

The  
**Arlington**  
Connection

HomeLifeStyle  
INSIDE

# Huggable and Homeworthy

NEWS, PAGE 3

Tide Turns for Mill

NEWS, PAGE 3

Building a Bike,  
Building a Future.

NEWS, PAGE 2

Where Are You, Margaret?

REFLECTIONS, PAGE 6

ENTERTAINMENT, PAGE 8 ♦ ORANGE LINE CONNECTION, PAGE 9 ♦ CLASSIFIED, PAGE 14 ♦ SPORTS 12

PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

SEPTEMBER 11-17, 2013

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The Phoenix Bikes facility.

# Begin by Building a Bike

Finish by building a future.

BY MICHAEL MCMORROW  
 THE CONNECTION

In Greek mythology, the phoenix was a bird that obtained new life by rising from its own ashes — symbolizing renewal in general. Arlington has its own version of the phoenix, one that provides opportunities for renewal and new life to many youths. No surprise that the organization is called Phoenix Bikes.

A young man was going astray step-by-step. School marks plummeted. Deadlines for being home were violated. Companions were unnamed and never seen. Asked about his activities brought the standard reply "nothing." Asked where "nothing" occurred the answer was "nowhere." The slow, downward slide of this troublemaker drew the attention of concerned adults. The result was all to the good: He joined Phoenix Bikes.

At this point special note must be taken that the youngsters at Phoenix Bikes are not juvenile delinquents or criminals. They are simply teenagers, usually "hanging out" and "at loose ends," who need a positive environment to learn right ways to become good students and good citizens. Building their own bike as part of a group contributes to that happening.

The young man mentioned above turned



Creative sign and artwork.

out fine. He accepted the challenge of building his bike. The teenager studied bike construction, selected parts, learned to use tools and, in time, rolled out a bike. Other developments were of far greater importance. The young man arrived on schedule, and often stayed later than required. He willingly offered help to others when they encountered a problem. With the time commitment expired, he could leave — but did not. Rather, he continued to attend and helped build other bikes knowing that they would be given to other young people in the community, or contributed to the physical education departments in Arlington's schools, or even sold to the public.

The story of this young man is fact, not fable, as recounted by Phoenix Bikes' Executive Director Henry T. Dunbar. It is a story of success, both for the youth and for the organization. This young person grew in many ways; for examples, acceptance of personal responsibility; time management; importance of study and education; patience; willingness to help others; finding satisfaction in a job well done; introduction to business operations; and more. The organization confirmed that the methods employed do work and that its mission of helping young people can be realized.

When asked about the greatest need, Dunbar said, "A bigger facility so more young people can participate in the program." About 60 youths are trained in me

SEE BEGIN BY, PAGE 11

## Details

**Phoenix Bikes**  
 Barcroft Park  
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 Retail sales to the public on the premises, including Saturday 10 a.m. - 4 p.m.  
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[www.phoenixbikes.org](http://www.phoenixbikes.org)

## Tide Turns for Mill Community center almost fell victim to recession; now ready to formally open.

BY MICHAEL LEE POPE  
THE CONNECTION

**F**our years ago, the fate of the Arlington Mill Community Center looked moribund. The global economy was crashing, and the developer working with the county to develop a community center and residential property was in serious trouble. Financing for the development was evaporating. And so was the dream of a new high-tech community center on Columbia Pike. So county leaders decided to move forward with the project anyway, removing the residential units and giving taxpayers the risk of developing the project without a private partner.

"This is a neighborhood that hasn't really had a community center for some time now," said George May, chief of the facilities, design and construction bureau. "The old community center has been closed for some time in anticipation of this project, so now they have a much larger community center."

Now, four years after the original plan was spiked, a new \$36 million Arlington Mill Community Center is ready for its moment in the sun. The center has already opened to the public informally, and next week county leaders will assemble at the five-story building to formally dedicate the latest addition to the county's public sphere. For county officials, it represents a long and winding road that began seven years ago and is finally coming to a much-anticipated conclusion.

"It's located next to two of our most favored trails in the county, the W&OD trail and the Four Mile Run trail," said Caroline



MICHAEL LEE POPE/THE CONNECTION

**A public plaza is adjacent to the new community center, which is located at the intercession of Dinwiddie Street and Columbia Pike.**

Temmermand, division chief of parks and natural resources. "So people have a lot of opportunities to get to it from the surrounding community without ever getting in the car."

**THE STORY** of the Arlington Mill Community Center begins in November 2006, when voters approved a \$26 million bond referendum to redevelop the existing Arlington Mill Community Center — a 25,000-square-foot Safeway that had been converted to a community center where Four Mile Run intersects with the pike. County Board members approved a use permit in July 2008 for the development of a community center and public plaza with private apartments. The developer even secured tax credits from the Virginia Housing Development Authority.

Then the bottom fell out. The global financial crisis struck at the end of 2008, and financing for the project evaporated. The contract with Public Private Alliances was terminated in the fall of 2009.

"Reaching the conclusion to not move forward with the approved plan for Arlington Mill project has been difficult and disappointing," according to a 2009 staff report. "Unfortunately, funding for market rate portions of the housing project is just not available in this market and it is unclear when it would become available again." The decision put county officials in a bind because they had already closed the existing community center in anticipation of opening a new one. Arlington leaders considered reopening the abandoned building, although that would have been difficult because it would have involved investing about half a million dollars in a building that would have been open for only a few months. They eventually came to the conclusion that they couldn't justify the disruption to programs and services that would have to move into the building then move back out in short order.

"Although I would have rather not had so many delays, I do believe that we have ended up with a much-improved commu-

nity center," said Linda Laduke, who lives near the community center. "It has retail space for coffee, a gymnasium and a plaza, which I see brimming with community activity."

**IN JANUARY 2010**, County Board members granted a contract to David Carter Scott for design services and approved a new county-funded project specialist at \$125,000 a year. The old plan would have delivered a six-story building with 39,000 square feet of community uses, 3,000 square feet of retail and 33 residential units. The new plan had a five-story community center building with 64,537 square feet of community uses and 2,250 square feet of retail. It's a LEED certified building, although some have criticized the county for fudging the numbers.

"This project will add to the county's carbon footprint at the same time you are taking credit for reducing it," said critic Robert Atkins. "This is clearly a fraud perpetrated on the public."



PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION



**Acorn, a puppy ready for adoption, naps as guests walk by.**

### AWLA's Fun Fair

More than 30 volunteers and eight vendors participated in the Animal Welfare League of Arlington's 3rd annual fall fair on Sept. 7. During the free event, guests met adoptable AWLA animals, enjoyed live music, games, free giveaways and their pets could receive microchipping for \$30.



**Collin Lu, Norah Crist and Cary Lu take a picture of a cat up for adoption.**



**Ricci is one of the cats up for adoption at the Animal Welfare League of Arlington.**

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by NEIL SIMON

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## CRIME

The following incidents were reported by the Arlington Police Department.

**ROBBERY**, 800 block of S. Dickerson Street. At 5:30 p.m. on Aug. 28, a victim was punched in the face and had his Xbox 360 stolen. The suspect is a black male, approximately 5'8 and 130 pounds. He has brown dreads with orange tips. At the time of the incident he was wearing black shorts, a black sweater, and pink and blue Lebron shoes.

**ROBBERY**, 1200 block of N. Danville Street. At 8:54 p.m. on Aug. 28, a female victim was assaulted and robbed of her purse while walking to her vehicle. The suspects are a Hispanic male in his 20.s, approximately 5'5 and weighing about 150 pounds, and another Hispanic male in his 30.s, approximately 5'7 and weighing about 170 pounds. At the time of the incident the first suspect was wearing a white t-shirt and light blue jeans, and the second suspect was wearing a dark t-shirt, light blue jeans, and a dark baseball hat.

**ROBBERY**, 4200 block of N. Wilson Boulevard. Between 2 p.m. and 2:15 p.m. on Sept. 2, a suspect displayed a knife and threatened a store clerk. The suspect then left the store without paying for merchandise but left a receipt with his identification on it. A 45-year-old Arlington man was arrested and charged with robbery. He was held without bond.

**ROBBERY**, 1800 block S. Columbia Pike. Between 9:05 p.m. and 9:13 p.m. on Sept. 2, a suspect grabbed a victim's buttocks and ripped her wristlet from her possession before fleeing the scene on foot. The suspect is around his 30's and is approximately 5'3" and weighs 150 pounds. The suspect was wearing a

gray and white striped shirt with blue jeans at the time of the incident.

**ROBBERY**, 1700 block N. Lynn Street. Between 12:39 p.m. and 12:59 p.m. on Aug. 30, a victim was robbed of her cellphone. The suspect is described as a black male, approximately 6 feet tall with tall hair that was light brown at the top. The suspect was wearing BDU military-style pants and a black t-shirt with white lettering at the time of the incident.

