

#1 AGENT COMPANY WIDE Weichert, Realtors

PRICE ADJUSTED! FABULOUS CHESTERBROOK HOME!

SPECTACULAR CHESTERBROOK WOODS RAMBLER!



AMAZING 4 br/4 full/3 half bath renovated home in the heart of McLean! This beautiful home features elegance and graceful touches throughout. Gourmet kitchen w/ granite; 4-season room off the kitchen overlooking vast rear yard; fin. LL rec rm, off/den!

STUNNING 5br/3 full bath rambler in quiet cul-de-sac location! This home is just perfect! Large granite kitchen; open, bright floor plan with skylights and picture windows; private story-book setting on lovely lot; 2-car garage; walkout LL to flagstone patio!

GORGEOUS COLONIAL IN CHAIN BRIDGE FOREST!

INCREDIBLE RENOVATED RAMBLER IN CHESTERBROOK!



BEAUTIFUL 5br/3.5 bath, 3-level RENOVATED colonial backing to parkland, at the end of a quiet cul-de-sac! Oversized, sparkling granite kitchen with breakfast area; gleaming hardwoods; renovated baths; walkout LL rec room w/ bedroom & bath!

WONDERFUL 5BR/3 full bath renovated rambler features stunning island kitchen with granite, stainless steel & tile backsplash; beautiful screened-in porch with skylights; lovely owner's suite w/ updated bath; large, walkout sun-filled lower level rec room to patio!

JD CALLANDER

TOP 1% OF REALTORS NATIONWIDE WALL STREET JOURNAL - TOP 100 AGENTS



(703) 606-7901

JD@newNOVAhome.com www.newNOVAhome.com

OVER 60 HOMES SOLD SO FAR THIS YEAR!



News

Keeping the Pressure On

Tired of paying both City of Fairfax and Falls Church water bills, one Fairfax County man becomes a vocal water activist.

By Victoria Ross The Connection

very three months, Fairfax County resident Kirk F. Randall reluctantly writes a check to the City of Fairfax for his water bill, and fumes about t.

A lifelong County resident whose home borders the City of Fairfax, Randall is one of the 21,000 county residents who pay 71 percent more for water because he gets his water from the City of Fairfax rather than Fairfax Water, the County- utility.

He also pays the water bills for his family home in McLean, where his 85-year-old father still lives. That water comes from the City of Falls Church, which charges customers such as Randall 44 percent more than other county residents pay.

"Not only have I had no choice but to buy more expensive water for more than 26 years, but I don't get to vote on the city's decision because I'm a county resident. It's absurd," Randall said. In May, he paid a quarterly total of nearly \$200 for both water bills. If he were a Fairfax Water customer, he would have paid \$60.19.

Randall's frustration echoes that of many county residents who have complained to the Fairfax County Board of Supervisors about high water bills and being "taxed" without concomitant "representation."

Currently more than 153,000 residents – approximately 14 percent - receive their

water from municipal utilities in Falls Church, the City of Fairfax and the towns of Herndon and Vienna rather than Fairfax Water. Those residents pay as much as 82 percent more for their drinking water.

The battle over who controls water service in Fairfax County percolated for years before erupting into a full-blown war last December when county supervisors – responding to complaints from residents - drew a line in the sand.

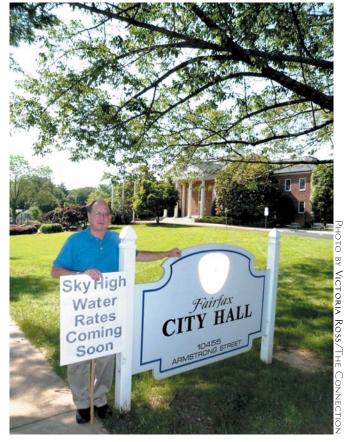
On December 6, supervisors enacted an ordinance that gave the county broad powers to determine how residents get their water and how much they pay for it

COUNTY OFFICIALS said the new law – which was slated to go into effect July 1 - was an attempt to ensure that all county residents pay a "fair and reasonable" rate for their water.

"Someone who lives in Fairfax County, but is served by a separate jurisdiction's water provider, should have the assurance that the rate they pay can be justified," said Board Chairman Sharon Bulova (D-Atlarge), "It's as simple as that."

But city and town leaders argued there was nothing "simple" about the county's move. They saw the ordinance as a blatant power grab, and promptly sued the county.

"The attempt by Fairfax County in 2011 to regulate rates for water systems it doesn't own, and didn't build, is simply unconstitutional," said Virginia State



Kirk F. Randall, a Fairfax County resident who is tired of paying higher prices to the City of Fairfax and Falls Church for his water, stands outside Fairfax City Hall on Armstrong Street carrying the sign "Sky High Water Rates Coming Soon."

Senator Chap Petersen (D-34), a longtime City of Fairfax resident and former council member, whose constituents include Fairfax City, Town of Vienna, and Fairfax County residents. He maintains that current state law already requires water to be provided as a "cost-based" service.

"In other words, the price of our water is based on the cost of service. That price, about \$1 a day, is one of the cheapest rates in the United States, no matter where you live in Northern Virginia," said Petersen, who considered introducing legislation in the General Assembly to nullify the county ordinance last December

The ensuing "Water Wars" have embroiled four local governments, powerful politicians, high-level bureaucrats, high-priced legal teams, the U.S Army Corps of Engineers, and a billion-dollar utility company, who are spending a significant amount of time and money battling each other in a series of lawsuits, legislative showdowns and PR campaigns.

There was a temporary cease-fire on June 14 when county officials agreed to a 90-day suspension of the ordinance, and the cities of Fairfax and Falls Church agreed to put their litigation on hold, as all sides discuss various options to reduce the rates the affected county residents pay for their water.

"Many assumed the County would be mandating rates equal to the Water Authority's rates, but that

SEE WATER BILLS, PAGE 4



Fairfax County released its latest recommendations for Tysons Corner redevelopment, and the McLean Citizens Association feels that they do not give enough information.

MCA Seeks More Information on Tysons

County's 'Strawman' plan missing key funding details, group says.

By Alex McVeigh
The Connection

he McLean Citizens Association has expressed displeasure with the Fairfax County Planning Commission Tysons Corner's set of recommendations for Tysons Corner redevelopment. The recommendations, called "Strawman," were released June 13, received public comment June 21 and were re-released July 18.

Strawman is "based upon the goal of developing a comprehensive solution for funding the set of infrastructure improvement identified in the plan to support the 113 million square feet of development anticipated to occur by 2050; the need for a funding plan that allows for flexibility in funding options and sources, as well as for adjustments to be made upon pace of development and the need to provide a reliable funding mechanism that implements the visionary plan.'

While the plan calls for all sources of funding to be used in a "efficient and effective manner," and that "residents, landowners and businesses and developers" work together to secure funds, the MCA is concerned with a lack of specifics.

"Our view is that we need to understand more clearly what the obligation to the taxpayer is going to be," said Sally Horn, MCA president, "and we haven't yet seen a response that addresses those concerns."

The lack of specifics about how much money will be coming from state and federal sources has the MCA concerned that should those sources fall through, the taxpayers will be stuck footing the bill. The report estimates that, in 2012 dollars, operating costs are estimated at \$932 million. Horn said the MCA would like to see best case, worst case and realistic case scenarios about taxpayer costs.

"The recent track record has been that funding hasn't been available from federal and state sources, so worst case, we could be looking at \$932 million," she said. "If federal and state funds aren't available, we'd like to see information available about how we're going to make up that gap. Will it come out of the general fund? Bonds? And how will that translate to the average taxpayer as far as the tax rate, or in programs that will be cut back?"

The MCA's position is that county taxpayers should only pay about 25 percent of the costs, equivalent to the percentage used for the development of the Route 28 corridor.

The third version of Strawman should be released in the next week. Horn says she hopes the MCA's concerns have been addressed.

The MCA will host a forum with the Planning Commission Tysons Corner and other county staff Oct. 2, where they will make presentations about the latest in Tysons Corner Redevelopment.

Water Bills Challenged

From Page 3

only would happen if no justification for rates was provided, or the justification was deemed to be inadequate," said Anthony Griffin, who recently retired as the long-time county executive. Before joining the county, Griffin served as the city manager for Falls Church, and Chairman Bulova recently appointed him to the Fairfax Water Board of Directors.

Griffin said he was "hopeful" that during the stay "there will be conversations that will produce win-win solutions for the parties involved, and particularly for the customers of the various water systems."

IN THE MIDST of the posturing and political power-brokering stands Randall, 61, who worked for more than three decades as a utility economist with the federal government.

He said he never intended to become an expert on water, but when he realized how much more he and his neighbors were paying, he got mad. And then he decided he wasn't going to take it anymore.

"Like most of the other 153,000 affected county residents, for years I got my quarterly bill and paid each bill, totally unaware of how much extra I was paying. In 2009, I figured it was about time somebody spoke up for these captive customers," he said.

To that end, Randall has testified before city councils, written opinion pieces in local newspapers, and lobbied numerous state, federal, county, and city officials.

He has amassed thousands of pages of documents relating to water issues, and can cite chapter and verse when it comes to the history of the highly decentralized world of water operations, where dozens of public agencies are involved in the purchase, sale, distribution and delivery of water to residents. Randall has become known as a "solid" advocate in the water wars, respected for his persistence and fact-based presentations rather than his attentiongrabbing antics.

"Transparency is the key," he

said. "These towns and cities need regulatory oversight-just as do other monopoly utilities such as Washington Gas or Dominion Power – to hold them accountable for every penny they charge their captive customers."

However, many Fairfax City residents affirmed they want to keep their water system independent from Fairfax Water.

DURING A RECENT PUBLIC HEARING on the topic, city resident Curtis Chandler called the city's water system an "asset" and "competitive advantage."

"Keeping the system and making the investment to keep it up to date is entrepreneurial," Chandler said at the hearing.

Catherine Read, a city resident who narrowly lost her recent bid for a city council seat, agrees that the city's water system is a valuable asset. She said in every forum she attended on the subject, the majority of citizens who turned out to express an opinion were in favor of the city keeping it.

