fitness, health and wellness offerings to the Reston community," says Jeff Zweifel, Executive Vice President and Chief of Operations.

## KILN & CO. OPENS in VIENNA

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**KILN & CO.** The mom owned pottery store & studio celebrated their official launch with an intimate champagne reception. The hang-out that is soon becoming a favorite with locals offers paint your own pottery, ceramic classes like wheel, sculpture, etc and boasts of the best birthday venue in Vienna. Kiln & Co is your one stop shop for all things fired offering paint your own pottery, classes and workshops, summer camps, gifts, decor, specialty home goods and garden art, as well as baby & child products. You can print, cater or entertain with help from one of their many friends and neighbors to make your event unforgettable.

### STORE DETAILS

#### STORE HOURS

**Mon - Fri** 11 a.m. to 7 p.m.  
**Saturday** 9 a.m. to 9 p.m.  
**Sunday** 11 a.m. to 3 p.m.

#### LOCATION

**132 Church St. NW,  
 Vienna, VA 22180**

#### RESERVATIONS

**703.674.7607**

#### EMAIL

**contact@kilnandco.com**

#### WEBSITE

**kilnandco.com**



The Mayor of Vienna tries her hand at the pottery wheel with owner, Sarah Selvaraj.



## ELEMENTS MASSAGE GRAND OPENING!

**Elements Massage  
 122 Maple Avenue West  
 Vienna, VA 22180**

Elements Massage in Vienna celebrates their Grand Opening Ribbon Cutting in The Vienna Shopping Center. On hand to celebrate are Vienna Mayor Jane Seeman and The members of the VBA and Business Development Committee.



## STARNUT OPENS 2<sup>nd</sup> SHOP



StarNut Gourmet, the popular meeting spot in McLean has opened its doors at Regency Sport and Health in on Old Meadow Road. The facility will be open to the public and offer many of the gourmet salads, coffee's and sandwiches available at the Cafe in the Pavillion. Operator Joe Shehadeh plans

to offer different menus to accommodate your sports "appetite." Enjoy the games at one of their many wide screen TV's and toast your team with the wide variety of beer and wines. Look for them at 1800 Old Meadow Road in McLean.

#### WEBSITE

**starnutgourmet.com**



# CHAMBER EVENTS

GREAT FALLS • MCLEAN • VIENNA • OAKTON • FALLS CHURCH • TYSONS

## STUFF the SLEIGH 5K

TYSON'S CHAMBER PRESENTS THIS YEAR'S  
STUFF THE SLEIGH 5K in DC



The 2013 Greater Washington, DC Stuff the Sleigh 5K Run and 1 Mile Walk originated two years ago by Plan Ahead Events - SE Wisconsin, this year "Stuff the Sleigh 5K" will be offered at over 20 locations throughout the United States and Canada. The 2013 Greater Washington, DC Stuff the Sleigh 5K Run and 1 Mile Walk event location is in Tysons, Virginia. Plan Ahead Events - Metro DC is partnering with the Tysons Regional Chamber of Commerce to kick-off the holiday shopping season and benefit ACT-NOW DC, a Metro DC based non-profit organization.

## EVENT DETAILS

**Sunday, November 24, 2013**  
**9:00 - 11:00 a.m.**  
**Tysons Corner, VA**

Register for the race to help  
stop child trafficking at:  
[www.StufftheSleigh5K-DC.com](http://www.StufftheSleigh5K-DC.com)

**Benefiting: ACT - NOW**  
**ACT-NOW.org**

**For sponsorship**  
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**1-800-379-1096 or**  
**info@pae-metrodc.com**

R.S.V.P.

## SAVE the DATE 12.31.2013

### FIRST NIGHT VIENNA

December 31, 2013  
9:00 PM - 11:55 PM

Join Us For The First Annual 1St Night Vienna! Family-Friendly New Year's Eve Party! Alcohol-Free And Safe For All! Food\*Music\*Arts\*Fun! Church Street Vienna Between Mill Street And Dominion Rd! Multiple Venues! Multiple Musicians And Entertainment!



R.S.V.P.



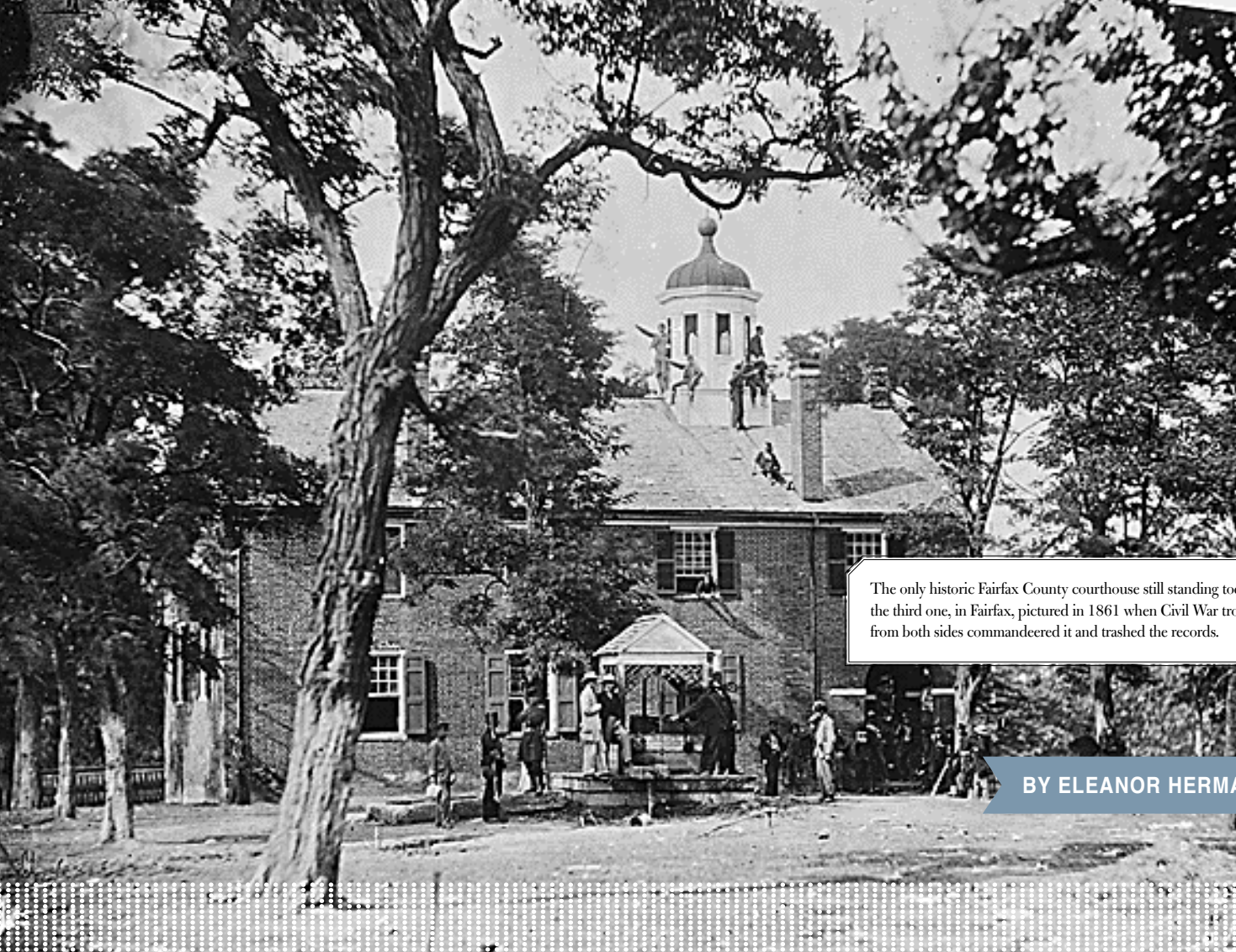
R.S.V.P.

## IT'S 5:30 SOMEWHERE

### PROMOTING YOUR BUSINESS AFTER HOURS

**Cardinal Bank McLean Branch**  
**Wednesday, November 20**  
**5:30 until 7:30 pm**  
**Chamber members FREE; Future members \$20**

Join The Greater McLean Chamber of Commerce on Wednesday, November 20 for "It's 5:00 Somewhere--Promoting Your Business After Hours." "Promoting Your Business After Hours" is a great opportunity to make new connections, reconnect with friends and colleagues, and support the important work of the McLean Chamber. Don't forget your business cards!



The only historic Fairfax County courthouse still standing today is the third one, in Fairfax, pictured in 1861 when Civil War troops from both sides commandeered it and trashed the records.

BY ELEANOR HERMAN

# COURTING TROUBLE:

THE TURBULENT TIMES OF  
FAIRFAX COUNTY'S COLONIAL COURTHOUSE

NEXT TIME YOU'RE STUCK IN MIND-NUMBING, BUMPER-TO-BUMPER TRAFFIC AT THE INTERSECTION OF ROUTES 7 AND 123, TAKE A GLANCE AT 2070 CHAIN BRIDGE ROAD, THE OFFICE BUILDING WITH THE WHITE ROUND ARCH IN THE CENTER, FONDLY REFERRED TO BY LOCALS AS THE TOILET BOWL BUILDING. FAIRFAX COUNTY'S FIRST COURTHOUSE WAS BUILT HERE IN 1742 AND HAD A BRIEF BUT COLORFUL LIFE AS THE GOVERNMENTAL AND SOCIAL HUB OF THE NEW COUNTY.





**B**Y LAW, COURTHOUSES WERE LOCATED within one day's ride of the bulk of the population. The six-acre site of the Fairfax courthouse was chosen because it was the intersection of two well-traveled roads. Long before it was called the Leesburg Pike, Route 7 was known at the New Church Road; it ran past the church at the falls, otherwise known as the Falls Church, which had been built in 1733. Route 123 was known as the Ox Road – portions of it still retain the name – for the oxen that carted the barrels of precious tobacco to the tobacco warehouses on the Potomac. There inspectors would grade the crop, tax it, and ship it to England.

Fairfax County's first courthouse was probably a one-story, wooden structure with brick chimneys, a large room for the court, a small room for empaneled juries and another for the clerk's office. Outside there would have been stables, latrines, a well, a whipping post, a jail, and the jailer's lodging. An inn operated on the site, and a tavern was nearby to cater to the litigants, lawyers, witnesses, and justices who rode in from their farms the third Tuesday of the month and held court from 8 a.m. until darkness fell, usually three days in a row, hearing some fifty or sixty cases a day.

**C**OURT DAYS WERE LIKE COUNTY FAIRS. In the courthouse yard, farmers set up tables to sell vegetables, butter, and eggs; women sold baked goods and jam. Citizens bought and sold horses, cows, pigs, and chickens. Empaneled jurors leaned out of windows to buy food and beer. One early ordinance forbade the selling of strong spirits in the courthouse yard as their consumption led to fistfights and shouting matches.

Even inside the court, the lack of decorum was a constant problem. In 1750 an order was given for a railing to be built around the clerk's table because "papers on the table are frequently mixed and confused and many times thrown down by persons crowding in and throwing their hats and gloves on the said table" resulting in "ill consequences."

Each court session was overseen by several judges called justices – white males from the local plantation elite – who were required to sign an oath or "test" to make sure they didn't belong to a group considered particularly dangerous to the British Crown – the Catholic Church. Each justice swore, "I do declare that there is no transubstantiation in the communion or in the Elements of Bread and Wine, at or after the consecration thereof by any person whatsoever," an oath no good Catholic could ever utter.

The legal business conducted on court days included assigning residents to collect taxes and keep nearby

roads in good repair by filling potholes and clearing brush. Tobacco warehouse inspectors were appointed and certified. Licenses to open taverns and build mills were granted or denied. A good deal of court business had to do with wills and inheritance: proving wills, appointing executors, assigning appraisers to inventory the estate, taxing it, and keeping a shrewd eye on the money to make sure it went to the rightful heirs. Orphans were apprenticed to local citizens to learn a trade.

**S**LAVE CHILDREN WERE BROUGHT BY their masters to have their ages estimated for reasons of taxes, sale, and inheritance. The May 16, 1749 records, for instance, report that "Jupiter, a Negro Boy, belonging to Thomas Williams being brought before the Court, is adjudged to be Ten years old," and "Lucy, a Negro Girl, belonging to Thomas Washington being brought before the Court, is adjudged to be seven years old."

**But early Fairfax County court cases weren't all about dry matters of inheritance, taxes, and licenses. Some citizens opened up burlap sacks and spilled onto the courtroom floor the severed heads of wolves they had trapped (the origin of the name Wolf Trap.) They were rewarded accordingly for exterminating the pests. On December 27, 1750, for instance, Henry Brown, a leather worker, was paid 350 pounds of tobacco for "one old and five young wolves' heads."**

Many cases dealt with the drunk, the recalcitrant, and the all-around rowdy. One John Hurst was brought before the court for "behaving in an indecent manner on Sunday." During a service at the Falls Church, he had taken a mare and stallion to church – we don't know whether he stationed the horses outside or brought them inside -- and encouraged them to mate, thereby shocking the pious.

There were numerous cases of trespassing: people who raised crops, shot game, or built fences and buildings on the property of others. Trespassers were generally fined. Debtors – and some of the same names surface year after year -- were ordered to pay up. Those who swore or gambled on Sundays were fined, while swearing and gambling the other days of the week was



not generally penalized. One Thomas Aubrey dodged jury duty – maybe because of the long ride in bad weather or a harvest to bring in – and was fined 200 pounds of tobacco. Thomas Lewis was brought in on contempt of court for not keeping a portion of the Ox Road in good repair. Robert Bogges was “ordered for his insolent behavior and ill treatment of the Court to be fined five pounds Sterling for His contempt.”

**W**OMEN HAD THEIR OWN SHARE OF misfortunes, such as Rachel Waters, who agreed to give her dowry as payment for the debts of her husband, who reveled in the name Strong Waters and who, we can presume, racked up his debts in the local tavern.

Dozens of women were penalized for having “base born” children, such as Mary Robinson who, on June 22, 1749, was found to have given birth to a “mulatto bastard.” She was ordered to serve her master, Hugh West, one year for free “for the Trouble of his House,” and the child was sentenced to work for free until he reached the age of thirty-one years. Nowhere in the cases of illegitimate children are the fathers mentioned.

Even lawyers could rabble-rouse. The most troublesome colonial Fairfax County attorney was a certain Francis Dade, who on numerous occasions was hauled up on charges in the same courtroom where he argued on behalf of clients. On one occasion he refused to return a deposit to a client whom he also refused to represent. When brought before the court, Mr. Dade said “the Court might kiss his arse” and stormed off.

On another occasion, he was fined for “raising false clamor,” and on yet another, he was penalized for “being drunk and obstructing the business of the court.” He called the justices “partial sons of bitches,” threatened to have their ears “cropt” and have them fired from their positions. The lawyer was whipped “on the bare back and well laid on.” Mr. Dade always refused to pay his fines and, over the years, the Fairfax County sheriff was obliged to raid his lodgings, taking a decanter, a pewter spoon, and a law book as partial payment.

**F**INES WERE THE MOST FREQUENT penalty for the poorly behaved, but incorrigible repeat offenders were whipped. According to records from 1749, “Joshua Hays in jail of this county for sundry complaints against him. It is therefore ordered that the Sheriff take him to the whipping post and give him on the bare back twenty lashes and the said Joshua consented.” It seems that capital punishment was not carried out where the Toilet Bowl Building now stands, at least according to the spotty records still available. In Virginia, whites believed to be guilty of murdering whites were sent down to the colonial capital of Williamsburg, where the justices were better versed in the law than the gentlemen farmer justices of Fairfax.

**I**N ONE COLONIAL FAIRFAX COUNTY CASE OF a white on white murder, Thomas Kelley confessed to killing his associate, Thomas Davis, with whom he had appraised estates and surveyed roads. In court, Kelley “related the several circumstances.” Perhaps the death resulted from self-defense or a drunken brawl because the murderer was found to be “a person of good character, fame, and reputation” and asked to post a bond of 500 pounds Sterling as bond. Years later, Kelley was still appraising estates and surveying roads.

Whites guilty of murdering blacks always seemed to get off the hook, such as the 1749 case of Hauden Edwards, who was found not guilty of murdering a slave of the Honorable Thomas Lee. Slaves or free blacks suspected of murder weren’t considered worth the trouble of sending down to Williamsburg and could have been executed at the Tysons courthouse site, though no such executions took place between 1749 and 1752, the years for which records are extant.

**In 1752, the merchants of the new port of Alexandria successfully petitioned to have the courthouse moved to the bustling urban center. The old courthouse was, by contrast, inconvenient, a long ride on muddy roads to an outpost surrounded by woods and fields (and let’s not forget the wolves.) The courthouse buildings were most likely dismantled after the court moved, yet memories of its colorful heyday persist in the name of Old Courthouse Road.**

The origin of the name Gallows Road is more mysterious as its first use appears in maps and property records in the 1840s, a century after the courthouse had moved. Was there a gallows for condemned slaves and free blacks near the courthouse between 1742 and 1749, the period for which no records exist? Or did local residents imagine an old tree as the place for long-ago executions and name the road accordingly? No one knows. In 1791, when the founders of the new U.S. capital of Washington, D.C. wanted their city to have a perfect diamond shape on the maps, they grabbed Alexandria for themselves (it was returned to Virginia in 1847.) The second Fairfax County Courthouse, on Market Square in Old Town where City Hall now stands, found itself in the perplexing position of no longer being located within Fairfax County. In 1800, an





elegant brick courthouse was built in Fairfax City, at what is now the intersection of Routes 236 and 123, which still stands, along with many later additions and modifications.

**R**ECORDS FROM THE EARLY FAIRFAX courts were carted to each new courthouse and are currently housed in Fairfax Circuit Court Historic Records. But many documents have been lost. In 1861, Confederates forces took over the third Fairfax County Courthouse as a military base, and it changed hands between Confederate and Union forces several times over the course of the next year. Soldiers swiped courthouse records as souvenirs, including Martha Washington's Will, which was handed back to Fairfax County in 1915 after years of legal maneuvering. Scrawled in pencil across the front page of the earliest records book in the archives – the one from 1749 -- is the note that Mrs. Caroline Hall of Albany, New York returned it to Fairfax in 1938. (A regiment from upstate New York was known to have camped out in the courthouse.) Other records were probably used as kindling in the hearths and campfires of Civil War soldiers.

And so, as the light turns green and traffic starts to crawl forward, let us cast once more glance at Tysons' Toilet Bowl Building and reflect on all the long-ago lives of those who received or dispensed justice in Fairfax County's forgotten first courthouse. 🏛️

*VivaTysons would like to thank Katrina Krempasky of Fairfax County's Historic Records Center for her assistance in researching this article.*



**AUTHOR:** Eleanor Herman is a McLean-based historian and author whose books include *Sex with Kings*, *Mistress of the Vatican*, *King Peggy*, and *Murder in the Garden of God*.

## SAUSAGE & MUSHROOM STUFFING



BY EXECUTIVE CHEF, PATRICK BAZIN, BAZIN'S ON CHURCH

1 LOAF WHITE BREAD (CUBED)

1 STICK BUTTER

1 ONION DICED

2 SLICED SHITAKE MUSHROOMS

1/2 LB ITALIAN SAUSAGE OR CHORIZO

1 TBSP SAGE (CHOPPED)

1 TBSP ROSEMARY (CHOPPED)

1 TBSP CHIVES (CHOPPED)

4 TO 6 CUPS OF CHICKEN STOCK

3 EGGS

SALT AND PEPPER

Toast cubed bread (set aside.) Put butter in sauce pan. Add onions and cook for 5 minutes. Add sliced mushroom, crumbled sausage, and cook for 5 minutes. Add fresh herbs and salt and pepper to taste. Add chicken stock and cook for five minutes and taste. Pour mixture over cubed bread and let sit. Mix in eggs. Butter your favorite casserole pan and pour mixture in. Bake for 35 minutes at 350°F. Check for completion and bake ten minutes more, if needed.





# *a* TOAST *to the* HOLIDAYS

HOLIDAY WINE RECOMMENDATIONS AND GIFT IDEAS

BY LINDA BARRETT

## WINE STOCKING STUFFER IDEAS

DESSERT WINES IN HALF BOTTLES

(SANTA JULIA WINE FROM  
SOUTH AMERICA)

BEER (CHIMAY GRAND ALE  
BELGIAN BEER)

HARD CIDERS (FOGGY RIDGE CIDER)  
WINE CHARMS

VACUUM PUMPS FOR WINE STORAGE

WINE GIFT CARDS

CORK STOPPERS

SCREWPULL WINE BOTTLE OPENER

VINTURI WINE AERATOR

RAVI INSTANT WINE CHILLER

WINE CLUB MEMBERSHIP(S)

WINE TEASERS CARDS

*N*ovember and December bring families together with traditions lasting generation after generation. It's a great time to toast to your family gatherings with special wines. Here are some recommendations from several of our local wine stores.

### CLASSIC WINES OF GREAT FALLS

"Given the diverse flavors that abound at the typical Thanksgiving table beyond the turkey itself, any wine choice should be fruit forward to complement the stuffing, sweet potatoes, cranberry sauce, gravy, etc. A wine that's too light will get lost in the diverse flavor mix at the table, and a wine that's too heavy will dominate the food," says Classic Wines owner Tomme Casmay. Wines he suggests include Kenwood Yulupa California Pinot Noir or Fiddletown Old Vine Zinfandel in the reds category, and for whites, a Revelry Columbia Valley Riesling or Helfrich Vin D'Alsace Pinot Gris.

"For Christmas, Hanukkah and New Year's dinners, the table offerings are much more diverse," Casmay adds. "I personally have prime rib on New Year's, served

with a big, bold red." "A good formula of offering a white and a red wine doesn't leave anyone out of the dinner wine enjoyment."

Beyond wines, Casmay recommends their Laconiko Extra Virginia Greek Olive Oil, Ariston 12-year-old Balsamic Vinegar from Modena, Italy, and Winter Beers from various breweries including Anderson Valley Winter Solstice, Anchor Christmas Ale, and Sierra Nevada Celebration Ale. The store also features a walk-in humidor, with select cigar lines on sale.

### Gift Ideas

Casmay's gift recommendations include a bottle of Port and a selection of cigars, a mixed case of four Christmas/Winter beers, or a New Year's champagne/sparkling wine gift set with glasses in a reusable insulated carry bag. Olive oil, balsamic vinegar, and Virginia-grown peanuts make great hostess gifts with or without a bottle of wine.



### Tastings

Tastings Fridays 3 p.m. to 7 p.m. and Saturdays noon to 6 p.m. Turkey dinner-appropriate special tastings daily November 22- 28 from 10 a.m. to 4 p.m. Open Thanksgiving Day 10 a.m. To 4 p.m.

## DOMINION WINE AND BEER

"The holidays are a time when a lot of people are open to spending more money on their wines," says Afsheen Tafakor, co-owner with his brother Arash Tafakor of Dominion Wine and Beer.

"We sell a lot of the big California Cabernets in December, and a lot of Pinot Noirs. Mainly the heavy wines, because it's cold outside," Tafakor says. "However, in November and for the Thanksgiving holiday, sales of Rieslings and Pinot Noirs seem to be popular; they are wines we recommend with traditional Thanksgiving foods."

"I always ask 'What's your budget?' If people want a good \$20 wine, I recommend Matchbook wine [by the Crew Wine Company]—a great wine for \$18.99. And if customers want a higher-end wine, I recommend Turnbull Cabernet from Turnbull Wine Cellars—my best wine under \$50." For something different for the December holidays, Tafakor recommends an Argentinian Malbec, a big and heavy wine that adds a hearty addition to heavy holiday feasts, or a Spanish wine such as the Granacha or other wine from Spain, a region that has been hot for the past seven years. "For \$15, you can get a wine that lasts like a \$30 bottle, and we have some ten-dollar, 90-point Spanish wines worth trying," he says. For whites, oakier Chardonnays like the Cakebread Chardonnay are popular choices.

### Special Needs Offerings

For those guests who either don't drink or have special dietary needs, Dominion Wine and Beer offers delightful varieties of non-alcoholic and gluten-free options for holiday entertaining.

### Gift Ideas

Tafakor recommends a custom gift basket that can include champagne or wine, 2 glasses, chocolates, and gourmet food items from their shop. Or gift one of the higher-end wines that Tafakor puts on sale around the holidays.

### Tastings

Sample beers every Friday evening from 5 p.m. to 8 p.m. Sample wines every Saturday from noon to 5 p.m., along with selected cheeses, salamis and spreads.

## OAKTON WINE SHOP

"We also find that people are willing to spend a little more for their holiday wines," says Brian Gauthier, owner of Oakton Wine Shop. "People don't buy the \$15 bottle; they buy more in the \$25 to \$30 and up range. His best sellers for that "special bottle" are California wines, and those from France, Italy and Spain. California Cabernets, Chardonnays from Napa and Sonoma Valleys, and French Burgundies are recommended.