**ATTEMPTED SEXUAL ASSAULT**, Columbia Heights West. At 5:20 a.m. on Sept. 3, an unknown suspect entered a residence of a juvenile victim and attempted to sexually assault her. The suspect was described as a white male in his early 20's with freckles and a short brown Mohawk. He was wearing a white t-shirt with a graphic design on the front and blue jeans at the time of the incident.

**EXPOSURE**, 1200 block of S. Thomas Street. At 2:50 p.m. on Sept. 3, a subject exposed himself to a female victim in a stairwell. The suspect is described as a black male, bald, approximately 5'6", 160 pounds, and in his early 30's. At the time of the incident the suspect was wearing khaki shorts, a black t-shirt, and a khaki button down.

**BURGLARY**, 1100 block of S. 17th Street. Between 11:30 p.m. on Aug. 29 and 10 a.m. on Aug. 30, an unknown suspect(s) broke into a victim's house and stole a variety of electronic items. There is no suspect(s) description.

**BURGLARY**, 4500 block of S. 31st Street. Between 10:30 a.m. and 12:30 p.m. on Sept. 1, an unknown suspect(s) broke into the victim's apartment through a rear window and stole several electronic items along with some cash. There is no suspect(s) description.

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# NEWS



## Jazz in Rosslyn

The 23rd Rosslyn Jazz Festival takes over Gateway Park on Sept. 7. Visitors crowd together to listen to the contemporary Latin jazz sounds of Poncho Sanchez Latin Jazz Band and special guest James Carter.

PHOTOS BY  
LASHAWN AVERY-SIMON  
THE CONNECTION

**James Carter  
on sax.**



**The crowd applauds as  
James Carter plays the  
saxophone during  
Saturday's performance.**



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PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

Will Margaret Febrey's visits continue in the new Overlee clubhouse?

## Where Are You, Margaret?

**Overlee Community waits, watches.**

BY MICHAEL MCMORROW  
THE CONNECTION

Another season of outdoor swimming has ended. For Overlee Community Association on Lee Highway in Arlington, something else has ended, or at least abated: Unease over the unanswered question "Will Margaret return?"

The original Overlee clubhouse dated to the 1890s. Built for Ernest Febrey's family, it later served as home for the Kincheloe clan, one member of which converted it into a sanitarium or nursing home. During the mid-1950s, with the property disused and decaying, Overlee bought it to build a swimming club.

The big house was home to Margaret Febrey, who died of tuberculosis at age 14 exactly a century ago. Her grave is in Oakwood Cemetery, Falls Church, a mile or so from today's pool. A family photograph of the Febreys includes one young girl dressed for the era before World War I, and consensus holds that the

girl is Margaret. Her picture matches "sightings" of a ghostly figure that have been encountered many times.

Generations of young people have absorbed tales of spirits in and about the old farmhouse. As each new crop of high school-aged staff gathered to gossip, strange events were recounted and tales grew with repetition year-after-year. Bonding within the swim team frequently involved the passing on of "secrets." Coach Bob York always told of hearing music and sounds of groups conversing, only to have it end as he approached. Closet doors that opened and closed for no reason were reported, as were lights turning on or off. Lifeguard chairs sometimes began spinning on quiet, windless evenings. It came to pass that all mysterious happenings were attributed to Margaret's ghost.

Outsiders also have contributed to the legend. Last year, one of the wrecking crew reported seeing a teenage girl who disappeared before his eyes. He was so convincing that the crew forced delay of work for a day to be sure there was no girl on the premises.

For a century and one-quarter, the old house heard sounds of family and farm, moans of the sick and finally the excited cries of young swim-

mers. The last sound it heard was a wrecking ball crushing its timbers and planks. Now the building is gone. A new clubhouse stands in its stead. One uncertainty hangs over the property. Will Margaret return?

A single instance of skimpy evidence hints that she has done so already. According to Greg York, Bob's younger brother and current resident manager, Margaret may have visited during this summer. One young employee was assigned final rounds to lock up for the night. Turning a key and turning away, a voice said, "You can't lock me in." Unlocking the door and searching the entire room — no one was found. Greg York seems unusually calm in telling of that incident. One reason might be that he once saw the young spirit, believing at first it was his daughter until he realized she was transparent. He recognized Margaret in the Febrey family photograph.

With wreckers at the ready, a handful of delegates from Overlee paused at Margaret's grave. They left a note saying "Dear Margaret, we are building you a new house. Please come visit any time."

Perhaps she will.  
Perhaps she has.  
Overlee waits.

### REFLECTIONS

### LETTERS TO THE EDITOR

## Phone Call Can Change a Life

To the Editor:

We do it every day: call a parent, friend, or loved one. This is so simple and routine that we forget the importance of what one phone call can make to an individual. I am writing today to raise awareness around National Suicide Prevention Week and a local phone number that saves lives every day. The phone number belongs to CrisisLink at 703-527-4077; we answer that number every hour of the day. National Suicide Prevention Week is Sept. 8-14, 2013 and we want everyone to know there is a safe and caring place to call whenever it is needed.

That call may come from a person who desperately needs help — someone in crisis or even suicidal. Suicide is the 10th leading cause of death in the United States and touches every age group, ethnicity, and gender.

Unlike illnesses that doctors can screen for, suicidal thoughts can affect anyone. Although mental illness is the leading cause of suicidal tendencies, it is not the only cause.

Your family member, friend, or loved one could be experiencing those thoughts, but you may not realize it as the signs that someone is considering suicide may not be evident. Since the topic of suicide is often taboo, it can be difficult to talk about or ask for help. If this describes you or someone

you know, take that first step and call CrisisLink.

It is hard to imagine the feelings that person is experiencing unless you have been through it yourself. The volunteer crisis counselors at CrisisLink are taught active listening, problem solving, and safety planning skills. Sometimes just knowing that someone is there to listen and help with alternatives and referrals can make a difference.

Through the power of talking, lives can be saved and the battle over suicide can be won. That's not to say that everything will be fine — hard work lies ahead. And CrisisLink stands ready to help.

CrisisLink is here to serve the community, whether via our hotline, offering training on warn-

ing signs and next steps, to offering a support group to those who have lost a loved one to suicide. Last year, 33,521 crisis calls were handled by CrisisLink; of those calls 4,736 were suicidal, and 12 percent required an emergency intervention to insure safety. Asking for help is a sign of strength — call us for listening and support.

CrisisLink thanks Alexandria City, Arlington County, and Fairfax County for declaring Sept. 8-14, 2013 as National Suicide Prevention Week.

Information about how you can make a difference can be found at [www.crisislink.org](http://www.crisislink.org).

**Julia Stephens**  
Executive Director  
CrisisLink

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# LETTERS

## County Needs Housing Authority

To the Editor:

The recent article on the fate of a housing authority in Arlington indicates that County Board members believe the county's policy requiring apartment developers to set aside a modest number of units more than meets the needs of the community and obviates the need for more aggressive action. Despite County Board Chairman Walter Tejada's professed commitment to support the construction of more affordable housing in Arlington, his refusal — along with other board members — to support the establishment of a housing authority shows that his

support is just smoke. The Washington Post reported that more than 3,600 people applied to rent the 122 new units built in connection with the Arlington Mill Community Center. Said Tejada: "The demand for rentals is amazing." No wonder it's amazing: the county has permitted developers to tear down older, affordable apartments and replace them with far more expensive new ones. Furthermore, the county's requirement that developers provide some small number of affordable units does nothing to chip away at the huge backlog of persons needing them. The only way Arlington will ever demonstrate its commitment to affordable housing is by supporting the establishment of a housing authority.

**Diana Wahl**  
Arlington



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Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

## MEMBERSHIP DRIVE

The Friends of the Planetarium has launched its 2013-2014 membership drive. Past membership donations have saved the Planetarium from extinction, and are needed to continue the preservation of Arlington's grassroots, community-supported source of all things science. Several levels of membership are available. Membership dues allow the purchase of new digital programming for community shows, sponsor planetarium training sessions for Arlington Public School teachers, assist with upgrades to the Planetarium facility, and support the David M. Brown scholarship for Arlington students. Members receive several benefits, including reduced admission fees for Friends-sponsored events, and 100 percent tax deduction of membership dues. For more details, visit <http://friendsoftheplanetarium.org/become-a-friend/>, and scroll down to the bottom of the page.

## THURSDAY/SEPT. 12

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Pete Smith, owner of SmithImpact. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

## How to Navigate Changing

**Healthcare System.** 7-8:30 p.m. at Wildwood Park Apartments community room, 5550 Columbia Pike. Free. RSVP required, 703-598-9766.

## SATURDAY/SEPT. 14

**Foster Parent Training.** 9 a.m.-5

p.m. at Cherrydale Baptist Church, 3910 Lorcom Lane. Adults age 21 and over can train to become a certified foster parent, and is required for families interested in becoming short-term weekend foster providers. To register visit [www.nvfs.org](http://www.nvfs.org) or contact Ginny Snaider at [gснаider@nvfs.org](mailto:gснаider@nvfs.org) or 571-748-2557.