Randall calls this "home-grown

Jurisdiction/Agency	Current Basic Water Service Charge ⁽¹⁾	Proposed Basic Water Service Charge ⁽³⁾
Virginia-American Water Company (Prince William County)	\$149.69	\$187.08
City of Manassas Park	159.96	184.50
District of Columbia	135.90	144.06
City of Rockville, Maryland	133.47	143.67
Town of Leesburg (Outside)	134.16	139.20
Washington Suburban Sanitary Commission (Montgomery and Prince George's Counties, Maryland)	128.84	131.96
Town of Vienna (Outside Town Limits)	109.28	122.00
Town of Vienna (Inside Town Limits)	100.16	122.00
City of Fairfax (3)	103.00	110.75
Virginia-American Water Company (City of Alexandria)	100.72	108.64
Town of Leesburg (Inside)	97.20	100.80
City of Bowie, Maryland	89.40	96.84
Arlington County	95.52	95.52
Prince William County Service Authority	88.95	93.15
City of Falls Church (3)	86.55	86.55
City of Manassas	81.75	81.75
Town of Herndon	77.10	77.10
Loudoun Water	76.98	76.98
Fairfax Water	60.19	60.19

(1) Basic Water Service Charge includes the account service charge plus water used at the current commodity

(3) Excludes utility tax.

civic pride" that makes no economic sense, but Read disagrees. "I don't think it's about 'civic pride.' Access to clean potable drinking water will be the next great challenge of governments all over the world," Read said. "Why would we simply turn that asset over to someone else and lose control over both how it's managed and what it will cost? What benefit does the city derive beyond short term savings on not having to invest millions in the needed maintenance and upgrades?"

Randall argues the city's recent decision to maintain its Loudoun County system doesn't begin to address system reliability, as evidenced by the nearly month-long outage in May when the city was forced to purchase 100 percent of its water from Fairfax Water.

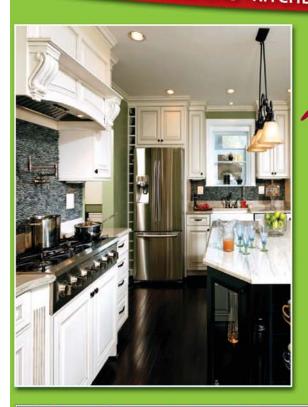
The city currently has no longterm backup for its Loudoun County treatment and transmission facilities. Each time the city declares a system emergency –

SEE PARTNERSHIP, PAGE 5

One Name Says It All!

Michael Mash

ADDITIONS • EXTENSIONS • KITCHENS • BATHS • BASEMENTS • CUSTOM GARAGE & SCREEN PORCHES • WINE CELLARS



Michael Nash®

Design & Build & homes

The Ultimate in Luxury ® A Michael Nash Company

8630-A Lee Highway • Fairfax

703-641-9800

Call Today For A
No-Obligation Home Evaluation!
www.michael-nash.com

Design, Build & Remodel

- ♦ Additions & Extensions
- ◆ Major Renovations
- ◆ Two-Story Additions
- ◆ Total Kitchen Remodeling
- ◆ Total Bathroom Remodeling
- ◆ Complete Basement Remodeling
- ♦ Custom Garages
- ◆ Sun Rooms◆ Screened Porches
- ◆ Custom Wine Cellars
- ◆ Jacuzzi & Steam
 Shower Spas
- ◆ Interior Design

Custom New Homes • We Build On Your Lot!

COMPLIMENTARY ALL APPLIANCES Ceramic Backsplash Remodeling With Complete Kitchen Remodeling

With Complete Kitchen Remodeling | With Complete Kitchen Remodeling Min. \$30,000 kitchen project. Present coupon at time of estimate. Not valid with any other offer. Expires 9/8/12



\$1,000 OFF Complete Remodeling Project

Present coupon at time of estimate. Not valid with any

other offer. Expires 9/8/12

News

Promoting Partnership

From Page 3

Water has 17 bil-

lion gallons of

gency.

upstream storage ready to go in the event of a drought, but spe-

cifically prohibits the city from

buying emergency water during a

drought because it's an event that

can be "planned-for," not an emer-

which has occurred about every five weeks in recent years - it relies on the largesse of Fairfax Water to provide it with water priced below Fairfax Water's cost, which disadvantages the water utility's customers.

Jeanne Bailey, who is in the unenviable position the city's only of being a longtime city resident and the spokesperson for Fairfax Water, said that many city residents don't fully understand the is expensive for vulnerability of us to provide." the city's system. She said Fairfax

"Fairfax Water is emergency backup, and reliable long-term backup

— Jeanne Bailey

"Fairfax Water is the city's only emergency back-up, and reliable long-term backup is expensive for us to provide. We're happy to help, but we have to be fair to our customers as well," she said. "At some point in time, they are either going to have to spend many tens of millions securing long-term backup service elsewhere, or buy it at

cost from Fairfax Water."

Randall said he will continue his quest to educate and inform city and county residents about the economic and reliability benefits of partnering with Fairfax Wa-

In May, Randall addressed the City Council, saying: "If city offi-

cials don't deal with long-term backup and emergency water needs real soon, one day when there's an emergency outage, they are going to turn on the faucet and get absolutely nothing."

Short-term Respite Stays

MINIMAL COMMITMENT. Maximum value.

alancing life's priorities is not always easy. At Grand Oaks, Bour Short-term Respite Stays are a perfect option for families needing temporary assistance with the care of a senior loved one.

Whether your senior is visiting from out of town, recuperating after a hospital stay or simply requires a safe, comfortable environment while you travel, we offer 24-hour individualized care in the comfort of luxurious surroundings on the campus of Sibley Hospital, part of Johns Hopkins Medicine.

Delicious cuisine, a variety of cultural and social activities and a dedicated staff all contribute to making every day at Grand Oaks special. It's a home away from home that will exceed your expectations!

Scheduling a stay is easy!

Simply call Vanessa Spevacek at 202.349.3400 or grandoaks.dcr2@sunriseseniorliving.com





5901 MacArthur Boulevard, NW • Washington, DC 20016 202-349-3400 • www.grandoaksdc.com

Managed by Sunrise Senior Living, Inc

息よ

COUNSELING

Adolescent and Adult Counseling

1487 Chain Bridge Road, Suite 300 McLean, Virginia 22101



703.255.1091 **f**

BACK TO SCHOO

PREPARE FOR SUCCESS

Duffy Counseling now provides educational evaluations to determine a student's academic strengths and weaknesses and the intervention program(s) that will best target areas of improvement.

www.ConnectionNewspapers.com

- · Reading, Math & Writing
- · Attention Difficulties
- Intellectual Evaluations (IQ)
- · School Placement
- · Learning Disabilities
- · Behavior Problems
- Social Problems
- Learning Strengths and Weaknesses

Now Accepting New Patients CALL 703.255.1091

www.DuffyCounseling.com

Matthew Ryan, MA, LPC, NCC

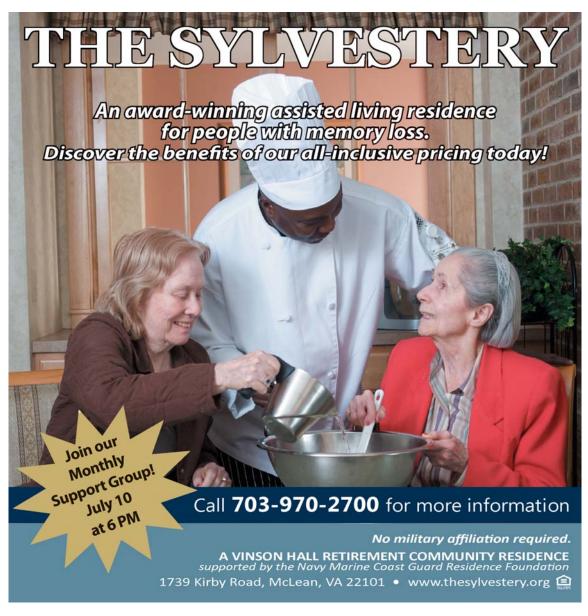
ADD / ADHD & Anxiety Specialist

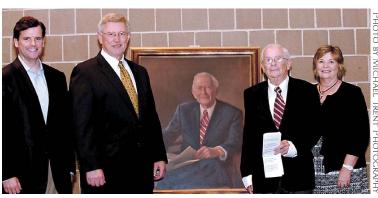
Matthew is a Licensed Professional Counselor and a National Certified Counselor. A native of Washington, D.C., Matthew provides counseling for adults and adolescents, specializing in resultsoriented Cognitive Behavioral Therapy (CBT) and Crisis Intervention. He holds a Bachelor of Arts in Psychology from George Washington University and a Master of Arts in Psychology from Argosy University in Washington, D.C.

Duffy Counseling Provides the Following Services:

- · ADD / ADHD
- Family Therapy
- Depression
- Sports Psychology
- Anxiety Issues
- Substance Abuse
- Cognitive Behavior Therapy (CBT)
- Oppositional Defiant Disorder (ODD)
- Academic Achievement Advising
- · Adjustment Disorders
- Crisis Intervention
- Life Coaching

FEEL BETTER ACHIEVE MORE





MCC Governing Board Vice Chair Chad Quinn, Supervisor John Foust (D- Dranesville) and Friends of MCC President Sandy Bremer (far right) with Bob Alden and the new portrait.

Bob Alden Honored

Friends of the McLean Community Center (MCC) honored long-time community organizer Robert Ames "Bob" Alden with "A Roast and Toast to Bob Alden" in The Alden theatre that was named after him. The celebration culminated in the unveiling of a portrait of Alden by artist Bradley Stevens.

WJLA ABC- 7 Meteorologist and McLean resident Bob Ryan served as master of ceremonies for the program. Alden, who was instrumental in establishing the Center and a "village green" in McLean, worked as an editor for The Washington Post for 45 years. Professional colleagues, friends and family members, including Alden's

n Monday, July 30, the wife of 54 years, Diane, shared memories and "roasted" Alden while he and his beloved dog, Ginger, were seated on a special throne. The Capitol Steps performed "Lirty Dies" in Alden's honor and the 30" x 24" oil portrait was unveiled by artist Bradley Stevens, MCC Governing Board Vice-Chair Chad Quinn and Friends of MCC President Sandra Bremer.

> Following the event, a reception was held in the Center's lobby, where Quinn offered a toast in Alden's honor and where the portrait will be hung as a tribute to

> For more information, visit MCC's Website: www.mcleancenter.org.



Tysons Corner Center 703-734-0977 (Upper level, near Nordstrom) Dulles Town Center 703-421-3359 (Upper level, near Macy's and Lord & Taylor)

We welcome outside prescriptions! Call 1-800-EYES-789 or visit STERLINGOPTICAL.COM for a no-obligation appointment.

"With purchase of complete pair (frames and lenses) Frames from select group. Exam not included. "Eye exam by independent doctor of Optometry, located next door. Contact lens fitting and evaluation additional. Must present coupon. Some restrictions apply. See store for details. Limited time offer.





Working with buyers, sellers and investors in all price ranges







\$1,850,000 McLean



McLean \$1,495,000



\$1,925,000 McLean



Centreville \$908,000



\$1,118,000 McLean



McLean \$1,825,000



McLean \$2,380,000



1311A Dolley Madison Blvd. McLean, VA 22101 Licensed in VA, DC and MD

703.847.3333 Tracy.Dillard@LongandFoster.com www.TracyDillard.com













OPINION UPINION Mindless Slashing

Automatic cuts set to kick in January would harm more than 200,000 jobs (136,191 defense-re-Northern Virginia more than any other region.

hile reducing the federal defi- mise in Congress. cit is critical to the nation's economic health in the long run, the knee jerk, slash and burn method based only on cuts that is coming at us like a freight train will do immense damage to the economy nationally. But no place would feel the pain more intensely than Northern Virginia.