Gauthier travels extensively throughout Spain (and Europe) to pick out and bring back wines specifically for his shop. "I'm very selective about what I bring in, and don't buy anything I haven't tried personally," he says. "The quality is the most important factor, and the kind of quality you're getting for the dollar. I instill that attitude in my staff as well." For that special bottle, Gauthier recommends the Spanish wine En Numeros Vermells. He will also feature a new wine this fall



#### CLASSIC WINES OF GREAT FALLS

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GREAT FALLS, VA 22066  
703.759.0430

#### DOMINION WINE AND BEER

107 ROWELL COURT  
FALLS CHURCH, VA 22046  
703.533.3030

#### NORM'S BEER AND WINE

136 BRANCH ROAD SE  
VIENNA, VA 22180  
703.242.0100

#### OAKTON WINE SHOP

2952-A CHAIN BRIDGE ROAD  
OAKTON, VA 22124  
703.255.5425



called Manso from the Ribera del Duero region of Spain, produced by Assenjo & Manso. It is a Tempranillo-based wine used in this region with lovely cherry and dark cherry notes. For Thanksgiving, Gauthier is also bringing in a full-bodied Rosé from the Odysseus winery that pairs well with the fruity and cranberry notes in Thanksgiving dishes.

### 3rd Annual Winter Festival

Oakton Wine Shop hosts a Winter Festival December 13-14, offering tastings from around the world. On December 14th, a portion of sales also benefits Luke's Wings, a Wounded Warrior Transportation Assistance Program. Throughout the holidays, Oakton Wine Shop is a drop-off point for Toys for Tots.

### Gift Ideas

Not all wines are slated for the holiday table; they make an excellent gift as well. Gauthier's recommendations for gift-giving include: Finca Valldosera Cava, a Spanish sparkling wine, a white Burgundy called Bourgogne Blanc from Bzikot, and California Cabernets. His favorite is the Cabernet Sauvignon from a California winery called The District.

### Tastings

Special tastings the Saturday and

Wednesday before Thanksgiving, November 23rd and 27th. Weekend wine tastings, Saturdays from 4 p.m. to 7 p.m., Sundays from noon to 4 p.m.

## NORM'S BEER AND WINE

"For Thanksgiving, Pinot Noir is the traditional wine," says Matthew Zepp, general manager and wine buyer at Norm's Beer and Wine. "I am a huge fan of Belle Glos from California and Dierberg from the Santa Maria Valley/Santa Maria Hills area of California on the higher end. More affordably, I like the Pali Wine Company's Alphabets wine [Pinot Noir]." He also recommends any of the Burgundies from the Morgon region of France, specifically a Louis Jadot. "If you're feeling a little crazy, try a Grenache with Thanksgiving dinner," he adds. Zepp thinks about wine and food pairings when recommending holiday wines.

For December holiday meals the traditional wine is the full-bodied Cabernet Sauvignon because of its high tannins and bold and assertive notes. "This wine pairs well with fatty red meats including lamb or steak au poivre," Zepp explains. "The fat in the red meat neutralizes

the tannins in the wine, allowing more fruit to come forward."

### Celebrate New Year's in Style

Champagne is the toast of the night for New Year's Eve celebrations. Veuve Clicquot is a perennial favorite, or for an alternative, one of Zepp's favorites is the Heidsieck Monopole from the Champagne region.

Fun fact—it was the champagne served on the Titanic.

### Gift Ideas

For a great office gift, Zepp recommends a \$20 bottle of Cabernet Sauvignon. Or wrap up their Govino stemless wine glasses and flutes. They are reusable plastic, shatterproof, recyclable, yet have an incredible luster that looks like glass and a thin lip for drinking enjoyment.

### Tastings

Through November and December sample holiday wines on Fridays between 4 p.m. and 8 p.m.

**AUTHOR:** Writer Linda Barrett enjoys learning about—and tasting—wines any time of year. She is president of All the Buzz, providing business growth coaching, writing, PR, design and web services, [www.allthebuzzcreative.wordpress.com](http://www.allthebuzzcreative.wordpress.com).



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BY CHEF BONITA WOODS, NC, DM, FCCPS

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# IS YOUR BELLY *a* BREWERY?

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**W**hen I was in college, I read an article about a man who was arrested for public drunkenness. It turned out he had not had a drop of alcohol in days. A yeast build up in his digestive tract was converting all sweet and starchy food into alcohol. He was diagnosed with the rare and extraordinary Auto-Brewery Syndrome. My friends and I thought this fellow was the luckiest guy in the world! We were saddened to learn that he received treatment for his condition, which included permanent lifestyle and dietary changes. Boy, were we young and unthinking! Imagine what it would be like to become punch drunk every time you ate a slice of bread. That fellow had an unusual and extreme situation, but we all have to deal with bacteria and yeast in our systems. Our bodies create it to help break down the food we eat, so we can better pull out the nutrients

most of our meal cravings are influenced by our external senses only. We eat based on sight, aroma, texture, temperature and taste. Of course, we must never discount our emotional connection to food, but that is more of a cerebral thing. When combating the yeast potential, we also need to eat based on our internal cravings, like all the way to your physical core. Was your last meal refined, sweet or starchy? Then this one should be rough and wholesome. Do you feel bloated or gassy? Any cramps or lethargy? Don't just think to yourself "What would taste good?" Also consider "What would feel good?"

Symptoms of bacterial over growth in your digestive tract range from chronic fatigue and depression to headaches, bloating (lots of stomach & gut bloating!), chronic gas and sometimes pain or tightness in and between the shoulder blades.

## IMAGINE WHAT IT WOULD BE LIKE

TO BECOME PUNCH DRUNK EVERY TIME  
YOU ATE A SLICE OF BREAD.

and all that fun stuff. The question remains, what happens when you get too much of the wrong type of bacteria growing inside your system? Do good and evil bacteria battle it out, like a turf war? Is that why your tummy gurgles so much? The American diet has become increasingly more processed. Even our staple ingredients have become GMO-ed; and our guts are taking a beating. Our digestive systems were designed to process raw and rough food. When we eat a lot of sweet, starchy and fatty foods, they cling to the walls of our digestive tract, hang out for ages in our intestines and happily ferment. What happens when you toss a soda and some cookies into a bacteria filled gut? Further fermentation and more bacteria. Talk about population overgrowth! Something to keep in mind is that

In an extreme, bacterial build up can contribute to brain fog, mood swings, memory loss, itching, joint pain & inflammation, unexplained exhaustion, indigestion, ulcers and sinus conditions.

People ask me all the time why Celiac Disease, Irritable Bowel Syndrome and Autism / Asperger's are all forefront in our public awareness these days. Aside from all else, each of these is seriously impacted by yeast & bacterial growth. Like the man mentioned above, I know many children who become uncontrollably drunk when their guts get a yeasty overload. Just imagine trying to sit still for a whole school day with that going on inside you! If you add Autism or Asperger's to that, you get a horrifyingly unfair situation for that poor child. Learning and behavior

## *a* GUT HAPPY SMOOTHIE



4 OZ KOMBUCHA  
4 OZ PRO-BIOTIC YOGURT OR  
COCONUT WATER  
4 OZ ORANGE JUICE  
1 CUP (PACKED) BABY KALE OR  
ARUGULA  
1 SMALL CUCUMBER, SLICED  
¼ CUP FROZEN MANGO  
¼ CUP FROZEN PINEAPPLE

Puree all these ingredients together in a blender. You can increase the intensity by adding more kombucha and/or pro-biotic. You can increase the sweetness with more juice and/or fruit. I put all my non-frozen ingredients in a blender at night and store in the refrigerator. That way I can puree in the morning, even when in the throes of my sleepy, chaotic AM rush. This recipe makes enough for a shaker cup (the kind with the wire ball at the bottom), so I can take it to work with me. If I have extra, I stash the blender pitcher in the fridge and enjoy when I get home.



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disorders are often due in part to candida infection, especially in children who eat a lot of sugar, white flour and highly processed foods. Aside from the aforementioned issues, chronic candida can also contribute to allergies, Chronic Fatigue Syndrome, fibromyalgia, autoimmune diseases / chronic conditions, irritable bowel syndrome, colitis, food intolerances, heartburn and gastric acid reflux disease (GERD) and the graphically titled Leaky Gut Syndrome

Historically, the primary cause of Leaky Gut Syndrome was poor diet (like the Oscar Madison style of eating) &/or stress related stomach ulcers. Currently, bacterial overgrowth is taking lead for creating this condition. Some bacteria can grow roots that attach to the intestinal walls, forming lesions and poking holes. This allows food to leak out of the gut and into other parts of the body. Like tree roots breaking through a sidewalk, the bacterial roots burrow out of the digestive tract and into body organs. This can become life-threatening. Since yeast produces alcohol and acetaldehyde, it may also contribute to other dysfunctions, including general toxicity, liver dysfunction, nutrient deficiencies and more. Most of these conditions have subtle early symptoms and can go undetected for years. People with chronic digestive problems such as gas, bloating, diarrhea, and/or constipation may be told they have one of these syndromes when the underlying problem is actually small intestine bacterial overgrowth. Given that IBS is the number one gastrointestinal diagnosis, bacterial overgrowth is often an under-diagnosed part of the condition.

Happily, there are easy and natural cures for the yeasies. One doctor I spoke with said to drink a bottle of pro-biotic yogurt a day for two weeks and you will be back in healthy bacterial shape. Another recommends cutting out all alcohol and white flour. After all, if you get rid of the food that causes overt fermentation, you give your gut a huge break. You can also add a lot

of dark leafy greens and fiber rich whole grains. This helps to scrub your digestive track clean, even the walls and lining. Bacteria is hard pressed to take root on a well-scrubbed tract.

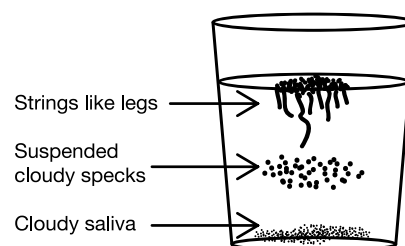
Kombucha (a fabulous mushroom tea from the ancient apothecaries of China) is great at keeping the tract clean and provides nourishment for healthful bacteria. Remember, you don't want to kill all the yeast – just the intrusive stuff. A note about kombucha and pro-biotics: You can buy them or you can very easily and affordably make your own. Kombucha takes about 2 weeks to ferment, but I make a gallon at a time so there is always plenty for me to enjoy. If you don't eat yogurt, you can buy pro-biotic grains and ferment your own vegan beverage, using green coconut water. It tastes so good and is really healthful! Just like a sourdough starter, your base product can be used again and again.

If you are taking antibiotics or are going through chemotherapy, be sure to swig the pro-biotics! You need to work extra hard on maintaining your healthfully preferred digestive yeast. Interestingly, antacids also destroy the good flora and support the growth of invasive bacteria. How ironic is it that the perceived cure for stomach distress can also further the cause of the ailment? If you are a chronic or long term antacid taker, you may want to look into this. If any of these issues sound personally familiar to you, please check with your doctor before making any changes in your lifestyle or wellness care program.

Do you want to know how yeast free your system is? Here is a self-test from the National Candida Center: You heard it right—this is a spit test.

The best time to do this test is the first thing in the morning as soon as you wake up. Before you rinse, spit, or put anything in your mouth, go get a glass of water (in a clear glass). Now build up a bunch of saliva (just mouth saliva, do not cough up anything)

and spit it into the glass of water. Observe what happens. The saliva will float. That is OK and normal. If within 15 minutes you see thin projections extending downward into the water, it is a positive sign for candida. The projections may look like hair, or small strings, like a jelly fish or spider legs, moving down into the water from the saliva floating on the top. Other positive indications might be very "cloudy" saliva that will sink to the bottom of the glass within a few minutes or particles that slowly sink or suspend below the saliva glob. What you are seeing are colonies of yeast which band together to form the strings.

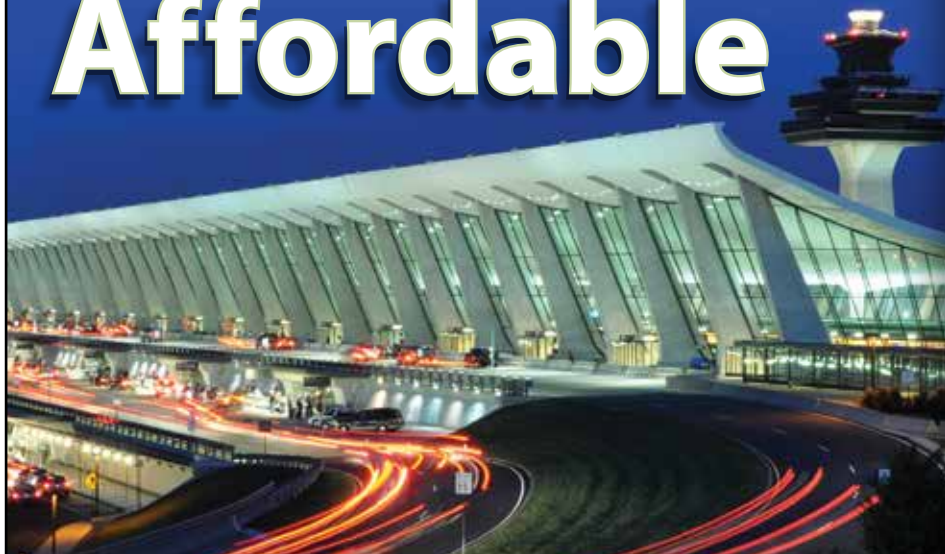


**A PERSONAL NOTE:** *I want to share some happy news with you all. For the past 3 years, we have run Bonita Woods Wellness Institute as a 501c3 non-profit nutrition and wellness education outreach organization. Most happily, we have finally opened the doors of our new wellness center in Falls Church City. We offer loads of wonderful (and affordable) programs and workshops, plus we can now provide individual and small group wellness counseling. We can still bring our programs to you, now aided by our 26 foot long food truck and mobile educational kitchen, lovingly named Chef Bon's Yum Truck. You can check us out at [www.BonitaWoods.org](http://www.BonitaWoods.org). I hope that we will see you all there!*

**AUTHOR:** Chef Bonita Woods, NC, DM, FCCPS is the director of Bonita Woods Wellness Institute (a non-profit nutrition and wellness education center) in Falls Church City. Her focus is to help people to understand how the food they eat impacts their body and how to balance a healthful lifestyle with the realities of everyday living. Most importantly, she brings fun back into food and health!

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# INSIDE

## *the* NYSMITH SCHOOL

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BY KEN NYSMITH

**E**VERY MORNING, administrators welcome nearly six hundred students to the Nysmith School. Older students arrive in the soaring Silver wing with its beautiful mobiles moving gently above their heads. Younger students enter in the main lobby, with administrators smiling and welcoming them by name. The energy level is always high, with students and one hundred and forty-five teachers looking forward to their day. Every day is special, filled with excitement and innovation.

For example, last week, preschool students got to explore the inside of Fairfax County Fire and Rescue trucks, first graders had a dinosaur dig, third graders were gearing up for a Greek market day, fifth graders explored XHTML, seventh graders delved into Shakespeare's Henry plays and the Civil Rights movement, eighth graders debated the Syrian chemical weapons issue from a variety of international perspectives, and upper grade students finished their app entries in the World Series of Innovation. And they all had math at the level that fits the need of each student. Carole Nysmith founded the school thirty years ago after teaching in gifted programs in California and Fairfax County. She started with fifty-five students and six teachers






and a desire to change the lives of young elementary students. Her goal was to enrich their academic curriculum so they could move on to the public school gifted program. But families refused to leave! The school eventually added third through eighth grades. Her son, Kenneth Nysmith has been a part of the school for the past 29 years. He has been Head of School for the past five years.

Today, the school has grown to fill its beautiful, 75,000 square foot building on 13 acres. There are two teachers in each classroom, so the student: teacher ratio is 9:1.

Seventh grade language arts and geometry teacher, Phillip Stephens explains, "This lets us break out into groups, or help an absent student catch up. Every teaching classroom is really a team teaching opportunity."

"We realize every child is different, and no one curriculum meets every child's academic needs," Ken Nysmith says. "Our small class sizes and low student to teacher ratio allow our talented teachers to help a child succeed at a level and pace that is right for them. Our real goal is to inspire students to realize their potential in a student-centered way that engages students without stress or competition. We minimize homework and maximize engaging students in interesting, quality work."

Carole and Ken have always valued technology, critical thinking, creativity, and a strong moral character. Students have daily technology classes, learning to design web pages and use computer assisted design programs. Math courses have a strong emphasis on problem solving and critical thinking. All students have a weekly character education class each year that fosters students' self-awareness and empathy. If you asked the educators to describe the school, they would say, "Inspirational." If you asked students, they would say, "Fun!"



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AND NO ONE CURRICULUM MEETS EVERY CHILD'S ACADEMIC NEEDS.



## DINING WITH CECILIA

*NEISHA*

## THAI

BY CECILIA MENCIA

For those of you who've been wondering where Neisha Thai moved to, look no further. Our Neisha, your Neisha is just around the corner at 8027 Leesburg Pike across from Tysons Corner and next to the Fairfax Square shopping center. There grand opening was July, 7th, 2013.

The "new" Neisha offers the same 5-star, Thai cuisine, but its new digs have been transformed to reflect a more contemporary Thai concept. A pleasing blend of water elements in the entrance leads you to an expansive space with eye-catching silk and orange drum chandeliers from the Chiang Mai province. This oasis-like setting with a serene waterfall and cool spaces is ornamented with urchin-like lamps and gem-laden walls. The silk cov-





ered benches are coupled with handcrafted gold and black lacquered tables. And the bar area is a place where patrons can mingle, all the while, watching the chefs work their magic in the open kitchen. Chef and owner, Rick Kitchrayotin (aka Chef K) enthusiastically takes pride in these changes, "We want the best for our customers." Neisha's kitchen produces big flavors reflecting its "Royal Taste," with superior quality ingredients in signature exotic, spicy, and coconut infused dishes. And helpful servers are always



around to make sure everything is up to par. Passion beef tops the list served with fresh ginger and seasonings on a steaming, sizzling plate. The whole fish in chili sauce is culinary at its best, and most evident are the sweet, velvety textures and flavors. Simmering with traditional homeland taste, the talay pad pah is filled with meaty shrimp, scallop, mussel and squid sautéed in a red curry paste with coconut milk, baby peppercorn and fresh basil. A few "critic choice" plates worth sharing are the crying tiger steak, grilled salmon in banana leaves and pineapple fried rice. For the vegetarian-minded, there's green curry vegetable, and panang curry tofu. Sauces are prepared in-house and chef-approved daily. Ending the meal with one of Neisha's desserts is recommendable. Try the fried banana with coconut ice cream, or the Thai taro custard- you

won't regret the extra calories. Part of Neisha's new venture is the launching of a catering service geared to local businesses. They hope to partner with corporations to bring them a wide selection of food services in a variety of packages. Currently they are offering discounts on special catering options.

*Generous free parking is available between Bank of America and Nordstrom Rack. Open Monday – Thursday 11am – 10pm, Friday 11am – 11pm, Saturday 11:30am – 11pm, and Sunday 11:30 – 10pm. To make reservations call 703-883-3588, or reserve on line: [www.neisha.net/reservation.html](http://www.neisha.net/reservation.html). All in all, Neisha is an extremely well priced, delicious way to experience traditional and fusion Thai at lunch, or dinner. They emphasize family service, and as such, they treat you like one of their own the moment you walk in.*

**AUTHOR:** Cecilia Mencia is a writer, producer and director. She has written for USA Today online and worked in television feature programming and documentary production for the Learning Channel and WJLA-TV7. She is the mother of two college-aged children and lives in McLean, VA.

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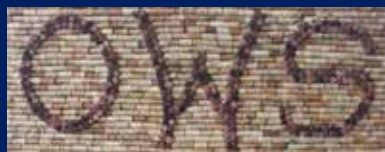
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DINNER Tues-Fri. 5:00pm-9:00pm • Sat. 4:30pm-9:30pm • Sun. 12:00pm-7:30pm • Closed Mondays

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## BUTTERNUT SQUASH SOUP

BY CHEF TIM MA, MAPLE AVE RESTAURANT

2 MEDIUM BUTTERNUT SQUASH

2 MEDIUM RED ONIONS

2 TBSP BUTTER

CHICKEN STOCK TO COVER

4 PARSLEY STEMS

4 THYME SPRIGS

10 BLACK PEPPERCORNS

2 GARLIC CLOVES

2 BAY LEAVES

3 TBSP CREME FRAICHE

2 TBSP CINNAMON

1 TBSP NUTMEG

1 TBSP CLOVES

1 TSP CARDAMOM

1 TBSP SALT

1/2 CUP BROWN SUGAR/ PACKED

Peel, cut the butternut squash at the base of the neck. Holding the bulb of the squash, cut in half and scoop out the seeds. Cut bulb and rest of neck of squash into 1-in by 1-in cubes. Slice onions along the grain thinly. Wrap parsley, thyme, garlic, black peppercorns, and bay leaves in cheesecloth and tie tightly with kitchen twine. Melt butter in large stock pot, sweat onions over low heat until translucent. Add the squash and coat with butter and onions. Cover with enough chicken stock to just come over the squash. Add cheesecloth with aromatics. Bring to a simmer for 20 minutes or until squash is tender. Remove cheesecloth of aromatics and discard. Working in batches, ladle squash into blender and cover with enough liquid. Leave air gap in the cover of the blender to prevent hot soup from splashing out after blending. Start with low speed, move up to maximum speed slowly until soup is smooth. After completing squash, add creme fraiche, spices, and sugar, and whisk until incorporating.







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## CHOCOLATE CHIP *and* ALMOND COOKIES



**BY CHEF BONITA WOODS, NC, DM, FCCPS**

1 CUP ALMOND MEAL

½ TEASPOON SALT

½ TEASPOON BAKING SODA

3 TABLESPOONS COCONUT OIL

3 TABLESPOONS HONEY

1 TEASPOON VANILLA EXTRACT

1 TABLESPOON ALMOND MILK

4 OUNCES CHOCOLATE CHIPS

Preheat oven to 350 degrees. Combine all ingredients (except chocolate chips) in a mixing bowl and blend with an electric hand mixer. Add the chocolate chips and blend into the batter with a spatula or wooden spoon. Drop by spoonfuls onto a greased baking sheet. (I use a melon baller) Bake for 10-15 minutes until the cookies are golden brown.

Remove from oven and let cool 2-3 minutes before transferring to a wire rack. They will be soft when removed from oven but firm up in a couple of minutes.







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703.255.7212 | bazinsonchurch.com  
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There is always something special about a good neighborhood restaurant. Idylwood Grill's welcoming atmosphere, attentive staff, and fine cuisine is a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of seafood, pastas, steaks, veal, salads, and more.



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***LOST DOG CAFE***

703.356.5678 | lostdogcafe.com  
1690 Anderson Rd, McLean

Walking into the Lost Dog Cafe, you'll discover a friendly, welcoming atmosphere that mingles well with the buzz of a busy, popular restaurant. The menu includes dozens of sandwiches of all types, specialty gourmet pizzas with toppings ranging from the standard to the extraordinary, and a selection of fresh salads. Takeout and delivery options are available.



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tysonsbagelmarket.com  
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Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.



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## INTERNATIONAL

**MAPLE AVE**

703.319.2177  
mapleaverestaurant.com  
47 Maple Ave W, Vienna

Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream.



## ITALIAN

**ARGIA'S**

703.534.1033 | argias.com  
124 N. Washington St, Falls Church

Nestled in the heart of downtown Falls Church, Virginia, Argia's is a family owned and operated restaurant that provides an opportunity to experience authentic, world class Italian cuisine in a cozy, relaxing ambiance. Always alive with friends and families enjoying both single and family size dishes, this is a Falls Church dining destination.



## ITALIAN

**PAZZO POMODORO**

703.281.7777 | pazzopomodoro.com  
118 Branch Road SE, Vienna

Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino "Pazzo Pomodoro represents a different concept offering more authentic Italian meals."



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2 CUPS FRESH CRANBERRIES  
1 CUP GOOD MAPLE SYRUP  
1 CUP GRANULATED SUGAR  
16 CRACKERS  
8 OZ BRIE CHEESE  
CRANBERRY CHUTNEY OR  
CRANBERRY RELISH  
FRESH MINT FOR GARNISH

Rinse cranberries and place in a medium bowl. Heat syrup in a small sauce pan just until warm. Pour over cranberries when syrup is warm, not hot, or cranberries may pop. Cool, cover, and let soak in the refrigerator overnight. Drain cranberries in a colander. Place sugar in a large bowl or baking dish. Add cranberries in two batches and roll around until lightly coated in sugar. Place on a baking sheet until dry, about one hour.



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## DINING WITH CECILIA



BY CECILIA MENCIA

# VINO VOLO

**T**HE TYSONS AREA WELcomes yet another newcomer to its ever-growing list of restaurants. Located in Tysons Galleria, Vino Volo, is a 3,000 square foot wine bar restaurant with an adjoining wine shop and patio dining. The wine country, casual flair is rem-

iniscent of Sonoma's wine region with its' plank wood, zinc-topped bar and good feng shui. The small plates, or tapas like smoked salmon rolls, or Trio Crostini with fava beans, shaved pecorino, and heirloom tomato are very sharable. The larger plates such as lamb meatballs and seared

beef are entrée-size, but can easily be dived-up amongst friends. Pizetta's topped with caramelized onions; sweet Italian sausage and fresh mozzarella are very popular. And if you're in the mood for just a nibble with your wine, they offer cheese and cured meat boards, too.