**23rd Psalm on 23rd Street.** The churches of 23rd Street will celebrate their presence in South Arlington with a day of fundraising, fellowship and music. All events are open to the community. 8-10 a.m. there will be a pancake breakfast at Calvary United Methodist Church. \$5/person and benefits Capital Area Food Bank. Other events include "Feed the Need," ice cream and cake, and choir concert. E-mail [adventlc@hotmail.com](mailto:adventlc@hotmail.com) for more.

## FRIDAY-SUNDAY/SEPT. 13-15

**National Adoption Weekend.** Visit a PetSmart store on Friday-Saturday from 9 a.m.-9 p.m. or Sunday from 9 a.m.-6 p.m. to find a new furry companion. For every pet that is adopted over the weekend, PetSmart Charities will reward all participating local adoption partners with \$35 in adoption-reward grants. For a local PetSmart, visit [www.petsmartcharities.org/events-news/adoption-events/](http://www.petsmartcharities.org/events-news/adoption-events/).

## SUNDAY/SEPT. 15

**Taste and Tour.** 1:30-3:30 p.m. at Potomac Overlook Regional Park, 2845 N. Marcey Road. Enjoy an organic vegetable demonstration and talk with master gardeners. Visit [mgnv.org](http://mgnv.org) for more.

## MONDAY/SEPT. 16

**Home School Open House.** 11 a.m.-

4 p.m. at One More Page, 2200 N. Westmoreland St. Free. Homeschool educators, students and those interested in homeschooling can enjoy tips, book giveaways, raffles and more. All ages welcome. There will be author visits, storytime, craft activities and more. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or 703-300-9746 for a full schedule.

## TUESDAY/SEPT. 17

**Discussion.** 7-9 p.m. at Langston Community Center, 2121 N. Culpepper St., room 108. Nancy Sanger-Pallesen, founder and executive director of the Arlington Free Clinic, will present the story of the life and work of Margaret Sanger, her grandmother. Margaret Sanger was an early advocate for improving women's health, opening the first birth control clinic in the United States. Free. 703-532-3830.

## WEDNESDAY/SEPT. 18

**ABCD's of Medicare.** 2:30-4:30 p.m. at Arlington County Human Services Center, 2100 Washington St. If you live in the City of Alexandria or Arlington County, and are newly eligible for Medicare or are a caregiver of someone on Medicare, learn the ABCD's of Medicare and related insurance. Free. Registration required, 703-228-1700.

**Mini-Golf Tournament.** 3:30-7 p.m. at Upton Hill Regional Park, 6060 Wilson Blvd. The Arlington Chamber of Commerce presents the 8th Annual Scholar's Cup, a family-friendly event featuring mini-golf and bbq dinner. \$80/group of four; \$25/individuals age 16 and older; \$15/individuals 15 and under; \$10/bbq dinner only. Visit [www.arlingtonchamber.org/events](http://www.arlingtonchamber.org/events) to register.



## Kids Fight Kids' Cancers

Emma Foy and Alex Strizek, both 10 years of age, came across a newspaper story describing a desperate need. They began making handicraft items. Edward Douglass White Council, Knights of Columbus, Arlington, holds a picnic to celebrate each national holiday over the summer. Emma and Alex set up a table and sold the craft items at each event. Over two summers and four picnics, all proceeds — \$1,759 — have gone to Kids V Cancer, a 501(c)(3) nonprofit supporting research into pediatric cancers. See [www.kidsvcancer.org](http://www.kidsvcancer.org).

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# Begin by Building a Bike

FROM PAGE 2

chanics annually. After expressing deeply-felt gratitude to Arlington's Department of Parks and Recreation, he described the building it provides. "There are hundreds of uncovered bikes awaiting repair outside, and inside the work space is dark and cluttered with parts and tools, and the kids must work elbow-to-elbow," he said.

The work of Phoenix Bikes has found support in the community. For example, Madison Manor Bike Club is an informal group of neighborhood riders, according to member Frank "Pancho" Bate. The club recently held a fundraiser for Phoenix Bikes. Its members wanted to do something to help when they learned the objective of the organization.

"Phoenix Bikes lets kids do for themselves," Bate said, "and gives them the chance to be independent and responsible. Kids don't need to have everything done for them." He also said the fitness aspect of getting youths involved with biking was not overlooked.

Libby Garvey serves on the board of directors. She is a member of the County Board, but involvement with Phoenix Bikes is personal. She said her family, and especially her deceased husband, Kennan, have been avid bikers most of their lives. Phoenix Bikes was known to them for a long time. When widowed, a foundation in memory of her husband was established to support acquisition of a new facility in which to expand the organization.

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Sept. 15-21.

**Arlington senior centers:** Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 N. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill, 909 S. Dinwiddie St., also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

**Senior trips:** Tuesday, Sept. 24, Lavender Field Herb Farm and Meadow Farm Museum, Glen Allen, Va., \$42; Thursday, Sept. 26, the Coach & Horses Tea Room, Winchester, \$41; Friday, Sept. 27, Surratt House Museum & Dr. Mudd House, Clinton, Md., \$20; Saturday, Sept. 28, Oktoberfest, Frederick, Md., \$14. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Arlington County's website demonstration,** Monday, Sept. 23, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Madison Chess Club** meets Mondays, 9:30 a.m., Madison Community Center, Free. Details, 703-534-6232.

**Ice skating,** Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall. Cost \$1 (include skate rental). Register, 703-228-4745.

**New photography club,** Tuesday, Sept. 24, 2 p.m., Langston-Brown. Free.

Details, 703-228-6300.

**Making retirement money last,** Tuesday, Sept. 24, 7 p.m., Walter Reed. Free. Register, 703-228-0955.

**"What are Transfats?,"** Tuesday, Sept. 24, 1 p.m., Lee. Free. Register, 703-228-0555.

**Pickleball** played Tuesday-Thursday-Friday, 11 a.m. - 3 p.m., Walter Reed. Details, 703-228-0955.

**Saving on energy bills,** Wednesday, Sept. 25, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

**Planning ahead for healthcare costs after retirement,** Wednesday, Sept. 25, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Duplicate bridge,** Wednesdays, 10 a.m., Aurora Hills; Fridays, 10 a.m., Madison. \$5. Register, 703-228-5722 (AH), 703-228-5310 (Mad.).

**Guitar players needed** for new group at Walter Reed. Call Wednesday, Sept. 25 for details, 703-228-0955.

**Retirement planning for women,** Thursday, Sept. 26, 1 p.m., Lee. Free. Register, 703-228-0555.

**Jamaican history and culture,** Thursday, Sept. 26, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

**Volleyball,** Thursdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

**Talent Showcase** at Lee Senior Center, Friday, Sept. 27, 1 p.m. Free. Open to the public. Details, 703-228-0555.

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## Notice of Request for Proposals (RFP) for Food Service Vendor

The Capital Area Food Bank invites Contractors to submit sealed bids to provide food services for its 31 Kids Cafe sites in Northern Virginia. The food bank participates in the Child and Adult Care Food Program.

Specifications and proposals may be obtained from Sasha Ernest via telephone at 571.482.4780, e-mail at sernest@capitalareafoodbank.org or at the address below beginning August 19, 2013 until September 18, 2013.

Please visit our website to access the RFP and for additional information: <http://www.capitalareafoodbank.org/accepting-vended-mealbids/>

Proposals presented in triplicate will be accepted by the Capital Area Food Bank at 4900 Puerto Rico Avenue, NE, Washington, DC 20017 until September 18, 2013 for the period October 1, 2013 through September 30, 2014. Proposals from those bidders meeting qualifications criteria will be opened on September 2, 2013 at 8 AM, with an award to be made on or about September 20, 2012. The CAFB reserves the right to check all outside references, as well as the right to accept or reject any or all bids and to waive any informalities in proposals received. All awards are made pending Virginia Department of Health approval for USDA regulatory compliance.

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## W-L's Angell Finishes 7th at Monroe Parker Invite

**W**ashington-Lee harrier Sarah Angell placed seventh at the Monroe Parker Invitational on Sept. 7 at Burke Lake Park, helping the Generals finish sixth as a team. Angell finished in 18 minutes, 10 seconds. West Springfield's Caroline Alcorta won the event with a time of 16:58, followed by Lake Braddock's Hannah Christen (17:28), Lee's Bailey Kolonich (17:55), Madison's Amanda Swaak (17:57), Lake Braddock's Katy Kunc (18:03) and West Potomac's Katherine Genuario (18:04).

### SPORTS BRIEFS

Lake Braddock won the team event with a total of 159. Madison took second with a total of 163, followed by Chantilly (171), South Lakes (185) and Osbourn Park (194). W-L finished sixth with a total of 197. Sarah Sears finished 21st for the Generals with a time of 18:57, Donia Nichols was 24th (19:01), Jordan Grimaldi finished 29th (19:21) and Caitlyn Mulcahy finished 122nd (21:19).