Last week, hundreds of technology workers gathered in Arlington, waving stop-sign shaped pickets that said "stop sequestration." Self-serv-

ing? Perhaps, but the mindless and catastrophically timed cuts Editorials would hurt everyone in Northern Virginia.

"The risk posed by these cuts taking effect is not a gamble that Virginians can take," said U.S. Rep. Gerry Connolly, who addressed the group along with Gov. Bob McDonnell, U.S. Reps. Jim Moran and Frank Wolf, Northrop Grumman CEO Wes Bush, SAIC CEO John Jumper, Northern Virginia Technology Council Chair Brad Antle, Aerospace Industries Association CEO Marion Blakey and Fairfax Chamber of Commerce CEO Jim Corcoran and others.

"A third of our economy here in Northern Virginia and in the National Capital Region is dependent directly on federal investment and spending, Connolly said, calling for compro-

The Budget Control Act of 2011 sets the stage for automatic spending reductions over the next ten years beginning Jan. 2, 2013 resulting in Pentagon spending cuts of \$800 billion, \$700 billion in cuts from other agencies with a \$200 billion reduction, mostly from Medicare, in mandatory programs. This is according to Steve Fuller and the GMU Center for Regional Analysis.

According to the analysis, Virginia would be second after California in job losses to the states in the next two years, with a potential loss of lated jobs lost and 71,380 non-defense jobs).

It's important to note that the vast majority of these job losses would be in Northern Virginia, and the looming problem is one reason Fairfax County is asking all departments to prepare for a possible five percent reduction in each of the next two years.

There are hundreds, possibly thousands, of ways to begin to fix the deficit; this is not one.

You can read the George Mason analysis at http://www.aia-aerospace.org/assets/ Fuller_II_Final_Report.pdf

— Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

Be Part of Insiders Guides

ur Insider's Guides will publish the third week of August. What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What tips do you have for someone getting to know your community? Great places and activities? Events that should not be missed? Organizations that do a great job? Places to volunteer? Share it 703-778-9431.)

with us and we'll share it with our readers. We'd love to have your photos to go along with your suggestions.

You can email your tips and photos to editors@connectionnewspapers.com or upload them via our website at http:// www.connectionnewspapers.com/insiders/

The deadline for Insider's Tips is Friday,

(For information on advertising, email sales@connectionnewspapers.com or call

Letters to the Editor

Lifting People Up

To the Editor:

In response to the letter from Gina Ryan of Great Falls ("Rejecting a Fairy Tale, Connection, July 25-31, 2012), I would like her to answer a few questions:

- ❖ Can she afford health care insurance?
- ❖ Does she have health care insurance?
- ❖ Does she have young adult children who have health care and can afford it?

If the answers to any of the above questions are yes, then how dare she. How dare she, from her comfortable position in Great Falls, deny health care to tens of millions of Americans.

Ms. Ryan provided some costs from the Congressional Budget Office (CBO). Here is what is fresh off of the CBO calculator: If the GOP repeals the health care law, it will "cause a net increase in federal budget deficits of \$109 billion over the 2013-2022 period." (Source: http://www.cbo.gov/ publication/43471)

Is it a tax? Chief Justice John Roberts says it is, but that was his backhanded way of supporting it without supporting it. Roberts

knew that if he voted against the law, he would have been pigeonholed as a partisan hack. So, he found a loophole that made him appear nonpartisan, but allowed him to set the law up for partisan attack. He's a smart guy.

I have health care insurance. I had what was called a "preventative" plan, which I thought meant it covered preventative care. Last year I went for a routine physical. After the doctor ordered some additional tests, my routine physical ended up costing me \$500 out of pocket. Luckily, I could pay for that. I have since switched insurance plans, but I am lucky that I have that option and can afford it. There are millions of Americans who would not get a physical if it was going to cost them \$500 on top of their health care insurance. There are millions who cannot afford insurance to begin with. Obamacare helps them to get insurance (it is not socialized medicine – it is insurance).

Until one actually understands how expensive health care insurance is and that many Americans cannot afford it, I would ask them to back off the rhetoric that weakens our nation. We are only as strong as our weakest link. I would

prefer to lift people up instead of beating them down.

John Dukovich

Comstock **Politicizes** Wounded Warrior Event

To the Editor:

As a Vietnam Era Veteran and one who has worked as a volunteer with veterans returning from deployments, I read with interest your Wednesday, Aug. 1 coverage of the Yellow Ribbon Fund picnic for wounded military personnel and their families. This was truly a wonderful event to show wounded warriors and their families that we honor their service and sacrifices made for our country. It was a time to welcome these heroes back into our community and increase awareness of their needs so we can all do more to support their integration into civilian life.

This was not a time for partisan campaigning. That is why I was surprised to see the picture in your

paper including Delegate Barbara Comstock wearing a Romney for President T-shirt. This was not the appropriate message to convey to the veterans and family members at the event. I have attended a number of events where Delegate Comstock focuses on delivering an ideological message on her policy preferences and neglects to listen to her constituents. In the future, I hope Ms. Comstock will focus less on partisanship and more on policies that support our military and their families.

> J. Jay Volkert Vienna

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

> Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail:

mclean@connectionnewspapers.com

■ McLean

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses. Published by **Local Media Connection LLC**

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connection newspapers. com/subscribe

NEWS DEPARTMENT: To discuss ideas and concerns, Call: 703-778-9410 e-mail:

mclean@connectionnewspapers.com

Kemal Kurspahic

Editor * 703-778-9414 kemal@connectionnewspapers.com

Chelsea Bryan

Editorial Assistant 703-778-9410 ext.427 cbryan@connectionnewspapers.com

Alex McVeigh

Community Reporter * 703-778-9441 amcveigh@connectionnewspapers.com @AMcVeighConnect

Victoria Ross

County Reporter ***** 301-502-6027 rosspinning@yahoo.com

ADVERTISING:

For advertising information e-mail:

sales@connectionnewspapers.com

Trisha Hamilton

Display Advertising 703-778-9419 trisha@connectionnewspapers.com

Andrea Smith

Classified Advertising 703-778-9411 classified @connection newspapers.com

Debbie Funk National Sales 703-778-9444 debfunk@connectionnewspapers.com

Editor & Publisher

Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com @MaryKimm

> **Executive Vice President** Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief Steven Mauren **Managing Editor**

Kemal Kurspahic Photography:

Deb Cobb, Louise Krafft, Craig Sterbutzel

Art/Design: Laurence Foong, John Heinly **Production Manager:**

Jean Card Geovani Flores

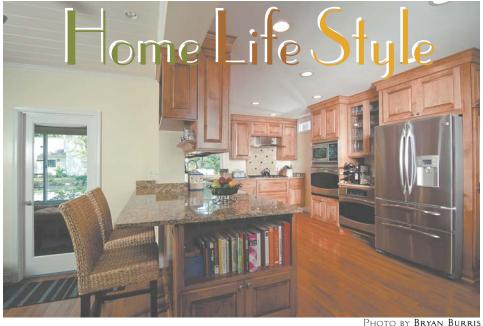
Special Assistant to the Publisher

Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com

CIRCULATION: 703-778-9426 Circulation Manager:

Linda Pecquex circulation@connectionnewspapers.com

www.ConnectionNewspapers.com



Sun Design Remodeling removed a rear bearing wall in a circa 1955 ranch, co-opting a seldom-used rear porch into an expanded new kitchen. The dining counter is a de facto space divider and a convenient serving station.



Photo by **Justin Krie**i

The new kitchen presents a warmly textured ambiance. Maple built-ins, floor-to-ceiling glass-facing cabinets and marble surfaces are set off by newly-refinished hardwood flooring

Enlarging a Living Space — Without Adding On

By John Byrd

ineteen years may seem like a long time to wait for an interior custom-suited to your lifestyle, but Gail and Doug Kouril are satisfied that everything has come together perfectly, and at just the right time in their lives.

The Kourils increased usable space of their circa-1950s ranch, while staying within walls of original structure.

"We moved into this house in 1992," Gail Kouril said, referring to their circa-1955 ranch house quietly situated on a treeshaded Arlington cul-de-sac. "Our main preoccupation, though, was raising and educating three sons — who have now finished college and moved on."

Gail Kouril is quick to add that the

couple's decision to makeover the entire house wasn't simply "empty nest" syndrome, but finds it timely that they were

SEE DISCOVERING, PAGE 13

INSIDER'S EDITION Community &

Wewcomers Guide

This annual edition will be chock full of tips from community insiders, plus a guide for newcomers and long-time residents alike. Everyone will learn something new in this special edition.

Ask about our summer ad specials.

Ads due: August 16

Publishes: August 22, 2012

E-mail sales@ connectionnews papers.com for more information, or call 703-778-9431

Content ideas? E-mail editors@ connection newspapers.com

CONNECTION NEWS PAPERS

reliable. easy. convenient.

we promise to accommodate your timeframe for project completion to the best of our ability.

Exact-time appointments with one of our 17 team members all with a minimum of 15 years of experience.

go to **schedulefred.com** or call **703-536-fred (3733)**.



the first name in home repairs

ask us about our senior discounts

our craftsmen are drug tested and background checked, with a minimum of 15 years experience all backed by a two-year warranty.

plumbing | trim work | cabinets | carpentry | tile work | exterior wood repairs | drywall repair | painting | electrical work





June 2012 Top Sales in Great Falls, McLean, Reston, Oak Hill, Oakton and Vienna

1 935 Douglass Drive, McLean — \$3,250,000

9603 Thistle Ridge Lane, Vienna — \$1,566,500

760 Strawfield Lane, **Great Falls -**\$1,806,000







12605 Oxon Road, Oak Hill — \$1,307,000

10 2621 Sledding Hill Road, Oakton — \$1,480,000



Address BR FB HB Postal City Sold Price Type Lot AC PostalCode Subdivision Date Sold
1 935 DOUGLASS DR
2 6800 BENJAMIN ST
3 8315 OLD DOMINION DR 7 7 . 4 MCLEAN \$3,100,000 Detached 4.05 22102 PROSPECT HILL 06/21/12
4 8120 SPRING HILL FARM DR 4 4 2 MC LEAN \$3,000,000 Detached 0.83 22102 SPRING HILL FARM 06/14/12
5 8607 TEBBS LN
6 7786 SOLITUDE CT 5 4 . 1 MCLEAN \$2,100,000 Detached 1.31 22102 THE RESERVE 06/25/12
760 STRAWFIELD IN
8 9807 MILL RUN DR 5 4 . 2 GREAT FALLS \$1,806,000 Detached 1.03 22066 MILL RUN ACRES 06/28/12
9603 THISTLE RIDGE LN 5 4 . 1 VIENNA \$1,566,500 Detached 0.88 22182 THISTLE RIDGE 06/15/12
10 2621 SLEDDING HILL RD 5 4 . 1 OAKTON \$1,480,000 Detached 0.84 22124 OAKTON RETREAT 06/01/12
12605 OXON RD 5 6 . 1 OAK HILL \$1,307,000 Detached 0.83 20171 ORCHARD GLEN 06/15/12
11085 PELHAM MANOR PL 5 5 . 2 RESTON\$1,140,000 Detached 0.24 20194 HUNTERS END 06/01/12
Copyright 2012 RealEstate Business Intelligence. Source: MRIS as of July 13, 2012.