Vino Volo sells upwards of 200 wines many of which come from Virginia vineyards. Their wine flights offer tastings from regions worldwide.

"You can uncover some hidden gems," says marketing specialist, Sarah Evans. They offer a variety of flights with namesakes like California King, Shades of White and World Noirs. Flights consist of three tastings with pairings from Oregon, New Zealand California, and more. Their selection is varied in every price range and the corkage fee, if you stay for dinner, is very reasonable. Servers are both attentive and knowledgeable. Discovering and hand-selecting great wines is Vino Volo's philos-

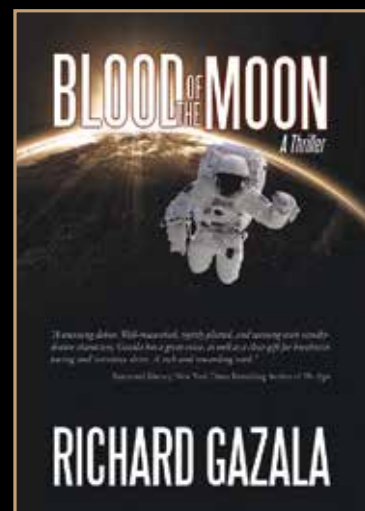
ophy. They consider themselves "a community of passionate wine loves who believe that enjoying and learning about wine should be fun and a life-long journey."

*Happy hour is from 4-7pm and lunch hours will be implemented in November. Plans are in the works for hosting wine makers at the shop, as well as, corporate events, and wine education classes. There's a Vino Volo in Bethesda and Washington, DC, as well as, in many other US cities and their airports across the country. And, if you're into mobile apps, they have one where every dollar you spend at Vino Volo earns you points.*

**AUTHOR:** Cecilia Mencia is a writer, producer and director. She has written for USA Today online and worked in television feature programming and documentary production for the Learning Channel and WJLA-TV7. She is the mother of two college-aged children and lives in McLean, Va.



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## Dominion Jewelers

917 West Broad St., Falls Church, VA 22046  
703.237.3737 | [www.dominionjewelers.com](http://www.dominionjewelers.com)

Standing (L-R): Jairo Rojas, Sergio Rojas, Alex Rojas, Mohamad Barimany  
Sitting (L-R): Stephanie Rojas, Rachelle Barimany, Mina Barimany

"If you can dream it, we can create it," says Rachelle Barimany, a family member. "Since my father and uncle founded this business back in 1984, that's what has really set us apart—our unique ability to craft any piece of jewelry that a person can think of, with the only limits being their own imagination. That's why we say 'We make it beautiful, you make it yours.'"

A true family practice since its inception, Dominion Jewelers first opened its doors as a jewelry-manufacturing facility producing pieces for other jewelers. But as the craftsmen began creating special pieces for their family members, people took notice of the one-of-a-kind jewelry and started to request their own custom creations. This started a new chapter for Dominion Jewelers—as a retailer selling directly to customers. Almost 30 years later, their 25 master goldsmiths create thousands of custom jewelry engagement rings, pendants, bracelets—and anything you can imagine—for customers all over the world.

“Every piece is still made on site, so everything is an original.”

As one of Northern Virginia's most renowned jewelers, Dominion Jewelers now proudly operates out of a new larger location equipped with an extensive showroom of ready-to-wear pieces. "The larger manufacturing area allows us to expand our already existing technology, and provide a more comfortable, private space to enhance our customers' shopping experience," adds Rachelle. But just because the business has grown doesn't mean it's lost the personal touch responsible for its success. "Every piece is still made on site, so everything is an original."

Dominion Jewelers is a member of the Falls Church Chamber of Commerce and provides charitable support to: Falls Church City School, Arlington Free Clinic, and The Junior League of Washington.



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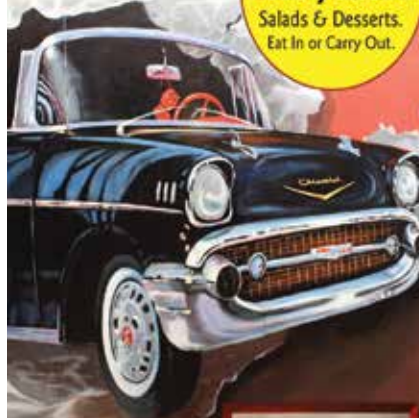
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CORNACCHIA, ASSAGGI OSTERIA

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1/3 TSP CINNAMON  
1/3 TSP NUTMEG  
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1 TSP LEMON JUICE  
1 TSP VANILLA EXTRACT  
2 TBSP SLICED ALMONDS  
1 TBSP RAISINS

Preheat oven to 350 degrees. In a medium-sized pan, sauté apple wedges for about 5 minutes in canola oil. Add Splenda, cinnamon, nutmeg, lemon juice, and vanilla extract to apples. Cook for another two minutes and set aside. Coat a 4-6 inch pie pan with cooking spray. Layer two Phyllo dough sheets on top of each other, then layer apple wedges, sliced almonds, and raisins on top to fill pan. Bake for 35-40 minutes or until browned. Let cool for ten minutes then serve.



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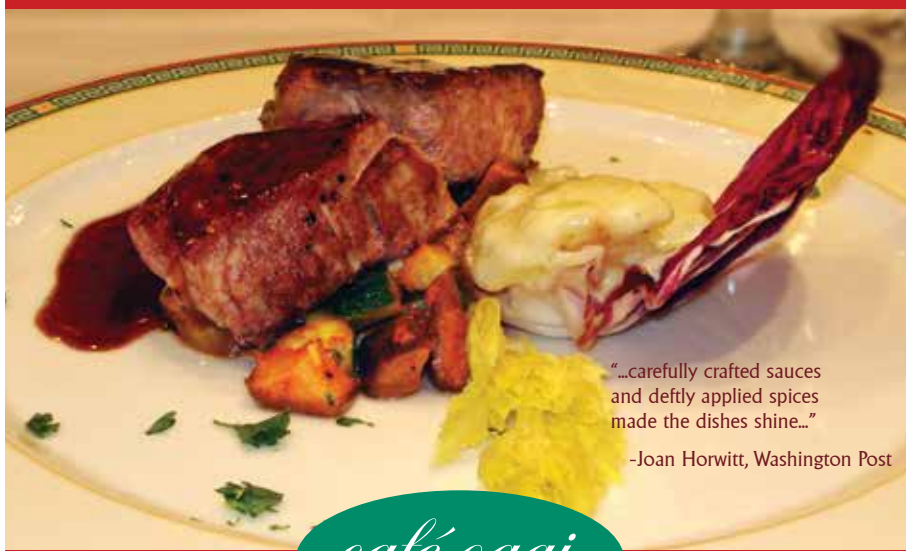
Using only the freshest of ingredients and seasonings Patrick Bazin and his staff have created a menu which retains the integrity of traditional Mexican but expands on the flavors to create a more contemporary cuisine.

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DINING WITH CECILIA

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# *ALEGRIA*







BY CECILIA MENCIA

Chef Patrick Bazin's opening of Alegria on Church Street in Vienna is a story about family love and dietary restrictions. Let's talk about the "love" part, first. Bazin and his wife, Julie, have clearly built family love around their business. His staff is a big extended family, many of them working for him for 15 years. If you haven't heard, they also own and run Alegria's sister restaurant, Bazin's on Church, as well. According to Julie, Mexican is their food of choice at home. Their cooking method comes from the Oaxaca region of Mexico and is considered a more contemporary Mexican style. Everything is fresh starting with the homemade tortillas to the salsas -- "It's simple and complex food with flavor," Bazin says. Back in the early 90's, before Bazin's and Alegria, Bazin worked with celebrity chef, Rick Bayless at Frontera in Chicago and then went onto lead the hot and spicy, Red Sage restaurant in DC. "The journey is the best part of the job," Bazin claims. Frontera is where he cut his teeth learning the nuances and intricacies of Mexican cuisine. Alegria seats about 65 comfortably and is reminiscent of an upscale cantina with exposed brick and an imposing wrought iron chandelier. The centerpiece is the bar with an antiqued mirror and selection of 100 types of tequila. It draws a younger, more boisterous crowd on the weekends with people laughing and sharing plates and tequila. There's outdoor seating overlooking historic Church Street and the servers are extremely attentive about the food coming out ... "pronto!" There's also heating on the patio for those cooler nights. Dietary restrictions became part of the narrative when Patrick learned he was gluten intolerant. He was diagnosed with Celiac disease,

an immune reaction to eating gluten found in wheat, barley and rye. This would definitely change the way one eats, and in his case, how one works. This incentivized him to incorporate some gluten free guidelines to his menu. Alegria's food is 98% gluten free and there's not a speck of flour in the restaurant. They don't use butter, or creams in their dishes, and house corn tortillas are authentically made with masa corn flour (gluten-free). To whet your appetite, empanadas are perfect for a quick appetizer to accompany cocktails, wine or beer. If margaritas are your spirit of choice, they make them fresh with squeezed lime and fresh fruit purees. Crispy Baja fish tacos, fish ala plancha, and queso fundido with melted Chihuahua cheese; rajas, brown onions and fresh warm corn tortillas are essential to the Alegria experience. The tender, sizzling Oaxacan-style carne asada with refried black beans and crispy plantains is a feast that should be paired with a medium-bodied Pinto Noir for the definitive meal. They offer a full line of beautifully selected wines and Bazin was recently awarded the 2013 Wine Spectator Award for Restaurants. On the vegetarian side, there are seven to ten menu choices including the sumptuous, roasted Portobello mushroom taco with Chihuahua cheese, pumpkin seeds and Huitlacoche with mushrooms, brown onions, pasilla chiles and Chihuahua cheese. Finish the dinner off with the classic Mexican dessert (postres) of either corn flan with blueberry-lemon sauce, or tres leches - cake soaked in three types of milks.

**AUTHOR:** Cecilia Mencia is a writer, producer and director. She has written for USA Today online and worked in television feature programming and documentary production for the Learning Channel and WJLA-TV7. She is the mother of two college-aged children and lives in McLean, Va.

# CHILES

('SECA' MEANING DRIED)

## AJI:

mild chile with berry flavors

## ANCHO:

mildly sweet, reminiscent of tamarind and raisin

## DE ARBOL:

slightly acidic and nutty with a smoky grassy flavor

## CASCABEL:

a touch of lightly tart fruit, even a little tamarind

## CATARINA:

thin fleshed chile with a mellow rounded heat

## CHIPOTLE MECO:

slightly more mellow than chipotles but still smoky and subtly sweet with a tobacco toastiness

## CHIPOTLE MORA:

pronounced smokiness with a touch of woody sweetness

## PASILLA, PASILLA NEGRO, OR CHILE NEGRO:

Earthy flavor with subtle fruitiness and a note of licorice

## PASILLA DE OAXACA, PASILLA OAXAQUEÑO, OR CHIPOTLE DE NAVIDAD:

Complex fruity and smoky Mulato (dried ripened poblano): the most intensely fruity of the dried chiles; fleshy, sweet, prune-like

## PUYA:

like smaller, hotter, guajillos



Tuesday nights at Alegria is family night and kids under 10 eat for free between 4:30 and 7pm when accompanied by an adult ordering from the entrée menu. For reservations you can call 703-261-6575. Calls between 9:00 AM and 3:00 PM will roll over to Bazin's on Church Restaurant. Make sure you specify the restaurant. Reservations can also be made on line through City Eats.

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## FRENCH ONION SOUP



BY EXECUTIVE CHEF, JACQUES HAERINGER,  
L'AUBERGE CHEZ FRANÇOIS

2 TBSP BUTTER  
3 CUPS THINLY SLICED ONIONS  
2 TBSP FLOUR  
2 QUARTS FONDS BLANC OR BEEF STOCK  
3/4 TSP SALT  
1/4 TSP FRESHLY GROUND PEPPER  
16 HALF-INCH SLICES FRENCH BREAD  
8 TBSP OF EQUAL PARTS GRATED  
GRUYERE AND PARMESAN CHEESE  
COMBINED

Melt the butter in a heavy saucepan or a Dutch oven. Add the prepared onions and cook slowly, 30 to 40 minutes, over low heat until golden brown, stirring often. When the onions are browned, stir in the flour and the fonds blanc or stock, blending it vigorously with a whisk. Bring the soup to a full boil. Reduce heat and simmer for about 30 minutes. Taste for seasoning and add salt and pepper as needed. Split a loaf of French bread in half, lengthwise, and cut 1/2 inch slices. Place the slices on a baking sheet and brown lightly in a 375°F oven for five to eight minutes. Pour the soup into oven-proof bowls. Cover the surface with the prepared croûtons and top with grated cheese. Use one heaping tablespoon per bowl. Place the filled bowls under the broiler or in a very hot oven to melt and brown the cheese. Serve immediately.





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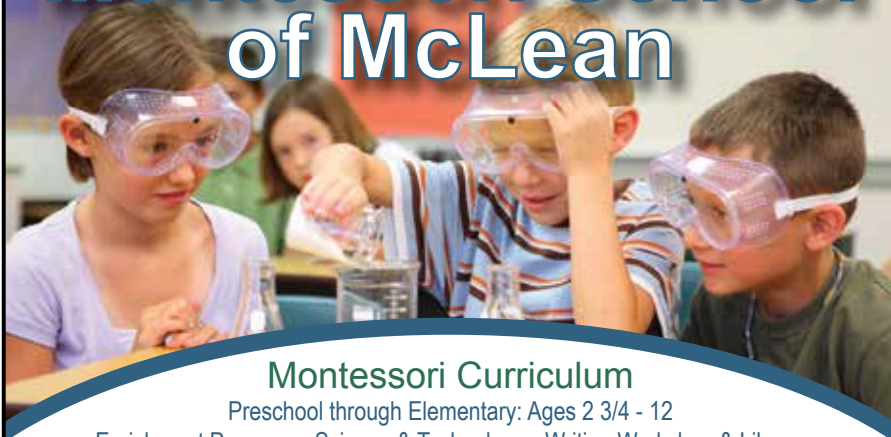
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THE LETTER *from*  
**U.S. SENATOR MARK WARNER**  
ARRIVED *in* JULY:

*Dear Mr. Byrne,*

*I am pleased to extend my warmest congratulations to you upon receiving second place in the Feature Drama category at the 2013 Indie Gathering film festival for "Small Fish Small Pond." The arts play a key role in the innovation and progress our nation makes each year. The talent you have displayed in this competition is truly something to cherish. Your passion for describing the human condition is a quality capable of taking you very far in your journeys and is something that should never be taken for granted. Your strong devotion to film is to be commended. On this important occasion, I am very pleased to join with your family and friends in saluting your accomplishments and wishing you the very best in your future endeavors.*

BY RICK MUNDY

*Sincerely,*  
**Mark Warner**  
*United States Senator*

---

# MARK BYRNE



FILMMAKER  
*of* GENRE-DEFYING FICTION

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## I DON'T WANT TO MAKE IT PREDICTABLE.

---

AS AN INDEPENDENT FILMMAKER,  
HE HAS THAT LIBERTY.

---



*an intoxicating drinking drama  
live as a nobody - die a legend*

### Small Fish Small Pond



ABSURD PRODUCTIONS PICTURES PRESENTS  
BRIAN DEAN PEGGY KEARNS SAM GOODRICH MARK BYRNE  
IN "SMALL FISH SMALL POND" JULIA MORRISSEY  
DONNA BYRNE and BARRY MCEVOY as DUTCH  
WRITTEN AND DIRECTED BY MARK BYRNE  
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**A**CTUALLY THE accolades have been coming to Mark Byrne for four years in a row from this film festival as he previously received First Place for *Taste of Desperation* in the Feature Drama/Crime category and Honorable Mentions for *Forbidden Room* (Suspense/Thriller category) and *Out There* (Horror category).

As wonderful as it is to be recognized by your peers and members of Congress for great achievement, this is not the driving force behind Mark's efforts. As a creative person he is inwardly driven. He recognizes that he is supposed to do this work, he has to do this work, to explore new things, new approaches to the art.

It's about "wanting to improve, to learn – how to achieve a better result or perhaps find a way to save time."

Mark's ability to craft a compelling visual story started early. He demonstrated promise in childhood as he developed vignettes with his Hot Wheels and toy soldiers. He advanced to mimicking movies like *The Hindenburg*. From there it was a short trip to creating films for public access TV. Four guys started with *Monty Python*-style skit comedy for four episodes and went on to do 30 episodes that resembled *Twilight Zone*. Another series entitled *Bombay Door Presents* had a Gothic story line – "Dark Shadows without vampires," says Mark. Fifty episodes running 6 to 25 minutes each were made of which eight were aired. Even in those early years it was clear that Byrne was not happy unless he was exploring many genres.

One of his early films is *Taste of Desperation*, a film noir piece. Film noir has not been done for decades but he had a story in his mind and brought it to life. He was careful to "follow the rules" for that project – no nudity, no lewd speech, shot in black-and-white, etc. However in general, Mark doesn't follow



standard conventions. "I don't want to make it predictable," he says. As an independent filmmaker he has that liberty. Mark is writer, producer, director, sometimes actor, cameraman, and editor for his films.

"About the only thing I don't do is music." This one-man show approach presents both rewards and challenges.

On the one hand, he has complete control. "Somebody has to be in charge," he points out. "I don't waste time debating how things will be done. My approach is to move forward. Let's get out there and do it." On the other hand, time is precious. Mark currently works at a full-time day job, so all of that writing, filming, editing, etc. gets squeezed into evenings and weekends. This means that production of a single feature can drag on, sometimes for years.

Of course another challenge for an indie filmmaker is to become known. Byrne doesn't have the luxury of Hollywood studios doing promotion or the ability to distribute through movie houses nationwide. His company, Absurd Productions Pictures, offers a website at [absurdproductionspictures.com](http://absurdproductionspictures.com). Professionally produced DVD's of his films and trailers are available on the website. Mark founded APP in 2001 to produce genre-defying works of fiction.

Film festivals also help with recognition as his work gets screenings. "I go to a limited number of festivals like the Indie Gathering International Film Festival and Competition in Cleveland. It's a great place to get ideas, do some networking and

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## SOMEBODY HAS TO BE IN CHARGE.

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I DON'T WASTE TIME DEBATING HOW THINGS WILL  
BE DONE. MY APPROACH IS TO MOVE FORWARD.  
LET'S GET OUT THERE AND DO IT.

---

learn of promotion ideas." Cast and crew sometimes attend festivals at the APP booth to promote their brand. See the website for details. How do his film ideas come to fruition? Byrne explained that sometimes he holds on to ideas a long time. "Small Fish Small Pond is a 15-year-old script., for example. I start with a basic idea, and I usually have a sense of the beginning and the end. Then I just have to develop the middle. If I'm planning something like a 90-minute feature I will break it into segments. Of course I can end up hating what I started with but I eventually get it where it should be."

The secret seems to be reworking the material regularly, whether it is the writing or the editing. Then how does he know when it is done? "When nothing in the film bothers me," he says plainly. "You can keep tweaking things forever to make them better, but if it flows the way I want it to, I'm finished."

What does the future hold for Mark Byrne? "I want to focus on more feature-length films and possibly get bigger. I am talking to two B actors in the area about work on new projects. (Actors of note from his completed films include Conrad Brooks who acted with Bela Lugosi and starred in Plan 9 from Outer Space as well as Irish actor Barry McAvoy (An Everlasting Piece)). I

also have the opportunity to add new filming locations in New York and Ohio. And I will continue to try to get the films distributed in art houses which support the indie filmmakers."

Another new and exciting venture for Mark is offering his services for documentaries and corporate videos. He is currently working on a documentary entitled Food+Connect about nutrition, where the viewer will visit the farm, see the food being harvested, cooked and served, all from the perspective of a nutritionist/organic farmer.

"My ability to work on different film projects and in different genres is the creative outlet that keeps me sane," Mark explains. "It is a great way to focus myself and never be bored. I don't want it to be too easy because I like the constant challenge. And since I'm independent, I can cater to the art. I don't have to give in to another's opinion or pay attention to what's trending."

Mark's favorite movie? *Touch of Evil*. I think it was Orson Welles' last film. Of course it's not fair to compare films from different eras, so best film of the 70s/80s would have to be *Alien*. Post-80s? The Big Lebowski, which is the *Citizen Kane* of its generation, or possibly *Glengarry Glen Ross*.

Favorite Director: "Orson Welles, but for the modern era, Martin Scorsese.

Mark Byrne can be reached at [absurdproductions@verizon.net](mailto:absurdproductions@verizon.net) or by phone at 703 220 7766.

---

## MY ABILITY TO WORK ON DIFFERENT

FILM PROJECTS AND IN DIFFERENT GENRES  
IS THE CREATIVE OUTLET THAT KEEPS ME SANE.

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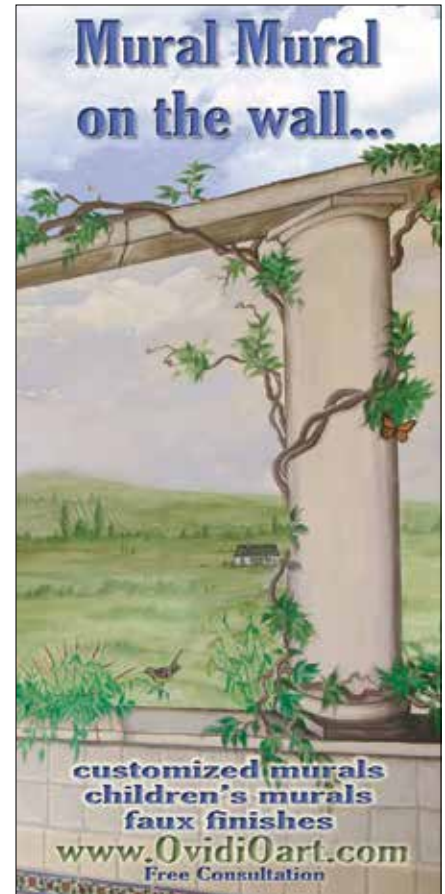
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# GET FIT NOW!

BY CINDY PAVELL

## KNOWLEDGE IS VALUABLE

BUT IT DOES NOT SEEM TO BE THE CATALYST TO  
GET PEOPLE TO EXERCISE REGULARLY.

If you are reading this article, then you are ready to move! “GET FIT NOW” - New Obtainable Willingness. In this article I want to appeal to those of you who want to exercise regularly but have not yet been able to do so. There is an infinite amount of information about how to “get fit” - what type of exercise to do, for how long, and how often. The American College of Sports Medicine (ACSM), the American Heart Association (AHA), and the Center for Disease Control (CDC) are reliable sources for you to attain guidelines for exercise. However, in my 25 years of experience in the fitness industry I have witnessed that, in most cases, it does not matter how much someone knows or learns about exercise. Knowledge is valuable but it does not seem to be the catalyst to get people to exercise regularly. What does? Huge question. There are different answers for different people. One of the common ingredients for success is willingness.

How does one obtain this willingness? Emotional pain may be the

driving force initially. A person wants to feel better in their body, wants to move better, and like how they look. However, living in the now, just in this moment, is a crucial component for attaining and maintaining willingness. Really living in the now. Instead of making an elaborate fitness plan, apply the principle of willingness. It may be as basic as being willing to be willing. Whenever embarking on improving your health, there has to be a willingness to try something new.

Some of you may be thinking,

“I have been fit before. I used to be in good shape. I know what I need to do.” I am going to challenge this thinking by saying, “If what you did in the past really worked you would still be doing it.” I realize there may be all kinds of rebuttals to this statement. Just take a moment. Consider the following thoughts instead:

1. I am willing, just in this moment, to walk an extra 10 minutes.
2. I am willing, just for today, to add vegetables to my lunch.
3. I am willing to be willing to give my new habits some time to become permanent.
4. I am willing, just for today, to put my health first.
5. I am willing to seek and ask for help.
6. The choice I make in this moment affects my future health and fitness.
7. Just for today, I care about myself enough to become willing to do whatever it takes to change.

This may be a long process...to become willing. Start with this moment. Today. Just today. Take note how you feel about yourself tomorrow morning knowing you were willing today to take one step to take better care of your health for you, and for those you care about. Even if you feel just a slim hair better, it can increase your willingness to “do the do” for another day. Yes, action does have to follow willingness to make progress. But keep in mind that willingness has an openness quality to it which enables something new to happen. My exercise habits had to feel open to me open enough to evolve and change open to listening to how my body is feeling and responding open to new information open to support from others.

I let go of sugar and white starches over 16 months ago. They were enslaving me and ruling my life. Truly. By staying in the moment, in the day, and being willing to do just those two things, I was able and have been able to live free from a debilitating addiction to sugar. When I see my favorite chocolate candy (which is everywhere), I am willing to think it through, remind myself how terrific I feel and look, how much my life has changed for the better since letting it go and I am willing to walk away just in that moment just in this day. I am willing to miss it, to be emotionally uncomfortable without reaching for it (this is a miracle!) to take a walk instead. I am not “on the wagon” or “white-knuckling” it I am relaxed and at ease. I am willing to live in this moment, in this day, so that I am able to be present, really present, for me and for my life. Willingness is obtainable; it is within your reach, right here, right now!!