Yorktown finished 19th, led by Kelly Hart's 16th-place finish (18:43). Yorktown's Sophia Banchoff finished 43rd with a time of 19:52.

## Wakefield Football Beats Marshall in Season Opener

The Wakefield football team started the 2013 season with a victory, defeating Marshall 19-9 on Sept. 6 at Wakefield High School.

It was the Warriors' first win since 2011 and the first time since 1998 a Wakefield team won its season opener. First-year head coach Wayne Hogwood became the first Wakefield football coach to win his debut since Sean Carey did so in 1994.

Leon Young led Wakefield with 94 rushing yards on eight carries. Kareem Hall had 11 carries for 64 yards and Justin Carr-Friend gained 56 yards on eight attempts.

Riley Wilson completed 5 of 15 passes for 130 yards

and scored on a 3-yard run to give the Warriors a 19-9 lead. Marqua Walton had one reception for 65 yards and Markus Boyd had two catches for 53 yards.

Carr-Friend returned a kickoff 89 yards for a touch-down, giving Wakefield its first kick return for a score since 1992.

The Warriors will host George Mason at 7:30 p.m. on Thursday, Sept. 12.

## W-L Football Wins Season Opener

The Washington-Lee football team defeated McLean in its season opener, 14-11, on Sept. 6 at McLean. The Warriors will host South Lakes at 7:30 p.m. on Thursday, Sept. 12.

## O'Connell Football Improves to 2-1

The Bishop O'Connell football team defeated Bishop Ireton 41-6 on Sept. 7, giving the Knights (2-1) back-to-back wins after dropping their opener.

O'Connell will travel to face St. Christopher's at 3:30 p.m. on Friday, Sept. 13.

## Yorktown Football Falls to Langley

The Yorktown football team suffered its first regular season loss since 2010, falling to Langley 35-28 on Sept. 6 at Langley High School.

The Patriots finished with undefeated regular seasons in 2011 and 2012, reaching the Division 5 Northern Region championship game each season. Yorktown's last regular season loss came in September of 2010, when the Patriots lost to Centreville, 27-0. Yorktown finished the 2010 season with a 9-2 record, losing to Washington-Lee in the first round of the playoffs.



PHOTO BY ED LULL

Washington-Lee harrier Sarah Angell competes at the Monroe Parker Invitational on Sept. 7.



PHOTO CONTRIBUTED

The Arlington Rowdies Red Girls U16 kicked off the Fall 2013 in winning fashion, taking the 2013 OBGC Capital Cub Tournament, Premier Bracket A, over Labor Day weekend. The team includes Charlotte Alberts, Sarah Brooks, Corinne Carson, Tara Dolan, Kelly Emson, Valeria ErosteGUI, Yvonne Follansbee, Clara Frost, Grace Hersey, Ella Howard, Jessica Logue, Hannah Lu, Zoe Lunn, Kate Mills, Quinn O'Connor, Hannah Semmes, Marisa Shotwell, Annie Sible, Eva Snaith and Fiona Whittington. Co-managers are Sheila Frost, Maxine Lunn and Katy Dolan.

## Rowdies Gain Tourney Win

**T**he Rowdies arrived ready to play at the 2013 OBGC Capital Cub Tournament Saturday morning, Aug. 31, in Columbia, Md. at Howard Community College, stifling the Springfield Youth Club defensively and pressuring their opponents just enough offensively to walk away with a 1-to-0 win. With a victory under their belt and an immediate berth in the semifinals on Sunday, the Rowdies may have let down a little in their afternoon game that day, playing to a 1-to-1 tie against McLean MPS Extreme Green.

In the Semifinals against Loudoun Red, the Rowdies jumped to a 2-to-0 lead in the first half with scores by Grace Hersey and Sarah Brooks. Tension mounted in the second half as Loudoun cut the

Rowdies lead in half with a penalty kick score. A second score by Loudoun evened the game at 2 apiece before Grace Hersey broke through Loudoun's defense in the final minutes to put the Rowdies ahead for good. Final score: 3-to-2.

The OBGC final moved to Covenant Park, Ellicott City, pitting the Rowdies against the Montgomery Soccer Club Coyotes. Grace Hersey, with her speed, broke through and found the back of the net in the first half. It proved to be the lone score of the game. With a strong overall defensive effort and strong goalie play by Marisa Shotwell, the Rowdies secured their first tournament victory of the fall.



PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

## Supporting 9/11 Charities

Arlington welcomes the 12th annual Arlington Police, Fire and Sheriff 9/11 Memorial 5K Race on Saturday, Sept. 7. More than 25,000 participating runners in the past 11 races have helped raise more than \$400,000 to benefit 9/11 charities to include American Red Cross, Fisher House, Homes for Our Troops, Project Enduring Pride, Pentagon Memorial Fund, NY/NJ Transit Police Fund, Operation Purple, Salvation Army, Wounded Warrior Project and Segs4vets. This year all proceeds will be donated to Segs4vets and Project Enduring Pride. Above, runners make their way down Washington Boulevard.

## SCHOOL NOTES

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Jeffrey W. Apperson, Nicole M. Dobson, Anne R. Grasselli, and Emma K. Lehoney** have made the president's list at The University of Mary Washington for the spring semester of the 2012-13 academic year.

The following students have made the dean's list for the spring semester of the 2012-13 academic year at The University of Mary Washington: **Sarah A. Anouilh, Elyse N. Bush, Elizabeth J. S. Davis, Christine M. Downie, Rachel L. Duffy, Mattson C. Fields, Seamus N. Hooban, Anna K. Keyser, Alice A. O'Brien, Jeffrey A. Paddock, Andrew G. Perrow, Alexandra O. Rodriguez, Julia Ruane, Christine S. Rumpf, Catherine Schlupp, William H. Sharp, Imani B. Tinter, Kathryn R. Tsagronis, Jacob M. Weiss, and Richard R. Westerman.**

**Elaine McCartin**, daughter of Terrence and Muftuah McCartin of Arlington, graduated with a degree in English from Colorado College.

**Caitlin Cassidy** earned an MS in occupational therapy from the UIC College of Applied Health Sciences.

**Grace Rieman**, daughter of Garth and Deborah Rieman, graduated from Grove City College with a Bachelor of Arts in Psychology.

**Elizabeth De Leon** earned a spot

on the Loyola Marymount University dean's list for the spring 2013 semester.

The following students made the dean's list at James Madison University for the spring 2013 semester: **Valerie Acquesta, Jordan Albro, Kelsey Barnes, Mara Berkland, Cody Buchanan, Katharine Donohoe, Margaret Duarte, Erin Eby, Lorraine Freitas, Rachel Green, Matthew Grieco, Rachel Griffin, Devon Harkins, Charles Hilla, Stephen Hunsberger, Laura Jennings, Alanna John, Scott Liddell, Louis Linden, Amanda Maggio, Julia Magin, Ghislaine Mallek, Selamawit Mamo, Jennifer McCue, Lisa McNabola, Olivia Merriion, Jordan Meyer, Allison Mihalik, Kelsey Moffitt, Andrea Oaxaca, Nicholas RisCassi, Timothy Ryan, Bilgiin-Ild Saruul-Erdene, Christopher Seipp, James Sheats, Jaclyn Smith, Timothy Stansell-Gamm, Christian Straubs, Kevin Tomlinson, Nicole Tormey, Thomas Vasilopoulos, Charles Vitale, Michael Yuhus, Imane Zirari, and Bruno del Alamo.**

**Tessa Gorte and Louisa Allen** were named to the dean's list at the University of New Hampshire for the spring semester of the 2012-2013 academic year.

**Alec Jackson** was awarded the David M. Brown Memorial Scholarship award for 2013 by The Friends of Arlington's David M. Brown Planetarium.

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### Saint Ann Catholic Church

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Sunday: 8:00, 9:30, 11:00 AM  
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**21 Announcements**

**ABC LICENSE**  
Green Paradise, LLC trading as New Grand Mart, 6326 Arlington Blvd, Falls Church, VA 22044.  
The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine off Premises license to sell or manufacture alcoholic beverages.  
Lydia Lee, Director  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

**21 Announcements**

**ABC LICENSE**  
Northern Virginia Deli and Restaurant Corp. trading as Deli Italiano, 9911 Georgetown Pike, Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises/Delivery Permit license to sell or manufacture alcoholic beverages.  
Yasser Baslios, Member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

**21 Announcements**

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**21 Announcements**

**Weatherization ASSISTANCE PROGRAM PUBLIC HEARING**

PURSUANT TO 42 U.S.C.6851 et seq., 42 U.S.C. et seq., and 10 CFR 440, the Virginia Department of Housing and Community Development (DHCD) hereby announces its intention to hold a Public Hearing to receive comments from interested persons regarding the draft 2013 State Plan for weatherization assistance to low-income persons.