11085 Pelham Manor Place,

Reston — \$1,140,000

Home Life Style

Gourmet's Delight

Two-level indoor/outdoor solution extends the season and satisfies lifestyle pursuits.

By John Byrd

orthern Virginians love the region's forgiving climate. Yes, the temperature drops below freezing, but with a little focused heat source a fall day on the deck is quite sublime. Likewise, those short spans of subtropical sirocco become pleasingly exotic with the aid of a Casablanca fan, a pitcher of cold tea and a woodland

And extending the season outside is always a pleasure — a bit like being treated to an unexpected vacation.

"We're clearly seeing a demand for finely elaborated indoor/outdoor solutions," said Craig Durosko, founder and principal of Sun Design Remodeling in Burke. "When people have been in their homes for a while they naturally begin exploring remodeling ideas that support lifestyle interests."

Durosko should know. He's been a trendsetter in the reinvention of local home spaces for more than 20 years, winning dozens of coveted design awards.

"People are converting houses into

More

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm will be opening a McLean office this fall. Call 703-425-5588 or visit www.SunDesignInc.com.

homes," Durosko said. "Lifestyle interests are major factor driving local remodeling."

Case in point: the owners of a 25-yearold split-level in Springfield.

Yes, the owners have a taste for collectible racecars, gourmet cooking, exceptional wine and fine cigars. These are refined pursuits they've cultivated over many years.

Actualizing rarified tastes into an action plan that causes walls to move is another matter. It's claiming the house as your own. And if such a proposal is to be seriously entertained, it had better be thoughtfully conceived, well-integrated and considerate of every person in the household.

"Integrating all the parts of a diverse wish list is always a fascinating creative challenge," Durosko said, describing changes to the Springfield residence that resulted in a



The custom-designed island combines an induction cooktop, an oven and a three-stool dining counter. Diagonal patterns of cork flooring undergird the cook's work station.

substantially enlarged gourmet kitchen, a 300 sq. ft. dining deck, and even a lowerlevel cigar and wine tasting salon.

"Our role is to help the owner articulate and shape their personal vision, finding out what's feasible — and what's budgetable."

In this case, such considerations were particularly pressing since Sun Design was taking over architectural plans that had turned out to be both over-budget, and out of compliance with county setback require-

THE PROJECT'S SCOPE was the bigger challenge, though, and it included a completely re-designed rear-elevation and new construction upgrades on two levels.

Three owner requirements prevailed:

❖ First, at 211 sq feet, the existing kitchen was cramped, outdated and dark. The owners wanted a gourmet facility - with a cooktop island, in-kitchen dining and a warmly, textured interior focused on sweeping back yard view.

❖ Secondly, since the house backs up to a lovely wooded surround, a dining deck directly accessible from an extended and upgraded kitchen was the obvious call. The plan would accommodate a table setting for six, but also provide a means to keep the party comfortable even when temperatures somewhat rise, or somewhat fall.

Finally, the husband in particular was looking for a dedicated out-of the-way space to comfortably sample (and store) an exceptional portfolio of wines and cigars.

Caveat: the whole should also be perfectly integrated into a developable landscaping scheme, which would be afforded easy access from the deck.

SOLUTION: Architecturally, Sun Design's solution presents a neat convergence of a sensible space enlargement strategy with structural necessity. After removing most of the existing rear kitchen wall, the plan calls

SEE DELIGHT, PAGE 15





BOYS & GIRLS CLUBS

Free Remodeling & Design Seminars!



Sat., Aug 11th — 10am-2pm

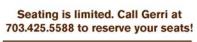
Where: 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- 10 Tips for a Stress Free Remodel
- Universal Design-Planning Ahead

Seminars run from 10am-Noon. Lunch to follow Please arrive at 9:45am for check-in.



Special thanks to our sponsors:







DecorAndYouDC.com

Sandra Hambley 703-599-0648



design/build | additions | kitchens | baths | basements | outdoor spaces 703-425-5588 SunDesignInc.com info@SunDesignInc.com

OPEN HOUSES SATURDAY/SUNDAY, AUGUST 11 & 12

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

3
Annandale
3705 Krysia Ct\$649,900Sun 1-4Min & Jimmy O'BurnsLong & Foster703-437-6110
Ashburn
22018 Ayr Hill Ct\$814,900Sun 1-4Bruce YoungSamson Props571-331-6363
Burke
6159 Hatches Ct\$599,950Sun 1-4 Kathleen Quintarelli Weichert703-862-8808
Centreville
6532 Sharps DrContact AgentSun 1-4Scott KovalSamson Props703-625-3446
Chantilly
42344 Astors Beachwood\$850, 000Sun 1-4Chris PezzanaWeichert703-447-1662
Clifton
12406 Shari Hunt Grove\$1,050,000Sun 1-4Carol HermandorferLong & Foster703-503-1812
12129 Beaver Creek Rd\$899,000Sun 1-4Diane LenahanWolf Run703-283-7328
13421 Cavalier Woods Dr\$619,900Sun 12-3Vickie CarrollCentury 21703-818-0111
Fairfax Station
11501 Lilting Ln\$875,000Sun 2-4Pat FalesRE/MAX703-503-4365
7401 Wayfarer Dr\$779,990Sun 2-4
11215 September Ln\$642,500Sun 2-4
Great Falls
909 Falls Manor Ct\$1,575,000Sun 1-4David DonaldsonKeller Williams1-480-251-2508
662 Nalls Farm Way\$1,550,000Sun 1-4Glynis CantoKeller Williams703-395-2355
Herndon
420 Spruce Ct\$264,900Sun 12-3John QueeneyCentury 21703-868-0061
Oakton
10303 Appalachian Cir. #208\$227,900Sat 11-5Christopher Boris Byron Group 703-850-8561
Sterling
46676 Paragon Terr\$329,900Sun 1-4Maghu Anand Coldwell Banker301-983-0200
Stone Ridge
24783 Prairie Grass\$569,900 Sun 1-4
Vienna
1709 Landon Hill Rd\$944,900Sun 1-4Esther CamarotteKeller Williams703-672-0575
9802 Brightlea Dr\$499,900Sun 1-4Ed DugganCentury 21703-989-7735
To add the EDEE Builting and a 10 and 10 and 10

o add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com All listings are due by Monday at 3 P.M.

Home Life Style

Remodeling and Renovating

Local designers design a home that is compatible with one's lifestyle.

> BY MARILYN CAMPBELL The Connection

ifestyle and social considerations are as important as design and aesthetic decisions when remodeling or renovating a home, say some local designers. From bathrooms with a water closet to second floor laundry areas and kitchens that flow freely into the family room, homeowners should determine how the space will be used before beginning a remodeling project.

"I try to figure out how the family lives," said George Hodges-Fulton of BOWA. "If I know who is doing what where and when I can design around it. If something drives you up a wall and you're ready to go see Dr. Phil with your spouse, let's just design around it."

Hodges-Fulton restructured the dated kitchen of a McLean home to add more space for an active family that includes three teenage boys. An addition extending from the rear wall of the kitchen expanded the footprint of the home. The plan included a butler's pantry, family dining area, sitting room and screened porch. The addition of windows allowed natural light to stream into the space.

"The specific reason that the addition was put on was to provide the husband with a place to read the Sunday paper and still be engaged with the family,"

said Hodges-Fulton. "He travels quite a bit, but the idea would be that the family would have a Sunday morning gathering space. The addition definitely changed the dynamic and improved family time."

Guy Semmes of Hopkins and Porter Construction in Potomac, Md. transformed the cramped, dark interior of a Damascus, Md., home into a haven of light and nature. Floor to ceiling windows make up the entire rear wall of the addition, which also unified the kitchen, family room and living room, creating an open, flowing space with a panoramic view of the tree-filled backyard.

"We wanted to take advantage of all the southern light from the backyard and to make the home feel more expansive," said Semmes. "We integrated the outdoors with the interior spaces. It made everything flow so much nicer."

HUSBAND AND WIFE DESIGN team Suzanne and Robert Kalmin of RJK Construction in Fairfax created a space in the bathroom of a Reston home to make laundry less laborious. "The homeowner had to do laundry for three kids and two adults. The washer and dryer were in the basement. She wanted a laundry area that didn't require her to run up and down the stairs constantly."

The Kalmins remodeled the large second floor master bathroom to include a space for the washer and dryer. "All of the bedrooms are on the top level,



George Hodges-Fulton of BOWA remodeled the kitchen of this McLean home to include a butler's pantry and a family dining area. He added a sitting room, screened porch and additional windows, allowing an abundance of natural light to stream into the space.



Designers at RJK Construction created storage and entertaining space in this Vienna kitchen. This kitchen features black pearl granite countertops and stainless steel appliances.

> so it made more sense," said Robert Kalmin. "Instead of walking up and down the stairs she could just go straight across the hall. She could do laundry at night while relaxing in her bedroom."

> Potomac, Md.-based designer Susan Matus of Case Design/Remodeling transformed an outdated Bethesda home, creating a space that would feel inviting to the homeowners' daughter, son-in-law and three grandchildren. The design included a ground level office and family room, and a renovated basement with room for a pool table and bar. Even the walls were stripped of the existing wood paneling.

> "The family room walks out to the backyard where there is a very beautiful pool," said Matus. "Before the renovation, the family room did not have a clear exit out to the pool area. We added French doors that open to the patio."

When renovating a kitchen, an Alexandria homeowner wanted the warm look of a slate floor, but not the high-maintenance that comes with a natural stone surface in a high-traffic area. Designers Allie Mann and Jim Wrenn of Case Design/Remodeling suggested had an active family," said Suzanne Kalmin. "She a porcelain slate with high variation to provide the look and feel of slate without the tiresome upkeep

> From free-flowing rooms to low-maintenance spaces, designers say that are able to incorporate most homeowner requests into a remodel or renovation. "Every homeowner has their own style," said Robert Kalmin. "When it comes to construction, we're able to accomplish everyone's style."