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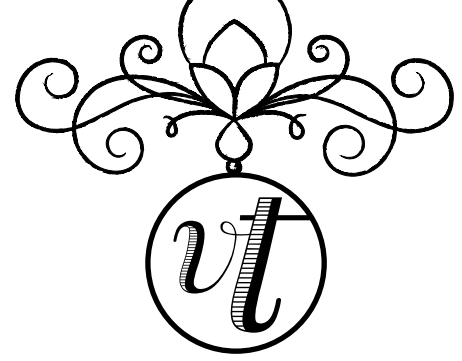
Visit Our Showroom:

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# HOLIDAY GUIDE

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CELEBRATE THE 2013 HOLIDAY SEASON

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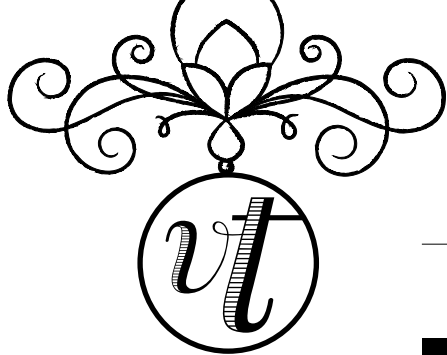
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# THE HOLIDAY

HOLIDAY GIFTS FROM OUR AREA'S TOP LOCAL VENDORS IN TYSON'S



## JOEY HAVLOCK WINE BOTTLES

Joey has created a series of art involving wine bottles and is using Oakton Wine Shop as part of his display studio. He is rotating these beautiful bottles on a weekly basis, so make sure you stop by each week to see different bottles or contact Joey directly to order a bottle or commission him to create a unique design for you.

### Oakton Wine Shop

2952-A Chain Bridge Road | Oakton, VA 22124  
703.255.5425 | oaktonwineshop.com



## COCOA VIENNA CHOCOLATES

Let Cocoa Vienna help you with your Holiday gift giving this season. They offer a large selection of hand dipped truffles and ganaches, personalized gift baskets and custom corporate logos and boxes. Come on in to "your" hometown chocolate shop.

### Cocoa Vienna

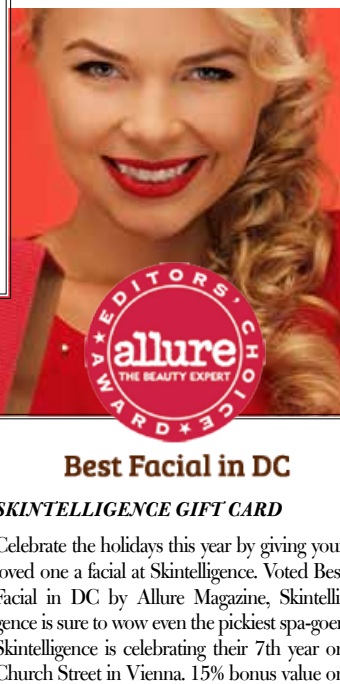
120 Church Street, NE Suite 100 | Vienna, Virginia 22180  
703.865.8881 | cocoaavienna.com/

## CUSTOM JEWELRY

"If you can dream it, we can create it," says Rachelle Barimany of Dominion Jewelers. Creating unique and one of a kind masterpieces since 1984, Dominion Jewelers also has a wide selection of ready-to-wear treasures on display in their new and expanded Falls Church showroom.

### Dominion Jewelers

917 West Broad St. | Falls Church, VA 22046  
703.237.3737 | dominionjewelers.com



## Best Facial in DC

### SKINTELLIGENCE GIFT CARD

Celebrate the holidays this year by giving your loved one a facial at Skintelligence. Voted Best Facial in DC by Allure Magazine, Skintelligence is sure to wow even the pickiest spa-goer. Skintelligence is celebrating their 7th year on Church Street in Vienna. 15% bonus value on all gift certificates over \$100.00.

### Skintelligence

421 Church Street, Suite A | Vienna, Va 22180  
703.255.7237 | skintelligencepartners.com

## SAHARA DATE CO. GIFT BASKET

Sahara Date Company was founded by two cousins—Maile Ramzi and Jean Houpert—with the simple goal of bringing the highest-quality, most delectable Saudi dates to the United States. Surprise your family and friends with these delectable treats.

### Sahara Date Company

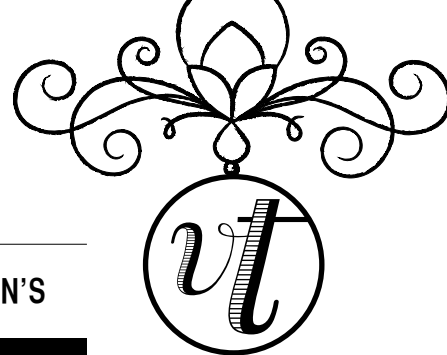
8456A Tyco Road | Vienna, VA 22182  
703.745.7463 | saharadate.com





# GIFT GUIDE

HOLIDAY GIFTS FROM OUR AREA'S TOP LOCAL VENDORS IN TYSON'S

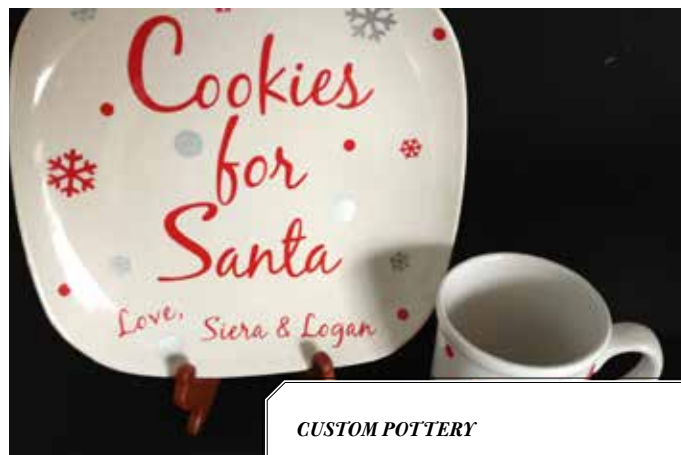


## GOLF GEAR AT GOLFDOM

Game On! From Golfdom in Tysons - Bobby Grace AMG 18 Blade Putter - \$245.00. Taylor Made SLDR Driver - \$399.00. Seamus Tartan Headcover - \$65.00. Polo 1/4 zip Merino wool sweater - \$175.00. Tin Cup Golf Ball Imprinter - \$19.00. Nivo Ladies Jacket - \$150.00. Lambda Imperia Leather Shoes - \$349.00.

### Golfdom

8203 Watson St McLean, VA 22102  
703.790.8844 | golfdomgolf.com



## CUSTOM POTTERY

"Fond memories passed down generations - Art becomes heritage and handmade crafts faded and chipped become our most precious heirlooms." At Kiln & Co., we promise you our pieces will bring new meaning to the ART of gift giving. Make your own or Paint your own pottery or if you are pressed for time, place a custom order designed just for you.

### Kiln & Co.

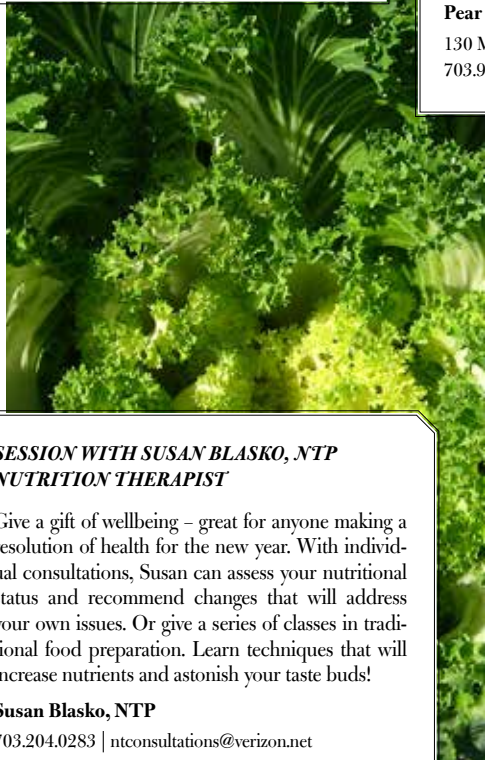
132 Church St NW Vienna, VA 22180  
703.674.7607 | kilnandco.com

## CHIC BRACELETS & ACCESSORIES

Stop by Pear Tree Cottage for antique, vintage and chic elements for home, garden, and gifts. The store is located in a charming historic home built in 1917 that graced the town's main dirt road which ran through the middle of Vienna.

### Pear Tree Cottage

130 Maple Ave E Vienna, VA 22180  
703.938.1331 | thepeartrecottage.com



## SESSION WITH SUSAN BLASKO, NTP NUTRITION THERAPIST

Give a gift of wellbeing - great for anyone making a resolution of health for the new year. With individual consultations, Susan can assess your nutritional status and recommend changes that will address your own issues. Or give a series of classes in traditional food preparation. Learn techniques that will increase nutrients and astonish your taste buds!

### Susan Blasko, NTP

703.204.0283 | ntconsultations@verizon.net

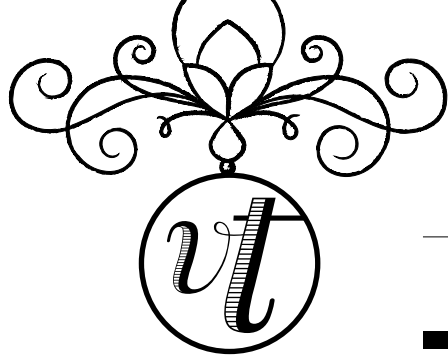


## WHOLE FOODS GIFT CARD

This gift idea is useful to absolutely everyone and will never go to waste. Even the most practical person will enjoy receiving a gift card to cover their month's groceries. Know a recent college graduate or a young adult who has just moved out? This is also great for anyone just getting started.

### Whole Foods, Vienna

143 Maple Ave E Vienna, VA 22180  
703.319.2000 | wholefoodsmarket.com



# GIFT GUIDE

HOLIDAY GIFTS FROM OUR AREA'S TOP LOCAL VENDORS IN TYSON'S



## ANTIQUES

Know someone who loves everything vintage? You might find antique keys turned into a necklace, old door knobs turned into beautiful coats rack, windows that are message boards and lamps made out of violins or tea cups. It is like a pinterest page that you can actually go to and purchase things. Great for anyone who loves anything totally unique!

### Church Street Antiques

131 Church Street NW Ste 2 | Vienna VA 22180  
703.268.5425



## SESSION WITH MARIA C. SCHWAB, NUTRITION THERAPIST

Nutrifairy presents gift giving ideas this Holiday season. Something for everybody. Whether you take a night off from cooking dinner for the family or need a little help, navigating real food. Let her help you with up to date nutritional counseling, no institutional advice here.

### Maria C. Schwab

703.606.7310 | maria@nutrifairy.com

## JEWELRY FROM ACHIKIAN GOLDSMITHS

Let Achikian help you design a piece of jewelry for yourself or someone special to match your taste and budget. Their workmanship will exceed your expectations and as always, estimates are free.

### Achikian Goldsmiths

132 Church Street NW | Vienna, VA 22180  
703.255.2255 | achikian.com



## SESSION WITH CAROLINE HESSE, BA, NTP, RYT 200, INNATE WELL BEING, LLC

Give the gift of good nutrition and vitality-innate Well Being offers nutrition and wellness sessions for that special person looking for a boost in vitality and energy. Caroline provides nutrition counseling for individuals and groups of all ages.

### Caroline Hesse

InnateWellBeing.com  
703.870.4280

## BIKES@VIENNA GIFT CARD

Bikes@Vienna repairs single bikes, tandems, recumbents, and trailers. They want people to use a bike to have fun, to exercise for good health, to save money, and to protect the environment. Their bike shop offers high-quality cycling products and service, but what we really promote are values.

### Bikes at Vienna

128 Church St NW | Vienna, VA 22180  
703.938.8900





# CANDY CANE SCHNAPPS MINT FLOAT



24 OUNCES HOT CHOCOLATE  
4 OUNCES PEPPERMINT SCHNAPPS  
OR ½ TEASPOON PEPPERMINT  
EXTRACT  
16 OUNCES MINT CHIP ICE CREAM  
WHIPPED CREAM OR TOPPING SUCH  
AS COOL WHIP  
1 CANDY CANE, CRUSHED  
4 COFFEE MUGS

Need a new drink for your holiday parties? Try this for a trendy spin on a float original. Remove liqueur for all of your underage guests! Pour 6 ounces of hot chocolate and 1 ounce of liqueur or 1/8 teaspoon of extract into each coffee mug. Top each with scoop of ice cream. Garnish with a dollop of whipped cream and sprinkle with crushed candy cane.



## Join us for our *Annual Holiday Open House* *Friday, December 6, 2013*

*10 am - 8 pm*

*Refreshments, Door Prizes, and Spectacular Savings!*

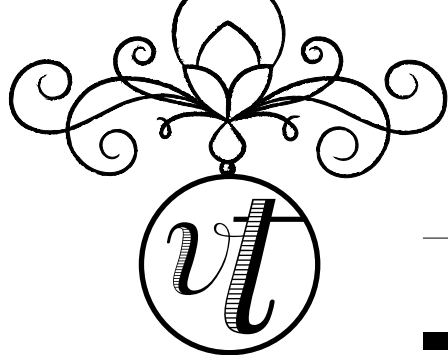


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# GIFT GUIDE

HOLIDAY GIFTS FROM OUR AREA'S TOP LOCAL VENDORS IN TYSON'S



## THE CLOCK SHOP CLOCK

Gifts to last a life time. Made in the Black Forest of Germany, a region renowned for their high quality wood carvings. Winds once a week, people on seesaw swing, water wheel turns, people dance and bird "coos." Wonderful addition to any home.

### The Clock Shop

109 Church St NW | Vienna, VA 22180  
703.938.3990



## WASHINGTON MONUMENT FLASKS

Bottoms up! This gift is perfect for anyone who loves DC, art, and drinking. The Artful Gift Shop has beautifully painted hip flasks with a variety of original Washington Monument paintings by Liz Hutcheson of Fast Snail! \$20/each.

### The Artful Gift Shop

145 Church St NW | Vienna, VA 22180  
703.242.1220

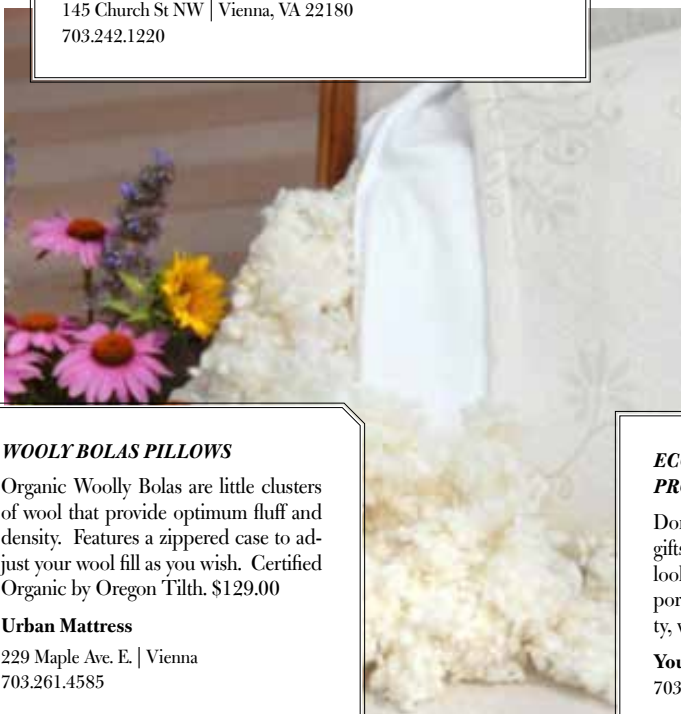


## JEWELRY FROM PRINCESS JEWELERS

Celebrate the season and give her Brilliant Diamond Studs from Princess Jewelers- Great selections starting at \$595.00

### Princess Jewelers

529 Maple Ave, West | Vienna, VA 22180  
703.255.5050 | princessjeweler.com



## WOOLLY BOLAS PILLOWS

Organic Woolly Bolas are little clusters of wool that provide optimum fluff and density. Features a zippered case to adjust your wool fill as you wish. Certified Organic by Oregon Tilth. \$129.00

### Urban Mattress

229 Maple Ave. E. | Vienna  
703.261.4585



## ECO-FRIENDLY NUTRITIONAL PRODUCTS

Don't underestimate the power of healthy gifts. Show your friends and family who are looking to make life changes that you support them by eco-friendly and healthy beauty, weight, and nutritional products.

### YouPurify

703.951.7721 | youpurify.com



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ARTS COUNCIL OF FAIRFAX COUNTY  
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**2013 ARTS AWARDS**

Celebrating Visionary Contributions in Fairfax County

## Congratulations to the 2013 Arts Awards Winners.

The Fairfax County Economic Development Authority was awarded with the Jinx Hazel Arts Citizen of the Year Award; the Arts Achievement Award was presented to Ms. Kathryn Fredgren; the Emerging Arts Award to Riverbend Opera Company; and the Arts Philanthropy Award to CityLine Partners, LLC.

Ewer Form #7 Raku Vessel by Dale Marhanka.

# CHANGE FOR A DOLLAR

A COMMUNITY PARTNERSHIP

Whole Foods Market and VivaTysons Magazine are both committed to supporting the community we serve. As such, we are introducing Change for a Dollar, a community partnership we hope will have a positive impact on our area's community non-profit organizations.

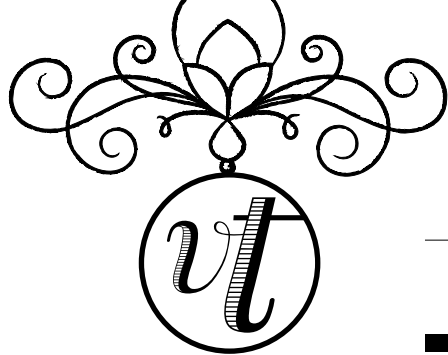
100% of the proceeds from Change for a Dollar will be donated to local charities. We appreciate your support and participation!

Visit Whole Foods in Vienna to learn more.



**WHOLE FOODS MARKET**  
Vienna

**VivaTysons**  
MAGAZINE



# FASHION

## DRESSY & CASUAL LOOKS FOR THE 2013 HOLIDAY SEASON



BY LAUREN SIMMONS

### THE DRESSY LOOK

1/ Charlotte Olympia Pandora Perspex Clutch ([net-a-porter.com](http://net-a-porter.com)) 2/ Trish McEvoy Portable Beauty Collection Rose ([trishmcevoy.com](http://trishmcevoy.com)) 3/ David Yurman Labyrinth Link Drop Earrings ([neimanmarcus.com](http://neimanmarcus.com)) 4/ Gucci Lili Metallic Leather Pump ([gucci.com](http://gucci.com)) 5/ Lulu Frost Solar Bracelet ([jcrew.com](http://jcrew.com)) 6/ Lela Rose Sateen Embroidered-Neck Dress ([neimanmarcus.com](http://neimanmarcus.com))

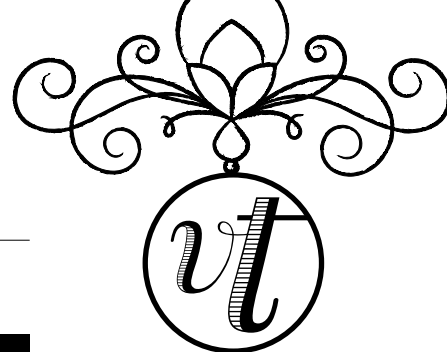
### THE CASUAL LOOK

1/ Asymmetric Two-Tone Coat ([vince.com](http://vince.com)) 2/ Status Anxiety Destructive Romance Small Saddle Bag ([urbanoutfitters.com](http://urbanoutfitters.com)) 3/ Cannes Velvet Smoking Loafers ([anthropologie.com](http://anthropologie.com)) 4/ Bobbi Brown Everyday Pretty Lip & Eye Palette ([macys.com](http://macys.com)) 5/ Cartier 18k Love Bracelet ([cartier.com](http://cartier.com)) 6/ Prada Cavallino Large Twin Pocket Zip Tote ([saks.com](http://saks.com))





# GADGETS



GADGETS, GIZMOS, AND GOODIES TO STUFF YOUR STOCKINGS

BY LAUREN SIMMONS

## 1/ KNIFE MAGNETS AND HOOKS

**tc-studio.com**

These great knives are great magnets for the kitchen – looks like you got a bit angry and threw one at the fridge.

## 2/ IHANG NECKLACE

**ihangy.com**

This necklace securely clips into your iPhone or iPod so you can have it handy. It's perfect when you are running out and don't want to bring more than your phone.

## 3/ MICRO SCOOTER LUGGAGE

**kickboardusa.com/kick-luggage**

Hand luggage you can ride to the gate in the airport. It's security compliant and you can cut time getting to and from gate in half.

## 4/ TEAPOT COIN BANK

**mollaspace.com**

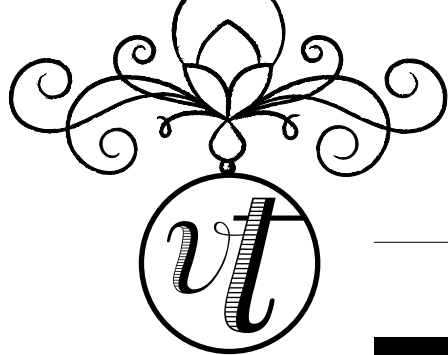
With this teapot coin bank, just stick your coins inside and pour them out when you need extra change. Simple functionality to go with its clean looks.

## 5/ GOHOOK

**fusionbrands.com**

The universal go anywhere hook you never knew you needed until you use it. It's a clever and useful tool designed to hold essential go-to items.





# PETS



## TREATS, TIPS, AND HOLIDAY TRICKS FOR YOUR FURRY FRIENDS

### *PUMPKIN, PEANUT BUTTER, & BACON DOG COOKIES*



YIELDS: 5 DOZEN SMALL BISCUITS

TIME TO PREPARE: 1 HOUR

1 1/4 CUPS PUREED PUMPKIN  
3 TABLESPOONS PEANUT BUTTER  
(NO SUGAR ADDED)

1 EGG

4 PIECES BACON, COOKED AND  
CHOPPED OR CRUMBLed

1/4 TEASPOON SALT

1/4 TEASPOON CINNAMON

1 1/2 CUP WHOLE WHEAT FLOUR

Preheat the oven to 325. Line a baking sheet with parchment paper. Whisk together the pumpkin, peanut butter, egg, salt, and cinnamon. Add in the flour and stir with a wooden spoon until a rough dough forms. Knead the dough on a floured work surface until thoroughly combined. Roll out to 1/3 in thickness. Cut into small biscuit size with a cookie cutter or pizza cutter. Make cute little paw prints with your index finger and the top of a pen cap if you like. Bake 30 minutes, then turn off the oven and leave in the oven for another 15 minutes or so, until biscuits are dry.

Recipe courtesy [seattlepalate.com](http://seattlepalate.com)



### *TURKEY CRANBERRY DOG BONES*

3-1/2 CUPS FLOUR

1 TABLESPOON BAKING POWDER

1 EGG

1 CUP TURKEY, COOKED AND CHOPPED

1/2 CUP WATER OR BROTH AS NEEDED

1 CUP WHOLE CRANBERRIES



Preheat oven to 350 degrees. Grease two cookies sheets, or line with parchment paper. Mix flour and baking powder in a large mixing bowl. In a blender or food processor, whirl together the egg and turkey. Add water or broth to achieve baby food consistency. Add cranberries and mix until you achieve smoothie texture. Pour mixture into dry ingredient bowl and stir. Turn dough out onto floured surface and knead for a few minutes. Roll the dough out, cut with bone shaped cookie cutters, and transfer to cookie sheet. Bake for 25 minutes. Remove from oven and transfer to a cooling rack. Store leftovers in an airtight container, unless your dog gobbles them all up!

Photo courtesy [allrecipes.com](http://allrecipes.com)



## HOLIDAY PET SAFETY: THE DOS & DON'TS

Being prepared is the best way to keep your furry friend safe this holiday season. Most veterinarians are closed on holidays; know where your nearest 24-hour emergency center is. Traditional holiday foods are usually a big no-no. Foods like alcohol, coffee, chocolate, raisins, onions, cooked poultry bones, and fatty foods like turkey skin can trigger a case of pancreatitis, damage your pet's nervous system, or cause kidney failure. Cats and Christmas trees are a notorious combination. Avoid décor heartbreak and unplanned

vet visits by anchoring your tree securely, avoiding breakable ornaments, and saying no to tinsel.

Deter chewing by treating cords with bitter apple or chew stop. Pine needles are toxic for kitties, so vacuum frequently or get thee to the fake tree department. In fact, with most decorative plants, it's best to go faux or none at all. Poinsettias cause digestive upset, while mistletoe, holly, amaryllis, and ivy are all toxic. Wishing you and your pets safe and happy holidays!