A Public Hearing will be held on Monday, September 16, 2013 from 10:00am until 11:00 a.m. in Conference Room 12 South on the 12th floor of DHCD's offices at 600 East Main Street, Richmond, Virginia. Please contact Brett Jackson at (804) 371-7112 to receive a copy of the draft application prior to the hearing. Written comments regarding this proposed plan may be received until 5:00 p.m., September 13, 2013 and should be addressed to:

**21 Announcements**

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**21 Announcements**

**21 Announcements**

**21 Announcements**

VA Department of Housing and Community Development  
Attention: Nancy Palmer  
Main Street Centre  
600 East Main Street, Suite 300  
Richmond, VA 23219  
[Nancy.Palmer@dhd.virginia.gov](mailto:Nancy.Palmer@dhd.virginia.gov)

**21 Announcements**

**21 Announcements**

**Caroline Henning Divone**, devoted wife of Charles and loving mother of Sophia and George passed from this world peacefully at home in her husband's arms on Friday, September 6th after a courageous battle with cancer at the age of 48. She was born in Stockholm, Sweden and lived in Great Falls, Virginia. Caroline received her B.A., M.A. and doctorate in Psychology from Pepperdine University. Prior to the birth of her children, she worked in private practice in Los Angeles where she counseled abused and neglected children and long-term substance abusers, the Marlboro Psychiatric Center in Marlboro, NJ, where she treated and counseled an inpatient population with severe psychiatric conditions and the Institute for Family Centered Care, a non-profit health care advocacy organization in Bethesda, MD. Caroline also worked as a Court Appointed Special Advocate in Montgomery County, MD, a volunteer advocacy program for the placement of abused and neglected children in safe, permanent homes.

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Caroline worked as a volunteer after the birth of her children. She held several positions in the Great Falls Elementary PTA including President running many successful fund raising events. Caroline was a swim team representative at her club Trump National and a class leader in the Apple Blossom Chapter of the National Charity League, a national mother/daughter philanthropy organization. An avid tennis player, Caroline played on the Lowes Island Club and Trump National tennis team for many years and USTA teams compiling an astounding winning percentage. Her family was the center and focus of her life. She was dearly loved by so many in her community because of her warm smile, open heart, compassion and willingness to help others.  
Caroline leaves to cherish her memory her husband of 16 years, Chuck; two children, Sophia (13) and George (10); brother, Nils Henning of Carpinteria, CA; mother, Sofi Henning of Santa Barbara, CA; mother-in-law Eileen Divone Delaney (Jerry) of Juno Beach, FL; brother-in-law Paul Divone (Carolyn) of New York, NY; Aunts Elise Koelsch of Santa Barbara, CA and Camilla Nygren (Otto) of Sweden; cousins Richard Burton (Tamara), Sharlene Koelsch, Sofia Nygren and Pontus Nygren; the Widen family, many relatives in Sweden, countless loving friends, many tennis partners and teammates. A funeral service will be held at 11 am on Friday, September 13, 2013 at St. Thomas a Becket Catholic Church, 1421 Wiehle Avenue, Reston, VA 20190. In lieu of flowers, please consider making a contribution to the Melanoma Research Foundation, PO Box 759329, Baltimore, MD 21275 ([www.melanoma.org](http://www.melanoma.org)) or the Maddie James Foundation, [www.maddiejamesfoundation.org](http://www.maddiejamesfoundation.org). Additional information and condolences at [www.adamsgreen.com](http://www.adamsgreen.com).

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## Now This is What



By KENNETH B. LOURIE

Do nothing (no more treatment) and live life to the fullest (for as long as I'm able, and right now, I'm extremely able); start another chemotherapy protocol – with an I.V. chemotherapy drug which, according to my oncologist, has not been proven in any clinical setting to be better than the patient doing nothing; or, try to get into a Study (Phase 1, 2 or 3) at either N.I.H. (National Institutes of Health) or Johns Hopkins (in Baltimore) and let the treatment chips fall wherever experimental/research medicine takes them. This is what my oncologist discussed with Team Lourie at my most recent appointment, my first appointment with him since my hospitalization and subsequent release.

It was my decision, of course. My oncologist, as he has opted to do so in the past when similar treatment options have been considered, tried to remain neutral, yet informative and responsive to our questions. He did offer up some personal opinions/assessments when we pressed him which turned out, oddly enough, to be contrary to mine. His feeling was, if he was the patient (and feeling as good I do), that he'd forgo any additional treatment – conventional or otherwise, and "take as many vacations as possible." As compelling as his extremely honest answer was, I/we decided not to give up quite yet and instead I authorized him to make inquiries about getting me into a Study at one of the preeminent research facilities in the world: National Institutes of Health, especially considering they're located approximately 30 minutes by car from my home.

In conjunction with this decision, I am also going to recommit myself to a more non-traditional, immune system-boosting/heal-thyself-type dietary pursuit that for the past four-and-a-half years has not – in total – been a part of my anti-cancer lifestyle: juicing organic fruits and vegetables, very specifically to include wheat grass and carrots; ingesting a drop or two of hemp oil per day and Berry Green (another super food/super healer: nutrient-rich and loaded with antioxidants); none of which is of course FDA-approved. Nevertheless, if my life is to go on (and I feel as if it should – duh!), it feels like now is the time to ramp up, especially considering the admission by my oncologist that he as no more anti-cancer drugs that he feels offer any real hope in stabilizing/shrinking my tumors and/or reducing/preventing the inevitable fluid build-up common with my diagnosis. Unsettling, sort of, after 54 months, but after assimilating and digesting his news/medical opinions, I view this more as an opportunity. The doctors have done what they can do – responsibly, ethically; now it's time for me to do what I can do.

Certainly I'll have lots of questions – and anxiety – moving forward, but if I indeed want to move forward and live, repeating the past seems unlikely to be the answer (and quite frankly, after enduring multiple lines of chemotherapy already, the protocols actually don't allow it). I think I'm ready for the change, though (what choice do I have, really?); scared of course, but eager for the challenge. I've lived this long – post-diagnosis, against all odds (or so I was told originally); I'd like to think (hope certainly) that I can live a little bit longer.

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

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For more information on The Run for Veterans mission and the three listed charities, please visit [www.therunforveterans.org](http://www.therunforveterans.org).

**When:** Friday, October 4, 2013  
5:30 – 8:30 p.m.

**Where:** Alexandria Toyota  
3750 Jefferson Davis Highway  
Alexandria, VA 22305

*Parking for the event is being provided in the shopping center across the street from Alexandria Toyota, courtesy of Potomac Yard Center.*

**Attire:** Business Casual/Casual

**Ticket price:** \$100 per person  
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**To RSVP or sponsor this event:** Preferred method: Please send your check payable to: The Run for Veterans c/o Jack Taylor P.O. Box 299 Alexandria, VA 22313. Or, go to [www.therunforveterans.org](http://www.therunforveterans.org) to register on the homepage using PayPal.

For questions, contact Erica Grooms: 703-797-5343 or [egrooms@alexandriatoyota.com](mailto:egrooms@alexandriatoyota.com)

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## **ABOUT ALEXANDRIA'S BRENDAN O'TOOLE**

*Brendan O'Toole served in the United States Marine Corps from 2008-2012. He enlisted during his senior year at T. C. Williams High School in Alexandria. During his time in the Corps, O'Toole completed two overseas deployments as a communications specialist based out of Marine Corps Air Station Cherry Point (N.C.).*

*On his first deployment (2009), Brendan served as a member of the 24th Marine Expeditionary Unit (MEU) which assisted in the Haitian earthquake relief effort, before serving in the Indian Ocean, the country of Djibouti, and patrolling the Gulf of Aden and the east coast of Africa where piracy was a major problem. During their Haitian duty, O'Toole established a functioning communication system that was used to coordinate the distribution of vital humanitarian supplies.*

*On his second deployment (2011), O'Toole was stationed in Afghanistan with Marine Air Support Squadron 1. Upon his arrival, he was assigned to Regimental Combat Team 6, which was assigned to the western part of the Helmand Province, outside the city of Delaram. O'Toole was responsible for all ground communications efforts of the Direct Air Support Center's area of operation. Sgt. O'Toole established and maintained radio and tactical communications systems used to coordinate air strikes against insurgent forces as well as support medical evacuations, and re-supply to U.S. military and coalition forces throughout the battlefield. It was during his Afghanistan deployment that Brendan started planning for The Run for Veterans.*

*In June 2012, Brendan completed his active duty military service with the rank of Sergeant. On his return home to Alexandria, he began planning and organizing The Run for Veterans, which was chartered by the State of Virginia in August, 2012.*