Home Life Style

Discovering Unused Square Footage

From Page 9

introduced to a top design/ build remodeling firm at exactly that point when moving forward on long forestalled plans made sense economically and personally.

"The house is in a neighborhood that has really appreciated," Gail Kouril said. "So we attended a workshop sponsored by Sun Design Remodeling, and were surprised at how quickly the outlines of a working plan came together."

FOR STARTERS, the solution called for converting a first floor 2,000-square-foot primary living area into a more spacious, bright and better rationalized interior without ever broaching the envelop of the original structure.

Among key problems with the existing house: the master bathroom was tiny; the kitchen cramped and dated. There was no place to have a meal save the dining room. The rear porch was of minimal use. Traffic patterns were constricted. The interior was too dark. There wasn't even an organized place to store beach chairs and Christmas decorations.

Moreover, the ever-promising lower level - which featured windows at-grade and a rear walk-out — was only half finished, and the accessing stairway was too steep and out-of-code.

"We were pretty aware of the shortcomings," Doug Kouril said. "We just weren't sure what was feasible within our budget."

So it was a revelation when planners at Sun Design proposed

More

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm will be opening a McLean office this fall. Call 703-425-5588 or visit www.SunDesignInc.com.

a spatial reconfiguration — which made the home's existing footprint seem vastly enlarged, without adding an inch of new enclosed square footage.

"It's now a kitchen-centric plan," said Roger Lataille, the remodeling firm's design consultant. "We rotated the kitchen into the north corner of the house, switching places with the dining room, then converted part of the seldom-used back porch into a breakfast room with a two-stool dining counter facing into the kitchen.'

Results: the kitchen now easily serves the living room, the new dining room and a back patio where the family spends a lot of warm weather time.

Better yet, with several interior walls deleted (including a section of rear elevation bearing wall), the new layout yields a significant increase in natural light.

Convenient serving stations are integrated into well-equipped food preparation zones. As Doug Kouril, the household's preferred chef, explains: "when you're cooking and entertaining É this plan that makes it really easy to multi-task."

Aesthetically, the new kitchen presents a warmly textured ambiance. Maple built-ins, floor-to-ceiling glass-facing cabinets and

marble surfaces are set off by newly-refinished hardwood flooring. A stovetop backsplash comprised of Santa Cecilia granite and glass-accented ceramic tile makes a particularly fine interior design

"The designer helped us to make informed choices," Gail said. "They pre-selected finishwork options in our budget range, and their guidance was spot-on."

Converting the original electric range to a five-burner gas cooktop has been a creative windfall for Doug who now has both a convection oven and a traditional baking oven at his fingertips.

EXPANDING THE MASTER SUITE was a separate challenge, inspired by Gail Kourils's interest in retaining all four bedrooms while adding a large master bath and two walk-in closets.

"The designer immediately identified the bedroom adjacent to the existing master suite as the appropriate spot for the master bath," Gail Kouril says. "In fact, the arrangement actually creates an extra bedroom window and space for sizeable his and her closets."

The 12' x 11' master bath features a glass-encased walk-in shower; each partner now has a basin of their own; and Gail gains a generously-sized vanity and

Eliminating the former back corner bedroom also deletes an endof-the-hall foyer, gaining 20 square feet for the re-made hall bath.

So, where's the fourth bedroom? In the thoroughly mainstreamed

Master Bath before

Photos by Justin Kriel



The remodeling team converted an adjacent back corner bedroom into an adjoining master bath which features a glass-encased walk-in shower and a generously-sized vanity and bench.

lower level—which now includes a beautifully-appointed guest bath and a home office as well as a newly carpeted and upgraded family room complete with working fireplace.

Doug Kouril said that the lower level, with its ample available light, was always a pleasant gathering place. But Sun Design's better-rationalized stairway has made this part of the house as functional as any other-one of the reason the makeover has really worked for everyone.

"Developing ways to get existing space to perform better is always one of the strategic initiatives we explore," said Lataille. "Clients are often amazed at how much unused square footage we find within the envelope of the existing home, and at how quickly the design solution comes together."

Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.

SCHOOL NOTES

McLean residents Elizabeth McCune (Poetry), YouNa An (Poetry), Jordan Goodson (Personal Essay/Memoir), **Seon Kim** (Science Fiction/Fantasy), Sung jin Kim (Sci-Fiction/Fantasy), Rishi Malhotra (Dramatic Script), Rebecca Oh (Short Story), Francesca O'Hop (Dramatic Script) and Madeline Reinsel (Poetry) have won regional recognition in the 2012 Scholastic Writ-

McLean residents Kate Connelly, Jack Connelly and Bridget **Connelly** have been named to the fall 2011 dean's list at The College of the Holy Cross, Worcester, Mass. They are the children of John and Margaret

Army Spec. William A. Haig has graduated from Basic Combat Training awton. Okla Graduate and received a Letter of Commendation. Haig achieved a score of 298 on the Army Physical Fitness Test; the highest score in his basic combat training class. He is the son of Wendy A. and Alexander P. Haig of Harithy Drive, Dunn Loring. The 2005 graduate of McLean High School earned a bachelor's degree in 2009 from Rice University, Houston, Texas.

Stephan Mecklenburg of McLean has been named to the fall 2011 dean's list at Susquehanna University of Selinsgrove, Pa. He is the son of Kathy Mecklenburg and the late Steve Mecklenburg.

Beth A. Taylor of McLean has received a master of science in international marketing management from Boston University of Boston, Mass.

McLean residents Daniel Christian, Greg Lobel, Margaret Hynds, Taylor Brown and Andrea Pappas have been nominated as National Youth Correspondents at George Mason University's Washington Journalism and Media Conference.

Doppelheuer of McLean has been named to the fall 2011 dean's list at Carson-Newman College, Jefferson City, Tenn.

Christina D. Popps of McLean has been named to the fall 2011 dean's list at The College of William & Mary of Williamsburg, Va.

McLean residents Elizabeth Bittles Walcott and India Stuart Rosse have been named to the fall 2011 dean's list at Colgate University of Hamilton,

The following McLean residents have been named to the fall 2011 dean's list at Virginia Tech: Jeffrey V. Bui (business information technology), Natasha Chadha (English), Nikita Chadha (biological sciences), Hyun Sik Chu (biological sciences), Kiersen M. Commons (political science), Michael J. Cusumano (finance), Christian N. Don (biological sciences), Matthew D. Eklund (human nutrition, food and exercise), Adrianne J. Engel (geography), Lauren E. Engel (marketing management), Anne S. Fowler (accounting and information systems), Haley W. Fowler (accounting and information systems). Michelle A **. Gailhac** (indus trial design), Shawn S. Ghuman (communications), Anders B. Gorne (marketing management), Dara Hashemzadeh (finance), Devin J. Miller (political science), Jillian A. Mowery (hospitality and tourism management) and Sameer P. Ponkshe (economics, science).

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Redeemer Lutheran Church. 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer - both of which will include children's sermons. 703-356-3346.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir, 703-759-2082.

inity United Methodist Church, 1205 Dolley Madison Blvd.. McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. ree childcare for registered bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

SPORTS

NVSL Season Concludes with Individual All-Star Meet

Waynewood's Dona sisters win at home pool.

By Jon Roetman The Connection

ight-year-old Hanani Dona jumped up and down in support of her older sister, 17-year-old Reanna, during a medal ceremony at the Northern Virginia Swim League Individual All-Stars meet on Aug. 4. Hanani's involvement in the day's events wasn't limited to cheerleading, however, as the younger sibling received her own recognition.

Reanna won the 15-18 girls' 50-meter butterfly and finished second in the backstroke, and Hanani finished third in the 8U 25-meter butterfly and first in the backstroke at their home pool: Waynewood Recreation Association in Alexandria. Reanna, a 2012 graduate of West Potomac High School and rising freshman at Ohio State University, finished with an NVSL seasonbest time of 28.55 seconds in the fly. In the backstroke, she was one of two swimmers to break 30 seconds. Her time of 29.66 was bested only by Janet Hu's NVSL record time of 28.21.

Hanani swam 18.81 in the fly and 19.94 in the backstroke.

"I actually made it a point to watch [Hanani]," Reanna said. "... We have such a huge age difference between us, I wasn't sure whether she'd like swimming or not. At her age, I was not making it to all-stars as an eight-and-under. I didn't know what all-stars was. The fact that she knows what's going on is just really great for her."

While the Dona sisters shined in their home pool, Hu rewrote the NVSL record book. A member of the Mosby Woods Raiders (Fairfax) and a rising junior at Oakton High School, Hu broke her own record in the 15-18 50 freestyle with a time of 28.21. Hu set the previous record of 28.52 one week earlier at divisionals, according to the NVSL Web site.

"It's pretty exciting," Hu said, "to know I'm still improving."

Hu also won the 50 free with a time of 26.5. She set the NVSL record in the event one week prior with a time of 26.27.

Laura Schwartz, a member of the Camelot Community Club Knights (Annandale) and rising senior at Falls Church High School, entered the 15-18 girls' 100 IM as the No. 1 seed and didn't disappoint. She finished with an NVSL season-best time of 1:06.5.

"I try not to think about it," Schwartz said of being an event's top seed. "I guess it kind of gets me a little bit excited because I think, 'I have to make sure I get first place since I'm seeded first."

Schwartz had to come from behind to capture the win.

"I actually had no idea where I was until I came off the breaststroke turn," she said.



Hayfield Farm's Ben Lambert won the 15-18 boys' 50-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.



Hunter Mills' Alexandra Dicks won the 8U girls' 25-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.

"... I breathed to my left and I saw the other girl and I was right at her hip. I was like, 'Oh gosh, I'm seeded first, I need to win this,' so I had to kick it into another gear to outtouch "

While Schwartz fulfilled her duty as a favorite, Ben Lambert's victory in the 15-18 boys' 50 fly was an upset. Lambert, a member of Hayfield Farm Seahawks (Alexandria) and rising sophomore at Hayfield Secondary School, won the event with a time of 26.3 despite being seeded outside of the top three

"It was all mindset," Lambert said. "My coach from a while ago told me that if you believe you're the best one out there and you swim like it, then you can be and that's what happened today. ... I actually kind of like having people ahead of me because it inspires me to go faster and it gets me more hyped."

Paul O'Hara, a member of the Hollin Meadows Barracudas (Alexandria) and a rising senior at Gonzaga College High School in Washington, D.C., finished first in two events. After finishing in a first-place tie in the 15-18 boys' 100 IM (1:00.65), O'Hara won outright the 100 freestyle with a time of 23.74.

"I was kind of amped up for the second event," O'Hara said, "because after the tie, it was kind of disappointing."