# SAVORY SATURDAY



Join us every Saturday for a  
**STOREWIDE SAMPLING  
EXTRAVAGANZA!**

**2 to 4 PM • Only at Whole Foods Market\* Vienna!**

## THE PERFECT CROWN ROYAL MANHATTAN

1 ½ OUNCES OF CROWN ROYAL  
2 TEASPOONS OF DRY VERMOUTH  
2 TEASPOONS OF SWEET VERMOUTH

The perfect drink for your holiday guests. Compliments of David Payne, JR's Stockyards Inn. Shake above ingredients with ice until chilled. Strain and serve in chilled tall "up glass" and add a cherry. Enjoy!



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# — LA — SICILIA RUSTICA

BY ALLISON CHASE SUTHERLAND

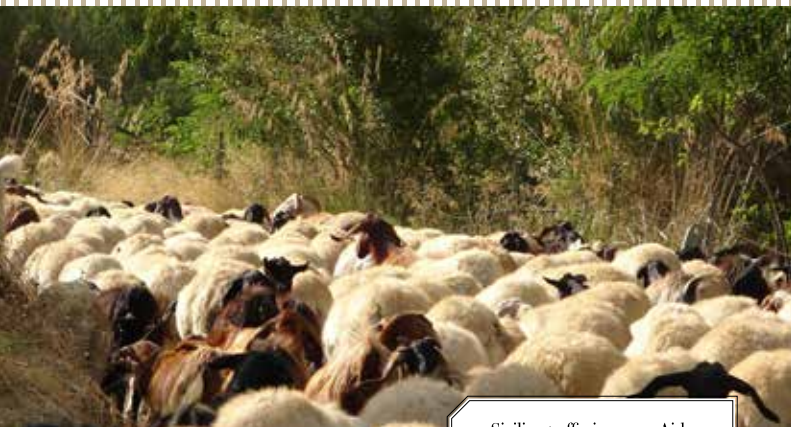




**A**S WE EXPLORE THE LIFE OF DISTANT CIVILIZATIONS, WE SEE HOW LITTLE has changed since ancient times. The Sicilians are reminded of their link to antiquity whenever they find ancient bronze coins turned green in the living earth of their fresh and fragrant peach orchards, or when a shepherd looks over his flock past fields of yellow flowers to a Greek temple on a promontory overlooking the valley. Perhaps with us it is a study of archaeology which brings us closer to this realization. Archaeology is to breathe the life back into a bygone era. Classical archaeology tells of an ancient Greek civilization in central Sicily dating back to the 5th century B.C., which came to be known as Morgantina. The story of my adventure many years ago is that of both ancient history and modern history, the life in Sicily on an archaeological dig.

I had traveled to Sicily before, to the beautiful Greek Theatre of Taormina, overlooking the cool blue-green Ionian Sea, calm until the late afternoon when the hot winds from Africa picked up and moved the gently lapping water into stronger waves. And to Siracusa, the leading city in Ancient Sicily, with many of the treasures of Morgantina in its Archaeological Museum, along the coast to the Valley of the Temples of Agrigento, the imposing Greek temples at Selinunte and Segesta, and to see some of the finest Roman mosaics of the ancient world at Piazza Armerina, where they had bikinis even in antiquity.

Henry James said, "Yet a Roman wall in the springtime is for that matter almost as interesting as anything it conceals. Crumbling grain by grain, colored and mottled to a hundred tones by sun and storm, with its rugged structure of brick extruding through its coarse complexion of peeling stucco, its creeping lace-work of wandering ivy starred with miniature violets, and its wild fringe of stouter—it is as little as possible a blank partition; it is practically a luxury of landscape."



Sicilian traffic jam near Aidone

During that summer so many years ago, on the plane from Rome to Catania, fate would have it that I would meet Rosa, visiting her "nonni, cugini, nipotini" in the town of Mirabella Imbaccari. I asked Rosa's Uncle Dino if he could recommend a nice hotel. He said, "You don't go to no hotel. You come stay with me. And with that, he tossed my bags in the back, and we were off, tearing through those Sicilian roads at what I initially thought was 100 m.p.h., until I realized we were in kilometers, still quite treacherous through the countryside on the way to Mirabella Imbaccari. We of course stopped for gelato and refreschi along the way.

**E**VERYONE WAS GATHERED TO MEET US and they all kissed Rosa, and they all kissed me. Then they asked, "Who is this?" or "Ma chi è chishtu?" and they said "Rosa's friend," "l'amica di Rosa", and they all kissed me again. Rosa's friend. I don't think I needed a name. But the name I came to be known by was "Alice." D.H. Lawrence wrote, "The Sicilians are even more wildly exuberant... and all over one another than the Neapolitans. They never leave off being amorously friendly with almost everybody, emitting a relentless physical familiarity that is quite bewildering to one not brought up near a volcano."

Then Zia Maria Grazia brought us to the kitchen, sat us down with two steaming plates of spaghetti with a nice marinara, a bowl of freshly grated Pecorino Siciliano from the local sheep, some fresh Italian baked bread, and a bottle of local Sicilian red wine. "Mangia," she said, and she closed the folding doors and left as quickly as we had entered, leaving us to our meal, one of the most important facets of Italian life, in ancient times and in modern times. Soon I was to learn that once again I had stumbled so closely onto the site of Morgantina, for Mirabella Imbaccari was one of the closest towns to Aidone, the "modern" town of the expedition. So after a week of Sicilian life in the paese of Mirabella Imbaccari, I traveled the final leg of my journey – to Aidone.

The expedition consisted of classical archaeologists, architects, classics and history students -- Swedes, Italians, British, and Americans. We rose with the roosters of the town of Aidone, the highest elevation in Sicily, with views of Etna, the home of Hephaestus, Greek god of the Forge. D.H. Lawrence on Etna. "Here in Sicily it is so pleasant: the sunny Ionian Sea, the

changing jewel of Calabria, like a fire-opal moved in the light; then Etna, resting her thick white snow under heaven. They called her the Pillar of Heaven, the Greeks. Greek Naxos deep under dark-leaved, many-fruited lemon groves. Etna of the snow and secret changing winds, slowly, slowly rolling her orange smoke and giving sometimes a breath of rose-red flame, this Etna! with her strange winds prowling round her like Circe's panthers, some black, some white. This timeless Grecian Etna. Not many men can really stand her, without losing their souls. How many men, how many races, has Etna put to flight? It was she who broke the quick of the Greek soul. And after the Greeks, she gave the Romans, the Normans, the Arabs, the Spaniards, the French, the Italians, even the English, she gave them all their inspired hour and broke their souls."

**I**N THE STILL COOL MORNING HOURS, WE LEFT the school in our vans of big picks, or "picconi," buckets, shovels, and little brushes, over the steep terrain of rural Sicily to the site of Morgantina. At the entrance to the site was the Gymnasium, where we ate lunch under the tall cypress trees each day, not far from the Fountain House. The ancients settled in the Cittadella, which we called the Mortacittadella, after all the Mortadella we ate at lunch there, and they were surrounded by wheat in the Gornalunga Valley, occupied by Sikel farmers. We had our much-needed water breaks in the morning after the local farmer outside the gate had led his sheep to the fountain, the bells on their necks clanging in the morning air, and again in the afternoon, when the scirocco, the hot winds from Africa, stirred the hot dust of the dig. We could bathe our arms in the water, this "acqua fresca", that we collected from the natural spring to relieve the sometimes 120° heat of the Sicilian sun. The days reached into the hundreds, and the sun parched our throats, our skin, and the cracked earth we broke with our pickaxes. We could drink gallons, or liters, of water, and never need to take a break. The much-anticipated biscotti Atene, delicious, mouth-watering Italian cookies, taste freshly baked when set out on a hot rock for a few hours.

During the weekend, we could quench this thirst with icy lemon granita in the piazza of the town, or of course, some gelato limone. We continued to the Southwest Agora, which we had cleared of ten foot tall grass and weeds with old sickles, and suddenly we smelled the aroma of wild anise, or finocchio, which so nicely compliments Italian cooking. We passed the central marketplace, the only "agora" in Sicily, with its Macellum, or meat market, past the Theatre, to the Ekklesiasterion, where the orators' voices once broke the silence, where we sat on the stone steps of an afternoon and heard our first introduction to Morgantina. To find the expedition, we were instructed to "Look for the signpost or ask for the Scavi Americani.



**I**N THE AFTERNOON, WHEN THE SUN WAS getting low, we loaded up the vans with our pottery buckets, separated by stratigraphy layers, and the picks and shovels, and returned to Aidone, as the countryside was bathed in the warm afternoon light. We washed the pottery shards and roof-tiles in the courtyard of the Medieval monastery that became the Archaeological Museum of Aidone. By early evening, the winds of the Scirocco and the shadow of the courtyard lent a chilly briskness to our outdoor "shower." The ragazzini, the little children of Aidone, playing on the hills above, would try to get a peek at us, the Americani, and Carolina, our cook, would run after them shouting, "Via!!" She told us one day that they did that when they were children, for the excavations started in 1955.

In the evening, assembled at a long checkered table in the courtyard of the elementary school, we'd hear of archaeological finds, a silver Hispanorum coin, a lantern, a piece of Siculo-Geometric pottery with Doric dialect, terra cotta figurines, discoveries of new parts of the city wall, a new gate. But many days, there was not much to report. Yellow dirt, red dirt, brown dirt, roof-tiles, rocks. We would drink label-less bottles of the local red wine, and our little cook Carolina would wheel out a cart with freshly baked bread and pasta and those fresh peaches picked just beyond the town. After dinner, we'd retreat to read, draw up plans or calculate elevations, or to join the Siciliani, the Sicilians, in their evening walk on the main street of the town, the famed "passeggiata," where the ragazze and the ragazzi flirted, and everyone was positive that I, at a towering 5'5", was a tall, blonde, German. The grandfathers met up with their childhood friends, and often retired early to the piazza, or town square, similar to the ancient Greek agora.

This was a society regimented by the land, in ancient times and in modern times. One lived off what was produced by the land, and one ate what grew during that season -- the almonds, the olives, the peaches, the lemons, the blood oranges. One slept when it was too hot to work, and one worked when it was not time to eat. Great similarities remained between ancient values and those of modern times. There was a fervent piety for the gods, particularly those of agriculture, hence the sanctuaries to Persephone and Demeter. Today, in August, there are Catholic processions and festivals almost every day in paesi all over Sicily. Just beyond the Southwest Agora stood a Medieval farmhouse which

had withstood the test of time, and we spent many an hour hauling the very rocks of its Medieval sheepfolds. Back in Aidone, similarly constructed walls of rocks housed the many sheep that still inhabit the island and produce the deliciously biting Pecorino Siciliano and other varieties of cheese that have been produced for centuries. Strolling through the "modern" town of Aidone, one could spy the same sort of curved terra cotta roof tiles we excavated. The kilns which fired the terra cottas of Morgantina were fueled by the same fire that cooked the thick Sicilian pizzas in the outdoor "forno" or oven at the home of my Sicilian friends. We delighted in this delicacy covered with anchovies, peas, hard-boiled eggs, and a little tiny bit of cheese for me.



Working so closely with Classical Archaeology, we left Morgantina with an understanding and appreciation of the past we had not known before, and when I left, I felt I had lost something I could not identify, like the knowledge of the past that is sometimes forgotten like a faint and distant memory. In the 5<sup>th</sup> century B.C., Pericles said, "Future ages will wonder at us, as the present age wonders at us now." When my thoughts would wander to Italy and to Sicily, I felt the warmth of their smiles of imperfect teeth, and the fire of their sun, and

I felt the cool water of the running fountain trickle down my throat. The spices of that land were in the air, the basil and the anise. And I could hear the clanging of the pots of macaroni, and the skillet of olive oil and garlic and tomato, and I could hear them singing, like the barbers singing and playing harmonica by candlelight.

**W**HEN HENRY JAMES FIRST WENT to Italy, in 1869, he wrote home to his brother William: "At last - for the first time - I live!" and "Fifty swallowed palmfuls of the Fountain of Trevi couldn't make us more ardently sure that we shall at any cost come back." My first summer in Sicily, they had me put dirt in my shoes and I returned within a year. Italy tugged at my heart and forced me to remember her people, and her olive groves, her craggy cliffs, and timelessness. And I will go back there. With hopes that one day we all meet again, the archaeologists, architects, and students of Morgantina, whether to drink a glass of local red wine at a long checkered table in a quaint grade-school courtyard, or on a hot summer day at Morgantina. 🍷

**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)



# JOHN TATE

BY RICK MUNDY

## KEEPING *his* IDEALS VIVID

**A**SK JOHN TATE FOR HIS definition of an atheist and he will quip that it is a person with “no invisible means of support.” “Everybody needs some invisible means of support, adds John. “People with holy habits tend to live more fruitful and meaningful lives.” Yet Tate’s work has been a visible means of support for those to whom he has ministered over his long career.

John Tate, 81, was a P.K. (preacher’s kid) born in Athens, Georgia and graduating from Marietta High School. A track star, (he was inducted into the Marietta Athletic Hall of Fame both as an individual and as a part of the 1948 state champion track team), he went on to Duke University on a track scholarship, graduating in 1954. He graduated from Temple University School of Theology in 1957 and later earned his doctorate from Wesley Seminary. “I knew from the time I was about 13 that I would be a preacher like my father. He met his wife, Barbara, while they were at Duke where they both sang

in the chapel choir. She is a seventh generation Washington, DC native, and today they live in the house her father built on her grandfather’s land. They have four children and nine grandchildren. Two children are Methodist preachers, one of the girls married a Methodist preacher and the fourth became a lawyer. “We don’t know what happened to him,” John jokes.

From 1957 until 1999 Tate served in Methodist churches throughout Virginia. He also served as director of the Youth and Mission conference of the Southeastern Jurisdiction of the Methodist Church, where Barbara assisted as co-director. “We taught the kids about mission efforts and exposed kids to “real live” missionaries from areas like Cambodia and Africa. Traveling with a Rhodesian missionary in Cherokee, NC one time, the group stopped at the Tom Tom Restaurant which refused service to the missionary. The conference demonstrated in front of the café, but the only newspaper that carried the story was the New Delhi (India) Times.

“We expected our pictures in the New York Times,” says Tate.

During his pastoral tenure John also worked with recovering alcoholics. Every Thursday for eight years (1974-1981) he spoke on “Recovery and Spirituality.” “We have to approach alcoholism as a holistic disease affecting the mind, body, and spirit,” John points out. “Until the alcoholic gets balance, they can’t really recover.”

John recalls a particularly exciting time when he was asked to speak at his older son’s Mount Vernon High School’s baccalaureate service held at the National Cathedral. Although he is no stranger to speaking before large crowds, as he approached that particular elevated pulpit, each step seemed like it was three feet high. Finally looking out over the gathering, he remarked, “I’m scared” hoping for some polite laughter. Nothing! All ended fine as his talk was well-received.

For the last ten years of John’s ministry (1990-99) he was pastor



of the Oakton United Methodist Church. 1994 was the year that the Shepherd's Center came into John's life. Donna Grimm, who would become the first director, came to his office with a brochure and asked what he thought. After reading just one paragraph, John's comment was, "This is what I've been looking for" and the Shepherd's Center of Oakton/Vienna was born. With seven churches offering financial commitments, the center developed into the hugely popular senior resource it is today. On the service side, SCOV offers monthly luncheons, transportation, nursing help, handy helpers, and caregivers support. Oakton High School students even provide instruction with computer skills. One kind volunteer once took a member to Winchester to her daughter, left them to visit for three hours, then drove her home.

On the education side, there is the vibrant Adventures in Learning program which is similar to mini-elder-hostels, offered three times a year. Both John and Barbara serve on SCOV's board. Tate doesn't take credit for what SCOV provides to the community, but is glad to have helped get it started.

Tate also served as Vienna Rotary Club president for 1998-99. He is grateful that the Rotary Club has provided much support to SCOV through the years.

John continued to stay busy in retirement, serving temporarily at area churches. Even now he preaches every second Sunday at the Grand Oaks Retirement Home.

John Tate's recipe for success? "Always keep your ideals vivid. It's something I picked up from my dad. Once when our track team ran in Madison Square Garden, I qualified for the 600 and that run was the fastest that had been run in the garden in over a year. When a young boy tracked me down and asked for my autograph, that was my inscription: "Always keep your ideals vivid."

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# IT'S THE STORIES

HOW DOES ONE LET GO OF STUFF, ESPECIALLY STUFF THAT HAS LITTLE OR NO ECONOMIC VALUE. IN FACT IT IS NOT THE STUFF OR EVEN THE MEMORIES; IT IS THE STORIES.

BY GARY HUGHES

Recently, on a Blog, a question was asked by a woman who was moving to a smaller house and wanted advice on how to part with so many items she had accumulated over the years. Most of the responses suggested she should take pictures of her stuff. A few thought she should just accept it as part of life and shed her stuff. Still others suggested she give it to other members of her family. The question and the array of answers touch on one important and perplexing issue related to what is typically considered downsizing. How does one let go of stuff, especially stuff that has little or no economic value. In fact it is not the stuff or even the memories; it is the stories.

Barbara, an octogenarian, had a box of buttons. It turns out the buttons were from her aunt's boots – from back in the days when women wore boots with buttons! And they were special because her aunt played a special role in her life. The aunt was Barbara's surrogate mother. In talking about the buttons Barbara shared stories of important moments of her youth, her relationship with her mother and her relationship with her aunt. With some help, she used the buttons to make a necklace and gave it to her one of her daughters-in-law. What was perceived as anxiety

about parting with the buttons was really the fear of losing the story of her childhood and the relationship with her aunt. Memorializing the story and re-purposing the buttons made parting with a moment of joy rather than one of sorrow.

Phil has a collection of opera albums and he felt slightly rejected when no one in his family wanted the albums. As we spoke, I suggested that while his family is not interested in his opera collection they are interested in why he collected those albums and what he got out of listening to them. He chose to write that story himself. Once the story was recorded it was much easier to see the albums go to a vinyl collector.

One family could not figure out the importance of some chatzkies. These were glass pieces from post war Japan until it was discovered that those pieces were given by her now deceased brother. Little gifts he picked up in Japan on his way back from Korea. Once she had a chance to talk about her relationship with her brother and we were able to write the story, she was less possessive of the items.

It is the loss of these stories, which feels like a loss of self that creates such difficulty in separating with certain items. This extends all the way to the house. Throughout our

lives, we have adjusted our living environment to match our circumstances and resources. Generally it is easy to keep the items with us without realizing they represent stories that help define us. These stories do not have to wait until the last move to be memorialized.

A few years ago Matthew purchased a condo as a single person who knew that in his case, it was better to own than to rent. Then he met Amy and they were married. When they purchased their first home together and put the condo up for sale they were interviewed to learn what was important to them about their time in Matthew's place. A book was created, complete with pictures that captured and memorialized their story. Amy loved the book and said "Your narrative perfectly captured our life in Lexington Square."

Yes. Capturing and producing the stories is time consuming but the result is well worth the effort and offers everyone involved a wonderful sense joy.

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



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# CHARLES LANGALIS

BY RICK MUNDY

## NOTHING STOPS HIM

**H**is mother always told him, “If you do a job, do it right” and “You’ve got to learn things. What you hold in your head, you don’t have to carry on your back.” This was the strong work ethic he has embraced throughout his life. Now 83, Charles Langalis has always enjoyed an active life. He was born on Long Island and grew up on a private estate in southern Connecticut where his father served as superintendent. Even though it was the Great Depression, “I didn’t want,” he admits. Eschewing sports, Charles discovered a love for music and took up the trombone. He studied at the Latin American Institute in New York and when he heard that a recruiter was coming from Washington, DC with overseas opportunities he was ready. That’s why, in November, 1951, Charles Langalis joined the CIA where he served for 35 years. Because of his schooling he was a specialist on Latin America and was part of the team “that helped the Bolivians bag Che Guevara.” His specialty was propaganda and political stuff to help with U.S. policy interests in the area. Charles had been hired for a stateside staff assignment due to a medical condition, but was convinced he could do more if he worked hard, kept his nose clean, and learned all he could. In 1958, the opportunity arrived to add a second inside reports officer inside Panama. He secured a waiver on his medical condition and landed the job in Panama for five years, later in Bolivia for two years, and Venezuela for three.

He even covered the duties of a case officer while that person was on leave. “My language skills sharpened tremendously during that time, reading five newspapers daily and listening to local radio” which was a great help to his work. Langalis received the agency’s Career Intelligence Medal for his service in 1988. “It was a great career,” he reflects. “There was lots of problem-solving, a need for interpersonal skills, language learning, and we learned a lot from the agents also. It was work that gives you a good psychic payback and you were rewarded for it, even though there were times when you put in 70-75 hours a week.” Upon retiring Charles was required to submit a work history statement. His superior called him in and suggested there was something amiss. “You are one of the few who doesn’t say that you brought down the Berlin Wall,” he joked. That is the way Charles approaches life. “I always think of myself as a normal person, and don’t try to impress myself or others with whatever my accomplishments have been.” “Our family was rooted in Falls Church for many, many years where we purchased a 3-bedroom rambler for \$22,000 in 1963. My wife worked 28 years in the library there. When the children went to college, Charles and his wife bought a townhouse in the city, and eventually turned that rambler into an Italian villa. “I spent every day there while it was being built because change orders are very expensive.” Following retirement Charles helped in the political arena with the Democratic National Committee as well as the Falls Church Democratic Committee. “You know, if you make a commitment to be a militant,

you’ve got to stick with it,” he says. Apparently his commitment was strong because the FCDC honored him with the Marian Driver Award in 2012. In fact, he maintains his activist approach as he was out campaigning door-to-door in October for McAuliffe’s gubernatorial race.

## THE REST OF THE STORY

That medical condition which kept Charles stateside with the CIA at first was the fact that he was legally blind from birth. Here’s a man who worked throughout Latin America, read newspapers, spent 35 years in the CIA and says he simply wanted to be like everybody else. I never let my extremely poor eyesight stop me. I managed to fake it until I had proven myself. Hey, it got me through at the agency.” Charles enjoys the outdoors and doing things with his hands. He loves gardening and landscaping and proudly displays the plants he has growing on his patio at Vinson Hall. Their Falls Church house was on the Virginia Garden Club tour in 2002 and Langalis did all the landscaping. He also loves to write and regularly creates biographical sketches of the other residents at Vinson Hall. “Keep yourself interested in what’s going on around you,” he offers. He credits his long life with staying active, both physically and mentally which also has allowed him to maintain his independence. Two last bits of Charles’ advice: “My mentor told me as I was heading off to Panama, “never lose your sense of humor”. That has served me well.” And finally, “be mindful that, with the exception of money and sex, less is better.”





# 6 REASONS

*the HAPPY GIRL is also GORGEOUS*

BY LEIGH MACDONALD

DO YOU EVER WONDER WHY THE HAPPY GIRL IS ALSO GORGEOUS?  
IT'S SIMPLE, REALLY. SHE'S GORGEOUS BECAUSE SHE'S HAPPY.

**A**nd she's happy because she's chosen to be happy. Happiness, you see, is not coincidental or the result of luck. Instead, most happy people invest in being happy, and each day, they focus on improving their own happiness and wellbeing. Essentially, happy people dig in and make happy happen. You can do the same. Here's how:

#### **ACCEPT THE PAST, APPRECIATE TODAY, AND PLAN AHEAD.**

Happy people find a way to accept the past and appreciate life as it is today. Accepting your circumstances doesn't make you complacent. It's more akin to being honest about how far you've already come. Life does not include a rewind button, and experience is the best teacher for tomorrow.

#### **TO ACHIEVE, YOU MUST BELIEVE.**

To accomplish something — anything, really — you have to believe in it first. It's like the Easter Bunny, who visits if you believe.

#### **HAVE CONFIDENCE IN YOUR ABILITY TO OVERCOME.**

Sometimes, even the happy girl wakes up troubled. The most common problems — those regarding money, children, love, health, and work — are indiscriminate. We all

face them. The happy girl keeps perspective, and she believes in her ability to handle life's challenges. When life presents proverbial lemons, she looks herself in the mirror, winks, and gives herself a "you can do this" nod.

#### **BE GOOD TO YOURSELF.**

Many of us struggle with the notion of self-care. We know that we should make time to exercise, read, connect with friends, or relax. Oftentimes, days turn into weeks before we make time for ourselves. Let go of the idea that it's selfish to tend to your own needs. It's a fact that you'll be more energized and better able to care for those you love if you take time for yourself now and again.

#### **AVOID SELF-COMPARISON.**

Happy people don't compare themselves to others. They compare what they're presently doing with what they're capable of doing. That distinction is so important because first, it gives us an honest measuring stick, and second, it frees us to be genuinely happy for others when they succeed. That's too simple, you say? Okay then, how about this.... There are only a few jobs on the planet that are filled by a super-select group. Very few people get to be the Pope, or a major world leader, or an astronaut. A few

win the Nobel Prize or are named People Magazine's "Most Beautiful Person." But outside a relatively short list of accomplishments, there are countless opportunities. When your neighbor or former classmate does something spectacular, remember that you are not in any way precluded from also doing something spectacular. Life is not a race with only one winner.

#### **TO NAYSAYERS, YOU SHOULD SAY, "NAY."**

The world is full of people who won't believe in you or your abilities. That's okay. Don't waste even an ounce of energy explaining to them why they're wrong. Whisper a quiet "nay" to yourself and move on. That saved energy is better invested elsewhere: in yourself or your dreams, for instance. The best thing about pursuing happiness is that you can start any time. Even right now.