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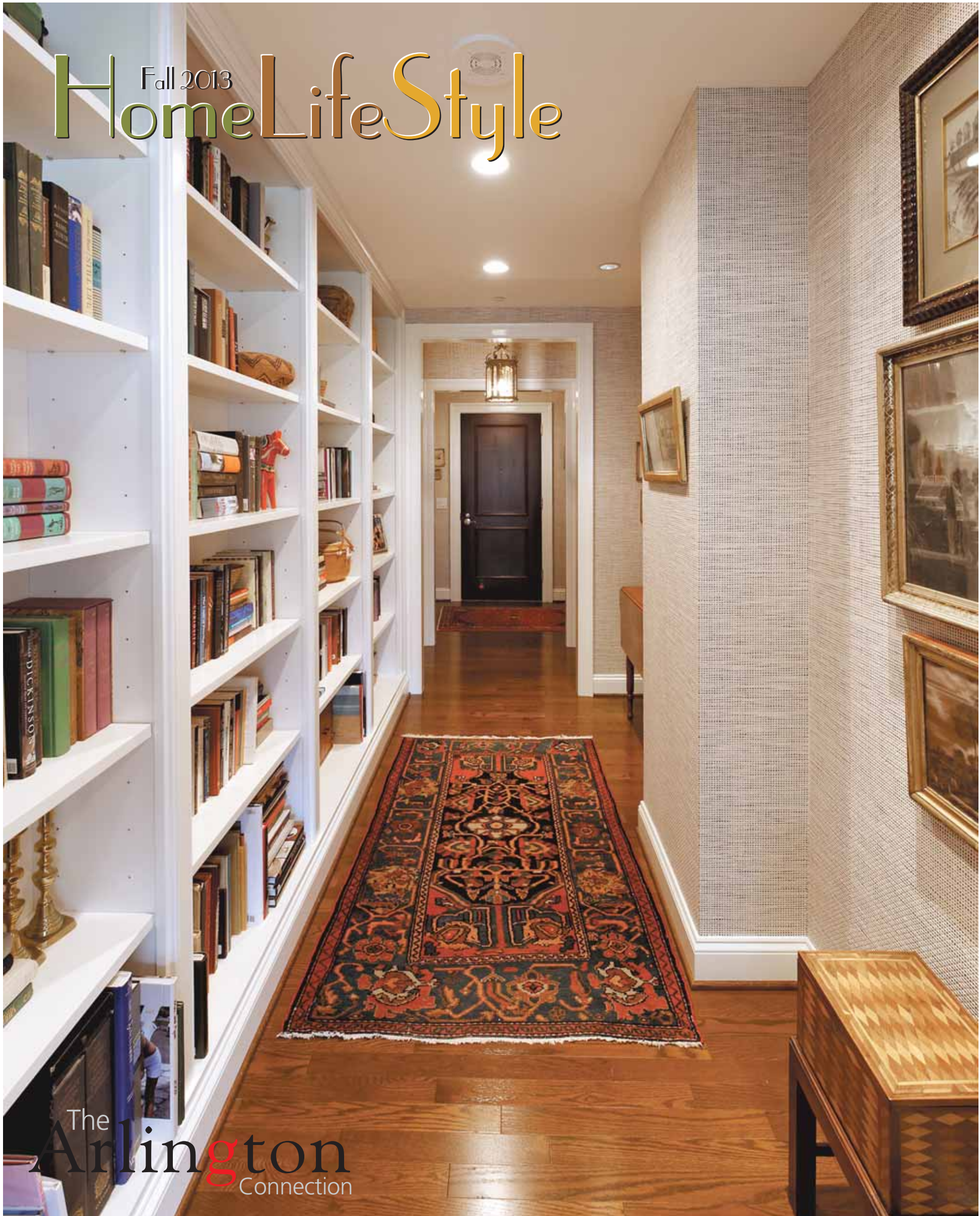


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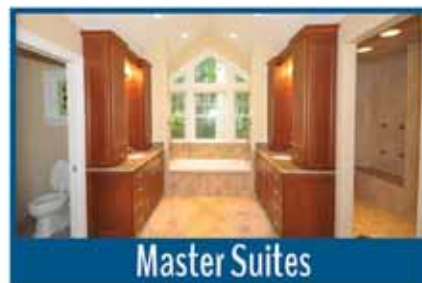
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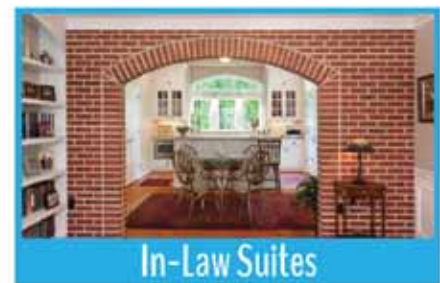
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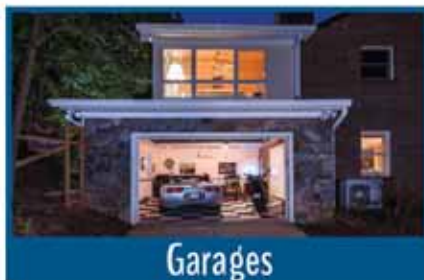
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## NVAR Summit at GMU's Mason Inn

Complex shortage of homes for sale likely to persist.

BY TIM PETERSON  
THE CONNECTION

**N**ationally syndicated columnist and moderator Kenneth R. Harney introduced the expert panel for the Northern Virginia Association of Realtors (NVAR) 17th annual Economic Summit Thursday morning, Sept. 5.

Dr. David Crowe, chief economist and senior vice president of the National Association of Home Builders, joined economic experts David E. Versel, a senior research associate at the George Mason University Center for Regional Analysis, and Dr. Lawrence Yun, senior economist for the National Association of Realtors. The panel addressed a full house — representing the nearly 10,000 realtor and “affiliate business members” that comprise the NVAR — on issues they believe best explain the current housing market and outlook, for both northern Virginia and the United States as a whole.

Though none could offer any “silver bullet” solutions to address all their concerns for housing, all agreed that growth in the market within a genuinely rebounding economy is sustainable, if only at a slower rate than the last year.

**HARNEY, WHOSE COLUMN** “The Nation’s Housing” appears in The Washington Post and in syndication, opened the program on a positive note, praising the “fortunate” market of the last year. And the increased sales, listings and home prices, he said, are demonstrative of a second, more generally sustainable phase of economic rebound that should give buyers and sellers alike hope.

But Harney was also quick to follow with qualifications and caveats to the optimism. “It may vary where you are,” he said, “but as far as I can tell, the entry-level buyer is still missing in action. They’re out there, but



Members of the Northern Virginia Realtors Association filled the conference hall at the Mason Inn on the campus of George Mason University for the 17th Annual NVAR Economic Summit.

PHOTO BY TIM PETERSON/THE CONNECTION

they face hurdles. Student debt load is a big issue. And the job market is a huge constraint for the first-time buyer.”

**VERSEL WAS THE FIRST PANELIST** to speak, giving more detail regarding past, present and future economic forces in the DC metropolitan area as they relate to housing. A major concern for Northern Virginia is the decline in federal jobs and federal procurement. His data show a continuation of the trends, with one example being a \$14 billion decrease in spending from 2010 to 2017.

“There’s no question the primary economic driver of this region has always been Uncle Sam,” Versel said. “That said, we’re not Detroit. We haven’t been a one-horse town for the last 30 to 40 years. For example, Fairfax County has attracted Volkswagen North American Headquarters. We have that base of brainpower, and hopefully that’s leading into a new generation of economic growth.”

Versel sees a steady increase in building permits as a positive marker. Between 2012 and 2017, he forecasts 55,000 new jobs

being created in the housing industry, which should come as a package with increased construction and greater inventory.

Lack of inventory, Versel explained, is a key impediment to the more rapid strengthening of the market. Families or individuals looking to trade up have fewer options to do so, and first-time or entry-level buyers have fewer options to become involved at all. Versel attributes this mainly to the vast amount of homeowners in northern Virginia between the ages of 45 and 64.

“Nearly half of all homeowners in this region are in the Baby Boomer demographic,” he said. “Let that wash over you for a second.” Versel cited data from the 2010 Census.

“That’s in no small part why inventory remains a problem,” Versel continued. “They don’t want to retire, they don’t plan to retire. Some of it is financial and some of it is lifestyle: ‘I’m not old, I’m never going to get old, and I’m living here forever.’ They’re probably going to stay in these places for another 20 to 30 years. For younger people who want to buy houses in

those areas, unless you have new construction, there just isn’t any inventory to purchase.”

**CROWE ECHOED HARNEY’S** call out of the missing entry-level buyers, citing national survey data from University of Michigan studies, among others. “No matter what market you’re in, the larger picture does matter. The government is going to react to what the rest of the economy’s going to do.”

Crowe said lifestyle choices — children of Baby Boomers moving in with their parents and deferring marriage, childbirth, etc. — and economic insecurity had and continue to have profound influence on household creation.