Zachary Fountain, a 2011 West Springfield High School graduate and rising sophomore at Indiana University of Pennsylvania, tied with O'Hara in the 100 IM and won outright the 100 breaststroke (30.82). Fountain represented the Orange Hunt Sharks (Springfield).

In boys' butterfly action, winners included: Sleepy Hollow's Liam Redman (8U, Falls Church); Highlands Swim's Ben Charles (9-10, McLean); Chesterbrook's Jaya Kambhampaty (11-12, McLean) and McLean's Christopher Murphy (13-14). In girls' butterfly action, winners included: Hunter Mill's Alexandra Dicks (8U, Vienna); Little Rocky Run's Emily Drakopoulos (9-10, Clifton); Greenbriar's Jacqueline Clabeaux (11-12, Fairfax) and Orange Hunt's Robyn Dryer (13-14, Springfield).

In boys' IM competition, winners included: Highlands Swim's Charles (10U); Dunn Loring's John McClorey (11-12, Vienna) and Lee-Graham's Miller Surette (13-14, Falls Church). In girls' IM action, winners included: Wakefield Chapel's Madelyn Donohoe (10U, Annandale); McLean's Isabella Rongione (11-12) and Commonwealth's Hannah Baker (13-14, Fairfax).

In boys' freestyle action, winners included: Fox Mill Woods' Tomasz Kleczek (8U, Reston); Lee-Graham's William Jackson (9-10, Falls Church); Little Rocky Run's Myles Brown (11-12, Clifton) and Village West's Aidan Pastel (13-14, Springfield). In girls' freestyle competition, winners included: Ravensworth Farm's Emily Suris (8U, Springfield); Little Rocky Run's Drakopoulos (9-10); Greenbriar's Clabeaux (11-12) and Commonwealth's Baker (13-14).

In boys' backstroke competition, winners included: Tuckahoe's James Ewing (8U, McLean); Lee-Graham's William Jackson (9-10, Falls Church); Overlee's Jonathan Day (11-12, Arlington); Overlee's Ryan Baker (13-14, Arlington) and Annandale's Kyle Tyrrell (15-18). In girls' backstroke action, winners included: Sully Station SS's Elise Mozeleski (9-10, Chantilly); Hamlet's Grace Gent (11-12, McLean) and Orange Hunt's Dryer (13-14).

In boys' breaststroke competition, winners included: Donaldson Run's Drew Harker (8U, Arlington); Sully Station SS's Brian Patten (9-10, Chantilly); Chesterbrook's Sam Gollob (11-12, McLean) and South Run's Christopher Stankiewicz (13-14, Springfield). In girls' breaststroke action, winners included: Ravensworth's Suris (8U); Hunt Valley's Carrie Morrison (9-10, Springfield); Mount Vernon Park's Holly Jansen (11-12, Alexandria); Little Hunting Park's Sarah Cahill (13-14, Alexandria) and Crosspointe's Brooke Malone (15-18, Fairfax Station).

BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/AUG. 8

Multiple Sclerosis Support Group.
7 p.m. Vienna Presbyterian Church,
124 Park St., NE, Vienna, VA. A
group for anyone with multiple
sclerosis, their family and friends.
The group meets the second
Wednesday of every month. Free.

703-768-4841.

Ongoing Book Sale. Dolley Madison Library, 1244 Oak Ridge Avenue McLean.Continues through Aug. 31. 703-356-0770.

Personalized eBook/eReader Instruction. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Call for an appointment to learn more about your e-reader and downloading e-books. Continues through Aug. 31. 703-790-8088.

Personalized Computer/Internet Training. 7 p.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Get help with using Microsoft Word and Excel and introduction to Internet use. 703-790-8088.

THURSDAY/AUG. 9

Greater McLean Chamber of

Commerce LeadShare Meeting. 7:30 a.m. Chesterbrook Residences, 2030 Westmoreland St., Falls Church. LeadShare events will be held the 2nd and 4th Thursday of

Home Life Style

every month. Register at 267-346

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the internet, Word and Excel. Call for an appointment. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. 703-242-4020.

eBook/eReader Instruction. 8:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. 703-242-4020.

FRIDAY/AUG. 10

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. 703-938-

SATURDAY/AUG. 11

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

MONDAY/AUG. 13

English Conversation Group. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

TUESDAY/AUG. 14

Tysons Corner Kiwanis Club

Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church. Meeting is public and Individuals looking to volunteer in their community welcome. Meetings the second and fourth Tuesday of the month.

www.tysonscornerkiwanis.org.

One-on-One English Practice. 1:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for an appointment with an ESL volunteer. 703-242-4020.

Personalized Internet Training.

2:30 p.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for an appointment. 703-790-8088.

One-on-One Computer Training. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the internet, Word and Excel. Call for an appointment. 703-242-4020.

Maplewood Grill Restaurant Week

August 13th - 19th

Course Dinner

\$35.12

ψοσ.12

Sunday

703-281-0070

132 Branch Road., S.E. • Vienna, VA Visit www.maplewoodgrill.com for Specials



Gourmet's Delight

From Page 11

for a 16' x 47' deck (spanning from mid-house to the corner of the garage) which also accommodates a 200 sq. ft. kitchen extension.

The new Trex-surfaced deck is now accessible from both an existing rear door and a new north-facing "cook's door" a few strides from the outdoor dining table.

The original, visually-restricted kitchen windows have been replaced with a running wall of double hung Mi windows that frame a panoramic portrait of backyard gardens.

The kitchen extension boasts a cathedral ceiling set off by exposed rafters — a change that makes the entire room feel that much more expansive.

A mid-room cooktop island with dining counter provides the chef with welcome convenience in negotiating a whole series of work triangles. The new custom built-in is also a pleasant spot for a cup of coffee or simple quiet time.

Interior finishwork is pristine throughout. Diagonal patterns of cork flooring (under the cook's feet)

converge with a softly beige ceramic tile. Marble counter surfaces abut Chiaro Saraceno mosaic backsplashes accentuated with Durango Rope detailing. Amenities include an induction cooktop, a wine refrigerator, and dedicated space for an espresso coffee maker.

Outside, an eagle-headed pergola spanning a wrought-iron table with seating for six provides an appropriate structural transition from inside to out.

To extend the season a bit, the perogla is wired with both overhead rotating fans and a pair of directional space heaters. There's also a four-speaker sound system.

From here, the plan literally veers off in two directions. A staircase descends to a landing which exits north towards a flagstone walk bordered by planters, or south to discretely concealed supplemental storage and a new patio lounge.

Pass through a pair of French doors, and you enter a custom-designed cigar and wine tasting salon complete with wine racks and leather club chairs.

A quiet retreat to explore life's finer pleasures while watching the sun set in the trees. Ah, Wilderness!

THIS IS "CHESTER"



Chester is a very sweet boy that loves to play with his sister Annie. He is a very affectionate kitten that was born with a tail that is half the length of most cats. He would love to come home with you today!

CONECTION NEWSPAPERS

HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS Adoptions: By appointment only. • www.hsfc.org

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling
We Bring the Showroom to YOU!!



& EPA

Free Estimates 703-969-1179

Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



www.twopoorteachers.com

Fully Insured & Class A Licensed EST. 1999 Standard & Premium Bath Specials! Starting at

\$4,950
Visit our website

Visit our website for details!



CRUISES ON ROYAL CARIBBEAN FROM BALTIMORE!
7-NIGHTS BAHAMAS CRUISE WITH ALL MEALS
& ENTERTAINMENT

NEW YEAR'S, Dec. 29–Jan. 5\$544

SHILLELAGHS TRAVEL CLUB

100 Fast Street SE, Suite 202 & Vienna, Vincinia 22180

100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204
1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

From left: **Katie** Culligan, Sherry Benedek, Ben Lurye and Shea-Mikal Green (right).



DAVID SIEGEL/

Expect Unexpected in 'She Said, He Said'

An innovative look at musical favorites.

BY DAVID SIEGEL THE CONNECTION

n a humorous musical production that bends the rules with "what if" playfulness, Falls Church's Katie Culligan joins forces with another Falls Church resident, pianist Walter (Bobby) McCoy, to give audi-

Cabaret of Musical Theatre Oddities" at the Creative Cauldron on Falls Church.

The show is part of the Creative Cauldron's "FOURTHWall" summer cabaret collection. It is a series where the entertainers are close to the audience as they perform in a friendly, welcoming

The "She said, He said" musical entertainment is built around reversing the usual roles of who sings what to whom. "We decided to develop and perform this particular theme of reverse gender roles due to the fun and creativity we could have with it," said Culligan. "Just because the role is written for one gender doesn't mean we don't have a love for the role and songs the character sings. This is our avenue to embrace and individually interpret each role.

'So often as singers, we are cast to sing to a particular type," continued Culligan. But in this 90-minute song-full evening the audience will receive a new way of seeing and hearing songs that they know well, according to Culligan.



Katie Culligan

Where and When

Creative Cauldron, 410 South Maple Avenue, Falls Church 22046. "She Said, He Said: A Cabaret of Musical Theatre Oddities." Performance: Saturday, Aug. 11, 8 p.m. Tickets: \$18-\$20. Phone: 571-239-5288 or log on: www.creativecauldron.org.

"The audience can expect, quite literally, the unexpected," said Culligan. There will be all different types and styles of music from Broadway show tunes such as Stephen Sondheim's "Not Getting Married Today," to "Nobody Needs to Know" from the award winning musical "The Last Five

ences a cabaret evening of "She said, He said: A Years," to an unexpected send-up twist on a Gilbert and Sullivan favorite, to even country blues and more. There will be solos, duets and group numbers, some with "a capella" arrangements.

Along with Culligan, a 2003 graduate of Langley High School and McCoy a recent graduate of Marshall High School, there will be area musical theater veterans Sherry Benedek, Ben Lurye and Shea-MIkal Green. Lurye and Benedek worked together singing with the professional Washington Savoyards while Green has performed in musical comedy at the professional Cumberland The-

McCoy recently finished conducting "Legally Blonde: The Musical" for the McLean Community Players. He has also worked with choral groups at Cooper Middle School in McLean and Kilmer Middle School in Vienna.

The production allows the performers "to make creative and wild choices," Culligan said. "We look forward to seeing audience members step out of the comfort zone of typical musical theatre expectations."

Entertainment

Send announcements to mclean@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/AUG. 8

Wine Tasting. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Sample Sommelier Vincent Feraud's selected wines. 703-506-4300.

Gipsy Kings. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

Fantasy Creatures. 7 p.m. Tysons-Pimmit Library, 7584 Leesburg Pike Falls Church. Paint and personalize a unicorn, fairy or dragon. 703-790-

THURSDAY/AUG. 9

IL DIVO. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$50-\$55 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org. **Sushi.** 5:30-8:30 p.m. Wine Bar &

Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi and enjoy drinks. 703-506-4300.