**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.

# THE Flight House

by Richard Gazala

## CHAPTER 2 – FIRST KISS

Silvery Virginian moonlight spilled through the crooked branches of tall, leafless trees arcing above Bunny Man Bridge. The hard rain over Clifton was done, banished by the moon. Big and round and bold, Selene had come to reclaim her nocturnal throne from the impudent storm clouds foolish enough to dare impede her light's eternal, relentless earthward trek. For there are certain ancient reigns imbued with immense powers that grant not the slightest quarter to any rebellion, worldly or celestial. Selene's is one of them.

Fear's is another.

I lifted my head, sniffing for a hint of whatever skulked in the gloom by the bridge, waiting for me. Cool air chilled my nostrils. And something else. Despite the torrent's ferocious efforts to shuck from me all it could during my hazardous drive on flooded roads from Vienna to the bridge, still the scent of Kashmira Jones' night-blooming jasmine charged the damp air about me. Perhaps it was just in my head.

I stood alone in a swamp of muddy puddles on the desolate road a few silent yards from the cursed railroad bridge, waiting for her. Sarah Carson had promised to come tonight and tell me her secrets about a murderous midnight in 1949. A fall midnight when the Bunny Man once again ripped himself free from myth's frail chains, no longer content to remain a Halloween ghost story for your supercilious amusement. A horrible midnight when the Bunny Man materialized without warning from churning gray mist veiling the bridge, this time to slay Sarah's sister and the girls' strapping boyfriends while Sarah cowered behind nearby brush, too scared to breathe. Then, traceless but for the teenage wasteland he left strewn at the bridge's foot, the Bunny Man vanished into the murky haze that birthed him, bare lore once more until your memories of him rust enough to lure his next bloody encore.

That is fear's way. Fear works in shadows of monsters you're certain you never really saw, and echoes of shrieks you'll swear you never really heard. There's solace in being unsure whether what you saw or heard was real when you quivered alone in some

place you prayed you weren't. In the days and years afterward you pledge perpetual gratitude to stubborn Chronos for every minute he grants your frenzied wish to deliver you from the everlasting scars of then to the fickle comforts of now, and won't let you go back. Except in your nightmares. Your nightmares don't care if the pitiful voices wailing inside your head come from some where or when Chronos insists is far out of bounds. Fear, not linear time, forges every broken rule in your nightmares. All you can do about it is will yourself awake, sweating and afraid. And if your nightmares refuse to restrict their slither to your tortured sleep, it's no blessing to awaken to dawn's shaky vows, regardless of Chronos' staunch assurances otherwise.

Biding time until my rendezvous, I watched nude treetops sway and permitted my fingertip to graze the skin of my left hand, along a route committed to memory a lifetime ago. I had no need to look to guide my fingertip along each contour of four long, ragged scars fear bequeathed me once upon a time long past, at another fall midnight on another continent yet still under Selene's omnipresent gaze. I was a 15 year old boy that night, and Leah was a 15 year old girl, the same age Sarah Carson was in 1949.

It was the night of my first kiss.

Leah was a beautiful girl. The kind of beautiful that makes your heart hurt even though decades have snuck behind you since the last time she hijacked your eyes and sighs in the flesh. She had long, soft hair that shimmered like waves of root beer held back by barrettes. Her eyes were the color of caramel. They shined with promises and mysteries. We had snuck away, just the two of us, from nosy chaperones and nosier schoolmates, on a field trip to forsaken Roman ruins in a tiny Syrian mountain village called Burqush, just across the Lebanese border. Over our shoulders, behind the ruins of a pair of Roman temples shattered by time and indifference, Mount Herman's towering profile carved a craggy silhouette stretching into a starless black sky full of the moon. Leah and I stood next to one another, holding hands, leaning over the edge of a bottomless quarry whose vaguely moonlit walls were perforated with countless



Roman crypts hewn into the rock by stonemasons dead for millennia. A hand pushed my back and I lost my footing, almost slipping into the void, but Leah yanked me back to earth. She laughed and said no when I asked if she pushed me. I elected to disbelieve her without telling her so—all my other options were too disturbing for comfort. Then our faces were close together, panting and smiling, and we hugged so tightly we could feel each other's hearts pounding from the thrill of cheating greedy death on top of a wall honeycombed with ancient tombs. When she murmured my name, it sounded like a prayer.

That was when fear taught me there's nothing more dangerous than a first kiss.

Nothing is ever the same after that kiss. Nothing is ever safe.

We were too close to the edge. One second we were exploring that first kiss, and the next I was flat on my belly, flailing without success to find a toehold in the dry dust, clenching a rock embedded in the quarry's rim with my right hand, gripping Leah's wrist with my left. Dangling in empty space at the end of my increasingly unsteady grasp, no scream escaped her lips. I didn't know why then, but I do now. She sensed I hadn't the strength to save her.

Silvery Syrian moonlight spilled through the broken temple pillars behind us into Leah's terrified eyes. The fingernails of her right hand dug deep into the meat of my left one. She clawed into me to delay her tumble to the pit's faraway floor, where her young life would be dashed beyond any repair. I swore to her that I didn't push her, and it was true. The hunks of skin she tore from my hand with her fingernails testified so, along with the blood that gushed from my wounds down her arms before dripping into the ruthless blackness beneath us.

Burqushi villagers and local police said they couldn't find her body, and none of us foreigners were in a position to question the searchers' zeal. So her parents had a large oil portrait of Leah at her funeral Mass at the St. Francis Church, in Beirut, just as the Lebanese civil war was starting to take the city hostage. My eyes never left the portrait even once during the Mass. She was still beautiful. I told her so when I whispered my tearful apologies over and over to her portrait, because only heroes never apologize. All of us in the church heard gunfire in the distance when I kissed Leah the second and last time. The gunfire was louder when I left St. Francis and walked the very long way home by myself, tracing the scars on my left hand through thick bandages.

That was when fear taught me yesterday is a scar, and tomorrow is a threat.

Given the pronounced paranormal proclivities I've acquired in the years since her funeral, I wish I could tell you I've seen Leah again since that midnight at

the quarry in Burqush. I haven't. The ones you want to haunt you never do.

The firm tapping of a stick on asphalt returned my attention from then to now. Without hesitation, I strode toward the figure veiled in twists of mist at the bridge's mouth. I made no effort to avoid the muddy puddles that clutched at my shoes every step of the way. Sarah Carson, old, thin, and bent with the weight of long snowy hair, emerged from the underpass to meet me. She was wrapped in a gray shawl that hung to her ankles. We didn't shake hands. Instead, we stood a quiet moment, regarding one another, listening for sounds in the naked trees around the bridge.

"Why me?" I asked. "I'm not the first to ask you what happened that night."

"Your timing is good. I'm not scared to be here anymore," Sarah said. "I haven't got enough living left in me to be scared of the Bunny Man anymore."

On the underpass wall behind her, there was burgundy graffiti spray-painted in large, elegant Gothic lettering. It said, "Silly Rabbit. Tricks are for kids."

"So he was real? You saw him?"

Sarah leaned toward me on her walking stick. "Oh, yes."

"I'm grateful you're talking to me. You're the only living person to survive an encounter with him. I want to learn everything about that night. I know from the newspapers you were here with your sister, and your boyfriends."

"That's right. My boyfriend's name was Eddie. So handsome. I still think about it every day."

"About the Bunny Man?"

"No. Not him. About poor Eddie. You might find strange what it is I remember most about that night. It's not the Bunny Man, or the killing."

"Then what is it?"

Sarah peered at me. Then she tilted her head back on her scrawny neck and gazed up into the night.

"It was the night of my first kiss."

**AUTHOR:** Richard Gazala "The Hight House: Chapter 2 – First Kiss" is copyright 2013 by Richard Gazala, with all rights reserved. It appears here by permission of the author, and may not be reprinted or reproduced by any means in whole or part without the author's express written consent. This is an original work of "faction;" names, places and dates may have been altered to protect the faultless and the abominable alike, and any coincidences with objective reality are not guaranteed for precision or inaccuracy. Richard Gazala is the author of the award-winning thriller, *Blood of the Moon*, and his E-Book anthology of short scary stories, *Trust and Other Nightmares*, is available at E-Book sellers everywhere, including [www.amazon.com](http://www.amazon.com). Find out more about Gazala and his work at [www.richardgazala.com](http://www.richardgazala.com).

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BY JOHN BYRD

To make *en suite* dining more inviting, seats at the counter are slightly lower than standard height. Mulligan calls this a great spot to sample his dishes.

# CHEF'S KITCHEN

EN SUITE DINING, A CORFERED CEILING, TEXTURED FINISHES  
TRANSFORM DATED KITCHEN INTO A SPACE SUITABLE FOR INSPIRED ENTERTAINING.



**A**S DAVE MULLIGAN tells it, he owes the long-coveted “blue eyes” kitchen granite counter tops now in his kitchen to a chain of events that started with a leaking shower one floor above.

“From a few drops a mighty torrent ensued,” Mulligan paraphrases. But, in this case, he’s referring to the torrent of creativity that eventually transformed his entire house from top to bottom.

#### BUT TO BEGIN AT THE BEGINNING...

In the early 1990’s, Mulligan and wife Nancy purchased the spacious Oak Hill Colonial they still occupy. The house was two years old and completely up-to-date in every respect.

Moreover, with four bedrooms, a 500 square foot kitchen and breakfast room, a large family room, and a 1,500 square foot lower level, there was more than adequate elbow room for two people. “About my only peeve was that I hated the traditional floral print tile counter tops in the kitchen,” Mulligan re-

calls. “Otherwise, I saw the interior as completely in vogue...even when friends began telling me it wasn’t.”

The leak, however, compelled Mulligan to concede that the master-bath needed attention-- which, in turn, led him to call Sun Design Remodeling, the firm that had executed an award-winning whole house makeover for his brother, Bob, a few years ago.

It is at this point that Sun Design founder Craig Durokso, along with his award-winning interior design team, enter the story.

“As we talked about the new master bath” Mulligan recalls, “I realized that Nancy and I had a lot of ideas for improving the house we’d just been putting off.” In the days that followed, Nancy -- collaborating with designer Christie Doebel, completely renovated the master

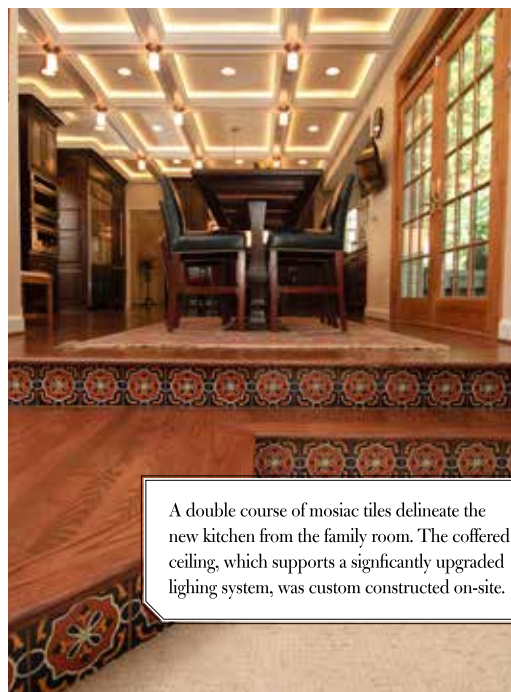
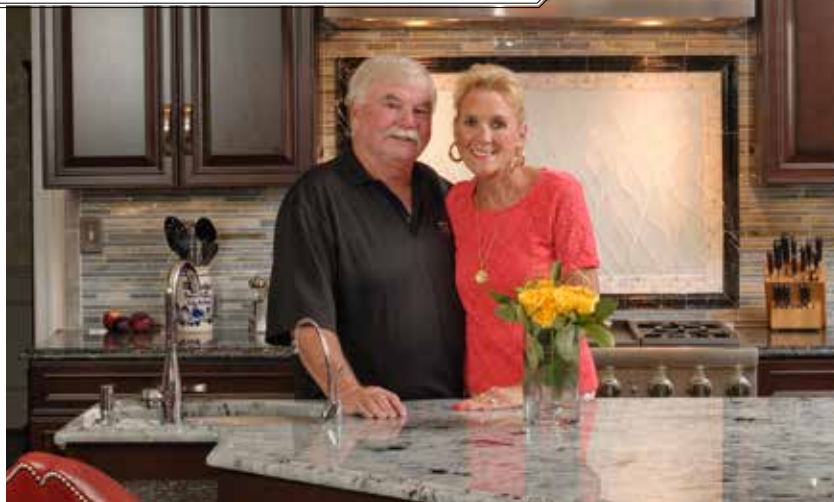


bathroom, then the guest bath, then added a full bath to the lower level. Sparkling, well-articulated luxury spas came into view all over the house. For Dave, however,

## WE’RE HOSTING THANKSGIVING

THIS SEASON FOR THE FIRST TIME IN YEARS.  
IT’S WONDERFUL TO BE SO THOROUGHLY PREPARED.

Dave and Nancy Mulligan, who have occupied their spacious Oak Hill Colonial for over 20 years, wanted their kitchen to better accommodate daily needs and social gatherings. Dave, who is passionate about cooking, worked closely with an interior designer at Sun Design Remodeling.



A double course of mosaic tiles delineate the new kitchen from the family room. The coffered ceiling, which supports a significantly upgraded lighting system, was custom constructed on-site.

## OF COURSE, MAGIC IS EASIER SAID

THAN DONE. A COFFERED CEILING IS OFTEN A SKILLFULLY ENGINEERED ILLUSION.

the family's passionate cook, the transformation proposition didn't become personally engaging until conversation shifted to the kitchen. "Suddenly I saw that our kitchen was stuck in the 1980s," Mulligan says. "It just was not designed to be a place where guests would gather in the same way they do in the living room or dining room."

With its U-shaped counter surfaces, 30-inch cooktop range, limited storage and dim lighting, the old kitchen was backstage-- a cockpit where the cook toiled away out of view. As if to stress the point, one leg of the counter top sequestered the cook's zone from the breakfast table and family room. When there was a party underway, it was up to Dave or Nancy to regularly convey edibles between the kitchen and the formal entertainment areas.

"I understood how an open kitchen-centric plan is supposed to function," Mulligan says. "But it's the details that make it work, and that's where design expertise is essential."

To this Craig Durosko adds: "The kitchen work zones were pretty well rationalized. The real issue was how well does the space serve the Mulligan's requirements, functionally and aesthetically."

But the question that really unleashed the creative process for Mulligan was: "how do you want the kitchen to feel...to your guests and to you and Nancy?"

"Inviting and inspiring," Mulligan answered, seeing the possibilities of the kitchen as the home's primary hub." That said, new ovens and cutlery drawers were less important than a confluent traffic

plan and, particularly, a welcoming ambiance.

To create a more fluid relationship to the front to the house, Durosko and team relocated an obtrusive hall closet, widening an archway so that the kitchen would be in view from the front foyer. Sightlines being critical, ceiling-flush HVAC bulkheads were re-routed to make way for tall cabinets trimmed in crown molding. Other finish work details—Cherrywood cabinet facings, stainless steel appliances, textured marble backsplashes--converge to present a warmly textured, yet visually neutral surface.

All of which opened up the possibilities for a still more differentiating effect: a custom-designed coffered ceiling.

"I knew right away that this was the magic I'd been looking for," Mulligan recalls. "I wanted the overhead finish to be just as eye-catching as the walls and counters."

Of course, magic is easier said than done. As Doebel points out, a coffered ceiling is often a skillfully engineered illusion:

"It's like a three-dimensional perspective drawing," she explains. "Parts of the grid can seem to contract when one is standing further away; to make the whole appear symmetrical, you sometimes have to compensate in places by varying the size of the coffers."

Nor is the execution without challenge. After developing the fundamental design, Doebel and carpenter Casey Saunders placed paper cut-outs of a ceiling mock-up on the floor which they used to gauge how the design would appear to the na-

ked eye. The ceiling elements were then cut and assembled onsite. "It was an impressive process," Mulligan says. "The ceiling is one of the best features of the new kitchen."

On the other hand, there's much to be said for the custom-designed food preparation island and dining counter. With its 6' x 6' x 8' triangular surface, the configuration perfectly supports food preparation and clean-up tasks while accommodating place settings for five.

To make the island still more inviting, seats at the counter are slightly lower than standard height, a psychological invitation to join the party reinforced by the soft-leather chairs.

"You're dining in the chef's kitchen now," Mulligan says. "A great spot to sample dishes, sip wine... and enjoy."

On the more practical side, the new kitchen is equipped with two microwave ovens, two refrigerators, a convection steam oven and a 48 inch gas range with six burners. With the addition of a walk-in pantry, storage capacity has been increased by 50%. Better yet, the space makes entertaining "pure pleasure," Mulligan says, adding:

"We're hosting Thanksgiving this season for the first time in years. It's wonderful to be so thoroughly prepared."

*Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm recently opened a second office in McLean. FOR INFORMATION: 703.425.5588 or [www.SunDesignInc.com](http://www.SunDesignInc.com)*

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



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# HOUSING IS STILL A GREAT BUY.



Though existing home prices are inching up. The Dow Jones is up. The Dow Jones is down. It seems as though every announcement from the Federal Reserve prompts some change in the stock market. The National Association of Realtors predicts that the ups and downs will have little impact on housing, which has recently shown bigger increases in the value of existing homes than in any quarter in recent years. The downside is that means you'll probably pay a little more for a home than you would have. But every deal is different.

## Existing homes

With home prices rising, there is an upside: a certain percentage of people who have waited to put their homes on the market will do so now. That means a nationwide shortage of existing homes for sale will be eased somewhat. If you're looking for an existing home and haven't found what you wanted, you'll have a few more choices now.

## New homes

Even as many stocks went wobbled with announcements from the Fed, business experts were reporting home builders were in good shape. Their stocks weren't greatly affected, and the stock market will have little influence on pending deals. Home buyers already have money for their homes available and don't intend to change their plans.

## Mortgage interest rates

As you may know, the best deals on mortgage interest have gone from something under 4 percent to 4 percent and a little more. Just as a decrease in Fed backing was no surprise, rising interest rates were no surprise either. The rate is still the lowest it's been in decades. If a bank or mortgage company has preapproved a mortgage for you, the deal will most likely still go through. Lenders have been careful to preapprove only qualified borrowers, so the rate increase won't matter that much.

## MINIMALISTS HAVE MOVED TO SLEEK WOOD CABINETS

White-painted cabinets have dominated American kitchens for years. In homes built in 2012, 67 percent had white cabinets, according to the National Kitchen and Bath Association. This year, many consumers, builders and kitchen re-modelers are moving to a warmer feel. Upscale companies (like Corian) that are known for austere systems are delivering minimalist but still mellow kitchens in oak, walnut, larch and the like. Minimalist cabinets have plain unframed fronts with recessed pulls and no trim of any kind. They are often paired with wraparound counter tops. Cabinetry above the counter top often extends to the ceiling with

one or two cabinets. The wood, though protected by lacquer, has a soft, raw look. Customizers offer many finishes. One interior designer lists cerused oak, bleached walnut and sandblasted fir. New York designer Russell Groves says there's more to creating a warm kitchen than cupboards. Flooring, lighting, counter tops and even knobs and pulls play a vital role. Quoted in The Wall Street Journal, he likes hardware for drawers in special finishes like painted bronze and blackened steel, which punctuates cabinets beautifully. Some people want timber to come from locally grown trees so they can feel more connected to the outside.

## REMODELING? HERE'S WHAT RETURNS THE MOST AT SALE

Remodeling projects make life more pleasant and more beautiful. But you're not likely to get your investment back when you sell. Lower-cost projects, like enhancing curb appeal, are more likely to pay for themselves. Other projects that provide a good return, according to The Wall Street Journal: Replacing siding with fiber-cement panels can return 79.3 percent of project cost. Replacing a garage door recoups 75.2 percent of costs, on average. Master bedrooms,

gourmet kitchens and fancy bathrooms generally recoup less than 60 percent of their costs. A National Association of Realtors survey of more than 3,900 appraisers, sales agents and brokers provides these other estimates: Installing insulated vinyl windows earns back 71.2 percent. A deck addition brings back 59.7 percent of costs. A new roof will return 56.7 percent of costs, while building a garage brings about 54.7 percent of costs at selling time.



# FSBO vs. AGENT

## WHY BRING *in* PROFESSIONALS WHEN *it's* TIME *to* SELL

BY GARY SCOTT

When local housing markets heat up, some homeowners theorize that in a sellers' market they can't lose, while others recognize the need for a professional agent to get the best possible price and terms for their home sale. Even as the housing market improved in 2012, the percentage of sales marketed as For Sale by Owner (FSBO) homes declined. According to the National Association of Realtor's 2012 Profile of Home Buyers and Sellers, about six percent of home sales last year were by owners who didn't know their buyers and didn't work

with an agent. In total, only nine percent of homeowners—that's down from 10 percent in 2011—sold their home without an agent. NAR's study shows that owners sold their home on their own to avoid paying an agent's fee, to sell to a relative or friend, or because they had been contacted directly by a buyer before their home went on the market. A FSBO transaction appears to save sellers three to six percent of their home value. While real estate commissions vary and are negotiable, six percent of the purchase price split between the agents is common. FSBO sellers must pay the buyer's

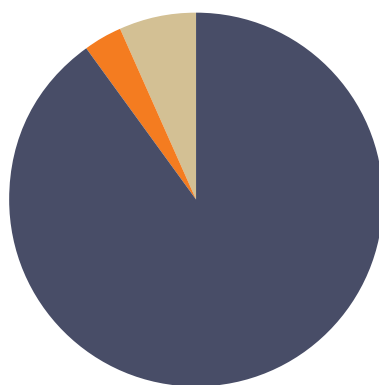
agent's commission. However, NAR's research shows that homes represented by an agent typically sell for more than FSBO sales; enough to cover both the real estate commission and an increase in the seller's profit. NAR said in 2012 the average FSBO sales price was \$174,900, while the average price for a home represented by an agent was \$215,000, a difference of \$40,100. The average price of a FSBO is lower than an agent-represented property for several reasons. Most FSBO sales are made on lower-priced homes—you don't find many million-dollar properties listed as FSBO. FSBO sellers miss out on the marketing expertise and channels that a real estate professional provides. FSBO buyers often expect that they'll get a deal on the transaction when agents aren't involved. Some sellers opt for agents who charge a reduced rate, but real estate services are an investment in professional expertise. A cut-rate commission might lead to cut-rate results. Selling a home isn't just about money; there are other reasons sellers benefit from hiring a real estate agent.

### **SELLING A HOME REQUIRES AN INVESTMENT OF YOUR TIME, ESPECIALLY IF IT'S FSBO**

Selling a home requires time and energy. Homeowners need to make repairs and keep the house clean for prospective buyers. While a homeowner can make sure their floors are clean, an agent can provide an expert neutral opinion

## WHO'S SELLING HOMES IN TODAY'S MARKET?

MORE THAN 90 PERCENT OF SELLERS CHOOSE A PROFESSIONAL REAL ESTATE AGENT.



- Home Owners who worked with a real estate professional
- Home owners who didn't use an agent and didn't know their buyers in advance
- Home owners who didn't use an agent, but knew their buyers before the transaction



on what appeals to (and turns off) prospective buyers. FSBO sellers must show their home, respond to potential buyers and their agents and negotiate an offer. While a home is on the market this could be the equivalent of a part-time job. An agent can arrange for showings while the owners are out and handle every other detail. Research shows that buyers prefer to look at homes without the owners. A hovering homeowner can reduce the chances of an offer, particularly if the buyers aren't given a chance to visualize themselves in the home. Additionally, sometimes timing a move means sellers need to rent their home after settlement. Negotiating a rent-back price and the legalities of who is responsible for the home and its condition requires professional knowledge.

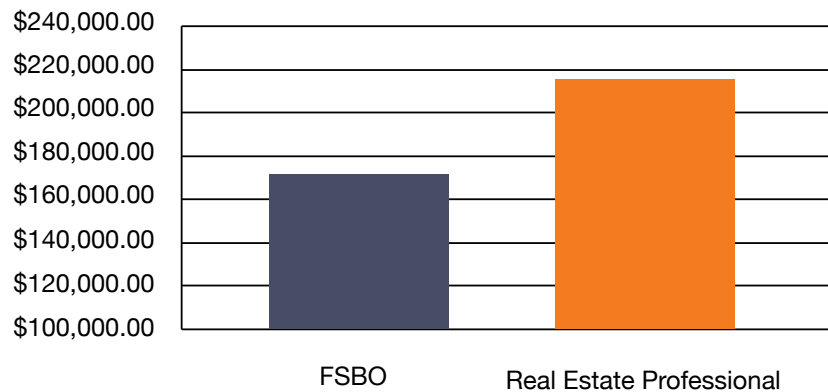
#### **AGENTS HELP ENSURE SAFETY, SECURITY AND A SMOOTHER TRANSACTION**

FSBO sellers must allow strangers into their home, which runs the risk of a robbery or worse. Working with a sales professional provides an extra layer of protection, particularly since in most cases a buyer's agent and a seller's agent are both aware of visitors to a home. Buyers' agents also typically require buyers to have a mortgage preapproval before showing properties. Not only does this prevent buyers from seeing homes they cannot afford, it protects sellers from non-serious buyers. FSBO sellers see some buyers who are represented by a buyer's agent and some who are shopping alone. Either way, the homeowners lack the protection of representation by a real estate professional who can consult with buyers or their agent to make sure they are legitimately interested in the home and able to make an offer.