“We’re in store for enormous pent up demand,” said Crowe. “When people don’t know what their future’s going to be,” they’re less likely to move out of their parents’ basements, get divorced, have more children, etc. “That’s why we had such a surplus of houses. We didn’t build too many houses — people stopped moving out. That’s coming back again.”

During the last housing peak, Crowe said household creation at the national level was 1.4 million annually. In the slump, that figure dipped to half a million. According to Crowe, it should be at about 1.2 million.

With the slow but now steady growth of the national housing market — contributing a three percent out of a more ideal six percent to GDP — Crowe is optimistic more and more of this pent of demand will emerge as entry-level sales. But there are still potential lags: availability of credit can be limiting and discouraging, the cost of building materials is increasing.

**YUN ALSO STRESSED** the importance of job creation in helping prop up the missing entry-level segment. He specifically referenced students who, whether they “over-borrowed” or not, collectively feel the weight of loan debut. “What will most help them pay off debt or buy a home,” he said, “is really jobs. If they have jobs, student

SEE NVAR, PAGE 7

### Northern Virginia Designers Awarded Rooms in Showhouse Event

Northern Virginia/metro area interior designers Kelley Proxmire of Kelley Interior Design and Wayne Breeden of E. Wayne Breeden Design are among 17 designers awarded rooms at the benefit Winchester Showhouse & Gardens, open to the public through Sept. 29.

The Showhouse features an 18th century home in the Shenandoah Valley, Long Green, known for its historic and architectural prominence and beautiful vistas.

Landscaping, shopping, artwork and designer sales complement the event, which benefits Blue Ridge Hospice, a not-for-profit hospice organization serving the Piedmont and Shenandoah Valley.

Purchase online at [winchestershowhouse.com](http://winchestershowhouse.com) or by calling 540-313-9268.



Long Green, an 18th century home in the Shenandoah Valley, is made over to benefit Blue Ridge Hospice.

PHOTO CONTRIBUTED

The Arlington Connection

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# Top-to-Bottom Makeover Embraces Longterm Horizons

The Hollis family wanted a house that would work better today — and long into the future.

BY JOHN BYRD

Sometimes it's not limited square footage that makes a house feel inadequate — it's how that square footage is configured.

Take, for example, the circa 1970s Vienna split-level Andre and Katy Hollis purchased in 2005. With more than 3,200 square feet of living space that included four bedrooms, three bathrooms and a large family room, most would consider the house sufficient — even enviable — as the primary home for a family of four.

True, the previous owners had been empty-nesters, which partly explained why there was a soaking tub instead of a shower in an upstairs bathroom allocated to two pre-teen boys.

Still, the structure's two-level main block seemed to have capacity to spare. There was a guest room; a full bathroom on the first floor; a home office.

In fact, it was the lack of need for changes that had prompted the Hollis' to buy the house in the first place.

But while recuperating from an accident a few years ago, Katy Hollis began to reassess. "I decided that I really like our neighborhood and that we could stay in the house indefinitely. But I also saw that I had been ignoring a lot of things that didn't work for us. And the shortcomings were even more obvious when I looked ahead."

All of this sounded familiar to Mindy Mitchell, the Certified Aging-In-Place Specialist at Sun Design Remodeling Katy Hollis called in to talk over some ideas.

"In the last two decades, designers have learned a lot about how to customize a traditional production house floorplan for longterm use," Mitchell said. "Size is less important than how rooms are purposed and configured. The goal is to create a plan that will logically support priorities."

As discussions with Mitchell evolved, Katy Hollis unveiled her larger agenda. To make the house more functional for both current and foreseeable needs, the home-

owner envisioned a series of focused revisions: a spacious first floor bedroom; a gourmet kitchen; television-viewing that's not in the midst of other entertainment zones; a guest suite with dedicated bath; an indoor-outdoor segue to the beautifully wooded backyard.

The new plan had to serve a variety of concurrent scenarios. There should be beautifully articulated front-facing rooms that would support the occasional dinner party. They needed a family gathering area for daily meals and everyday interaction. The new kitchen should be equipped with a gas range, a wine refrigerator and generous food preparation surfaces.

"I found it reassuring to talk about the house as a place we might occupy 30 years from now," Katy Hollis said. "I thought that we probably had the necessary square footage to make the changes I had in mind, but there were many space planning considerations we needed to work out carefully."

Certainly, the current plan was problematic.

The entryway foyer was flanked by an L-shaped galley kitchen to the left and a family room four steps down on the right.

One could proceed to the back of the house from the galley kitchen to a rear dining room, or from the parallel foyer directly to

## More

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a small sitting room adjacent to the dining room.

The arrangement often led to bottlenecks. At parties, guests would circulate back to the family room after dinner creating traffic jams in the foyer.

Moreover, a promising view of the pretty backyard was hampered by undersized windows — which made the back of the house too dark.

**SUCH PROBLEMS** were equally apparent upstairs. The front-facing master bedroom suite was large enough — but the master bathroom could only be accessed through a closet/changing area, and the plan lacked a walk-in closet and privacy. Adding to the inconvenience, the only shower available for second floor guest room was one flight down, on the

ating the TV in the newly remodeled basement allowed us to fully convert the family room into a more formal living room and eliminate the marginally useful sitting room.

Freeing-up the 17-foot-by-8-foot sitting area in the back of the house, Mitchell and team next shifted the dining room to the front (across the foyer from the new living room), allocating 170 square feet in the rear for a gourmet kitchen and family dining area.

A course of large back windows now dramatically improves natural light availability and visual continuum.

**THE CENTERPIECE** of the new kitchen is an L-shaped food preparation and dining counter. The custom built-in provides seating for four, easy access to the butler's



Following an accident, the Hollis family decided to reconfigure their Vienna home for both improved day-to-to functioning, and long-term use. From left: Alex, Max, Katy and Andre in the newly remodeled family room.



Moving TV-viewing from the living room to an upgraded lower level has made the first floor far more functional while adding an element of privacy to the new master suite.

first floor.

"Our challenge was comprehensively re-imagining how space could be allocated while staying inside the envelope of the house," Mitchell said.

Interestingly, a decision to move TV-watching away from the front-facing family room set the reconfiguration process in motion.

"We saw the rooms in the front of the house as a suite that would better serve all formal entertainment needs," Mitchell said. "Situ-

pantry en route to the new dining room, and a critical leg in a work triangle that facilitates essential cooking and clean up tasks. "It's much easier to both cook and tend to guests," Katy Hollis said. "The dining room, foyer and new living room are well-unified aesthetically; guests don't even need to see the kitchen."

Re-purposing bedrooms and bathrooms also figured prominently in the makeover. Katy Hollis wanted both a guest room with dedicated bath and a larger, more private master bedroom suite.



BEFORE: Living Room

PHOTOS BY BRYAN BURRIS

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BEFORE: Kitchen

The former galley kitchen offered few supports for inspired food preparation.



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## Like Magic

New plan in built-out 1940s colonial gains vital square footage as young family looks ahead.

BY JOHN BYRD

In the end, a skillful spatial reconfiguration is like a deft magician's trick — you've seen it with your own eyes, but you still can't figure out how they did it.

"Really, I don't know how this plan created so much more usable space," Alexandria resident Alice Goulet said, discussing a recent reconfiguration to several rooms in the family's 1,800-square-foot center-hall Colonial.

"All the changes stayed within the house itself, yet there's much more capacity and openness."

Sarah Wolf, the designer at Foster Remodeling Solutions hired by Alice and Paul Goulet to find an alternate floorplan solution, is pleased with the outcome, too, but she's seen this before. She said that owners often think the only way to gain useable square footage is to build an addition.

"The real challenge to converting less into more," Wolf said, "is knowing where existing space is being wasted."

But to start at the beginning: the Goulets purchased this brick-clad circa 1940s three-bedroom house 10 years ago when Alice Goulet was expecting the couple's first child.



**The master bath is articulated in Tuscan accents: natural clay tile combined with maple cabinet facings brushed in black stain; a tile wainscoting unifies the entire room including a spacious soaking tub.**

As the family grew (there are now two girls and a boy — all under age 10), so, too, did the need to plan ahead. Starting in 2007, in fact, the Goulets hired Foster Remodeling on two occasions: first to finish the basement and enclose a porch; the sec-

ond time to design an eat-in kitchen.

One fact emerging in the earlier remodelings, however, seemed daunting relative to the future. Under city code, the Goulets learned, the amount of new construction that could be added to the exterior had already been maxed-out.

"That meant we were looking for more usable space inside the existing structure," Wolf explains. "And this is the real frontier in older close-in homes; it's interior space planning that has really revolutionized the way traditional homes are now being used."

Itemized as a "wish list," the Goulet's goals seemed simple enough. Alice Goulet wanted a soaking tub, and an upstairs location for the washer/dryer. Paul Goulet envisioned a large walk-in shower. Both sought more closet space and "elbow room" in the master suite — plus, a larger bathroom for the kids, a new place for the linen closet...