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A combination of poetry and dance accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

FRIDAY/AUG. 10

Steve Miller Band. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$45 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-

759-2685 or www.colvinrun.org. **Justin Roberts.** Wolf Trap Children's Theatre-in-the-Woods, 1645 Trap Road, Vienna. \$8 - \$10. Children under two are free. 703-319-2300.

The Christopher Linman Jazz Ensemble. 8:30 p.m.- 12 a.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Enjoy food, wine and jazz. 703-506-

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages. 703-757-8560

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Ages 5-18. 703-938-

SATURDAY/AUG. 11

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255

Wolf Trap Opera Company: The Rake's Progress. 7 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

Steve Miller Band. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$45 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls, Second and third Saturday every month. 703-759-2685 or

www.colvinrun.org.

Plant Clinic hosted by the Master Gardeners. 10 a.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls

Church. Experts available to answer your gardening questions. 703-790-8088

Master Gardeners Plant Clinic. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton,. Experts available to answer your gardening questions. 703-242-4020.

Around the World. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Oh Susannah! presents songs from the US, Mexico, Jamaica, Ghana, South Africa and others. 703-938-0405.

SUNDAY/AUG. 12

ABBA - The Concert. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$38 inhouse, \$25 lawn. 703-255-1868 or

www.wolftrap.org. **"Footloose," the Musical.** 1 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-

Annual Photo Show Awards Reception. 2-4 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. 703-319-3971 www.ViennaArtsSociety.org

MONDAY/AUG. 13

Joe Walsh. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$30 lawn. www.wolftrap.com.

Spin, Pop, Boom. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Mad Science presents genies in a bottle, boom box in a tube and more. 703-757-8560.

Things that Go Boom. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Sound effects, colorful chemistry and good vibrations with Mad Science. Age 6-12. 703-356-0770.

TUESDAY/AUG. 14

Lyle Lovett. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

Guitar Legend Albert Lee + Jeff Alan Ross. 7 p.m. Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

Raptor Conservancy of Virginia. 2:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. See birds of prev and learn about their place in the wild. Age 6-12. 703-938-0405

Boys Book Club. 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Boys 9-12. Call library for book title. 703-757-8560.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Book title for this month is "Confederates in the Attic" by Tony Horwitz. 703-356-

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25

lawn. www.wolftrap.com This Century + Austin Gibbs + Bandits & Beggars. 7:30 p.m. Jammin' Java, 227 Maple Avenue E.,

Vienna. tickets@jamminjava.com. **I Spy Bugs.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Look for insects all around. Age 3-5 with adult. 703-356-0770.

Book Discussion Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls, Call library for book title. 703-757-8560.

Toddlin' Twos. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Join us for stories and songs. Age 2 with adult. 703-938-



Amv Swaak, MPAartfest Coordinator, leads MPAartfest artists through McLean Central Park.

Artists Visit Park

MPAartfest 2012 hosts orientation for artists.

PAartfest Coordinator Amy Swaak and MPAartfest Artist Liaison chair, Molly Kelly Ryan, took some of the artists participating in this year's MPAartfest on a tour of McLean Central Park on Thursday, July 26. The orientation gave artists a chance to walk the park where MPAartfest is held, learn about the event set-up and breakdown, and ask any questions they may have.

MPAartfest will be held on Sunday, Oct. 14 from 10 a.m. to 5 p.m. In its sixth year, MPAartfest will be the largest ever in terms of number of artists. Swaak said, "Because of MPA's 50th anniversary we hoped to have 50 artists, but we had to make sure that we maintained quality, not just quantity. The great news is, we had so many quality artists apply to this year's MPAartfest that we were able to accomplish our goal and jury in 52 artists.'

MPAartfest transforms McLean Central Park into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of more than 50 juried artists and includes activities to captivate art-lovers of all ages. Stroll through the Children's ArtWalk, sponsored by McLean Community Foundation and coordinated by the New Dominion Women's Club, to experience the work of young artists from McLean area schools. Budding artists may create their own works of art at Innovation Station, the children's art tent, sponsored by TTR Sotheby's. The Gazebo Stage will feature a variety of live performances throughout the day and food vendors will offer a wonderful selection of food and beverages.

McLean Project for the Arts is located at 1234 Ingleside Avenue.

For more information visit mpaart.org or call 703-790-1953.



Artist Jill Banks asks a question while others take notes. From left: Eileen Olson, Karen Ching, Christiane Lavin, Jill Banks, and Carol Huddleston

Complaining Too Much? Try Gratitude

Discover Spiritual Solutions at the Christian Science Reading Room

> **6825 Tennyson Drive McLean, VA 22101** Mon-Sat 10am-2pm • 703-356-1391 All are warmly welcomed

To learn more about Christian Science, visit:

ChristianScience.com christianscienceDC.org

www.ConnectionNewspapers.com

Also, you can visit www.wmal.com Sundays & Mondays to hear how others found spiritual answers to life's challenges on Sentinel Radio

WASHINGTON FOUNTAIN PEN SUPER SHOW

LARGEST PEN EVENT IN THE WORLD, RIGHT HERE ONCE A YEAR



2012 THEME PEN: STIPULA'S TUSCANY DREAM PEN

CO-SPONSOR: PEN WORLD

AUGUST 11TH & 12TH

10:00am - 5:00pm

SHERATON PREMIERE at TYSON'S CORNER

Largest fountain pen show in the world. Meet over 200 dealers, and over 2,000 collectors from around the world. Buy/sell/trade fountain pens, calligraphy supplies, ballpoints, desk sets, inkwells and related items. Retailers will display the largest selection of writing instruments in the world.

- Free educational seminars Supplies available Opened bottles of over 250 inks for testing and evaluation • Expert on-site repairs and free pen appraisals.
- Daily admission \$7, free parking. (I-495, Exit 47-A, 2 miles on left.)

For more information: http://www.pencentral.com

The largest selection of Vintage and Modern Writing Instruments in the World.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to

www.connectionnewspapers.com/ subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen @connection newspapers.com







To highlight your Faith Community, call Karen at 703-778-9422

www.rc.net/arlington/stann 0-0-0-0

0-0-0-0

Community United Methodist...703-527-1085 Mt. Olivet United Methodist...703-527-3934 Walker Chapel United Methodist ...703-538-5200 **United Church of Christ**

LMPLOYMENT

Zone 6: • Arlington • Great Falls McLean
 Vienna/Oakton

LASSIFIED

703-917-6400

ZONE 6 AD DEADLINE: Monday Noon

BUSINESS OPP

TELEPHONE **TELEPHONE WORK AT HOME! WORK AT HOME!** NATIONAL CHILDRENS CENTER NATIONAL CHILDRENS CENTER 301-333-1900 301-333-1900

Italian Restaurant in Great Falls Now Hiring Exp. FT & PT Cashiers/Hosts/Pizza Cooks/ Servers/Dishwashers/Salad Prep **Delivery Drivers** (Clean Record)

Apply in person 3:30- 5:30pm Mon-Sun @ 9899 Georgetown Pike, Great Falls. For Interview 703-757-0002 Otman or Alex Transportation Req./Great pay

Relocation Specialists Needed

Office Movers, Inc. is seeking experienced Relo Specialists/Team Leaders in the Rockville area. Must have valid driver's license, personal transportation and be able to pass a criminal background check. Please call Kristin at

410.799.3200 x3003. EOE

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connec tionnewspapers.com



For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews papers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connection newspapers.com



4 RE for Sale

25 Sales & Auctions

25 Sales & Auctions

21 Announcements 21 Announcements 21 Announcements

DISTRESS SALES

Free List with Pictures Of Bank Foreclosures and Short Sale Properties.

or Free recorded message 1-800-393-7105, ID #1042 Elite Realty Group, LLC

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790.

Email:theschefers@cox.net

Employers: Are your recruiting ads no working in other papers?

Try a better way to fill your employment openings

AMBOTICAL STATE OF THE STATE OF

-0 /

Target your best job where they live.

Proven readership.

Franks O'pringers

Reach readers in addition to those who are currently looking for a job.

CÖNECTION

703-917-6464

21 Announcements 21 Announcements

PUBLIC NOTICE:

PROPOSAL TO MODIFY CORRECTIVE ACTIONS AT AN UNDERGROUND STORAGE TANK (UST) SITE. There has been a release from an underground storage tank system at the Former Pentagon Industrial Complex, 1201 South Fern Street, Arlington, Virginia. The Department of Environmental Quality (DEQ) has requested preparation of a Corrective Accidally (DEQ) has requested preparation of a Corrective Action Plan Addendum to address cleanup of petroleum fuel contamination at this site. If you have questions regarding the cleanup, please contact: John P. Diehl, Environmental Consultants and Contractors, Inc., 43045 John Mosby Highway, Chantilly, VA 20152, (703) 327-2900. The Corrective Action Plan Addendum was submitted to the Remediation Division of the Northern Regional Office of the DEQ May 17, 2012. If you would like to review or discuss the proposed Corrective Action would like to review or discuss the proposed Corrective Action Plan with the staff of the DEQ, please feel free to contact Mr. Randy Chapman of the DEQ at (703) 583-3816 after the date of the Corrective Action Plan Addendum submittal. The DEQ Remediation Division will consider written comments regarding the proposed Corrective Action Plan Addendum until July 30, 2012, and may decide to hold a public meeting if there is significant public interest. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case: PC # 96-3200. Department of Environmental Quality, Remediation Division, 13901 Crown Court, Woodbridge, VA 22193.

ESTATE AUCTION

Estate of DR. Mohammed Tajuddin Alumni of Columbia University & MIT

AUGUST 11, 2012--10:00AM PREVIÉW 8-10am 1116 LaurelWood Dr, Mclean, VA 22102

High quality furn, appliances artwork, books, pool tble chandeliers, items too numerous to mention. For more listing & pictures

www.boltonauctioneers.com 703-494-5062

Frank "E"/Donna Bolton Lic #392/1478

Help for people with

Macular Degeneration

Find out if special glasses can help you see better.

Call for a FREE phone consultation

with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com **ABSOLUTE**

328,000 \pm SF MFG. FACILITY ON 141 \pm AC INTERIOR RAIL ACCESS • SHENANDOAH VALLEY



FORECLOSURE • 10,000± SF 2-Story Front Office • 5,000 ± SF Interior Plant Office - 3± Miles to Interstate 81

ON-SITE SALE: 182 Johns Manville Dr., Edinburg, VA 22842 BIDDING@

motleys.com

8/30@2PM



HOW TO SUBMIT ADS TO

NIECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6......Mon @ noon Zones 2, 3, 4......Tues @ noon

E-mail ad with zone choices to: classified@connection newspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6......Tues @ 11:00 Zones 1, 3......Tues @ 4:00 Zone 2......Wed @ 11:00 Zone 4......Wed @ 1:00

E-mail ad with zone choices to: classified@connection newspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection

> The Springfield Connection The Burke Connection

The Fairfax Connection The Fairfax Station/Clifton/ Lorton Connection

Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette

Zone 4: Centre View North Centre View South

The Potomac Almana **Zone 6:** The Arlington Connection The Vienna/Oakton Connection

> The McLean Connection The Great Falls Connection

Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

Resolution Authorizing Acquisition of Property Necessary for Public Purposes by Eminent Domain or Other Means

September 6, 2012 at 6:30 p.m.