#### **AN AGENT'S MARKET KNOWLEDGE MEANS MORE PROFIT, OPTIMUM TIME FRAME**

Licensed agents are trained professionals with access to the most accurate information about market conditions so they can

## **FSBOS ACHIEVE A LOWER AVERAGE SALE PRICE THAN PROFESSIONALLY LISTED HOMES.**



provide worthwhile advice about pricing. While owners know about completed sales once they become part of the public record, they won't know about homes that have been taken off the market, didn't appraise at the contract price or sold for more than list price. Real estate agents have a wealth of knowledge about market trends. Pricing a home appropriately is crucial to a fast sale. Homes that are overpriced and sit on the market a long time can be seen as flawed and might eventually sell for less than if they had been priced right when first listed.

Real estate agents can post homes on the Multiple Listing Service (MLS), market properties to other agents and their buyers and use a systematic approach to marketing that includes showcasing the property on multiple websites with professional photos and enticing descriptions. They know how to highlight the best features of each home and downplay negative factors that cannot be changed, such as adding a fountain to diminish the impact of a noisy street. Some are trained home stagers and most know the basics of staging a home.

Many buyers today work with a buyer's agent, but FSBO sellers lack expert representation of their interests by a trained professional. Even sellers with good negotiating skills won't understand the intricacies of a real estate sales

contract or their responsibilities to their buyers. A trained sales professional can help sellers avoid future legal issues and comply with all regulations. When you get ready to sell your home, consider talking to a Long & Foster agent. Long & Foster offers multiple divisions that can help sellers, including marketing and settlement services, and the company provides a wealth of market data to agents and their clients in their Market Minute, Market Conditions and LuxInsight reports. All Long & Foster agents can leverage the company's broad network, not only in the agent's own office, but also across the entire firm and its global affiliates like Christie's International Real Estate in select areas and Luxury Portfolio International. Additionally, Long & Foster's agents have access to local, trusted resources such as moving companies and contractors to make every move as smooth as possible.

Source: <http://www.realtor.org/reports/highlights-from-the-2012-profile-of-home-buyers-and-sellers>

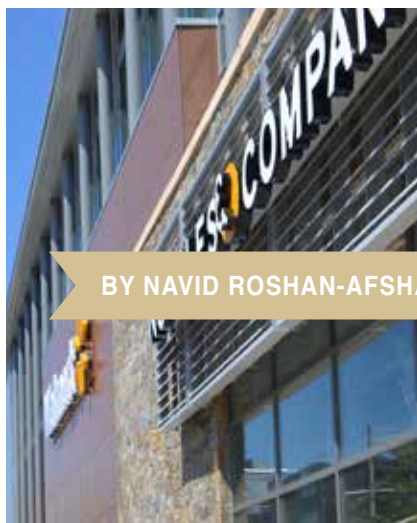
**AUTHOR:** Gary Scott is president of Long & Foster Real Estate, Inc., the largest privately held residential real estate company in the United States. He has more than 25 years of experience in the real estate business and is known for his ability to create an inspirational and productive environment for employees and sales associates. In his current role, Mr. Scott oversees Long & Foster's more than 10,000 sales associates across the Mid-Atlantic and Northeast regions, ensuring the company maintains its position as market leader and its commitment to its sales associates and their customers.



TYSONS West

mart





BY NAVID ROSHAN-AFSHAR

# TYSONS WEST

*RECEIVES APPROVAL*  
*from BOARD of SUPERVISORS*

## IF THERE HAS BEEN ONE PROJECT IN TYSONS

THAT HAS BEEN THE FOCUS OF BOTH INTENSE CRITICISM  
AND HOPE IT HAS BEEN TYSONS WEST.

**I**F THERE HAS BEEN ONE project in Tysons that has been the focus of both intense criticism and hope it has been Tysons West. Being the first site parcel being developed with the Tysons Comprehensive Plan in mind, though technically the completion of their initial phase was a by right project, meant it would bear the brunt of local cynicism. Through a nearly two year process developer JBGR heard the concerns and goals of the community and County and found a balance and design that in many ways addressed resident objections.

The completion of the Wal-mart, as well as the 24-hour fitness, Noodles and Company, and offices last month, was only the first baby steps for this project. In September JBGR received approval of their multi-phase rezoning that will surround the new Wal-mart with mixed use residential, office, and retail buildings. Wrapping around the existing Sheraton Hotel, to remain, will be 375 multifamily residential units and up to 50,000 square feet,

constituting the next phase of the project. The new retail won't just serve the residents in the towers above, it will also serve the existing neighborhoods around Westwood Drive. This neighborhood currently includes nearly 100 existing town homes and duplexes as well as several existing homes and town homes across from Old Courthouse Forest in Vienna, within a quick walk to the site.

The final phase of the project, phase III, includes two high rise towers. One of the towers will be a residential building with an additional 300 multi-family units; the other an office building and ground level retail of approximately 400,000 square feet. The most important aspect of this project is that it is proposed within walking distance from metro. What is currently a plain of vast parking lots and ugly expanses of unused asphalt will be transformed into a complete neighborhood. Detrimental excess pavement will be converted into pocket parks, outdoor seating, and dog parks. New

sidewalks will connect to existing neighborhood with both metro and the new retail options around the community, and many of those improvements are already in place or preparing to be completed. JBGR has not yet set a time line on when to expect construction on the new mid-rise residential building. It is likely that once the Silver Line metro is up and running, in early 2014, that the market conditions may help accelerate residential development, and with it the much needed community identity that has been lacking for many residents and visitors.

As is the case with all things Tysons, the changes will take time to compile and mitigate what has been years of poor planning and haphazard infrastructure. The ultimate vision of Tysons West, much like the rest of the area, will not be accomplished for several years. However, if Phase I is any indication, JBGR is ready to take the next steps and help build what is becoming the hottest real estate sub market in the region.

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- **BL** Blue Line • Franconia-Springfield / Largo Town Center
- **GR** Green Line • Branch Ave / Greenbelt
- **YL** Yellow Line • Huntington / Fort Totten
- **SV** Silver Line • Wiehle-Reston East / Largo Town Center

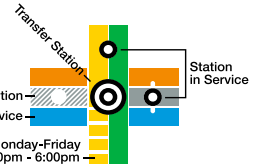
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**Metrail Operating Times**  
Mon-Thu  
5am-midnight  
Fri  
5am-3am  
Sat  
7am-3am  
Sun  
7am-midnight  
Times are approximate

Metro is accessible.

N  
Map is not to scale



No Smoking



No Eating or Drinking



No Animals (except service animals)



No Audio (without earphones)



No Littering or Spitting



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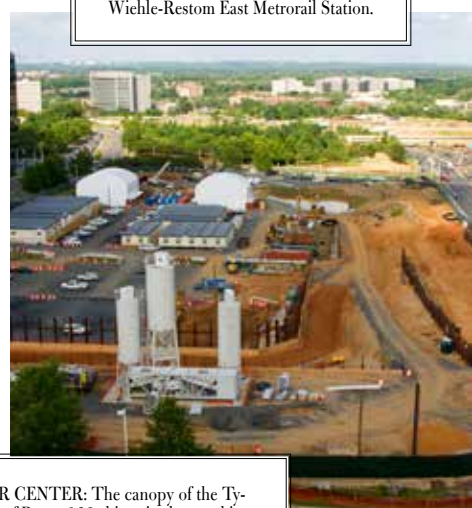
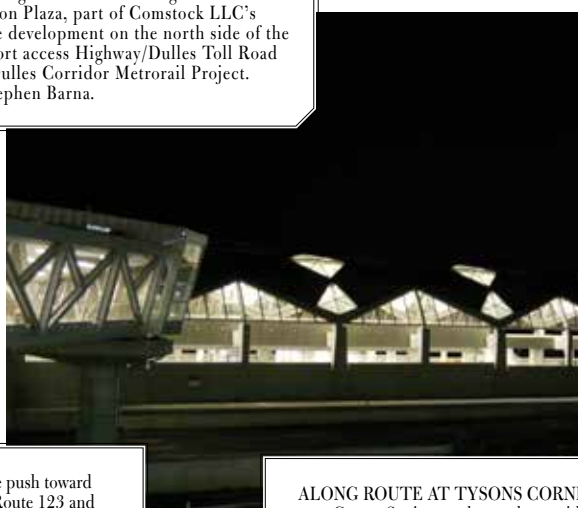


**VIEW FROM THE PLAZA:** The station and north pedestrian bridge at the Wiehle-Reston East Metrorail Station create night time drama looking south from the Reston Station Plaza, part of Comstock LLC's joint venture development on the north side of the Dulles Airport access Highway/Dulles Toll Road Corridor. Dulles Corridor Metrorail Project. Photo by Stephen Barna.

Eastbound train leaving the Wiehle-Reston East Metrorail Station.



Dulles Transit Partners crews continue push toward completion of the McLean Station at Route 123 and Scotts Crossing/Colshire Drive. Above, Inspections continue along the tracks as they snake from the station toward the Dulles Connector Road/McLean area. Dulles Corridor Metrorail Project Photos by Stephen Barna.



**ALONG ROUTE AT TYSONS CORNER CENTER:** The canopy of the Tysons Corner Station on the northwest side of Route 123 shines in the sunshine. At left foreground, the pedestrian pavilion that leads to a bridge for rail users to cross Route 123 to enter the station. In the background is Tysons Galleria and the Ritz Carlton. Dulles Corridor Metrorail Project photo by Stephen Barna.



# SILVER LINE CONSTRUCTION

BY MARCIA MCALLISTER

## STATISTICS TELL IMPRESSIVE TALE

While construction of Phase 1 of the Silver Line helped fuel the local economy, the coming opening of the long-awaited transit link between Reston-Tysons Corner and downtown Washington is sparking the transformation of Tysons Corner, already the largest employment and shopping concentration in the region. Huge transit oriented developments are planned near all four stations in Tysons and at the Wiehle-Reston East Station. Looking back over the years since construction began in March of 2009 means recalling some stunning construction work, including the use of three large horizontal cranes working simultaneously to build the six miles of aerial guideway (bridges) that carry the tracks through Tysons Corner, including day and night work across the Capital Beltway (Interstate 495). And, digging the tunnels through the highest natural point in Tysons Corner took place with little disruption to the driving public in spite of the visual distraction.

### AERIAL GUIDEWAYS

*Here are some impressive statistics, supplied by dulles transit partners, the phase I design-build contractor, that help explain the complicated guideway construction process:*

**TOTAL LENGTH:** 6 miles  
(3 mi inbound/3 mi outbound)

**TOTAL SUPPORT PIERS:** 214

**AVERAGE HEIGHT OF GUIDEWAY:** 35.7 feet

**TALLEST POINT OF THE GUIDEWAY:** 55 feet  
(Located above the southbound entrance from Route 123 to I-495)

**TOTAL SEGMENTS PLACED:** 2,769

**SEGMENT MATERIAL:** Pre-cast concrete. These segments were manufactured at a temporary plant at Dulles Airport, custom engineered to fit a specific location along the alignment and "match-casted" to fit its neighboring segments.

**SEGMENT WEIGHT:** From 25 to 40 tons each

**AVERAGE SEGMENTS PER SPAN:** 12

**TOTAL AERIAL SPANS:** 258

**AVERAGE SPAN LENGTH:** 120 feet

**TOTAL LENGTH OF POST TENSIONED CABLES:** 39 miles

**STEEL STRANDS IN CABLES:** 528 miles

**TOTAL AERIAL ACOUSTICAL BARRIERS:** 45,800 linear feet

**TOTAL HORIZONTAL TRUSSES USED ON PROJECT:** Three

### TUNNELS

*Rail crews built an inbound and an outbound tunnel below the intersection of routes 7 and 123. These tunnels run from the Greensboro Station to the Tysons Corner Station.*

**QUANTITY:** Two

**LOCATION:** (one Inbound and one Outbound)  
Intersection of Chain Bridge Road and International Dr. (Highest natural elevation in Fairfax County)

**TUNNEL DEPTH:** From 10 to 30 ft

**EXCAVATION:** 100,000 cubic yards of earth

**EQUIPMENT:** Drill jumbo with pipe arch, canopy system tooling, tunnel excavators, shotcrete batch plant, shotcrete robots for application

**TOTAL SHOTCRETE SPRAYED FOR INITIAL LINER:** 25,000 cubic yards

**TOTAL CONCRETE PLACED FOR FINAL LINER:** 18,000 cubic yards



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## COFFEE SHOP CHATTER MAKES THE CREATIVE JUICES FLOW

Aside from free WI-Fi service and good coffee, researchers in one study show that the background noise at coffee shops is a plus.

At the University of British Columbia and the University of Virginia, the researchers found that noise at about 70 decibels, such as the background chatter in coffee shops, can increase your ability to come up with new and creative ideas. Such moderate noise distraction may aid abstract thinking, they say. Justin Kauszler, a part-time business development coordinator at Virginia Commonwealth University, came up

with his own idea after reading the research. To test it, he spent four days working in a coffee shop and was surprised at how well his ideas flowed while others were chatting and clanking spoons in their coffee cups. He took an online coding class and created a new app. Apparently, he's not the only one who believes in background noise. His Coffinity app now gets about 15,000 hits a day, according to INC. magazine. Anyone can hear a continuous loop of coffee shop background noise at [www.coffinity.com](http://www.coffinity.com).

VISIT **JAMMIN' JAVA** TO GET SOME CREATIVE JUICES FLOWING.  
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## 'GLASS EXPLORERS' TESTING GOOGLE GLASS COMPUTER

After making its name in search and software, Google now wants to make a name for itself in both hardware and retail. Glass, its new entry looks like a fancy pair of eyeglasses with an oblong device on the upper right side. Some 10,000 Glass Explorers, winners of an online contest who agreed to pay the \$1,500 list price for the privilege, received the cyborg-like apparatuses. In New York, Explorers were introduced to Glass by trained guides.

High-end catering was part of the event. In the Bay area, Explorers were ferried from San Francisco to the former naval base to drink Champagne, eat, and put on their personal-looking Glass to the future, according to USA Today. It comes in five colors: shale, sky, cotton, tangerine and charcoal. Its works are gathered on the right temple, powering an operating

system that allows as-yet limited access to the Web. It also powers a 5-megapixel camera capable of shooting bursts of 720p video. It captures the images hands free, by voice, one of its main attractions.

Users can make telephone calls when it's tethered to a phone. A cyclist liked being able to make a call and check texts without using her hands. Commands are made by voice and by tapping a finger on the front and side of Glass. You start by

saying "OK Glass," then tell it to take a photo or whatever you want it to do. Paired with an Android phone, it will give turn-by-turn voice directions. Explorers had a few improvement suggestions, but so far, all said they would buy the Glass again.



## LUMIA 1020 CAMERA PHONE OFFERS ALMOST-SLR QUALITY.



The Nokia Lumia 1020 will satisfy the photo buff's longing for great pictures from a camera phone. While you won't find it exactly like an SLR, it's said to be the closest thing to it on the phone market. Nokia's new phone takes impressively detailed pictures. It has a second-generation 41-megapixel sensor with optical image stabilization. It uses a camera sensor format that is five times larger than a typical smartphone, but mega-pixels don't tell the whole story. It has six-lens Carl Zeiss optics, Xenon flash and a separate LED flash, high resolution 3X optical zoom, and it can shoot 1080p high-definition video. Nokia puts all this into a 5.6-ounce rectangular slab, taller than the iPhone 5. The price is \$299 with a two-year contract from AT&T. The phone captures two images automatically every time you shoot. One is a full-resolution picture that turns out to be 34 to 38 mega-pixels, depending on the format used. The other is very good-quality 5-megapixel image that can be shared via email or a message posted onto a social network. USA Today's personal technology writer Edward Baig says this smart camera is almost as good as you can get on a smart-phone.



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# ASK COACH AMY» SINGLE & DIVORCED

BY AMY SCHOEN, MBA, CPCC

Q

Dear Coach Amy,

I am a divorced single mom with 2 kids, 10 and 13 years old, and I looking to start dating now. I am not sure when I should introduce my kids to someone that I am dating. Are there any rules out there? My kids are my priority and I want to make sure my children get along with anyone I start dating.

Very Truly,  
Hesitant in Herndon

A

There are many perspectives on this topic and as anything, and bottom line you have to do what's right for your family and works for you too! I do not know how long you have been divorced and under what circumstances. This all has to be taken into account.

If your divorce was mutual and a very calm split up, then the children may be much attached to both parents and resent you dating anyone. You have to know your children and if they are open to you dating or feel threatened by it.

It's important to not have your dating take any time away from your children. I recommend that you can date during the time you do not have

custody of them. Some kids actually push their parents to start dating. However, if your divorce was contentious and there has been a lot of fighting, or your ex ran off with his bimbo secretary, then, your children may be very attached to you. They may be jealous of the relationship that you are developing with this new person and resent having him intrude into their life.

Or perhaps they are open to you dating and welcome having a new, grounded adult mentor that they can rely on. My personal opinion is I don't feel it is wise to introduce your children to your date or love interest until you know the direction of the relationship and it appears to be heading towards exclusivity. You want to spend time alone with your new love interest to see if they are who they say they are. The reasoning here is also to protect your family by not introducing them to someone who is potentially unstable or dangerous. I know from my personal experience, that it sometimes took me a while to really see a person's true colors.

Nonetheless, if you have met your boyfriend through your children's school or a single parents' social group, your children may have already have met your boyfriend in a relaxed context. Here you can see how they do interact with someone you are dating. You most probably have seen how he interacts with others and may have some information about this man from mutual friends. Moreover, I do not believe that kids should not have a say about the person you are dating because it is ultimately your decision with whom to be.

I have seen situations where the kids did not like the boyfriend (or girlfriend) or their kids and the relationship could not be sustained. So timing is very important here. Sim-

ilarly, I decided that I didn't want to introduce my boyfriend to my parents until I knew he was serious and that he was going to stick around. I had already been disappointed several times. Again, you do not want your children to experience disappointment once again if the man you are dating decides not to continue dating you or visa versa. For young children, they can get attached, and if they already went through a divorce, you wouldn't want them to form an attachment to the new guy.

Today, single parents date a long time before getting married, especially if they are divorced with children.

Sooner than later you do want to see how someone is with children, especially if the person you are dating does not have children. How does he or she talk about his nieces or nephews? Are they involved with children in any other facets of their life? And if he does have children of his own, how does he describe their relationship to his child(ren)? So now you know why many single parents wait until their kids to go to college before they start dating! However, I have seen many successful long term committed relationships and second marriages to those who were single parents.

The key is to know your family and what's best for everyone, to set some boundaries around dating and what you are willing to do. Now it is your opportunity to make better choices for yourself at this stage of your life and to find a fulfilling, loving relationship for the long haul!

**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 marriage minded individuals to find and keep committed, loving relationships. [www.MotivatedtoMarry.com](http://www.MotivatedtoMarry.com).

# Ask Jonna Wooten!

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

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

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

**For your insurance and financial needs,  
see State Farm Agent:**



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Vienna, VA  
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04/02

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## REMOVE AN ERROR FROM YOUR CREDIT REPORT

You can report an error on your credit report online or by emailing the credit bureau involved. It's more effective to use the mail. Send a letter explaining the dispute and attach documentation. Include a copy of your credit report with the error highlighted. Keep copies of the documentation. Make your explanation simple, say the experts at Credit.com. Label all documents so the credit bureau doesn't have to figure them out themselves.

Send your package by certified mail and request a return receipt. Then send the same information to the lender or debt collector. They have to investigate the problem but won't get any documents or information from the credit bureau involved.



## LENDERS MAKING NON-PRIME LOANS

A small group of lenders have entered the market for non-prime, non-qualified mortgages.

According to Bloomberg Business, this market might account for as much as \$1.5 trillion of the \$10 trillion mortgage market. Conventional bankers have shunned non-prime loans, honoring strict standards of credit and income requirements.

But some good risks can fall through the cracks, lenders say. One example is a small business owner whose income declined as the economy slowed. The business owner has a low income, but no debt, a high credit score, and plenty of cash.

Conventional banks might offer to finance part of a new house, but not all, because the business owner's income has to be high enough to take on the mortgage.

Most lenders stay within the qualified, prime lending standards. When lenders stray from the prime mortgages standards, customers can't expect the greatest deal out there. Interest rates are much higher and down-payments can be dramatic. One California firm offers loans of as much as \$750,000 to borrowers with credit scores as low as 500.

But the borrowers will have to put 40 percent down. Interest rates on the 30-year loans are adjustable after seven years. While the best prime loans today can be as low as 4 percent, a non-prime loan can be 11 percent or higher, especially for those with low FICO scores. Unlike sub-prime loans made years ago, these loans are said to be safe because the borrowers "have skin in the game," usually in the form of a large down-payment.

# 3

## TYPES OF INSURANCE YOU PROBABLY DON'T NEED

When you consider buying insurance, the Consumer Federation of America advises you to forget the little policies. Look for comprehensive coverage for catastrophic loss. Credit life and disability insurance. This coverage offered by credit card companies is cheap but only covers the loan balance if you die or become disabled. It also may be a duplication of what you have elsewhere. You should have enough comprehensive disability and life insurance to pay all of your expenses and debt, say the experts at Kiplinger Personal Finance. If you have a medical problem that prevents you from getting traditional life or disability insurance, this might be your single option. In this case, you might consider accidental death and dismemberment insurance. But remember, it only pays if your death or injury is caused by an accident. Mortgage life insurance. If you die with an outstanding mortgage, the policy pays off your loan. But your heirs can use the insurance for anything else. Term life insurance would be a better choice to cover the mortgage and the heirs can decide if they want to pay off the mortgage immediately. Dental insurance. Most policies pay for cleaning and checkups every six months and annual x-rays. The premiums cost \$180 to \$600 per year, and most policies cap coverage at \$2,000 for other dental expenses. It's important to make the best decision for you.



# HOW TO GO TO THE GAME WITH YOUR BOSS AND HIS SIGNIFICANT OTHER



You'll be spending the evening in the company box, so remember these tips from Jacqueline Whitmore, author of *Poised for Success* and Patricia Rossi, author of *Everyday Etiquette*. Wear the right stuff. Dress conservatively and stay away from sports logos.

Choose the right date. Quoted in *Bloomberg Businessweek*, Rossi says the boss will bring his significant other, so choose someone you know who is courteous. Don't bring a first date. Eat and drink conservatively. Choose foods that are easy to eat. If you don't drink, order club soda with lime.

Engage the boss. He or she is interested in you, so do your homework to find what the boss likes. Travel is a good subject. Don't talk about business right away, says Whitmore. Befriend the boss's significant other. Be kind and courteous. Don't leave her out of conversation. The boss will be asking her opinion of you, says Rossi.

How to get invited again. Don't take the best seat or eat like you're starving. Avoid profanity and getting loud about the team. Write a thank you note.

## TWEETING CAN SCARE UP CONTACTS, INFO

If you follow the right feeds on Twitter, you can get tips from experts in many different fields and network in your own field.

Twitter, now boasting 500 million users, connects people through 340 million 140-character tweets daily. And what are people saying in this short space? One analysis firm tried to answer that question and, after two weeks of studying tweets, concluded that nearly 80 percent of tweets were pointless babble or conversations.

But hidden in that study is about 13 percent of tweets that had value or news. Twitter users rate highly news and valuable information, as seen in still another study by three computer researchers from the UK and U.S. universities. In that study, while twitter users said only 41 percent of the tweets in the feed were worth reading, of the tweets worth reading, good information and humor were rated highly. Today, Twitter is not just a place for pithy bon mots, it is also a clearing house for

useful information. You can type in any keywords on the Twitter site: financial advisor, home organizer, getting a promotion at work, job advice -- the list is endless. What comes up will be some general junk conversation, but also some information from people who are experts in the field. If you want to see what the experts are saying you can become their follower and have their daily ideas sent right to your twitter feed. Networking is big on Twitter. Twitter got started by providing networking for conferences and today it is still a valuable tool for meeting and greeting. It's perfectly acceptable these days to ask for a person's twitter name. Be on the lookout for special offers, too. Some companies share coupon codes and sale offers exclusively on Twitter. For example, some American Express card holders recently qualified a \$10 statement credit. Qualified users who signed up for Klout got a free one-day pass to American Airlines airport lounge.



## TOP 5 THOUGHT LEADERS TO FOLLOW ON TWITTER



**Arianna Huffington** | 1.2 M. Followers | @ariannahuff  
President And Editor-In-Chief Of The Huffington Post

**Anita Fiander** | 69,000 Followers | @anitafiander  
Productivity Coach

**Richard Branson** | 2.9 M. Followers | @richardbranson  
Entrepreneur / Founder Of The Virgin Group

**Deepak Chopra** | 1.3 M. Followers | @deepakchopra  
Indian-American Physician, New Age Guru

**Brian Halligan** | 19,000 Followers | @bhalligan  
Ceo And Co-Founder Of Hubspot

# CRUCIATE LIGAMENT INJURIES »

BY DR. SANDY CHRISTMUS

## Q

My dog tore her cruciate ligament this summer. Your articles are informative and understandable, so I'd like you to explain what happened and what I can do to protect the other knee.