**AND, STILL,** there was this lingering question of: what next? Where could more space be found if needed?

"Initially, I found it hard to see how we were going to gain any usable space," Alice Goulet said. "The master suite was pretty built-out."

Specifically, previous owners had constructed a rear elevation two-level wing with the master bedroom on top accessible through a small bedroom in the main house. The suite itself was configured as an L-shaped sleeping area wrapping a shelled-in enclosure that included a wardrobe closet, a linen closet and a master bath.

"The adjacent room in the main house had become a sort of foyer and dressing area for the master suite," Alice Goulet said. "Since the walk-in-closet was immediately inside the bedroom door, the entrance to the bedroom often got pretty cluttered."

All that changed when Wolf went to work. Exploring several budget variations, Wolf presented two plans: one that retained the

### More

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Visit [www.fosterremodeling.com](http://www.fosterremodeling.com) or call 703-550-1371.

existing space configuration as-is; a second option that "wipes the slate clean" — eliminating the "L" and reappportioning the suite into two parts: a rectangular sleeping area on the wing's eastern side; a walk-in closet and master bath positioned side-by-side on the room's western wall.

"We saw immediately how well the second plan worked," Alice Goulet said. "It makes the bedroom much more functional, and private."

While relocating a small linen closet was the only functional en suite deletion, Wolf's master bathroom layout finds the vital square footage needed for both a soaking tub and a walk-in shower.

The part of the floor previously occupied by the old bath now becomes a 36-square-foot walk-in closet complete with tray ceilings. The plan also reassigns the former suite foyer as the footprint for a new children's bathroom — which is now twice the size of its predecessor.

The real boon to Wolf's solution, though, is how well the new space works.

"The bedroom feels much larger," Alice Goulet said. "The narrow dressing zone has been eliminated. The whole room is open and airy."

Alice Goulet credits Wolf, too, with interior design that really differentiates the master suite's featured assets.

Choosing lighter reflective colors for wall surfaces, the new scheme draws out the brighter natural ambiance of a room that features east-facing French doors, a second window and a skylight.

A new teakwood custom-designed bed and headboard provides a suitably geometrical focal point to a room that is otherwise tranquilly elemental.

By contrast, the master bath is articulated in warm earthy Tuscan accents: natural clay tile combined with maple cabinet facings brushed in black stain; a tile wainscoting that unifies the entire room including a spacious soaking tub.

Alice Goulet said that most of the space planning and finishwork decisions were made at Foster Remodeling's showroom in Lorton.

"The showroom helped to made the process orderly," she said. "So many options inspire creativity."

Thinking ahead, the Goulets had the design team create stair access to a third floor attic, which they plan to eventually build-out as either their son's bedroom or a children's playroom.

"What we really appreciate about the incremental approach we've pursued with Foster is that it allows us to think everything through carefully," Alice Goulet said. "That really matters when you have a growing family."

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## Sun Design Named One of U.S.'s Fastest Growing Private Companies

Sun Design Remodeling Specialists, Inc., of Fairfax, was named by Inc. Magazine as one of America's fastest-growing private companies. This is the fourth time the magazine has included Sun Design on its annual Inc.5000 list.

Sun Design was one of the Virginia companies to be included on the list this year.

Companies are chosen for the list based on their growth rate for the previous three years; Sun Design's revenue was up 9 percent over that period. A statement released by the magazine said, "The elite group you've now joined has, over the years, included companies such as Microsoft, Timberland, Vizio, Intuit, Jamba Juice, Oracle, and Zappos.com." The awards will be formally presented at The 32nd Annual Inc. 5000 Conference and Awards Ceremony, Oct. 10-12, 2013 at the Gaylord National.

Bob Gallagher, president of Sun Design, said, "Being recognized by Inc. Magazine for this national award four times is a great testimony to the success of our company, the creativity and drive of our entire team and our reputation as a company that clients love to work with. We're very pleased to be included among such great companies."

Sun Design, celebrating its 25th year, has been the recipient of dozens of industry awards. Each year, Sun Design shows off its work during a series of home tours and other special events. Visit [www.sundesigninc.com](http://www.sundesigninc.com) or call 703-425-5588. Sun Design is located at 5795 B Burke Centre Parkway, in Burke.

## NVAR

FROM PAGE 3

loans are not a problem. It's about job creation. We are creating jobs, but at a slow pace. This is hindering young people in the country."

But like all the panelists, Yun's presentation was peppered with pluses and minuses. A positive for employment seekers, as well as their potential employers, is the concept of "clustering," according to Yun. Clustering takes place when a sizable number of skilled workers congregate in a certain area and that attracts employers, which attracts more skilled workers.

Yun applauded the multi-skilled workforce in and around DC as "a clustering effect beginning to grow." He believes more businesses will be drawn to the workforce, independent of government, which could in turn help create more jobs in the region.

Finally, noting the rising population of renters, Yun implored the audience (to pass along to their clients) to be wary of inflation over the next year. "We may actually get a 6 percent mortgage next rate next year, if inflation rate pops out. It's something to watch carefully."

## Hi Neighbor - Market's Up and Fall is Coming!



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# Home LifeStyle Condo Renovations

As sales of condominiums grow, so does demand for luxury renovations.

**M**ore people are moving from leafy, sprawling suburbs to more urban areas, neighborhoods both in the city and in Northern Virginia that offer close proximity to restaurants, jobs, cultural activities and Metro.

Sales of condominiums in Northern Virginia are up, with growth in sales of condos outpacing both single-family homes and townhouses in the past year, according to the Northern Virginia Association of Realtors.

Both “echo boomers” (30-and-under) and retiring baby boomers want smaller homes near public transportation, shopping and workplaces, driving up the demand for condominiums, Lisa Sturtevant, deputy director of GMU’s Center for Regional Analysis reported to NVAR in March.

With the growth in demand for condominiums comes growth in demand for condominium renovations.

One local company BOWA, a residential remodel and construction firm based in McLean, is responding to that trend by bringing on a new project leader, Mark Miller, with expertise in condo remodeling and commercial construction. Miller and BOWA say they are responding to the demand to push the boundaries of luxury condo transformation.



Mark Miller

JOE PARISI PHOTOGRAPHY

Most upscale condominium buyers will select a location where they want to live first, and then search for a condo to buy, said Miller, who is an Arlington resident, often in older buildings.

“Condos come in all different sizes and flavors,” Miller said. “Years ago people didn’t even think of renovating a condo.”

People moving from larger suburban homes often are not satisfied with the smaller room sizes, utilitarian kitchens and cramped bathrooms that are typical of many condominiums.

“But now we can change the footprint from smaller rooms to open layouts,” Miller said, creating room for luxurious kitchens open to spacious entertaining areas, luxurious bathrooms, audio/visual spaces and even outdoor spaces.

When renovating a condominium, Miller says they see some very demanding cooks. “They want high-end appliances. ... What clients want for their finishes is high end residential.”

“Ten years ago, it was not even possible to produce that environment in a condo.”

Some clients are renovating even in brand new buildings. “People will buy two units and combine them. Sometimes they are looking for different space than the [condo developers] are willing to do,” Miller said.

**RENOVATING CONDOMINIUMS** is fundamentally different than renovating a single-family home, and it requires very different expertise, even if the desired outcome inside might look similar.



This remodeled Chevy Chase condominium kitchen included a sleek kitchen with ample storage.



This BOWA-remodeled master bath illustrates the recent trend for all-white bathrooms.



This renovated kitchen gained storage and space saving features.

## More

Contact BOWA’s McLean office at 703-734-9050 or see [www.bowa.com](http://www.bowa.com) for more information.

“It’s a completely different animal,” Miller said. The permitting and approval process is far more stringent, requiring commercial standards in many cases.

“The normal renovation process is completely different in a condominium building. The structural systems are different,” Miller said. “The stakes are so much higher.”

In a condominium renovation, you might have 10 very close neighbors who are concerned about noise. Just the installation of a dryer vent is likely to require a permit. Delivery of building materials and taking care of debris are more complex. Tapping into the heating and hot water systems in a condominium building requires different expertise than most single-family home builders have.

Miller recommends that anyone planning to buy a condo to renovate consult an experienced condo remodeler before they buy.

An experienced company can help guide the design with a realistic sense of what they actually can do and what sort of budget the project would require, can help with the permitting process.

“By understanding what’s possible, we can come in very early, so if someone is contemplating a purchase, we can evaluate ‘is this one remodeling friendly?’ By getting on board early with a customer we can avoid some of the pitfalls,” Miller said. “We can offer some design ideas for some things they haven’t even thought of.”

Renovating a condo is completely different, but it doesn’t have to be bad, he said. You can create “brand new luxurious space out of something that wasn’t that way before.”



This renovation features custom woodwork and built-ins to maximize space.

PHOTOS COURTESY OF BOB NAROD PHOTOGRAPHY/BOWA