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at 6:30 p.m. on Thursday, September 6, 2012, to receive public comments on a proposed Resolution authorizing the acquisi tion of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Lee Jackson Memorial Highway (U.S. Route 50) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 50, more particularly described as Fairfax County Tax Map Parcels 0332-01-0004, 0332-01-0005B2, 0332-01-0005D, 0332-01-0005E, 0341-03-B4, 0341-03-B5, 0341-03-0001, 0343-01-0041A, and 0343-13-0001. Following the public hearing, the Water Authority Board may vote on or after September 6, 2012, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at http://www.fairfaxwater.org.

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water

Public Hearing Comments 8570 Executive Park Avenue Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, September 5, 2012 to be included in the record of the public hearing.

Zone 6: • Arlington • Great Falls
• McLean • Vienna / O McLean
 Vienna/Oakton

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

Zone 6 Ad Deadline: Monday Noon

PAINTING

PATRIOT

PAINTING

www.PatriotPainting.net

Wallpaper Removal,

Carpentry,

Power Washing.

Int/Ext Painting

Free Est. • Satisfaction Guar.

703-502-7840

Cell 571-283-4883

PAVING

Joseph Sealcoating

Specialist

PAVING

35 Years Free Experience! Free Estimates!

703-494-5443

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris

Trimming & Topping
Gutters & Hauling

CLEANING

CLEANING

A CLEANING SERVICE Since 1985/Ins & Bonded Quality Service at a Fair Price

Satisfaction Guaranteed-Angies List 2011-Super Service Award! Comm/Res. MD VA DC

acleaningserviceinc.com

703-892-8648

ELECTRICAL

ELECTRICAL

KED ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE

Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabeling Service Upgrades

Licensed/Bonded/Insured

Office 703-335-0654 703-499-0522 Mobile

GUTTER

GUTTER

Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. 🎉 email jamie@lawnsandgutters.com web: lawnsandgutters.com

Friendly Service with a Friendly Price!

IMPROVEMENTS IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail

Picture Perfect Home Improvements (703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimate
- Exterior & Interior Repair,
- FAST & Rehable Se
 EASY To Schedule
- Painting, Carpentry, Wood Rot,
- NO \$\$\$ DOWN!
 - Drywall, All Flooring, Decks
- Handyman Services

<u>Available</u>

"If it can be done, we can do it" Licensed — Bonded — Insured



R&N Carpentry

+BASEMENTS →BATHS →KITCHENS Foreclosure specialist/Power washing **◆Exterior Wood Rot More!**

Deck & Fence repair, Screen Porches No jobs too large or small Free est. 37 yrs exp. Licensed, Insured

703-987-5096

The HANDYMAN

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!! idly serving Northern VA - 46 yrs. ex We Accept VISA/MC

Licensed Insured

703-441-8811

IMPROVEMENTS IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls Patios
- Decks Porches (incl. screened) • Erosion & **Grading Solutions**
- French Drains Sump Pumps
- Driveway Asphalt Sealing

703-863-7465 **LICENSED Serving All of N. Virginia**

LANDSCAPING LANDSCAPING

JUAN'S LANDSCAPING

- COMPLETE TREE SERVICE MASONRY HAULING BACKHOE • EXCAVATING • POWER WASHING
- HANDYMAN PAINTING TRASH REMOVAL DRYWAL

Res./Com. • Free Estimates • CELL 703-732-7175

MOW

MOWING TRIMMING EDGING, HEDGE TRIMMING, MULCHING, **SODDING, GUTTER CLEANING**

PINNACLE SERVICES

lic/ins 703-802-0483 free est

email:jamie@lawnsandgutters.com web: lawnsandgutters.com riendly Service with a Friendly Price!

.E.S Services

LANDSCAPE & CONSTRUCTION

- PatiosWalkways • Retaining Walls
- Drainage Problems
- Landscape Makeovers

Call: 703-912-6886 **Free Estimates**



MASONRY

ALBA CONSTRUCTION INC.

CONCRETE WORK

Licensed • Insured Driveways • Patios • Exposed Aggregate

Sidewalks • Carports • Pool Decks • Garages Flagstone • Brick• Stonework

703-204-0733

3dr Generation Masonry Company Family Owned & Operated Since the 1950s

For All of Your Masonry Needs Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE FLAGSTONE - CONCRETE **S**

EP Henry & Belgard Pavers Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons! All Work Guaranteed - Licensed & Fully Insured Class A License #VA2705087240A

HAULING

AL'S HAULING Junk & Rubbish
Concrete, furn.,office,
yard, construction debris Low Rates NOVA 703-360-4364

703-304-4798 cell 7 DAYS A WEEK

ANGEL'S HAULING

Spring General Yard Cleanup, Tree & Trash Removal Cars Removed

703-863-1086 703-582-3709 240-603-6182

LANDSCAPING

A&SLANDSCAPING

Planting • Mulching • Sodding Patios • Decks • Driveway Sealing Asphalt • Retaining Walls

703-863-7465

ANGEL'S LAWN MOWING •Trimming •Leaf & Snow •Removal •Yard Clearing

•Hauling •Tree Work

MASONRY MASONRY

BRICK AND STONE Custom Masonry

703-768-3900 www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways Repairs & New Installs • All Work Guranteed

Potomac Masonry 703-498-8526

New Installations & Repairs Stone - Flagstone - Brick - Concrete FREE ESTIMATES!!



Lic. & Ins potomac-masonry.com



ROOFING

Falcon Roofing



TREE SERVICE

Roofina & Sidina (All Types) Soffit & Fascia Wrapping **New Gutters • Chimney Crowns**

Leaks Repaired No job too small 703-975-2375

TREE SERVICE

falconroofinginc.com

Charles Jenkins TREE SERVICE

Mulching & Edging 10% off with Seniors w/ad

ALSO MULCH DELIVERY Lic. & Ins! 540-829-9917 or 540-422-9721

Derive to Survive



By KENNETH B. LOURIE

Now that I can taste food again, or rather have food taste like normal again, my attitude is much improved. Unfortunately, one of the side effects of some heavy-duty chemotherapy drugs is poor appetite, brought on - occasionally – by the fact that everything you eat and drink (a bit of an exaggeration, but not much) tastes lousy. And it's been my experience now (nearly three and a half years and still counting) that if I'm not deriving pleasure from what I'm eating and drinking, I am deriving displeasure. Not only am I being deprived of an everyday and much-needed/ expected positive reinforcer, I am experiencing a negative of Epicurean proportions. It's a lose-lose. No wonder I've been miserable.

Originally, in March, 2009 when I began my first-line chemotherapy (six cycles/infusions of a chemotherapy cocktail consisting of three drugs for six hours every three weeks), after a few infusions, eating became a challenge. Then it wasn't that food didn't taste good, it was that its taste - good or bad, held no particular sway for me. I was indifferent to it; I just wasn't interested. I was also extremely fatigued from my treatment (red blood cells - in addition to your cancer-carrying white blood cells - are destroyed during treatment; they provide your energy), so even getting off the couch to walk into the kitchen was exhausting. Food was not the answer. In fact, it was more of a question, as in: What am I going to eat? To which my usual reply was: "I don't care." And so I lost weight. I remember one appointment with my oncologist during this time when he threatened, unless I gained weight, to hospitalize me. I was hardly shriveling up to nothing, I thought, but I guess I was beginning to shrivel. An unhealthy situation for a cancer patient needing strength to endure his treatment.

And so weight has come off and gone back on, and so forth and so on for nearly three and a half years. As the chemotherapy drugs with which I have been infused have changed, so too have my eating tendencies, not uncommon for patients undergoing treatment for cancer. (Perhaps you're aware of one of the presumptive benefits of medical marijuana: appetite stimulator, although it was never suggested or prescribed to me.) First and foremost though, the patient has to be able to tolerate the treatment, and being weak - from hunger, complicates the demands on an already compromised immune system (an effect of your white blood cells being destroyed). And if you've been given a terminal stage IV diagnosis - with a less than encouraging prognosis, as I had, having circumstances arise - self-imposed or otherwise, which prevent your oncologist from treating you as aggressively as is prudent, is hardly an encouraging start - or finish, to your

But this most recent food-taste experience was unique: I felt like eating. I had energy to eat. I even had foods in mind to eat. Unfortunately, the food was either tasteless/disappointing, or in many cases, it was downright putrid – not even mediocre. There was no more looking forward. There was only looking backward to tastier meals and inward to my frustration, and in so doing I felt lousy about myself and my prospects and it was reflected in my column's content. Now I feel better because I'm eating better. Once again, food tastes like it's supposed to. I know it's good for me; I just hope it's bad for the cancer.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers



WWW.FXPARTS.COM

We've Changed to NAPA to Better Serve Our Customers

Same People • Same Ownership Since 1961 • Same Professional Commitment to Service



EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.

Not valid with any other discounted or promotional offer.

Expires September 4, 2012.

ALEXANDRIA......703-823-0800 456 S. Pickett St. (Corner of Edsall & South Pickett) BURKE......703-425-4400 5663 Burke Centre Pkwy. (Rt. 123 & Burke Center Pkwy., Behind McDonald's) CHANTILLY703-631-3800 14154-C Willard Rd. FAIRFAX CITY......703-978-4500 (Economy Auto Parts) 3855 Pickett Rd. FALLS CHURCH......703-534-1200 431 S. Maple Ave. (near intersection of Lee Hwy. & Rt. 7) HERNDON......703-707-0800 23070 Oak Grove Rd. #100 (Corner of Rt. 606 & Oak Grove Rd.)

ONLY \$100

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires September 4, 2012

FAIRFAX10912 Lee Hwy.	703-591-6500
MERRIFIELD(Machine Shop) 703-560-0813 8701 Lee Hwy.	703-560-1560
NEWINGTON	
STERLING(LOUDOUN)	
VIENNA	703-281-5700

2 MANASSAS AREA LOCATIONS

 MANASSAS/EUCLID AVE.....703-368-7106
 MANASSAS/Rt. 234......703-368-1002

 (Metro)......703-631-1125
 (Metro)......703-631-1205

 (Champ Auto Parts) 9088 Euclid Ave.
 (Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.



MOST STORES OPEN NIGHTS & SUNDAYS PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

Full Line of Foreign & Domestic Parts
Complete Machine Shop Service