—A.C., McLean, VA

## A

Thank you for the kind words.

I'm sorry about your pup's knee problem, and I hope he's doing better now. Cruciate injuries are a common orthopedic injury seen mostly in dogs, although cats can tear their ligaments, too.

Let's start with some anatomy of the knee. The cruciate (from Latin meaning cross) ligaments are inside the knee joint (called the stifle in animals) and prevent the lower part of the leg from moving forward or backward in relation to the femur. The cranial cruciate ligament (CCL), which is called the anterior cruciate ligament (ACL) in people, prevents the lower leg from thrusting forward, while the caudal cruciate ligament prevents it from sliding backward. The lateral collateral ligaments are on the outside of the joint on each side of the stifle and prevent lateral movement of the lower part of the leg.

I know this information sounds a little too medical for most folks, but to simplify it, the typical stifle injury we see in dogs is a CCL partial tear or a complete rupture. Some dogs hurt themselves running after something and then return to the house limping. Some dogs tear the ligament when they slip on a patch of ice. Sometimes there's no known trauma but the dog suddenly holds the affected leg up. It's rare for a dog to damage the caudal ligament or the lateral ligaments, except in the case of a severe trauma, such as being hit by a vehicle.

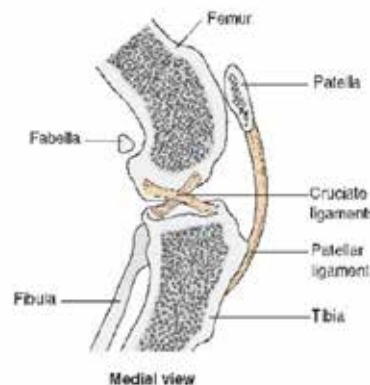
When people damage their ACL, it is usually the result of a trauma, such as a football player being hit in the knee and hyper-extending the joint or a soccer player planting a leg and twisting, thus stressing the ligament too much. In humans, the cruciate ligaments aren't under much stress during normal activity, because our legs are straight up and down. Conversely, dogs and cats have stifles that are partially flexed

all the time. This position results in constant stress being applied to the CCL to prevent the tibia from sliding forward. A common theory of why CCL injuries are so common in pets is that the ligament is taking daily micro-trauma whenever the pet is standing, walking, or running, and eventually the accumulated damage is enough to cause a tear or rupture.

Dogs with acute CCL injuries are often three-legged lame or barely toe-touching the affected limb to the ground. When they sit, they tend to extend the painful leg partially out to the side, as opposed to bending it tightly as dogs normally do in a sitting position. If they stand on the affected leg, they usually hold it rotated outward, with less weight than normal on it. Sometimes a dog with a CCL injury will yelp when the damage occurs, but they almost never cry or whimper after that. Dogs are usually stoic, but I promise you, these guys are in pain! The severe lameness is the most obvious evidence, but more subtle signs of pain

## CARRYING EXCESS WEIGHT

WILL INCREASE THE LIKELIHOOD OF THIS SITUATION.





# WHAT TO DO

include reduced social interaction and subdued personality.

During our physical exam, we can usually detect swelling and warmth in the stifle area, and these pups react in pain when we manipulate the joint through its range of motion. If the ligament is completely torn and the dog is not too tense, we can perform a manipulation called the cranial drawer test, wherein we hold the knee at certain spots and try to push the tibia forward while holding the femur stable. Normally there should be very little movement in that plane, but if the CCL is gone or loose, we can see excessive mobility. It may also be painful, so sometimes we'll need to sedate the patient to be able to relax the muscles holding the joint steady and relieve the pain before we perform the drawer test. We often take radiographs of the stifle, because we have to be sure there's no other problem causing the lameness, such as a broken bone, a bone infection, or a bone tumor, all of which can cause similar clinical signs.

The affected ligament does not show on the x-ray, because it's soft tissue, but often we can see inflammation in the joint or possibly evidence of bony arthritis, indicating a more chronic issue than we suspected.

Once we have a diagnosis of a CCL injury, we discuss the treatment options with the pet parent. For cats and small dogs (less than 20 pounds or so), the typical recommendation is to try conservative therapy first. Conservative therapy includes strict rest, minimal activity, and anti-inflammatory medications for up to six weeks to allow the structures around the knee to strengthen, thicken, stabilize the joint, and prevent abnormal movement. Because of their small size,

these patients often heal to a point where they're comfortable and mobile. They will develop arthritis in the future, but because they're smaller, it can be managed easily, and they can have a great quality of life.

For larger dogs and pets that don't regain acceptable function within a few weeks of conservative therapy, surgery is the best option. Three common surgeries are used to repair stifles. Each type of surgery has advantages and drawbacks, but it's beyond the scope of this article to go into those details. Suffice it to say that the end result helps stabilize the stifle and prevent the unnatural forward thrust.

Most pets are much improved with surgery after the six- to eight-week recovery period. Some arthritis will still develop over time, but it will be much less severe than if no stabilization were performed.

Regarding your question of what can be done to prevent CCL injuries, the answer is difficult, but one thing is clear. These injuries can occur when pets are a healthy, lean weight, but excess weight on ligaments that are already under strain will greatly increase the risk of injury to the stifle.

A majority of pets with cruciate injuries are overweight, which can also make recovery more difficult, because they're relying on the other knee too much. It's common for dogs to have surgery on one leg and then have the other CCL tear, requiring surgery on the other side.

Carrying excess weight will increase the likelihood of this situation.

The very best thing you can do to help your pet prevent knee injuries is to ensure your little buddy maintains a healthy weight.

## PETS WE LOVE



**Rufus**

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**Mia**

Owner: Aiden, Marcelo, Vanessa



**Lacey**

Owner: The Giroux Family

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FEATURED  
PET



**Max (picture above)**

Owner: Suseel

## TRAVEL TIPS FOR YOUR FURRY FRIENDS

1. Make sure you stop every 2 to 3 hours when traveling by car.
2. Double check an airline's rules and regulations regarding pets and pet carriers.
3. Make sure your pet has proper, updated identification.
4. Try to schedule direct flights.
5. When flying, make sure to label your pet's carrier with both your permanent and travel address and phone numbers.
6. Carry a current photo of your pet just in case you get separated.
7. Get your pet used to the car by taking him or her on short car rides before your trip.
8. Have a copy of your pets medical records
9. Limit pet's food intake before traveling to reduce or avoid nausea.
10. Make sure your pet is healthy for travel and discuss possible anxiety solutions if necessary.



Max, the dog, loves boogie boarding in this backyard oasis fit with waterfalls and koi pond to attract wildlife in and around Tyson's Corner, Vienna, and Dunn Loring area. He also loves swimming in this 100ft x 20ft piece of water heaven. Located on Gallows Rd. in Dunn Loring, VA. Close to the W&O.D bike trail, we think this is puppy paradise!



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## FESTIVE HOLIDAY PET COOKIES

1/2 CUP UNSWEETENED APPLESAUCE  
1 EGG, SLIGHTLY BEATEN  
1/2 CUP CHUNKY PEANUT BUTTER (ALL NATURAL PREFERRED)  
1 TEASPOON VANILLA  
1 1/4 CUPS WATER  
3 CUPS WHOLE-WHEAT FLOUR  
1 CUP WHITE FLOUR  
1/2 CUP CORNMEAL  
1/2 CUP QUICK-COOKING OATS  
1/4 CUP CHOPPED PEANUTS (UNSALTED)

Preheat oven to 350 degrees Fahrenheit. In a large mixing bowl. Combine applesauce, egg, peanut butter, vanilla and water. Mix well. Add flours, corn meal, oats and peanuts and mix well to form a dough. Turn dough onto a floured surface and knead until thoroughly mixed together. Roll out dough to 1/4 inch thick and cut out shapes. Place on greased baking sheet and bake for 45 minutes until lightly browned. Cool on rack. Makes 30 cookies.



## WINTER SQUASH DOG MUFFINS

1 CUP ROLLED OATS  
1 CUP WHOLE WHEAT FLOUR  
1 TSP GROUND CINNAMON  
1 TSP GROUND GINGER  
1 1/2 CUPS WINTER SQUASH, PEELED AND CUBED  
1/8 CUP WATER  
1 EGG  
1 TBSP CORN OIL  
1/2 CUP MILK

Preheat the oven to 375° F. Spray mini muffin pan with non-stick baking spray. Whisk together oats, flour, cinnamon, and ginger. Place squash in a microwave-safe bowl, add water, and microwave on high at one minute intervals until tender. Drain the excess liquid once the squash is tender. Place the squash, egg, oil and milk into a blender. Blend into a smooth puree, stirring when needed to keep the mixture moving. Make a well in the dry ingredients and pour in the squash mixture. Stir together until combined. Fill muffin cups and bake for 15 minutes.



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**Client education**



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# THE TALK *of* TYSONS

## TYSON'S PARTNERSHIP 2014 EVENTS CALENDAR & AREA NEWS


 R.S.V.P.

**4.5.14 SILVER LINE WELCOME PARTY** — A merry celebration of the arrival of the Silver Line Metro. Under the Big Top, a playful event filled with music, entertainment and refreshments. Thanks to Lerner Enterprises for making this space available. **Town Square @ Tysons II / Silver Line / Noon-7Pm**

**5.18.14 to 11.16.14 TYSONS SUNDAY FARMERS MARKET** — Smart Markets hosts 16+ vendors offering locally-sourced fruit, vegetables, breads, cheeses, ice creams, dog treats and more! Thanks to National Automobile Dealers Association for making this space available. **NADA campus - Greensboro & Westpark Dr. / Sundays / 10am-2pm**

**5.31.14 to 6.1.14 GREAT TASTE OF TYSONS FESTIVAL** — A fantastic two-day celebration of all things Tysons, including food, drink, music, art, entertainment. Under the Big Top, Great Tastes offers something for everyone. **Town Square @ Tysons II / Silver Line / 11am-11pm each day**

**6.29.14 2nd ANNUAL TOUR DE TYSONS BICYCLE RACES** — Ten bicycle races + food trucks + vendors, a fun event for the whole family. Compete or simply enjoy. Thanks to PS Business parks for making staging space available. **Jones Branch Dr. / 1-mile closed route w Westpark Dr. / 7:30am-5:30pm**

**8.16.14 TYSONS BURGERS, BBQ, & BEER FESTIVAL** — Taste extravaganza, featuring craft burgers, craft beer, small-batch bourbons, + fiery BBQ. Music, seminars and all-you-care-to-taste samplings. Under the Big Top. **Town Square @ Tysons II / Silver Line / 11am-11pm**

**9.13.14 TYSONS WORLD MUSIC FESTIVAL** — Full day of local & national performing artists, refreshments, art, charity benefit, under the Big Top. **Town Square @ Tysons II / Silver Line / 11am-11pm**

**10.11.14 TYSONS HARVEST FESTIVAL** — Crafter exhibits, cider, pumpkins, country music, tastings, farm mart, kids fun zone. Under the Big Top. **Town Square @ Tysons II / Silver Line / 11am-11pm**

**Tesla Dealership? Here?** “Tesla Motors, the Virginia Department of Motor Vehicles and the Virginia Automobile Dealers Association reached an agreement late last week to allow the automaker to apply for a single dealership license, VADA CEO Don Hall said today.” Stay Tuned.

**Ayoub Carpet** will be opening a Service Showroom in Falls Church at 310A South Washington Street. Ayoub Carpet offers New Flooring Sales (Carpet, Hardwood & Luxury Vinyl Tile), Custom Order Oriental Rugs, Cleaning and Repair. Drop-off/Pick-up Location for Rug Cleaning / Repairs 703.255.6000

**Prudential Mortgage Capital Co., Northwestern Mutual and Tiaa-Cref** have each provided \$283.3 million, for a total of \$850 million, to finance Tysons Corner Center. The 1.9 million-square-foot, regional mall located in Tysons Corner is undergoing a major transformation as several de-

velopers move forward on new projects associated with the extension of the Metro service.

**Sweetgreen** is coming to the Tysons Corner area this winter. With two locations: 6707 Old Dominion Drive in McLean and Tysons Galleria.

**Shake Shack** will be adding two new DC location in mid-2014; one of which to be located in Tysons “near the mall.” Shake Shack serves burger, hot dogs and frozen custards. Randy Garutti sees Tysons Corner as a location that, “takes us beyond DC to an ever-expanding, thriving community in Northern Virginia, where we can build a shack from the ground up.” The stand-alone structure will also be within walking distance from the new Silver Line.

**Founding Farmers** is almost here! Authentic American Dining will be coming to Tysons Corner in spring of 2014. This will be their third loca-

tion with a seating and bar capacity of roughly 280. Located at 1800 Tysons Boulevard, it will occupy 12,000 square feet in the former Inox location. Chef Joe Goetze uses fresh ingredients from Virginia Farmers and an in-house butcher studio to prepare Founding Farmers dishes.

**Destination XL** has opened Tysons at 8027 Leesburg Pike. The store for “Bigger Men” carries an awesome selection of clothing, shoes and accessories. 8027 Leesburg Pike, Vienna, VA 22182 (703) 848-1966

**Convene** opening in January 2014, at 1800 Tysons Boulevard with the most technologically advanced conference center in Tysons. It will feature 15,000 of meeting rooms with capacity to host 10 to 160 participants. Convene has a history of satisfying clients with packages and venues to meet every budget and occasion. Stay Tuned. 888.730.7307 [www.convene.com](http://www.convene.com)





# TYSONS CORNER CENTER CHRISTMAS MARKET

FRI-SUN | DECEMBER 13-15

**CRAFTS MUSIC FOOD DRINK**

**N**ew this year, Tysons Corner Center is featuring a unique outdoor artisan holiday market in addition to its unbeatable mix of more than 300 stores. For three days, you can shop for everyone on your list in a traditional German outdoor market setting. Explore a winter wonderland of holiday gifts from home and abroad sure to delight!

Shoppers can delight in gift-giving ideas in a celebratory atmosphere replete with live musical entertainment, a stunning 20 foot tall decorated Christmas tree and delicious German foods. Discover clothing and accessories, domestic and imported crafts, soaps, candles, jewelry, and other unique, gifts from local and regional artisans and boutique businesses. Enjoy Glühwein, a traditional mulled wine, fresh garland and wreaths, and handmade wooden toys and ornaments direct from our sister city Dresden.

Shop and enjoy exhibitions from Red Persimmon Imports, I am naturals, Booda Boutique, Virginia Chocolate Co. and La Contessa by Mary DeMarco.

Tysons Corner Center Christmas Market is produced by Macerich in partnership with Diverse Markets Management, The German Embassy and the city of Dresden.



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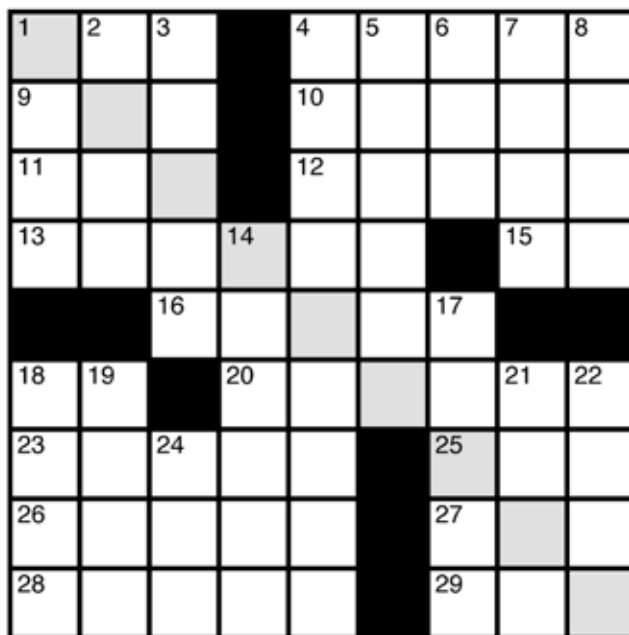


DIVERSE MARKETS  
MANAGEMENT

## The state of titans and waltzing

Across

1. "\_\_\_ will be done"  
 4. Receded  
 9. Nay's opposite  
 10. Hard up  
 11. Sought office  
 12. Flip out  
 13. Scottish archipelago  
 15. NE state  
 16. Closes a falcon's eyes  
 18. Word in a simile  
 20. Ridiculous  
 23. Twist  
 25. Vast expanse  
 26. Top scout  
 27. Lyndon Johnson dog  
 28. Neuters  
 29. Mamie's man
- Down
1. Beginner  
 2. Try, as a case  
 3. Jerks  
 4. Makes weak  
 5. Aquamarines  
 6. Worker in a garden  
 7. Dutch cheese  
 8. Actor Dick Van \_\_\_



14. Almost  
 17. Bar offering  
 18. Seemingly forever  
 19. Photo or bean  
 21. Stink  
 22. Challenge  
 24. Palindromic title  
*The title is a clue to the word in the shaded diagonal.*



Why science teachers  
 should not be given  
 playground duty.

# WE'VE GOT JOKES

**WHEN I WENT TO  
STARBUCKS FOR  
COFFEE THEY  
LIED. IT WASN'T  
STARBUCKS, IT WAS  
FOUR BUCKS!**

Tom, Dick and Harry went to a party. After the party they returned to the hotel. The hotel was 600 stories high. Unfortunately for them, the elevator was not working. They made a plan for the first 200 stories, Tom will crack jokes. The second 200 stories Dick will tell a happy story and lastly Harry will tell a sad story. They then started up the steps

After 2 hours it was Harry's turn. He turned to the other two and said "OK guys, here's my sad story. I forgot the keys downstairs.

A tiger was walking through the jungle one day and saw two men relaxing under a tree. One was reading a newspaper, and the other was working feverishly on a manual typewriter. The tiger leapt on the man with the newspaper, and ate him up. The tiger did not bother the other man at all. That's because any predator knows that readers digest but writers cramp.



## Some like It hot

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

HOT AIR	HOT STUFF
HOT BLOODED	HOT TUB
HOT CHOCOLATE	HOT WATER
HOT CROSS BUN	HOT WIRE
HOT DOG	HOTBED
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HOT PANTS	HOTFOOT
HOT ROD	HOTHEAD
HOT SAUCE	HOTHOUSE
HOT SEAT	HOTLINE
HOT SPOT	HOTPLATE
HOT SPRING	HOTSHOT

**THANKSGIVING DINNERS  
TAKE EIGHTEEN HOURS  
TO PREPARE. THEY ARE  
CONSUMED IN TWELVE  
MINUTES. HALF-TIMES  
TAKE TWELVE MINUTES.  
THIS IS NOT COINCIDENCE.  
ERMA BOMBECK**

## QUOTES

**"TO BE A GREAT CHAMPION YOU MUST BELIEVE YOU ARE THE BEST.  
IF YOU'RE NOT, PRETEND YOU ARE."**

MUHAMMAD ALI, HEAVY WEIGHT BOXING CHAMPION OF THE WORLD

**"RICHES DON'T MAKE A MAN RICH, THEY ONLY MAKE HIM BUSIER."**

CHRISTOPHER COLUMBUS, DISCOVERER OF AMERICA IN 1492.

**"BY PREVAILING OVER ALL OBSTACLES AND DISTRACTIONS, ONE MAY UNFAIL-  
INGLY ARRIVE AT HIS CHOSEN GOAL OR DESTINATION."**

CHRISTOPHER COLUMBUS, DISCOVERED THE NEW WORLD IN 1492.

**"EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER SIDE OF FEAR."**

GEORGE ADDAIR, FOUNDER OF THE OMEGA VECTOR, A SELF KNOWLEDGE PRO-GRAM

**"A WISE MAN WILL MAKE MORE OPPORTUNITIES THAN HE FINDS."**

FRANCIS BACON: ENGLISH PHILOSOPHER, STATESMAN, SCIENTIST AND AUTHOR

**"WHEN YOU FORGIVE, YOU IN NO WAY CHANGE THE PAST – BUT YOU SURE DO  
CHANGE THE FUTURE."**

BERNARD MELTZER, RADIO HOST OF "WHAT'S YOUR PROBLEM" IN PHILADELPHIA

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**"DON'T BE AFRAID TO GIVE UP  
THE GOOD TO GO FOR THE GREAT."  
JOHN D. ROCKEFELLER**

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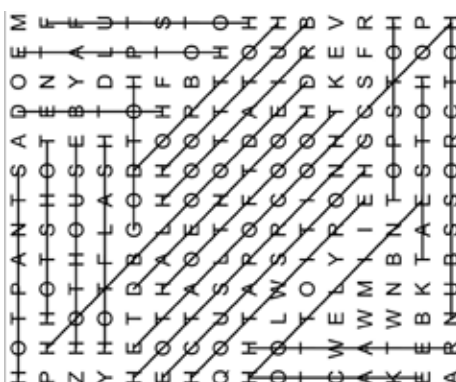
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# HOROSCOPES

NOVEMBER // DECEMBER 2013

## NOVEMBER 2013

**SCORPIO:** *The stars say there's nothing bad about being a Scorpio. You are determined and forceful while being emotional and intuitive, exciting and magnetic. Wow.*

**ARIES:** Take care to keep your temper in check. It's too easy for you to shake up people when you think you're just venting. It may be hard to relate to certain people now.

**TAURUS:** You're having a sense of ownership over something that might not really be yours. Try to let it go as much as you can. It's a really good time for you to reconsider.

**GEMINI:** You are beginning to feel a powerful romantic attraction. You could be entering a danger zone if it's for someone a work.

**CANCER:** If your boss wants you to take on a significant project, but you aren't sure, take it anyway. Have faith in yourself. The boss is a good judge of your capabilities.

**LEO:** Look beyond the obvious and you will be able to determine what isn't being said. In some situations that's more telling than what you can hear.

**VIRGO:** November will be a lucky month for you. Partly because of work you've done al-

ready and partly because your potential is being recognized.

**LIBRA:** You are especially slick now. That could take you far as you grease the wheels of progress and smooth out relationships among co-workers.

**SAGITTARIUS:** It's time to consider the status of your health, which you haven't done for a while.

**CAPRICORN:** When you attend a big family Thanksgiving dinner, take your "live and let live" attitude with you. Some relatives are loving but some are just aggravating.

**AQUARIUS:** You're generally in control of your finances, but Christmas buying could trip you up. Don't let it happen this year. Plan now for what you can and will do.

**PISCES:** It might feel like you're a fish out of water when it comes to the company Christmas party. It's coming up, so decide now to have a nice time and you say where and when.

## DECEMBER 2013

**SAGITTARIUS:** *At holiday dinners/parties, there will to be someone who rubs you the wrong way. Walk away & have fun with your friends or family members.*

**ARIES:** Your capable and sociable manner draws people to you. That's good, and it encourages cooperation at work. But don't let others' high opinion of you go to your head.

**TAURUS:** Your financial dealings are taking on greater importance now, so make sure that you're giving them their due. Your mindset is perfect for thinking about the future.

**GEMINI:** The full moon on December 17 could make you feel like doing something crazy, or at least pretty unusual for you. Think twice before plunging into it.

**CANCER:** Celebrate Christmas in your own way. Make it a joyful time by avoiding a lot of extra work and preparations. Just show love and caring to everyone you meet.

**LEO:** Check your to-do list for tasks and projects you can wind up before taking the holiday break. Decide what can be put on hold so you can celebrate without worry.

**VIRGO:** A feeling of confidence is sweeping over you, and for good reason. You're finishing

a year of good work and looking forward to a productive new year.

**LIBRA:** You're beginning to feel that you're in your element at work and that you'll soon be able to make a difference there. But don't try to control every situation.

**SCORPIO:** A loved one has an issue on which you'd like to give advice. But sometimes the most supportive action is letting the person figure out what to do on his own.

**CAPRICORN:** When your boss seems testy or distant, remember that there are problems and situations that you don't know about. So just keep doing your job well.

**AQUARIUS:** The talents of others can make you look like a better leader, manager or cultivator of high performance people. Everybody wins.

**PISCES:** People like your politeness and efficiency. They seek you out because their friends talk about how dependable, honest, and discreet you are.



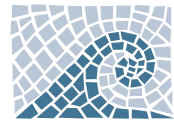
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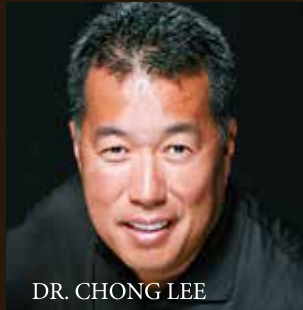
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# It all stacks up.



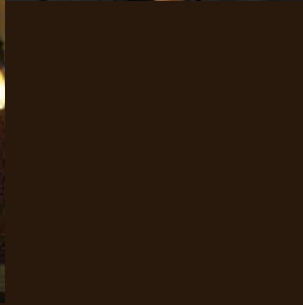
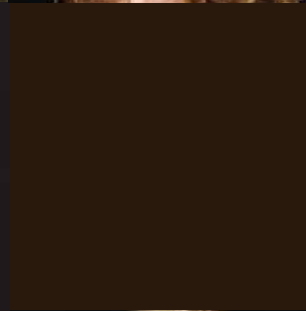
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